



1/July/2013

IN THIS ISSUE

[PITTSBURGH TRIATHLON](#)

[GREAT ALLEGHENY PASSAGE
OPENING](#)

[MASQUERADE POKER PARADE](#)

[THREE RIVERS HERITAGE TRAIL](#)

[UPCOMING EVENTS](#)

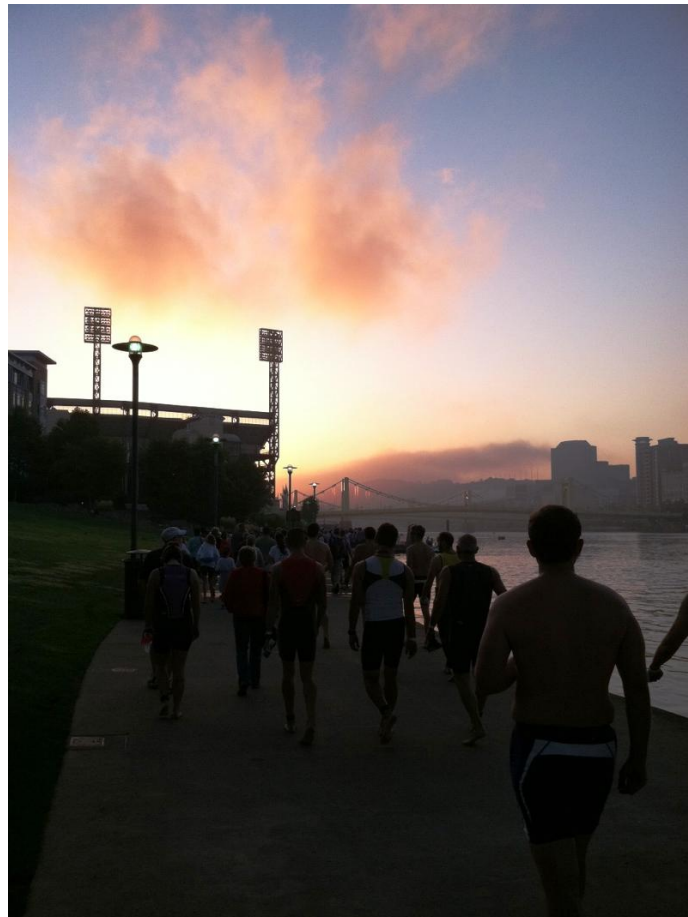
QUICK LINKS

[CONTACT US](#)
[NEWS](#)

[MORE ON FRIENDS OF THE
RIVERFRONT](#)
[SUPPORT OUR MISSION](#)



FRIENDS OF THE RIVERFRONT



Early morning at the Pittsburgh Triathlon

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 & ADVENTURE RACE

The [2013 First National Bank Pittsburgh Triathlon & Adventure Race](#) is less than a month away! Registration for this year's event, July 26-28, is still open but filling fast. Late round registration will be available through July 20th. We're anticipating a sell out race for all events. Don't miss out on this year's triathlon! [Register Today!](#)

Volunteers are still needed to help ensure this year's event runs smoothly! Register now by clicking the race you'd like to support! [Volunteer Now!](#)

Need some motivation to make this year's race your best yet? A new edition of [Steel City Endurance's Coaching Corner:Improving Speed](#) is now available! To help prepare for the big event, be sure to re-read last month's issue: [Race Day Preparation](#)

Upcoming Swim Clinic: [Open Water Skills - Saturday, July 6, 8-10am at Olympic Swim & Health Club](#)

POINT MADE! GREAT ALLEGHENY PASSAGE CELEBRATION

The Great Allegheny Passage official grand opening celebration was held on Saturday, June 15 with ceremonies at Sandcastle in West Homestead and at the terminus of the Trail in Point State Park.

Planning to ride the Great Allegheny Passage and/or C&O Canal Towpath this year? Friends of the Riverfront's Program Manager, Sarah Carr shared her experience riding from D.C. to Pittsburgh as part of the Point Made! Celebration Ride in "[A Week On Two Wheels](#)".



Point Made!, Photo by: Paul G. Wiegman

Get the planning tools you need for your ride! [TrailBook](#) and "[Linking Up: Planning Your Traffic-Free Bike Trip between Pittsburgh, PA and Washington, D.C.](#)" are two of the best guides around!



MASQUERADE POKER PARADE

The [Masquerade Poker Parade](#) is a new event coming Saturday, October 26th to the Three Rivers Heritage Trail at South Side Riverfront Park! This family-friendly event combines a costumed walk or bike ride with seasonal activities and trick-or-treating for children, and a poker rally for adults 21+.

There will be plenty of prizes for best costume, best poker hand, and more!

[Check out the NEW teaser video for the event!](#)



HIT THE TRAILS THIS SUMMER!

The new 2013 Three Rivers Heritage Trail Map is now available! New for this year: the completed Great Allegheny Passage and dog parks along the trail in Lawrenceville and South Side. If you haven't already received your copy, [request one today!](#) Just send us your name and mailing address!

Need to cool off? Plan a day on the river and canoe or kayak around the city! Our Three Rivers Water Trail Map will help you get on the water -- and don't forget to float past the new fountain at The Point! [Request a Water Trail Map](#) or, for a couple bucks, [Make It Waterproof](#).



I <3 TRAILS T-SHIRTS ON SALE FOR JULY!

If you still haven't ordered the latest I <3 Trails t-shirt supporting the Three Rivers Heritage Trail, they're on sale for \$12 the entire month of July - while supplies last!

If you have an I <3 Trails shirt (any edition), be sure to send us a picture of you representing your love of trails to the world! [Submit a pic](#) and we'll send you a special thank you gift for participating!

<-- Here's Sarah at Great Falls, just a short walk from the C&O Canal Towpath!

[Send me a shirt!](#)



IN THE COMMUNITY - MON VALLEY CENTURY BICYCLE TOUR

Join the Monessen Amateur Radio Club on August 11th for their annual Mon Valley Century Bicycle Tour to support their community-related activities.

The ride offers 30, 50, 70 and 100 mile courses through scenic southwestern Pennsylvania with rest and lunch stops along the way.

[Registration and more information.](#)



UPCOMING EVENTS

It's summertime and we're busy with events from Riverfronts Naturally trail maintenance to outreach in your community. We hope you'll join us for one of these upcoming events:

Saturday, July 6, 8-10am | [Steel City Endurance's Triathlon Swim Clinic: Open Water Skills](#)

Friday, July 12, 5-8pm | Riverfronts Naturally Chapel Harbor

Saturday, July 13, 10am-1pm | Riverfronts Naturally Eliza Furnace - EVENT AT CAPACITY, NO ADDITIONAL VOLUNTEERS

Friday, July 26, 5-8pm | [First National Bank Pittsburgh Triathlon & Adventure Race Expo](#)

Saturday, July 27, 5am-noon | [First National Bank Pittsburgh Triathlon & Adventure Race - Sprint Distance Triathlon & Adventure Race](#)

Sunday, July 28, 5am-noon | [First National Bank Pittsburgh Triathlon & Adventure Race - Olympic Distance Triathlon](#)

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

[Forward this email](#)



Try it FREE today.

This email was sent to thomas@friendsoftheriverfront.org by friends@friendsoftheriverfront.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Friends of the Riverfront | 33 Terminal Way | Suite 333B | Pittsburgh | PA | 15219