

**Bike Pittsburgh presents**

**UPMC HEALTH PLAN**



# **PEDAL PGH**

**August 26<sup>th</sup> 2018**

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Southside Riverfront Park  
1 S. 18th St. (Under the Birmingham Bridge)

**START TIMES**

- 7am** 62 Mile BikePGH Challenge
- 8am** 40 Mile Alco Parking Grand Tour
- 9am** 25 Mile UPS City Tour
- 10am** 10 Mile Peoples Local Loop

## ABOUT THE RIDE ✦

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Sunday, August 26th marks the 25th Anniversary of Bike Pittsburgh's signature fundraiser, UPMC Health Plan PedalPGH. Now with four distinct rides to choose from, PedalPGH is both a celebration of our work and our beautiful City of Pittsburgh. The event features bicycle friendly streets, dozens of neighborhoods, lush parks, and gorgeous views that will make you fall in love with the city if you haven't already.

We're proud to showcase our work connecting communities with better bicycling and walking infrastructure, but our work is not yet finished. I hope before or after your ride you will choose to join us in advocating for safe streets for all by becoming a member of Bike Pittsburgh. Together we can strengthen our neighborhoods and communities to raise the quality of life for all residents. Thank you for joining us on this important ride. I hope you have a great time!



Scott Bricker  
Executive Director  
Bike Pittsburgh

## PEDALPGH RIDER CHECKLIST ✦

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- ✦ Your bike  
(Check to make sure it is in good working order before the ride.  
Visit [bikepgh.org/abc](http://bikepgh.org/abc) to perform an at-home abc quick check)
- ✦ 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, mini air pump, and multi-tool
- ✦ Money for lunch
- ✦ Bike lock
- ✦ Rain Jacket
- ✦ Bring a friend! Friends can register on the day of the event.

## PARKING ✦

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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.**

**SouthSide Works**  
**2750 Sidney St.**  
**Pittsburgh, PA 15203**

### 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. Please be mindful of residents and avoid parking in driveways or making excess noise unloading your bike in the morning.

**Paid parking:** There are several parking garages in the South Side. We highly recommend parking in the nearby SouthSide Works.

**If you choose to park in a garage, triple check that your bike is not on TOP of your car before entering the garage!**



## SAFE RIDING TIPS ✦

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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**

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-hand the skills necessary for safe biking on city streets.

**Visit [bikepgh.org/101](http://bikepgh.org/101) to learn the rules of the road.**

## RIDE SAFELY ✦

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- 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) is working properly.

### **QUICK CHECK** ([bikepgh.org/abc](http://bikepgh.org/abc))

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 26th!**

## RIDE PREDICTABLY ✦

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- 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 ✦

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- Tell other riders "car up / car back"
- Point out potholes
- Alert other riders if you are going to stand or use your brakes "slowing / stopping"
- Give other riders plenty of space both in front of you and to the side



**ROHRICH**



**TOYOTA**



Proud to be the official vehical support of PedalPGH.

## DON'T GET LOST! ✦

While riding the UPMC Health Plan PedalPGH, you will see color-coded signs and on-street markings. They will face forward/up (straight), left, right, or occasionally at an angle. Additional signage will inform you of what route you're on.

**PINK** 62 Mile BikePGH Challenge

**YELLOW** 40 Mile Alco Parking Grand Tour

**GREEN** 25 Mile UPS City Tour

**BLUE** 10 Mile The Peoples Local Loop

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.

## COLOR-CODED SIGNS



## ON-STREET MARKINGS



# UPMC HEALTH PLAN PEDALPGH ROUTES

With 4 routes to choose from, PedalPGH is 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.



## THE PEOPLES LOCAL LOOP

**10 miles - Follow BLUE signs**

Join your hometown natural gas company for a 10 mile ride along the Local Loop 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 10 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 Giant Eagle 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!

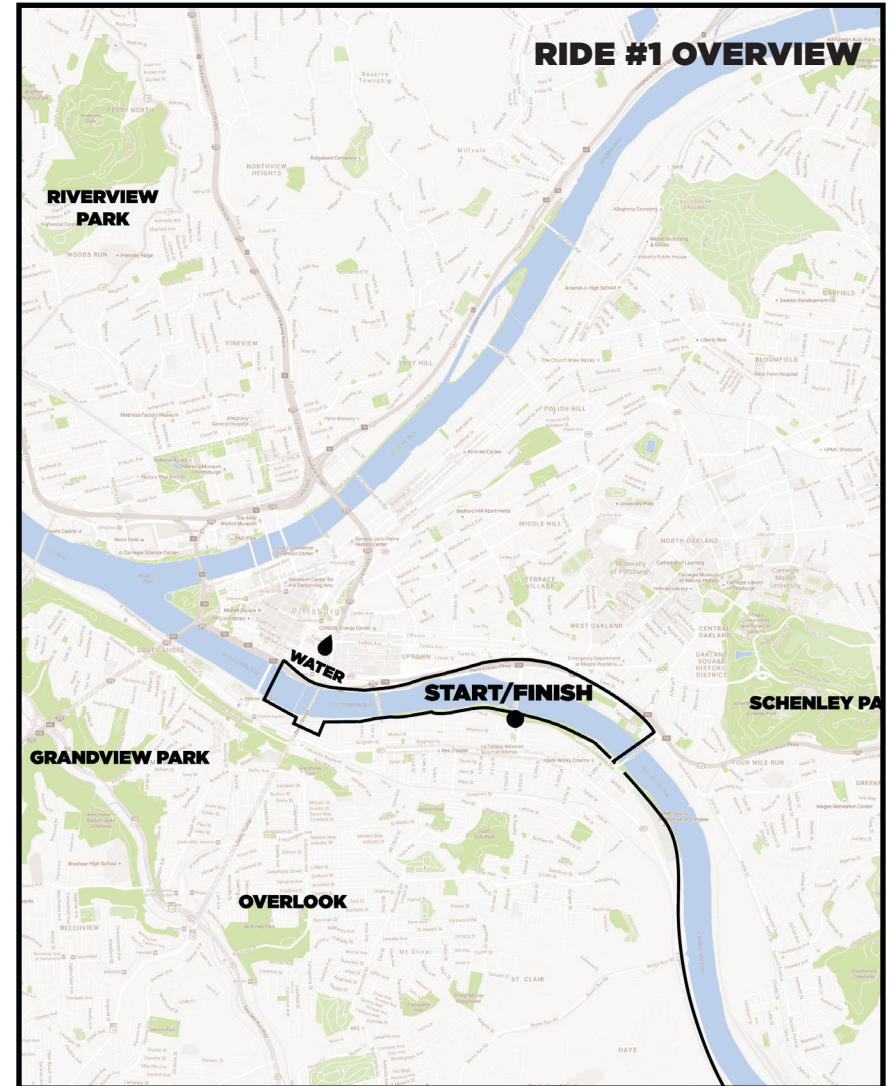
### Start Time: 10am

We recommend starting **on time** to beat the heat.

### Rest stops

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

## RIDE #1



## UPS CITY TOUR

25 miles - Follow GREEN signs

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.

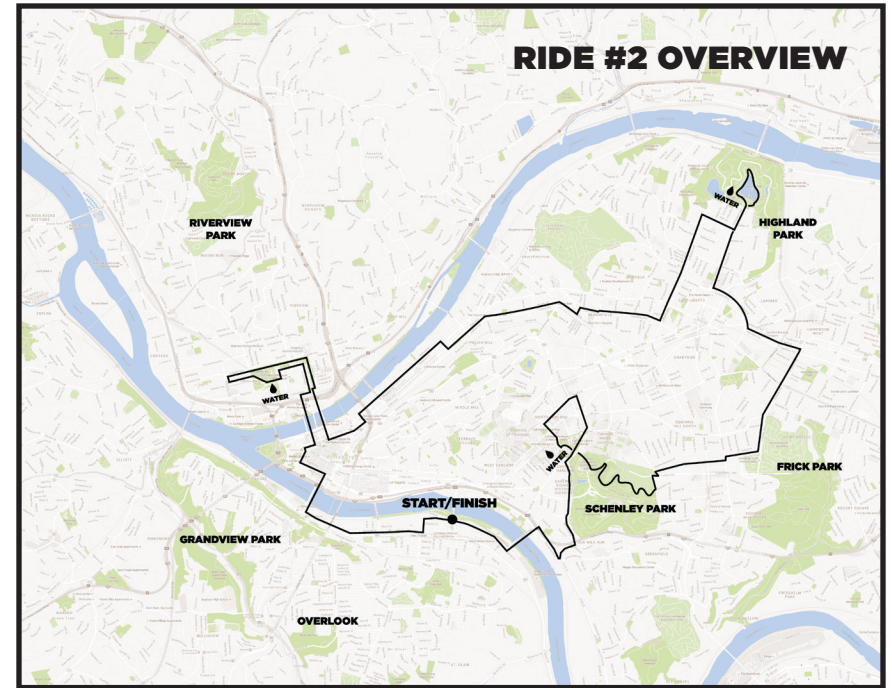
### Start Time: 9am

We recommend starting **on time** to enjoy lighter traffic on the road as well as to beat the heat.

### Rest stops

- Mile 5 - Water Stop @ Bear Dog Bikes
- Mile 14 - UPS Rest Stop at Highland Park
- Mile 21 - Peoples Rest Stop at Schenley Park

# RIDE #2



## ALCO PARKING GRAND TOUR

43.8 miles - Follow YELLOW signs

For those looking to explore a little more of Pittsburgh, there is the ACS Ride to End Cancer. This ride offers 43.8 miles of fun on lower-traffic streets as you sightsee throughout Pittsburgh's South Side, Northside, and East End. Expect hills! You will be riding to Riverview Park with long climbs up Troy Hill Road. Rest stops are placed strategically throughout this route but there is a hard cut off time at 9 AM at the Penn Brewery to ensure you can finish the ride on time with support.

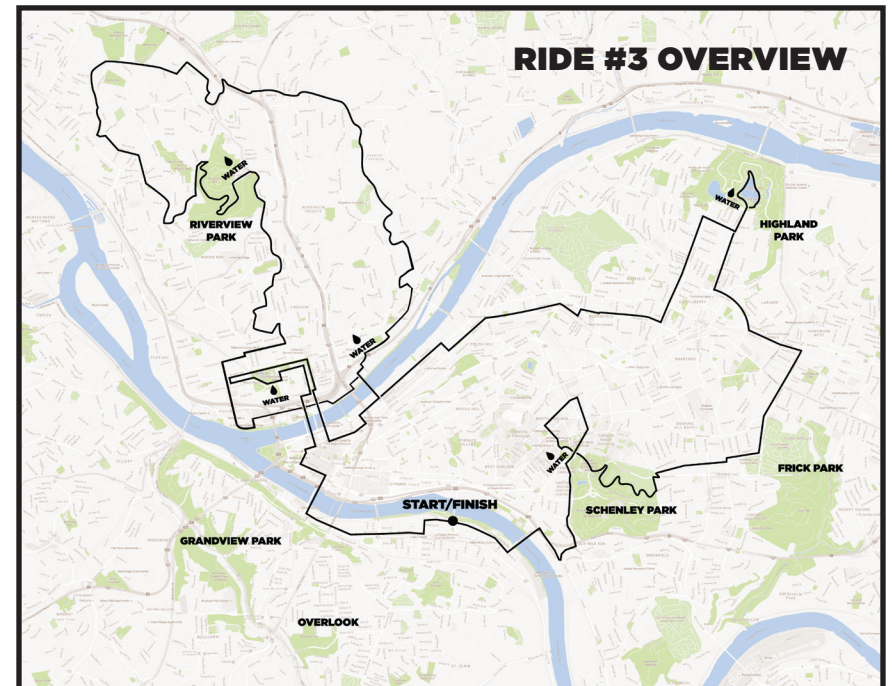
### Start Time: 8am

We recommend starting **on time** to enjoy lighter traffic on the road as well as to beat the heat.

### Rest stops

- Mile 5 - Water Stop @ Bear Dog Bikes
- Mile 19.5 - Alco Parking Rest Stop at Riverview Park
- Mile 31.7 - UPS Rest Stop at Highland Park
- Mile 39.4 - Peoples Rest Stop at Schenley Park

# RIDE #3



## BIKEPGH CHALLENGE

62 miles - Follow PINK signs

# RIDE #4

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 rewards 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 Healthy Ride Ultimate Challenge where you are able to join the shorter Highmark City Tour to return back to the Finish Line Festival.

### Start Time: 7am

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

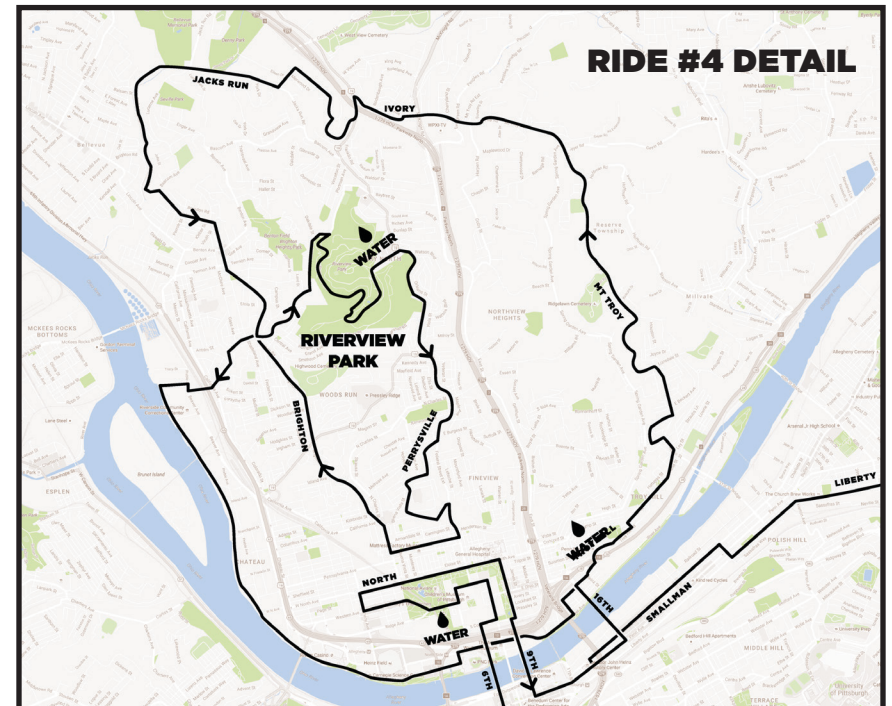
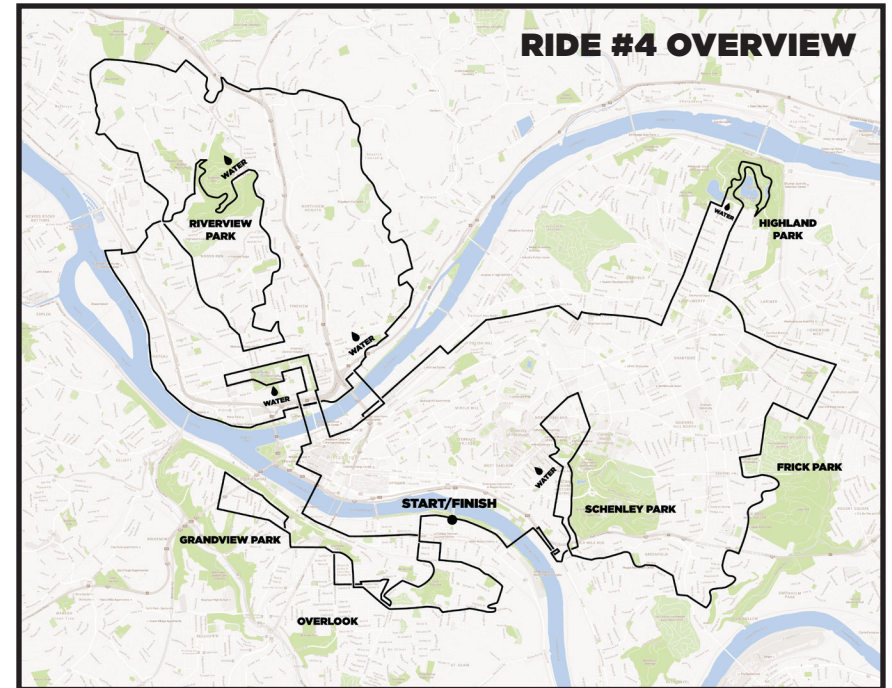
### Rest stops

Mile 4.3 - Overlook Healthy Ride Rest Stop at Grandview Park

Mile 28.9 - Alco Parking Rest Stop at Riverview Park

Mile 46.4 - UPS Rest Stop at Highland Park

Mile 57.6 - Peoples Rest Stop at Schenley Park



## FINISH LINE FESTIVAL

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.