

miles of Three Rivers Heritage Trail in Pittsburgh and Allegheny County!

Whether you're a corporate or social group, a student looking for service hours, or an individual interested in lending a hand, we'd love to have you join us! We have many events already planned with no pre-registration required, and we're happy to arrange custom events for groups of 10 or more!

Please email Jeff at jeff@friendsoftheriverfront.org with any questions about volunteering with us!

For a full list of upcoming volunteer opportunities, visit our [Calendar page!](#)

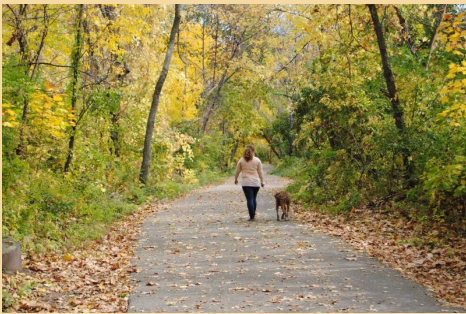


PITTSBURGH TRIATHLON

The 2013 Pittsburgh Triathlon & Adventure Race returns July 26-28 - and race day will be here before you know it!

[Registration](#) for athletes and volunteers is now open, and athletes can take advantage of Early Spring rates now through March 20th.

Information about upcoming clinics, training events, and how you can help us achieve green certification for this year's race is Coming Soon!



PRE-ORDER YOUR 2013 THREE RIVERS HERITAGE TRAIL MAP!

A new edition of the Three Rivers Heritage Trail Map & Guide is coming this spring, and you can be one of the first to receive a copy when you [pre-order today!](#) Just send us your name and address and we'll mail you a map as soon as they arrive!

UPCOMING EVENTS

It's the start of another busy season of events for Friends of the Riverfront! We look forward to seeing you at one of our Riverfronts Naturally volunteer events, community outreach events, or happy hours!

Friday, March 8, 8am-4:30pm | Forks of the Ohio Regional Trail Symposium

[More information and registration](#)

Tuesday, March 26, 5:30-7:30pm | Pruning Workshop with Tree Pittsburgh
Certified Tree Tenders only - [Register Here](#)

For a complete list of upcoming events, visit 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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