

# FRIENDS OF THE RIVERFRONT

Increase awareness and engagement with the Pittsburgh region's rivers and riverfronts through activities, stewardship, and expansion of water and land trails.



## GO-WITH-THE-FLOW E-NEWS BLAST

### Greetings from Friends of the Riverfront

We are glad you're engaged and tuned into the exciting developments happening on and along the Three Rivers Heritage Trail and Water Trail systems. Please take a moment to renew your membership for 2006 online by clicking [HERE](#). We'd like to send you a free Friends of the Riverfront t-shirt as a thank you for your support.

### Register for the August 6th Triathlon & Adventure Race

There is still time to register for the Sunday, August 6th **Triathlon and Adventure Race** being held on the banks of the Allegheny River between the stadiums on the great lawn. Late registration is being accepted in person on **Saturday, August 5th from 10am to 6pm** under the main event tent on the North Shore lawn between the stadiums. All first, second, and third place winners will be awarded unique trophies by Pittsburgh artist Susan Wagner and forged by Corey Lyons Metal Works.



### Pittsburgh Triathlon Volunteers

Volunteers should arrive on Sunday at the North Shore shortly after 4:30 and park in Gold Lot #4 or Red #6 adjacent to PNC Park. Proceed to the great lawn area on the riverfront to the main white tent for registration. A manager in a yellow t-shirt will greet you and assign tasks. Free Breakfast, lunch and a black volunteer t-shirt provided.



### It's the boating life for me — Pittsburgh Post-Gazette

People from all over our region are rediscovering the unsurpassed recreational resources in their own neighborhoods. The three rivers are fast becoming a Mecca for people interested in boating, paddling and other outdoor activities. <http://www.post-gazette.com/pg/06197/706013-28.stm>

### Three Rivers Sojourn: River of the Year Celebration

Be a part of the three-day paddling sojourn exploring the 2006 Pennsylvania Rivers of the Year, the Allegheny, Monongahela, and Ohio. The 2006 adventure will begin on Tuesday, August 10th in Harmarville on the Allegheny and end on Saturday, August 12th with a cruise aboard Pittsburgh Voyager on the Ohio. <http://>

### August 3rd, 2006



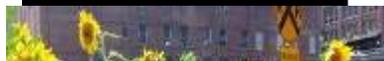
Volunteers along the Strip District Trail at Seagate removing invasive plants during the July 14th stewardship event.

### August Riverfronts Naturally Volunteer Stewardship Events

#### Friday, August 11th

5:00-8:00 pm on the Duck Hollow Trail at the mouth of Nine Mile Run.

Join Friends of the Riverfront and PA Clean-Ways for these stewardship events along the Monongahela Riverfront. We'll tend to the trails, remove rubbish, plant several areas with native plants and enjoy an after party with refreshments. We will assemble at the Friends of the Riverfront tent for a safety talk and brief discussion of our tasks. Complete details are available in the **EVENTS** section of the Friends of the Riverfront web-page. Directions: follow 376 East and take Squirrel Hill/Homestead exit. Proceed on Browns Hill Road towards Homestead, turn left onto Old Browns Hill Road at traffic light, and park on the Duck Hollow Wharf.



cruise aboard Pittsburgh Voyager on the Ohio. <http://www.ventureoutdoors.org/Sojourn.asp>

#### 5th Annual Ohio River Watershed Celebration

You are cordially invited to join us aboard the Gateway Clipper on Thursday, September 21, 2006 as we sail the Allegheny River, lock through the Highland Park Lock and Dam, and learn about river topics, watershed work, energy issues, and more!

[www.streamrestorationinc.org/rsvp](http://www.streamrestorationinc.org/rsvp)

#### FREE Three Rivers Heritage Trail and Water Trail Maps

Time to hit the trails, but don't forget your Three Rivers Heritage Trail map. The map details the emerging trail system along the three rivers of the Pittsburgh region. Also, the map offers users a complete guide to trails, nearby amenities, trail head facilities and river access points. **Request your free trail map today!** Call us at 412.488.0212 or email

[friends@friendsoftheriverfront.org](mailto:friends@friendsoftheriverfront.org)

If you would like to be removed from our e-mail list, please send an e-mail to [friends@friendsoftheriverfront.org](mailto:friends@friendsoftheriverfront.org) and write REMOVE in the title. Friends of the Riverfront does not sell or share its e-mail list with any other organization.



**Sunflowers planted by volunteers blooming along the South Side segment of the Three Rivers Heritage Trail.**