



6 Miles	4 Miles
Right on Carson St	Right Carson St
Right on Smithfield St Bridge	Right on 10th S
Right on pedestrian bridge	Right on Muriel St
Left on Grant St	Left on 17th St
Right on First Ave	Right on Wharton St
Left on Ross St	Left on 18th St
Right on Second Ave	Right on trail
Right on 10th St Bridge	Right on Hot Metal St
Left on Muriel St	Left on Sidney St
Left on 17th St	Bear right on 33rd St
Right on Wharton St	Right on Carson St
Left on 18th St	Bear left on Sarah St
Right on trail	Left on 27th St
Right on Hot Metal St	Right on Jane St
Left on Sidney St	Right on 17th St
Bear right on 33rd St	Left on Sarah St
Right on Carson St	Right on 13th St
Bear left on Sarah St	Left on Carson St
Left on 27th St	Return to start
Right on Jane St	
Right on 17th St	
Left on Sarah St	
Right on 13th St	
Left on Carson St	
Return to start	