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1/July/2011

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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.





PITTSBURGH TRIATHLON

Registration for the 2011 Pittsburgh Triathlon & Adventure Race is nearly sold out! Don't miss out, [register today](#) for the July 31st race and be sure to join us for an event Expo and packet pick up on Saturday, July 30th!

Volunteers are still needed for both Expo and Race Days!

[Click Here to Volunteer!](#)



GREENING THE TRI

The 2010 Pittsburgh Triathlon was our first green certified race and we couldn't be more proud! This year, we'll continue our greening process by featuring other local environmental nonprofits in our Expo.

What can you do to help keep the Pittsburgh Triathlon green?

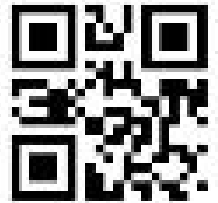
- 1) Bring gently used clothes or shoes to drop in our St. Vincent De Paul donation box.
- 2) Help us to recycle and compost event meals and beverage containers.
- 3) Arrange a carpool to the event and/or the Expo, or use [public transportation](#).
- 4) Offset your travel--[click here!](#)



TRAIL MIXER

A BIG thank you to everyone joined us to celebrate our 20th Anniversary at June 4th's Trail Mix(er)! This year's event was definitely our best yet!

If you missed the party--or just miss the party, [take a look back](#) at all the fun!



THREE RIVERS HERITAGE TRAIL MAP

Have you checked out our new Three Rivers Heritage Trail [online map](#)? What about the new app for Smartphones? Just scan this QR code and get ready to navigate the trails!

Still like our [printed maps](#)? No problem! Just send us an email and we'll send you one! Don't forget to let us know where to send it!



THREE RIVERS WATER TRAIL

Looking for adventure in Pittsburgh this summer? Try paddling all three of Pittsburgh's rivers on the Three Rivers Water Trail! [Request your copy](#) of the new Three Rivers Water Trail Map & Guide today and start planning an afternoon paddle or an all day adventure!

CALENDAR

Thursday, July 14, 7pm - Friends of the Riverfront at Eclipse Lounge

Saturday, July 30, 10am - Pittsburgh Triathlon & Adventure Race Expo

Sunday, July 31, 6am - Pittsburgh Triathlon & Adventure Race

Stay up to date with all upcoming events by joining our social network or by visiting our [Calendar page](#).



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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