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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.

## NEW YEARS RESOLUTION! PITTSBURGH TRIATHLON & ADVENTURE RACE

Registration is now open for the 2014 First National Bank Pittsburgh Triathlon & Adventure Race, July 25-27. Special [New Years Resolution registration rates](#) are available now through January 31.

Join Friends of the Riverfront and the [Pittsburgh Triathlon Club](#) for a free [winter triathlon workshop](#) Sunday, January 19th, 2pm at REI Settler's Ridge. Presentations from Chad Holderbaum, Lou Rocco, and Anne-Marie Anderson will cover topics including group training, nutrition, off season training, and more. No registration is required to attend this workshop.



## 2013 YEAR IN REVIEW & 2014 PERSPECTIVE

The new year is here and we are excited for a very busy and productive 2014.

Friends of the Riverfront's [2013 Year In Review & 2014 Perspective](#) is now available. We accomplished a lot in 2013 including the completion of the Keystone segment of the Three Rivers Heritage Trail, the last link in the Great Allegheny Passage, engaged 1,536 volunteers in trail stewardship, and launched our new website at [friendsoftheriverfront.org](#).

There are many exciting projects lined up for the new year: the completion of new Three Rivers Water Trail accesses in Haysville and West Homestead, constructing a portion of Three Rivers Heritage Trail from Aspinwall Riverfront Park to O'Hara, and an updated edition of the Three Rivers Heritage Trail Map.

If you haven't already, please take a moment to review our [2013 Year In Review & 2014 Perspective](#). Cheers to a great new year!



## HIT THE TRAILS THIS WINTER!

The Three Rivers Heritage Trail is open year round and winter is a great time to explore Pittsburgh by trail! The major commuter routes of the trail (South Side and Eliza Furnace) will be salted or plowed after heavy snows and other segments of the trail are great for snowshoeing or cross-country skiing.

If you'd like a free copy of the 2013 Three Rivers Heritage Trail Map & Guide, [request one today!](#) Just send us your name and mailing address!

## TRAIL COURTESY RULES!

Help keep the Three Rivers Heritage Trail enjoyable for all to use. Whether you're a biker, walker, runner, rollerblader, dog walker, or cross-country skier, whether you're 8 or 80, following these simple rules will make the trail experience a better one for everyone!

- Stay right, pass on left
- 15mph speed limit
- Follow all traffic rules
- No littering
- Dogs must be on a leash
- Clean up after your dog
- Trail is open from dawn to dusk
- Respect others

### THREE RIVERS HERITAGE TRAIL



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### TRAIL ALERT:

**STRIP DISTRICT** A detour is in place on the Strip District segment of the Three Rivers Heritage Trail between 11th and 22nd Street. This section of the trail will remain closed for underground utility work through February 2014. Trail users should use Smallman Street during this time. Cyclists may use the sidewalk on 11th Street. [View a map of the detour.](#)

## ALLEGHENY LANDING RECONSTRUCTION

The reconstruction of the Allegheny Landing along the North Shore of the Three Rivers Heritage Trail is nearly complete. The trail is open but trail users should use caution as construction vehicles may be in the area.

## UPCOMING EVENTS

We're gearing up for a great 2014 season of Riverfronts Naturally volunteer events! If you are interested in planning a volunteer event for your group (company, club, school, or social group) please contact our Stewardship Coordinator, Jeff McCauley at [jeff@friendsoftheriverfront.org](mailto:jeff@friendsoftheriverfront.org) or by calling 412-488-0212 x2.

Sunday, January 19, 2pm | [Winter Triathlon Workshop at REI Settler's Ridge](#)

For a full listing of upcoming events, please 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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