



3/March/2014

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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.

MAD MEX BENEFIT DINNER & EARTH DAY CELEBRATION

Save your seat for a fundraising fiesta benefiting Friends of the Riverfront! We'll return to [Mad Mex Shadyside](#), Tuesday, April 8th from 7-9pm for our 3rd annual Benefit Dinner to support our programs and projects.

How it works:

1) [Reserve your seat](#) for \$35 (100% of this goes to Friends of the Riverfront)

2) Join us on April 8th on the mezzanine at Mad Mex Shadyside for a buffet-style dinner and build your own fajita bar to support Friends of the Riverfront!

The menu will include chips and salsa, salad, San Francisco style wings, fajitas (chicken, steak, and portobello), sopapillas, and Mexican brownies. No one leaves hungry!

Each individual 21 and over will also receive one free 16 oz. Dos Equis draft or a 16oz. Margarita!

Space is limited to 50 attendees. [Learn more and reserve your seat today!](#)



PITTSBURGH TRIATHLON & ADVENTURE RACE

Registration is open for the 2014 First National Bank Pittsburgh Triathlon & Adventure Race, August 1st through 3rd on the North Shore. Early spring registration rates are available now through March 20th. [Register Today!](#)

Volunteers are also needed to help make the 2014 Pittsburgh Triathlon our best yet! If you are interested in volunteering, register for a task and shift using the registration links at www.pittsburghtriathlon.com.

PITTSBURGH TRIATHLON PRACTICAL WORKSHOP SERIES PRESENTED BY YMCA

Friends of the Riverfront has teamed up with the YMCA to offer a Practical Workshop Series to help prepare athletes for the 2014 First National Bank Pittsburgh Triathlon & Adventure Race.

Join us for the following workshops in March:

Sunday, March 9th, 3pm, 4pm & 5pm - Swim Workshop - Kick
This is a swimming fundamental workshop that will focus on the efficiency of the flutter kick and attaining the proper cadence for exiting the water into Transition 1. Cost: \$30 - [Register Today](#)

Saturday, March 15th, 1pm & 3pm - Run Workshop - Form Analysis
This is an indoor running fundamentals workshop. We will focus on the four key fundamentals of running: foam rolling, lateral strength to prevent injury, gait and form analysis. Cost: \$30 - [Register Today](#)

Sunday, March 23rd, 3pm, 4pm & 5pm - Swim Workshop - Rotation
This is a fundamental workshop that will focus on the efficiency of total body rotation and balancing the proper water position for reduced hydrodynamics and increased power. Cost: \$30 - [Register Today](#)

[View the flyer for all March Workshops](#)



AIR QUALITY MONITORING ON THE THREE RIVERS HERITAGE TRAIL

Our friends at [Group Against Smog & Pollution \(GASP\)](#) and [Athletes United for Healthy Air Campaign](#) will host a 12-hour Ride Against Smog & Pollution to monitor air quality on the Eliza Furnace and South Side segments of the Three Rivers Heritage Trail.

Volunteers are needed on April 4th from 8am-8pm to bike the trail in 1 hour shifts using air quality monitors provided by GASP. To sign up for a volunteer shift, please select a time using the [Doodle poll](#).



For questions or more information about this event, contact Sam Thomas at sam@gasp-pgh.org.



HIT THE TRAILS - NEW MAP COMING SOON!

A new 2014 edition of the Three Rivers Heritage Trail Map & Guide will be released this month featuring a new segment of trail from Aspinwall Riverfront Park to O'Hara Township.

Get ready for spring by pre-ordering your FREE copy of the 2014 Three Rivers Heritage Trail Map & Guide. [Request one today](#) by sending 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

TRAIL RULES

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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 and has been extended through April 2014. Trail users should use Smallman Street during this time. Cyclists may use the sidewalk on 11th Street. [View a map of the detour.](#)

BALDWIN BOROUGH: Heavy trail traffic has been reported near the Glenwood Bridge due to the many bird watchers and photographers hoping to catch a glimpse of the bald eagles as the public anxiously awaits the arrival of Pittsburgh's newest member of the eagle family. Please use caution when in this area and SLOW DOWN if crowded trail conditions exist.

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 or by calling 412-488-0212 x2.

Sunday, March 23, 9am-noon | Riverfronts Naturally South Side with CMU -EVENT AT CAPACITY - NO ADDITIONAL VOLUNTEERS

Friday, March 28, 10am-1pm | Riverfronts Naturally North Shore with Americorps - EVENT AT CAPACITY - NO ADDITIONAL VOLUNTEERS

Saturday, March 29, 9am-noon | Riverfronts Naturally South Side with Western Pennsylvania Conservancy - EVENT AT CAPACITY - NO ADDITIONAL VOLUNTEERS

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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