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Triathlon Edition!

12/July/2012

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GNC
LIVE WELL.

PITTSBURGH TRIATHLON

2012



To our Athletes:

Thank you for registering for the 2012 GNC Pittsburgh Triathlon & Adventure Race benefiting Friends of the Riverfront. We are glad you have chosen to participate in this significant event and would like to express how important the proceeds are to the continued development and stewardship of the Three Rivers Heritage Trail in the Pittsburgh region.

Proceeds from the 2012 race will support Friends of the Riverfront paving of the North Shore portion of the Trail, a critical segment of the race's run course. We also plan to plant over 500 restoration trees along the Allegheny River in an effort to stabilize the riverbank and remove invasive species. The new three day venue will allow us to engage additional participants and in turn increase our volunteer stewardship efforts engaging 2,000 volunteers

annually to help monitor and maintain all 24 miles of the Three Rivers Heritage Trail.

Again, thank you for your support of Friends of the Riverfront and your registration supporting the continued development and stewardship of the Three Rivers Heritage Trail. We look forward to a cheering you on, see you on race day!

Sincerely,



Thomas Baxter
Executive Director
Friends of the Riverfront



REGISTRATION FILLING FAST!

The 2012 GNC Pittsburgh Triathlon & Adventure Race is just a few short weeks away and [registration](#) is filling fast! Don't miss your chance to compete in our biggest event yet!

The 15th annual GNC Pittsburgh Triathlon & Adventure Race takes place Friday, July 27 through Sunday, July 29 on the Great Lawn at North Shore Riverfront Park, adjacent to Jerome Bettis Grille 36 and across from Stage AE on North Shore Drive.

[Register today!](#)



VOLUNTEERS NEEDED!

Volunteers are needed for GNC Pittsburgh Triathlon & Adventure Race weekend, July 27 through July 29 on the North Shore.

Volunteer as an individual or volunteer as part of a nonprofit group and help make this year's event a success! Volunteer tasks include setting up cones before the race, working at water stations along the course, and assisting management team during the race.

Nonprofit groups wishing to volunteer are eligible to receive a \$25 donation per person. The deadline to register with a nonprofit group is Monday, July 16. Please email sarah@friendsoftheriverfront.org for more information on nonprofit group volunteering.

To register as a volunteer and view a complete list of available shifts and tasks, [click here](#).



GREEN WEEKEND

The 2012 GNC Pittsburgh Triathlon & Adventure Race will be our 3rd year to achieve green certification through [Athletes for A Fit Planet](#). The Pittsburgh Triathlon has been green certified since 2010, and we encourage everyone to help take part in greening this year's event.

Here are some ways you can help!

- 1) **RECYCLE!** Deposit recycling and trash in appropriate on-site bins throughout the weekend.
- 2) **DONATE!** [Goodwill of Southwestern Pennsylvania](#) will be on-site accepting donations of gently used clothing, shoes, and household items.
- 3) **EDUCATE!** Learn about local environmental organizations at the event expo!
- 4) **RIDE SHARE!** Make your journey to this year's event as green as possible! Consider carpooling, [public transportation](#), or [carbon offsets](#)!

We're also pleased to announce that any leftover food and beverage from this year's event will be donated to the food pantries at [Northside Common Ministries](#)!

Increase awareness and engagement with the Pittsburgh region's rivers and riverfronts.

Sincerely,

Friends of the Riverfront

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