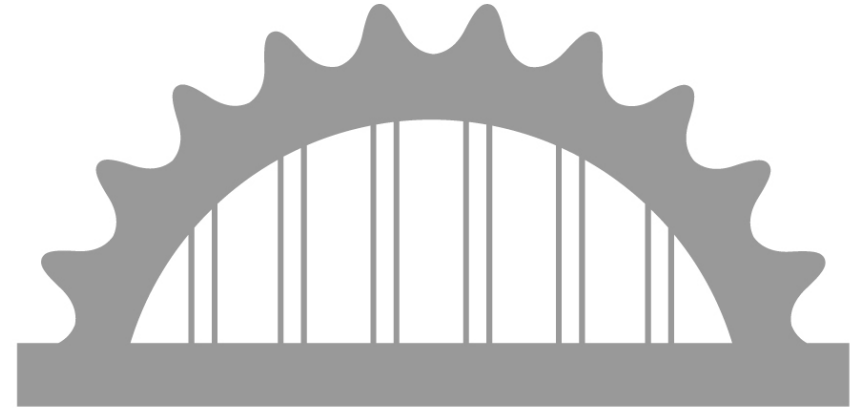


BIKE PITTSBURGH PRESENTS



THANK YOU TO OUR SPONSORS



PEDAL PGH



BikePGH is transforming our streets and communities into vibrant, healthy places by making them safe and accessible for everyone to bike and walk. Bike Pittsburgh is a registered 501(c)3 charitable non-profit.

AUGUST 30TH AT THE SOUTHSIDE RIVERFRONT PARK

About the Ride

Sunday August 30th is the 22th Anniversary of PedalPGH! Choose from one of three great rides around Pittsburgh including our beginner-friendly Peoples Riverfront Ride, the 25 mile Highmark City Tour, or the 62 mile PJ Dick, Trumbull and Lindy Paving Metric Century. Riders will have fully marked courses that show off some of the City's best bicycle friendly roads, scenic views, and of course bike lanes.

Full service rest stops along each of the routes will provide riders with great snacks from our partner Whole Foods Market. When wrapping up your ride don't forget to pick up your commemorative PedalPGH T-Shirt, enjoy great music and food trucks, and check out the cycling expo at the Finish Line Festival.



START/FINISH

The ride starts and finishes at the Southside Riverfront Park.

1 18th Street
Pittsburgh, PA 15203
(Under the Birmingham Bridge)
Recommended parking at Southside Works

NEED A BIKE? RENT A BIKE. Golden Triangle Bike Rental is along the PedalPGH Peoples Riverfront Ride and is a good place to rent a bike for the big day.

600 1st Avenue
Pittsburgh, PA 15219
(412) 600-0675

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ITEMS TO BRING

- ▶ Sunscreen
- ▶ Two full water bottles
- ▶ Helmet
- ▶ Bib number and safety pins if you picked them up prior to the event (Bib number and pins provided by BikePGH)
- ▶ Spare tube, tire levers, patch kit, pump, and multi-tool
- ▶ Money for lunch or souvenirs
- ▶ Bike lock
- ▶ Oh, you might want to bring a bike too....and a smile
- ▶ Bring a friend! Riding in groups is a long tradition at PedalPGH.

PARKING

PLEASE NOTE PARKING IS VERY LIMITED AT THE SOUTHSIDE RIVERFRONT PARK AND WE RECOMMEND PARKING NEAR THE SOUTHSIDE WORKS AND BIKING TO THE START/FINISH LINE

BIKE PARKING

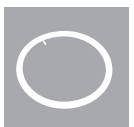
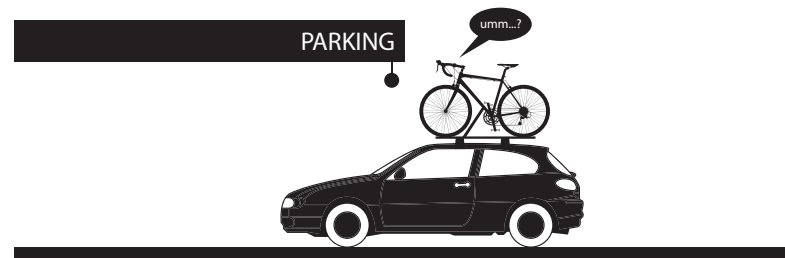
We encourage people to ride their bikes to PedalPGH. It's free and you won't have to deal with finding a parking spot for your car. There will be bike parking at the start/finish area. Please bring a lock, as you are responsible for your ride.

CAR PARKING

Free parking: On Sunday mornings, there is plentiful, free street parking all over the South Side, near the start of the ride.

Paid parking: There are several parking garages in the South Side, including several in the nearby Southside Works.

If you choose to park in a garage, make double sure that your bike is not on TOP of your car before entering the garage.

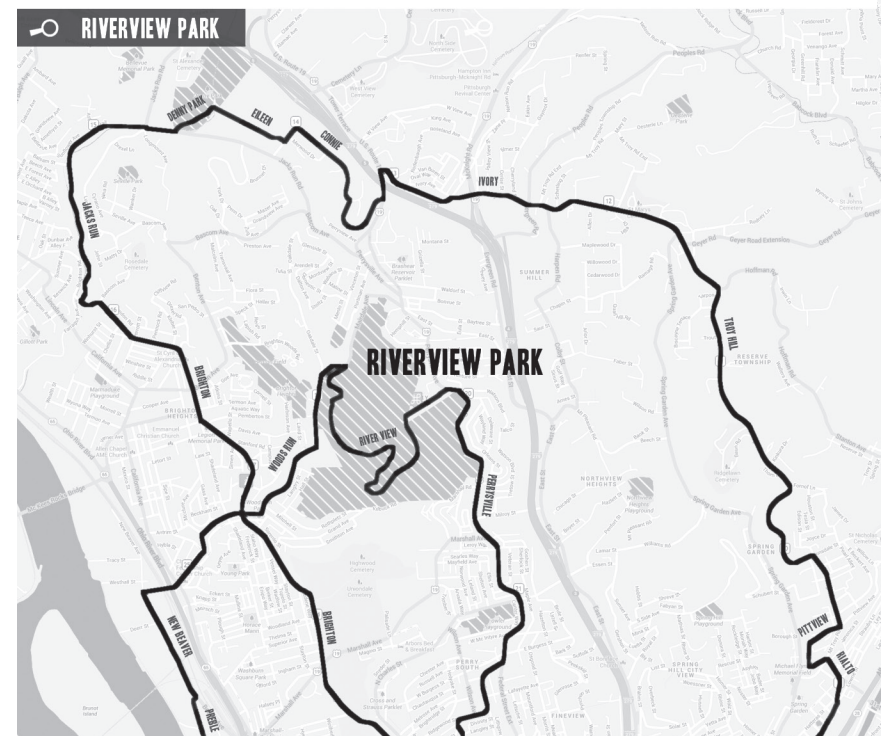
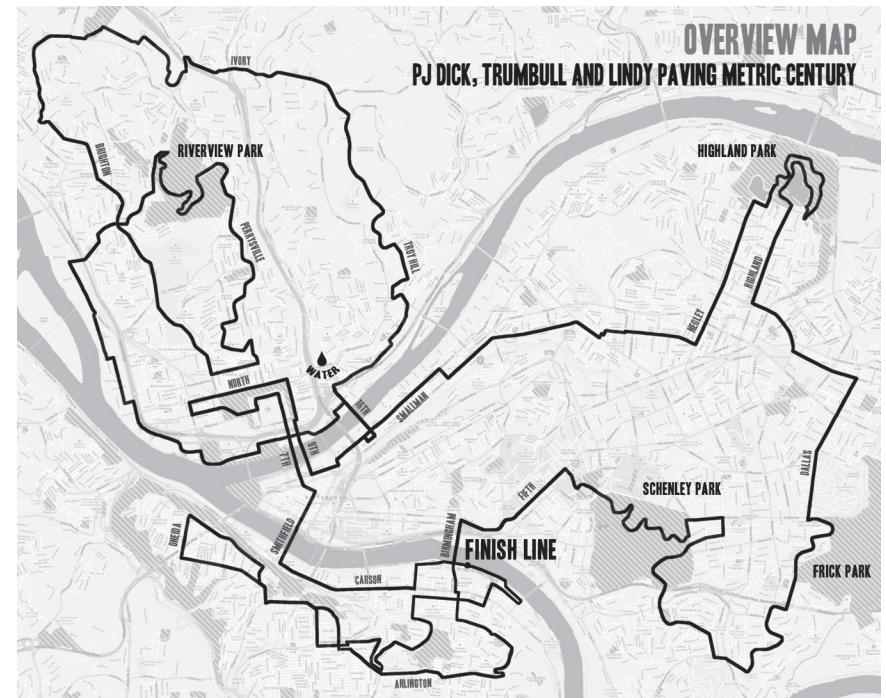


SAFE RIDING TIPS

More and more people in Pittsburgh are realizing that bicycling is an easy and efficient way to get around our city. You might be one of the thousands of people who do so each day. While bicycling can bring increased mobility, it comes with just as much responsibility as walking down the street or driving a car. When you're riding your bicycle, **you must follow traffic laws.**

While not following traffic laws is simply illegal, it is more importantly a safety issue. Disregarding traffic laws leads to crashes and injuries. Please follow the rules.

**THERE ARE THREE
IMPORTANT THINGS
TO KEEP IN MIND:
RIDE SAFELY,
RIDE PREDICTABLY,
RIDE POLITELY**



RIDE #3

PJ DICK, TRUMBULL, AND LINDY PAVING METRIC CENTURY 62 MILES

For more experienced riders that wish to challenge themselves, this ride offers 62 miles (100km) of Pittsburgh's roaming slopes. This ride will test your climbing and reward riders with some of the best views of Pittsburgh.

Strategically placed rest stops can be found along the route to break up this longer ride. If needed there are a number of points along the PJ Dick, Trumbull, and Lindy Paving Metric Century where you are able to join the shorter Highmark City Tour to return back to the Finish Line Festival.

START TIME: 7:00AM-7:30AM

We recommend starting early to enjoy lighter traffic on the streets as well as cooler morning air.

REST STOPS:

Mile 4 - Overlook Rest Stop at Grandview Park

Mile 17.5 - Penn Brewery Water Stop

Mile 29 - PJ Dick, Trumbull, and Lindy Paving Rest Stop at River View Park

Mile 46 - Highmark Rest Stop at Highland Park

Mile 57 - Peoples Rest Stop at Schenley Plaza

MUSIC CYCLING EXPO **FREE FINISH LINE PHOTOS!**
FINISH LINE FESTIVAL!
BIKE PARKING PITTSBURGH FOOD TRUCKS

The Finish Line Festival Runs from 11am until 3pm at the start/finish area in the Southside Riverfront Park. At the Festival there will be music, restrooms, bike parking (don't forget to bring your bike lock), Pittsburgh food trucks*, a cycling expo, and free finish line photos. It's going to be fun!

*Please Note that food from food trucks is not included with registration.

RIDE SAFELY

- Wear a helmet
- Do not cross over the double yellow line on the road
- Obey traffic laws
- You are responsible for making sure your bike is in working order

A. CHECK THE AIR PRESSURE OF YOUR TIRES. There is a "recommended inflation" on the sidewall of every tire.

B. MAKE SURE YOUR BRAKES WORK. You shouldn't be able to squeeze the brake lever so that it touches the handlebars. Also, make sure the brake pads rub against the metal rims, not the rubber on the tires.

C. MAKE SURE YOUR CHAIN ISN'T RUSTY. In fact, check to see if your entire drive-train mechanism (shifters, derailleurs and chain) are working properly.

QUICK CHECK. Make sure your wheels are firmly attached. If you're not sure how the Quick Release mechanism works, please ask someone. A loose quick release is very dangerous for you and other riders. Take your bike out on a short ride before August 30th !

If you don't know how to address an issue with your bike, go to a bike shop for assistance!

RIDE PREDICTABLY

Being predictable is safe and easy. It is also the law.

- Ride with traffic, not against it
- Ride no more than 2 abreast
- Stop at all stop lights and stop signs
- Try to avoid sudden movements left and right
- Leave crosswalks clear for safe walking
- Yield to pedestrians
- Do not ride on sidewalks in business districts. It is illegal
- Use hand signals when making turns

RIDE POLITELY

- Tell other riders 'car up/car back'
- Point out potholes
- Alert other riders if you are going to stand or use your brakes
- Give other riders plenty of space both in front of you and to the side
- Be nice...remember that this is not a race!

For more help with city cycling, be sure to check out our City Cycling Classes: Fundamentals of City Cycling and Confident City Cycling. Riders of all experience levels can register to practice and learn first-handed the skills necessary for safe biking on city streets.

For more information head over to bikepgh.org/citycycling



BICYCLE TIMES ADVENTURE FEST

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FESTIVAL DETAILS:

Expansive Expo with Demo Bikes
Kayak & Paddle Board Demos
Live Entertainment Friday and Saturday
Indoor and Outdoor Accommodations

ROAD ROUTES:

13 mile demo loop
35 miles
61 miles
105 miles

MIXED SURFACE:

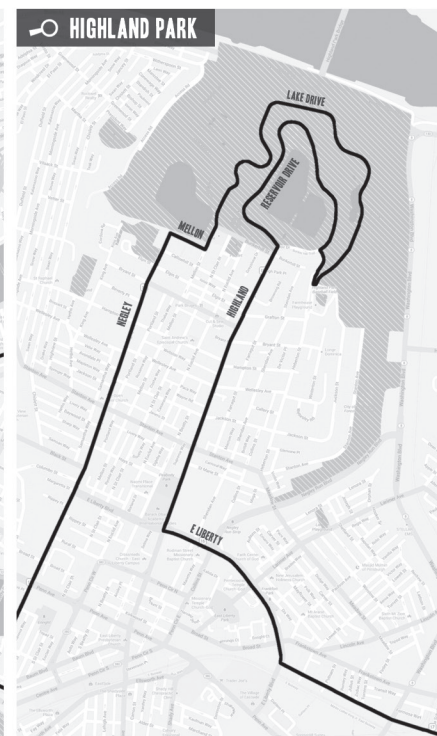
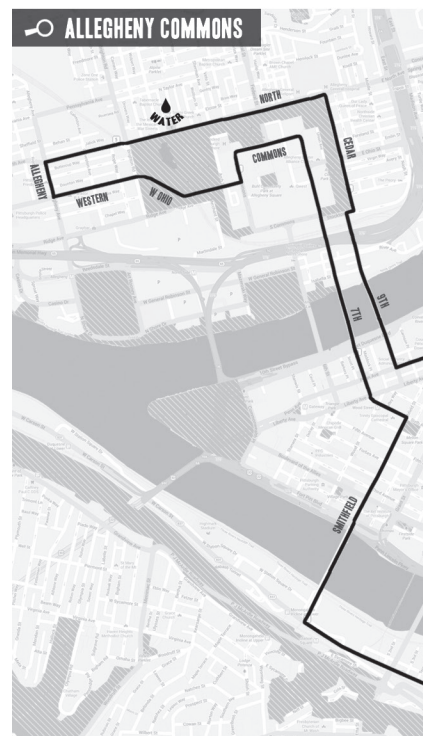
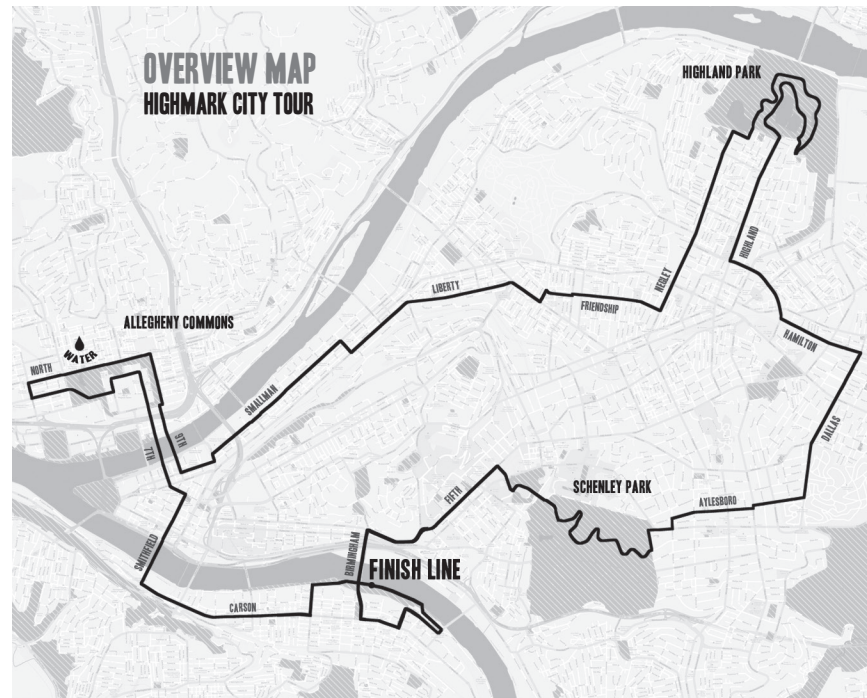
25 miles
45 miles
77 miles

CHOOSE YOUR ADVENTURE!

Ride where you want, when you want. We'll provide the maps!



Registration now open: www.bikereg.com/BTAF
More Info: www.bicycletimesadventurefest.com



RIDE #2

HIGHMARK CITY TOUR 25 MILES

For those looking to explore a little more of Pittsburgh, there is the Highmark City Tour. This ride offers 25 miles of fun on lower-traffic streets as you sightsee throughout Pittsburgh's South Side, Northside, and East End. Expect a few mild hills. With rest stops placed strategically throughout this route, even inexperienced riders can enjoy this ride at their own pace.

START TIME: 8AM-9:00AM

We recommend starting early to enjoy lighter traffic on the streets as well as to beat the heat.

REST STOPS:

Mile 5 - Water Stop @ Allegheny Square

Mile 14 - Highmark Rest Stop at Highland Park

Mile 21 - Peoples Rest Stop at Schenley Plaza

ROUTE SIGNALS. LOOK DOWN!

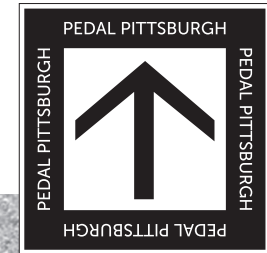
On the ride you will see blue and white route signs with arrows as well as color-coded on-street markings. They will face forward (straight), left, right or occasionally at an angle. Additional signage will inform you of what route you're on.

PINK: The PJ Dick, Trumbull, Lindy Paving Metric Century

GREEN: The Highmark City Tour

BLUE: The Peoples Riverfront Ride

Also, be on the lookout for "Caution" signs. These signs designate where you need to be extra vigilant. There will be road marshals at select locations to help out along the way. Again, the on-street portion of PedalPGH is not car-free.



Gelman & Reisman
LAW OFFICES

"Pittsburgh is my home. I ride in these streets. I know them from your point of view."

Marc Reisman is an Attorney and a member of the cycling community. He's contributed over 25 years of service to bicyclists as a counselor and advocate.

GelmanReisman.com - (412) 288-9200 - Law & Finance Building, Pittsburgh, PA 15219

PEDALPGH ROUTES

3 ROUTES TO CHOOSE FROM, MAKING PEDALPGH A RIDE FOR EVERYONE. PEDALPGH IS DESIGNED SO THAT RIDERS OF ALL LEVELS CAN CHOOSE THEIR OWN EXPERIENCE. WHETHER YOU'RE LOOKING FOR A CASUAL, FUN RIDE OR WANT TO CRUSH SOME MILES AND HILLS, THERE IS AN OPTION FOR RIDERS OF ALL AGES AND FITNESS LEVELS. YOU AND YOUR FRIENDS CHOOSE HOW TO EXPLORE OUR NEIGHBORHOODS, PARKS, BRIDGES AND GEOGRAPHY THAT MAKE PITTSBURGH SO UNIQUE.

RIDE #1

THE PEOPLES RIVERFRONT RIDE

A 2-12+ MILE RIDE ALONG THE RIVERFRONT

Join your hometown natural gas company for a 2-12+ mile ride along the riverfront Ride as far as you'd like along Pittsburgh's famous Three Rivers Heritage Trail. This novice-friendly, all-ages ride starts at the Southside Riverfront Park and offers up to 12 miles of car-free trails. We will have a water stop for participants at Golden Triangle Bike Rental on the trail as well as a Rest Stop to enjoy some great snacks provided by Whole Foods at the Start/Finish line area.

Whenever you decide to end your ride there will be the Finish Line Festival at the Southside Riverfront Park finish line from 11am-3pm. Everyone is welcome to stay and enjoy the day. At the festival there will be restrooms, bike parking (don't forget to bring your bike lock), music, food trucks, a cycling expo, and a free photo booth. It's going to be fun!

START TIME: 10AM-NOON

We recommend starting early to enjoy lighter traffic on the trail as well as to beat the heat.

REST STOPS:

- Mile 3 - Water Stop @ Golden Triangle Bike Rental
- Mile 5 or 12 - Rest Stop at the Finish Line Festival

