



Steel Valley Trail Council eNewsletter

Providing the latest news on the Steel Valley Section of the Great Allegheny Passage



Pittsburgh Cycling Expo

April 7th from 10:00 a.m. – 5:00 p.m.:

Come see the Steel Valley Trail Council, the Allegheny Trail Alliance and other trail and cycling groups & services at the 2nd Annual Pittsburgh Cycling Expo. \$5 Donation at the door. There is also a trail bike ride at 9:00 a.m.

For more information:

<http://www.pghcyclingexpo.com/>

Update on June 15th Ribbon Cutting:

The latest news can now be found on the Great Allegheny Passage web site. Just click on the “Point Made!” sign in the banner: <http://gaptrail.org>

Schedule:

- 10:00 a.m. Ribbon cutting at Sandcastle
- 11:00 a.m. Ride from Sandcastle to the Point
- 1:00 p.m. Presentation & Unveiling of the Folks of the Ohio marker at the Point

The ATA is asking you to send a quick e-mail to PointMadeRide@comcast.net and let them know which of the events you'll be participating in: the ribbon cutting at Sandcastle; the ride from Sandcastle to the Point; and/or the presentation & unveiling of the marker at the Point.

Separately, the SVTC and the Friends of the Riverfront are being asked to provide volunteers. If you are interested in volunteering that day, please email us at

PointMadeVolunteers@steelvalleytrail.org. (Continued on next page)

The Steel Valley Trail Council is proud to be sponsored by the following community partners:



KU Resources, Inc.

Interested in learning more about our sponsors? Visit <http://www.steelvalleytrail.org/CorporateMembers.html>

Interested in becoming a sponsor, email us info@steelvalleytrail.org

Update on June 15th Ribbon Cutting (continued):

Also on the Great Allegheny Passage web site:



- Register for "Point Made! - Passage to Pittsburgh Celebration Ride"
June 8 to June 15, 2013 - DC to Pittsburgh
or June 12 to June 15, 2013 - Cumberland to Pittsburgh
The deadline for registration is April 15, 2013.
- "Point Made! I Helped Build the Great Allegheny Passage" Survey (coming soon)

Other Upcoming Events:

**Note: Provided for informational purpose; the SVTC is not associated with these events.*

Furry Friends 5K

Race Date: May 18th, 2013 @ 10:00 a.m.

Register and Sign-In between 8:30-9:45 a.m.

**Located on the trail in the Waterfront;
Start/Finish Line is by Costco.**

All money raised goes to Animal Friends, helping dogs, cats, and rabbits find their forever home. Come run or walk, with or without your four-legged friend!



FURRY FRIENDS 5K

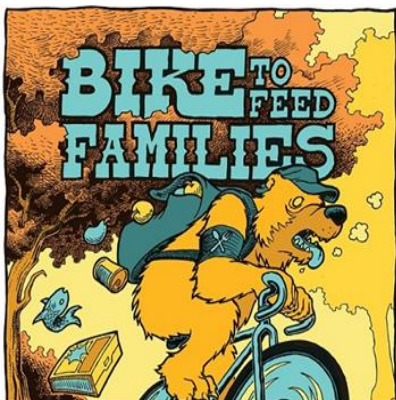
**Flyer, Registration and Waiver form at the conclusion of the eNewsletter*

Bike to Feed Families

May 11, 2013

10:00 a.m. at the Pump House

Help to end hunger with Pittsburgh's only food drive delivered by bike. Please bring your donations and baskets and panniers if you have any. We'll load up the bikes and ride the Great Allegheny Passage trail from the Pump House in Homestead to the Greater Pittsburgh Community Food Bank in Duquesne. Cyclists of all abilities are welcome. Total biking distance is 10 miles. Please arrive at 10:00 a.m. so that we can all ride out to the food bank together.



... Most needed items: High fiber cereal
Canned beans
Canned tuna & salmon in water
Canned vegetables
Diapers & toilet tissue

Fresh produce from your gardens is also welcome!
Please, no glass.

To learn more, contact visit
www.facebook.com/biketofeedfamilies
or Amy Camp at amycamp@gmail.com.

Pittsburgh Promise Walk for Preeclampsia
May 25, 2013
Pump House at the Waterfront
Registration at 10:00 a.m. / Walk Begins 10:30 a.m.



To register online, support a participant, make a general donation and find out more about the Promise Walk, please visit the web site at www.promisewalk.org/pittsburgh.

For more information, contact Walk Coordinator Michele Chiodo Stone at pittsburgh@preeclampsia.org or 412-334-0706.

Also find them on
Facebook: www.facebook.com/PromiseWalkPittsburgh
Twitter: [@PromiseWalkPGH](https://twitter.com/PromiseWalkPGH)

**Flyer at the conclusion of the eNewsletter*

JMD Cancer Resource Center - Wheels of Hope Ride and Fun Walk & Spaghetti Dinner
June 22, 2013
Registration at 9:30 a.m. / Ride Starts at 10:30 a.m.

Location:

Bike ride begins at Palisades in McKeesport with suggested routes to either the Pump House in Waterfront (15 miles), to Dravo Cemetery (18 miles) or to Boston (8 miles). There is also a 3 mile Fun Walk along the Youghiogheny River.

Cost:

Early registration (by June 1) =
\$25 Adults; \$20 Children under 16

After June 1 =
\$30 Adults; \$20 Children under 16

Spaghetti Dinner tickets =
Add \$5 for adults and \$3 for children

Family Plan =
- Before June 1 \$60, After June 1 \$65
- Includes bike ride for 2 adults and all children under 16 and 2 adult spaghetti dinner tickets. Child dinner tickets can be purchased for \$3.

Online registration will be available shortly at
www.jmdf.net.

**SVTC Note: If you need a printed registration form, call the council at 724-405-7882 and we will mail you one once it becomes available.*



Rivers of Steel's Sunday Heritage Market
First and Third Sundays starting April 7, 2013
10:00 a.m. – 2:00 p.m. at the Pump House

The market is back by popular demand. This year it will be twice a month. Please see the flyer at the end of the eNewsletter.

Note: The market closes at 1 PM on Sunday, April 21; no market on June 2. An extra market will be held on Saturday, June 15, in conjunction with the grand opening of the final segment of the Great Allegheny Passage.

Monongahela River voted as Pennsylvania's 2013 River of the Year

A few months ago, the Monongahela River (Mon) was voted the Pennsylvania's 2013 River of the Year.

Read More about it online:

Pittsburgh Post-Gazette - <http://tinyurl.com/ppg130201>

Mon River Towns / River Town Program Web Site -

<http://www.monrivertowns.com/2013/02/mon-wins-2013-river-of-the-year/>

Upcoming SVTC Board Meeting Dates and Locations:

The Steel Valley Trail Council board meetings are the third Monday of each month from 5:00 to 7:00 p.m. The location alternates between the Whitaker Borough Building (124 Grant Ave, Whitaker, PA 15120; map link: <http://tinyurl.com/7q24vr3>) and the City of Duquesne Municipal Building (12 South Second Street, Duquesne, PA 15110; map link: <http://tinyurl.com/7fwubzb>). Members are welcome to attend.

Upcoming Dates: 4/15 (Whitaker); 5/20 (Duquesne); 6/17 (Whitaker); 7/15 (Duquesne)

2013 Steel Valley Trail Council Board of Directors

| | | |
|--------------------------------|-----------------|--------------|
| Sara Petyk, President | Richard Cohen | Ron Schipani |
| Bob MacGregor, Vice President | Yale Cohen | Joe Segina |
| Bob Holder, 2nd Vice President | Hannah E. Hardy | Jim Taggart |
| Paul Heckbert, Secretary | Lois Liberman | |
| Earl Novendstern, Treasurer | George Schmidt | |



Get updates as they happen!

<http://www.facebook.com/SteelValleyTrail>



All money raised goes to Animal Friends, helping dogs, cats, and rabbits find their forever home. Come run or walk, with or without your four-legged friend!

FURRY FRIENDS 5K

May 18th, 2013 at 10:00 am

WHAT? Furry Friends 5K can be walked, jogged, or ran, with or without a four-legged friend. All money raised will go directly to Animal Friends Animal Shelter. To learn more about the shelter, visit their website: www.thinkingoutsidethecage.org

WHEN? 5/18/13 at 10:00 AM. Register and Sign-In between 8:30-9:45am

WHERE? Steel Valley Trail (part of Great Allegheny Passage) at the Waterfront in Homestead, PA! Address: 501 Waterfront Drive Homestead, PA 15120

WHY? You'll not only be supporting Animal Friends but it will be a fun-filled afternoon with your friends, family and animals. Every participant will receive a ribbon presented to them after finishing the race.

HOW? To register or find out further information email us at furryfriends5k@gmail.com or call Bethanie at 412-726-7045.

Last year's race raised about \$3,000 for Animal Friends! Thanks to everyone who donated and participated!



Join the Furry Friends 5K Facebook group and event to stay up to date!

If you have any questions, please email us at furryfriends5k@gmail.com



All money raised goes to Animal Friends, helping dogs, cats, and rabbits find their forever home. Come run or walk, with or without your four-legged friend!

REGISTRATION FORM

Race Date: May 18th, 2013 @ 10:00am--- Register and Sign-In between 8:30-9:45am

Where? Greater Allegheny Passage (Steel Valley Trail) in Homestead, PA (The Waterfront). Start/Finish Line is by Costco.

Each Individual Must Fill out completely:

First Name: _____ Last Name: _____

Email: _____ You will receive an email confirmation of your registration.

Phone # (optional) : _____ *Must provide either email or phone number

Male _____ Female _____ Age as of 5/18/13: 25 & under _____ 26-49 _____ 50+ _____

Emergency Name and Contact Number: _____

Registration/Donation amount enclosed: \$ _____ (*see box below*)

| | <i>Early Bird</i> | <i>Pre-Registration</i> | <i>Day Of Race (9:45am)</i> |
|----------------------------------|----------------------------|--------------------------------|------------------------------------|
| <u>DEADLINES</u> | <u>Thru 4/12/13</u> | <u>Thru 5/3/13</u> | <u>5/18/13 9:45am</u> |
| <i>Adult Cost</i> | \$15.00 | \$20.00 | \$25.00 |
| <i>Youth Cost (17&under)</i> | \$10.00 | \$15.00 | \$20.00 |
| <i>4-Legged Friend Cost</i> | \$5.00 | \$5.00 | \$5.00 |



Join the Furry Friends 5K Facebook group and event to stay up to date!

If you have any questions, please email us at furryfriends5k@gmail.com

Rules and Regulations

1. If you are bringing a dog, the owner is responsible for the dog's behavior. The dog must be on a leash at all times. If your dog isn't typically friendly around other dogs or humans, please consider the safety of others at the event and don't bring the dog. Owner is also responsible for all waste pick-up from their dog, on the trail or off the trail. Waste bags will be available day of race.
2. Registration will open at 8:30am and close at 9:45am. Race will start exactly at 10:00am.
3. This will be an out & back race course. The beginning/end is on a sidewalk then the majority of the trail is a gravel path with the scenic Monongahela River to your side. There will be a water station at the halfway/ turn-around point for both humans and dogs to rehydrate themselves.
4. Please allow more serious competitors to begin the race at the front of the crowd.
5. Because there will be two-way traffic with an out-and-back course, **KEEP TO THE RIGHT, PASS LEFT** when there's space.
6. Come race day, rain or shine, or snow, the race will go on! **No refunds** for registration fees will be given. Name transfers will be reviewed on a case by case basis. All donations are final.

Waiver: *Registration/Waiver Form MUST be completely filled out and signed by ALL participants.*

I, _____ (print name of the participant) know that running/walking a road/trail race is a potentially hazardous activity, which could cause injury or death. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of the official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running/walking in this event, including, but not limited to, falls, contacts with other participants, human or animal, the effects of the weather, and conditions of the trails/roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my registration into this running/walking event, I, for myself and anyone entitled to act on my behalf, waive and release Furry Friends 5K Organizers, Animal Friends, Great Allegheny Passage, Steel Valley Trail and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings, videos or any other recording of this event for legitimate purpose. I understand that bicycles, skate boards, roller skates or inline skates are not allowed in this event and I will abide by this rule.

Signature of Participant: _____
(Parent/Guardian signature required if participant is less than 18 years old)

CHECK PAYABLE TO: ANIMAL FRIENDS ---- MEMO LINE: Furry Friends 5K

MAIL FORM AND CHECK TO:
Bethanie Zapf
230 LaRue Drive
Moon Township, PA 15108



*Making Strides
Delivering Hope*

the Promise Walk™

for Preeclampsia

Join walkers in Pittsburgh and
thousands nationwide to help
us reach our goal of

\$500,000

and bring hope to millions of
mothers and babies affected
each year.

Saturday May 25, 2013

Pump house @ The Waterfront

880 East Waterfront Drive

Munhall, PA 15120

10:00 am Registration

10:30 am Walk Begins

www.promisewalk.org/pittsburgh
pittsburgh@preeclampsia.org



Steel Valley Trail Council
P.O. Box 318
Homestead, PA 15120

Register online at www.promisewalk.org

Preeclampsia is a serious—and rather common—complication of pregnancy, dangerous to both mother and unborn baby. Knowing the warning signs can lead to more timely diagnosis and better outcomes. Learn more at www.preeclampsia.org

(c) 2010 The Promise Walk for Preeclampsia is a trademark of the Preeclampsia Foundation

RIVERS OF STEEL

SUNDAY HERITAGE MARKET



ALL AGES EVENT

FREE!

BENEFITING

Rivers of Steel National
Heritage Area

Local Handcrafting Artists

CONTACT

Christy Baraff
marketlady@riversofsteel.com

WHEN
First and Third
Sundays Starting
April 7
10am-2pm



WHERE
Historic Pump
House

880 E Waterfront Drive, Munhall, PA 15120

FEATURING · Local Crafters · Entertainment · Food ·
Historic Location · Bike Trail

**FACEBOOK: RIVERS OF STEEL SUNDAY
HERITAGE MARKET**

