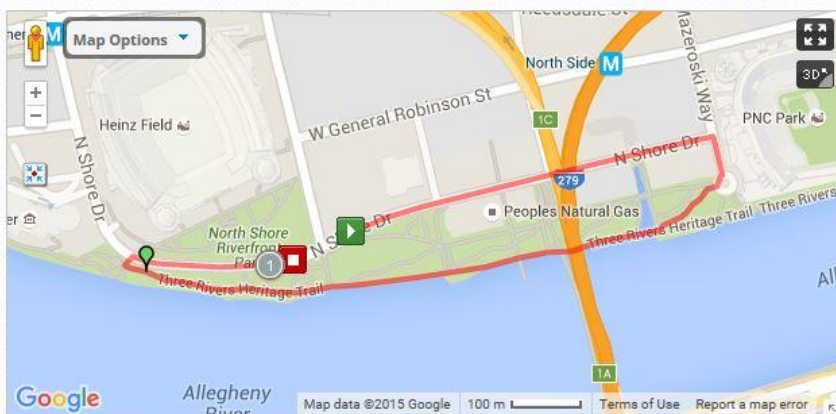
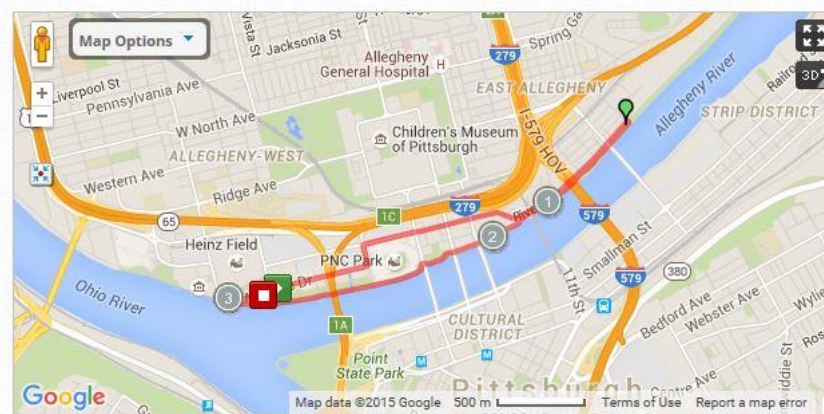


1-Mile Run/Walk Course Route



- Start on North Shore Drive facing PNC Park
- Right onto Mazeroski Way
- Right at roundabout onto North Shore Trail
- Follow North Shore Trail, which will connect to Three Rivers Heritage Trail
- Run/walk along trail for a while until you come upon ramp to North Shore Drive in between Heinz Field and Carnegie Science Center
- Right onto North Shore Drive
- Continue to finish before the starting line

5K Run/Walk Course Route



- Start on North Shore Drive facing PNC Park
- Left onto Mazeroski Way
- Right onto West General Robinson
- Yield Right onto River Avenue
- Turn right onto trail at Heinz Lofts
- Follow dirt trail and onto concrete walkway along river (Three Rivers Heritage Trail)
- Run/walk along trail for a while until you come upon ramp to North Shore Drive in between Heinz Field and Carnegie Science Center
- Right onto North Shore Drive
- Continue to finish before the starting line