



| 6 Miles | 4 Miles |
|------------------------------------|-------------------------------------|
| Left on Smallman St | Left on Smallman St |
| Right on 36th St | Right on 32nd St |
| Left on Charlotte St | Right on Penn Ave |
| Left on 38th St | Right on 31st St Bridge |
| Right on Foster St | Left on River Ave |
| Left on 39th St | Left on 30th St Bridge |
| Right on Willow St (before tracks) | Right on Riverfront Dr |
| Continue under 40th St bridge | Immediate right on first cul-de-sac |
| Right on 40th St | Right on trail |
| Right on Foster St | Exit island and left on trail |
| Right on 40th St Bridge | Right on Heinz St |
| Right on Ohio St | Left on Progress St |
| Right into Millville Park | Left on 16th St Bridge |
| Right on trail | Right on Penn Ave |
| Right on Heinz St | Right on 14th St |
| Left on Progress St | Right on Smallman St |
| Left on 16th St Bridge | Return to start |
| Right on Penn Ave | |
| Right on 14th St | |
| Right on Smallman St | |
| Return to start | |