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## FRIENDS OF THE RIVERFRONT



Through intense collaboration with community partners, government officials, and a diverse volunteer base, our rivers and riverfronts have been transformed from industrial wastelands to international examples of environmental renewal. Whether you bike, hike, rollerblade, or paddle along our beautiful shores, we encourage everyone to take advantage of these assets.





## FRIENDS OF THE RIVERFRONT; IN THE BEGINNING...

Ever wonder how things got started? We've received many requests for the early history of Friends of the Riverfront and the inspiration for the Three Rivers Heritage Trail. [Click Here](#) to read about the early visionary trail builders whose legacy continues to flow along our Three Rivers.

## VENTURE OUTDOORS PADDLE WITH F.O.R.

Join Bill Peduto, Lisa Schroeder from Riverlife, Thomas Baxter from Friends of the Riverfront and Rob Pfaffmann from Pfaffmann and Associates for an educational kayak paddle along Pittsburgh's three rivers. The group will discuss future riverfront development from the perspective of the waterfront, Three Rivers Heritage Trail and urban architectural design. The paddle tour is scheduled for Sunday, June 14 from 1:00-4:00 pm starting from Kayak Pittsburgh adjacent to the Clemente Bridge. [Click Here](#) for complete details and online registration.



## PNC PITTSBURGH TRIATHLON CLINIC PRESENTED BY TEAM IN TRAINING

Are you thinking about training for your first Triathlon? Team in Training can help you get started as we share our knowledge in this clinic. Colleen Acerra, Team in Training coach, will cover training essentials: choosing the right gear; selecting proper clothing and footwear; and will also provide some additional information about Team in Training to help you on your way.

**Date and Time:** Wednesday, June 10th 7:00pm - 8:00pm **Location:** REI South Side Works 412 South 27th Street

[Click Here for complete details](#)

## FREE BIKE DRAWING: JULY 25-26@ PITTSBURGH TRIATHLON AND ADVENTURE RACE

Register now to be a part of the 2009 PNC Pittsburgh Triathlon & Adventure Race. All participants will be automatically entered to win Cannondale CAAD9-6 Bike, valued at \$1,500 compliments of Pro Bikes. Winner to be drawn during the awards ceremony directly following the race. New this year is a Sprint Triathlon distanced for those who wish to race a shorter version of this exciting and traditional Triathlon & Adventure Race. We've established first rate bike shop support from [Big Bang Bikes](#) and [Pro Bikes](#) and an improved expo throughout the Saturday prior to the race. [Click Here](#) for complete details.



## PHOTO CONTEST - THREE RIVERS HERITAGE TRAIL

Do you enjoy taking pictures while you're hitting the trails? Think you have a good eye for photography? Enter your favorite pic into our photo contest and your image might just end up in the 2010 edition of the Three Rivers Heritage Trail Map & Guide. **The winning photographer will receive their photo and credit printed in 50,000 copies of the upcoming 2010 Three Rivers Heritage Trail Map & Guide and a \$25 Gift Certificate to OTB Bicycle Cafe--just off the South Side Trail.** Each Contestant is permitted to submit two jpeg. photos at approximately 1 megabyte each to [friends@friendsoftheriverfront.org](mailto:friends@friendsoftheriverfront.org) or burned onto a CD and sent by mail to Friends of the Riverfront, 33 Terminal Way, Pittsburgh, PA 15219. All entries must be received electronically or be postmarked by Monday, June 29th. Entries will be reviewed and the winner will be selected by popular vote via Communications Committee. Winner will be notified immediately and the results of the contest will be announced in the July e-newsletter.

## RIVERFRONTS NATURALLY VOLUNTEER EVENTS

Spend some of your free time with Friends of the Riverfront as we maintain the Three Rivers Heritage Trail. Our next volunteer event is scheduled for **"National Trail Day" Friday June 5th from 5:00-8:00pm along the Ohio Riverfront off of Westhall Street.** [Click Here](#) to download a 1-pager on the event complete with directions. [Click Here](#) for more information on volunteer opportunities and other upcoming events.



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

Sincerely,  
*Friends of the Riverfront*

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