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Press Release

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TRAINING CLINIC FOR PITTSBURGH TRIATHLON – SUNDAY APRIL 3

PITTSBURGH, Pa. – (March 14, 2011) Friends of the Riverfront and the Pittsburgh Triathlon Club will hold a Triathlon Workshop on Sunday, April 3 from 2-5 p.m. at REI Settler's Ridge – 600 Settler's Ridge Center Drive, Pittsburgh, PA 15205.

This free workshop will include several guest speakers to assist athletes in "Getting Ready for the Tri Season". USA Triathlon Coach Chad Holderbaum will present information on his "Intro to Triathlon" training program that begins on April 11, and trains athletes for the Pittsburgh Triathlon. During the workshop, first time competitors will learn more about this summer's event and how to prepare, and returning athletes will work to make this year's race their best yet. No pre-registration is required for this clinic, but space will fill quickly. Arrive early to get a good seat!

The 2011 Pittsburgh Triathlon & Adventure Race will take place on Sunday, July 31 at North Shore Riverfront Park beginning at 6:30 a.m. with a packet pick-up and Race Expo on Saturday, July 30. For more information, including details on registering, please visit www.pittsburghtriathlon.com or call 412-488-0212.

Proceeds from the Pittsburgh Triathlon benefit Friends of the Riverfront, a Pittsburgh-based nonprofit devoted to expanding and developing the Three Rivers Heritage Trail, an urban rail-trail paralleling the riverbanks in Pittsburgh for 22 miles. The mission of Friends is to increase awareness and appreciation of the region's rivers and riverfronts through activities and stewardship, and to extend water and land trails on the major rivers of Allegheny County. For more information or to request a free Heritage Trail Map and Guide, visit us online at www.friendsoftheriverfront.org.