

Dan ODonnell cell **412.559.4001**

Updates and Ride Schedules

www.direct-axis.net/team_decaf/

Go West (End Overlook)! – 20 miles

Ride	To	Then
	0.00	START Tazza D'Oro
	0.00	R N Highland Ave
0.80	0.80	R Penn Circle
0.16	0.96	L To stay on Penn Circle
0.37	1.33	R Friendship Ave
1.36	2.69	L Penn Ave
1.10	3.79	R 31st St Brg
0.54	4.33	L River Ave
1.48	5.81	L to ENTER North Shore Trail
1.07	6.88	EXIT TRAIL L N Shore Dr
		... becomes Allegheny Ave
	* or	EXIT TRAIL R N Shore Dr to shorten ride, avoiding traffic and hill
0.50	7.38	L Western Ave
0.32	7.70	L West End Brg
0.50	8.20	ST US 19 (West End Brg)
0.05	8.25	BL Steuben St
0.47	8.72	R Chartiers Ave
0.24	8.96	R Lorenz Ave
0.36	9.32	R Rue Grande Vue St
0.19	9.51	STOP West End Overlook
	9.51	RETURN Rue Grande Vue
0.18	9.69	L Lorenz Ave
0.37	10.06	L Chartiers Ave
0.23	10.29	L Steuben St
0.49	10.78	R West End Circle (after traffic island)

Ride	To	Then
0.15	10.93	R ramp to Carson St
0.49	11.42	L Station Square access road
0.22	11.64	L to ENTER Station Square Trail
1.11	12.75	EXIT TRAIL R S 2nd St
0.06	12.81	L Mc Kean St
0.12	12.93	L Terminal Way
0.11	13.04	R to ENTER South Side Trail
1.87	14.91	L Hot Metal Brg Bike/Ped Brg
0.35	15.26	R Eliza Furnace Trail (Jail Trail)
0.38	15.64	EXIT trail into parking lot
0.08	15.72	L exit parking lot onto Swinburne St
0.12	15.84	L 2nd Ave
0.09	15.93	L Greenfield Ave, left lane under brg
0.06	15.99	L Saline St
0.22	16.21	L Boundary St
0.14	16.35	ENTER Junction Hollow Trail (Panther Hollow Trail)
0.46	16.81	EXIT TRAIL ST Boundary St
0.26	17.07	R stay on Boundary St
0.61	17.68	ST S Neville St (cross 5th Ave)
0.11	17.79	R Ellsworth Ave
1.06	18.85	R Maryland Ave
0.04	18.89	L Alder St
0.33	19.22	L S Highland Ave
1.27	20.49	FINISH Finish Tazza D'Oro

