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# Press Release

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FOR IMMEDIATE RELEASE  
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## PNC Pittsburgh Triathlon & Adventure RACE REGISTRRTAION NEARLY FULL

PITTSBURGH, Pa. - (July 21, 2010) The PNC Pittsburgh Triathlon & Adventure Race returns to Pittsburgh's North Shore Sunday, August 1st, bringing together more than one thousand tri-athletes, from beginners to professionals, to challenge the grueling Pittsburgh Triathlon course. "Online registration is almost full and will close soon," said Race Director Neil Semmel of Piranha Sports. "This is a nationally recognized and sanctioned event. We want to make sure that all athletes and spectators have a top notch experience." In addition, the weekend's activities will include the family-friendly and free Race Expo on Saturday, July 31st from 10:00 am to 3:00 pm. Athletes, friends and families are welcome to check out the latest triathlon gear from sponsoring vendors and enjoy live musical performances. All vendors will have information, a complimentary product, or interactive activities to enjoy. The Triathlon Expo will be near the main tent for packet pick-up on the North Shore's Great Lawn.

Proceeds from the weekend's event will 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 for 22 miles along the riverfronts of Allegheny County. The mission of the Friends of the Riverfront is to increase awareness and engagement with the Pittsburgh region's rivers and riverfronts through activities, stewardship, and expansion of water and land trails. For more information on current and future trail development or to request a free Three Rivers Heritage Trail Map and Guide, visit us online at [www.friendsoftheriverfront.org](http://www.friendsoftheriverfront.org).

### *About The Pittsburgh Triathlon*

All races will take place at the North Shore Riverfront Park/Great Lawn along the Allegheny River between PNC Park and Heinz Field. Participants and spectators will appreciate the exciting backdrops of the beautiful city over the three major rivers in the area. Both the Triathlon and the Adventure Race have a bike and run portion, while only the Triathlon has a swim to start in the Allegheny River. In place of a swim, the Adventure Race has a paddle in either a kayak or a canoe. Athlete packet pick-up and Race Expo is scheduled for Saturday, July 31st from 10:00 am to 3:00 pm followed by the Sunday, August 1st Triathlon and Adventure Race beginning at 6:30 am. For more information, including details on registering for the PNC Bank Pittsburgh Triathlon & Adventure Race, please visit [www.pittsburghtriathlon.com](http://www.pittsburghtriathlon.com) or call 412-488-0212.



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