



# Steel Valley Trail Council eNewsletter

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

**You are invited to a  
special meeting of the  
Steel Valley Trail Council!**

**May 20<sup>th</sup>, 2013 @ 6:00 PM  
Pump House Trail Head**



We will be discussing what is happening along our trail as we prepare for the opening of our connection with the Three Rivers Heritage Trail and the completion of our section of the Great Allegheny Passage. Bring your bike and enjoy an evening ride beforehand along the currently open trail sections.

Please RSVP for planning purposes:  
[info@steelvalleytrail.org](mailto:info@steelvalleytrail.org) or (724) 405-7882



Construction photos in eNewsletter courteous of Paul Wiegman

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## June 15<sup>th</sup> Events:

### Point Made! & Pop Up Party at the Pump House

There are two big parties being planned on June 15<sup>th</sup>.

**Point Made!** is the official ribbon cutting and dedication ceremony for the long awaited section of our trail. 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 AM Ribbon cutting at Sandcastle
- 11:00 AM Ride from Sandcastle to the Point
- 1:00 PM 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](mailto: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](mailto:PointMadeVolunteers@steelvalleytrail.org) or leave us a voicemail at (724) 405-7882.

Also on the Great Allegheny Passage web site, there is the “Point Made! I Helped Build the Great Allegheny Passage” Survey. It has taken thousands of wonderful people to build the Great Allegheny Passage. Please share your story.

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After helping the ATA to make a point, it is time to party back at the Pump House. **Pop Up Party at the Pump House** is a partnership between the Rivers of Steel, the Blue Dust, Allegheny Together, the Steel Valley Trail Council, the Steel Valley Enterprise Zone Corporation and ZeroFossil. The event is going to run from 12:00 PM -10:00 PM and will involve a Community Heritage Market, local vendors, businesses, food and beer, DJ's, and many bicycle related events. It promises to be an after party to remember.



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](mailto:info@steelvalleytrail.org)

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### **Other Upcoming Events:**

*Provided for informational purposes; the SVTC is not associated with these events.*

**May 11<sup>th</sup>: Bike to Feed Families\***

**May 18<sup>th</sup>: Furry Friends 5K\***

**May 19<sup>th</sup> (10 AM - 2 PM): Public Health & Safety Appreciation Fair at Waterfront Costco**

*(Costco Members Only – SVTC will have a table)*

**May 25<sup>th</sup>: Promise Walk for Preeclampsia\***

**June 1<sup>st</sup>: W.A.R. (Walk And Ride) Against Hunger 2013 (info below)**

**June 22<sup>nd</sup>: Wheels of Hope Ride and Fun Walk & Spaghetti Dinner\***

*\*See included flyers at conclusion of eNewsletter for additional event information on noted events.*

On June 1st from 9 AM to 1 PM, UPMC Health Plan & Rainbow Kitchen Community Services will host the 9th annual **W.A.R. (Walk And Ride) Against Hunger** between the Pump House and Boston. The goal is to raise money in support of their efforts to eliminate hunger in the community, while also raising participants' awareness of the benefits of incorporating health and wellness practices into their daily routine. A Health & Wellness Expo held during the event will provide participants with information about healthy lifestyle choices and practices. For more information, please visit: <http://www.rainbowkitchen.org/walk-and-ride-against-hunger-2011/>

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### **Rivers of Steel's Sunday Heritage Market**

**First and Third Sundays starting April 7, 2013**

**10:00 AM – 2:00 PM at the Pump House**

### **\*\*\*Volunteers Needed to Staff SVTC Display\*\*\***

The heritage market is back by popular demand. This year it will be twice a month. Please see the flyer at the end of the eNewsletter. Please note there is no market on June 2<sup>nd</sup> and a extra market on June 15<sup>th</sup>.

The Pump House Market is an excellent opportunity for us to encourage people to support the trail by joining the SVTC. It's also a pleasant way to spend a few hours hanging out at the market. Any time you spend there promoting the SVTC is greatly appreciated. If you are interested in helping to staff our display, please contact at George Schmidt at [gschmidt1@verizon.net](mailto:gschmidt1@verizon.net).

***Want to be one of the first to know when the new section opens?  
Want to be among the first riders to ride it?***



***Get updates as they happen!***

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



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## Summer Evening Cycling at the Waterfront

The Steel Valley Trail Council is planning evening bicycle rides on the Great Allegheny Passage on Tuesday and Thursday nights through the summer. Meet at the Pump House at 6:30 PM, weather permitting, and ride on the trail to explore our river towns and neighborhoods.

The rides will be slow paced to introduce novice bicyclists to organized rides on roads and trails. The best way to learn about bicycle safety and maintenance is by riding with experienced bicyclists. The slow pace also allows experienced bikers to meet new people, share their knowledge, and enjoy the interesting and beautiful sights in our area.

Rides will be announced on our SVTC Facebook page (<http://www.facebook.com/SteelValleyTrail>) and Bicycling Pittsburgh MeetUp web site (<http://www.meetup.com/bicyclingpgh/>).

If you would like to lead one of these rides or have any ideas for other events on the trail, please contact George Schmidt at [gschmidt1@verizon.net](mailto:gschmidt1@verizon.net).

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## The Steel Valley Trail Council would like to thank the following:

**TGI Friday's in the Waterfront** for donating part of our silent auction item for the 2013 Pittsburgh Cycling Expo.

**Paul Heckbert, David Bear, Nancy Peters, and Stephanie Brulia** for assisting with cleaning the future connection between the Glenwood Bridge and the Great Allegheny Passage.

**Maddy Meyers, Abby Turocy, and Mikayla Prunty of Girl Scout Cadet Troop 50725** for filling up more than 5 large trash bags while cleaning the Steel Valley Trail earlier this month.



Photos courteous of Trish Meyers via Facebook

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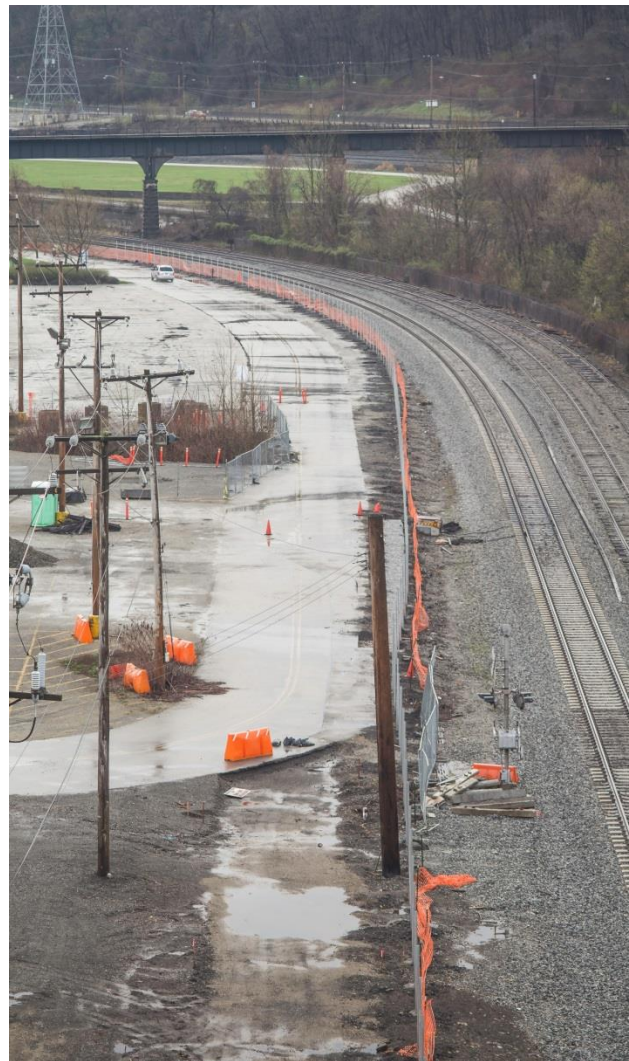
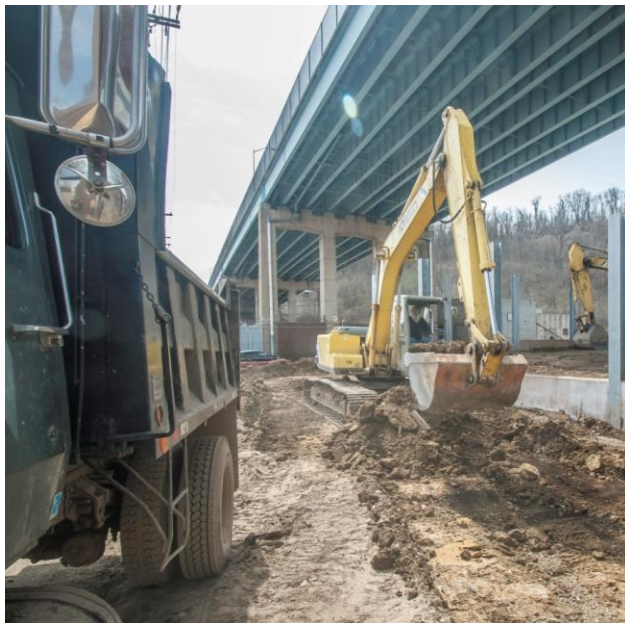
### Upcoming SVTC Board Meeting Dates and Locations:

Please note the special meeting on May 20<sup>th</sup> at 6:00 PM is in place of the normal board meeting. There is no meeting in Duquesne in May as previously reported.

**Other Upcoming Dates:** 6/17 (Whitaker); 7/15 (Duquesne); 8/19 (Whitaker)

### 2013 Steel Valley Trail Council Board of Directors

Sara Petyk (2012-2014), President  
Bob MacGregor (2013-2015), Vice President  
Bob Holder (2013-2015), 2<sup>nd</sup> Vice President  
Paul Heckbert (2011-2013), Secretary  
Earl Novendstern (2013-2015), Treasurer  
Lois Liberman (2013-2015)  
George Schmidt (2013-2015)  
Ronald Schipani (2012-2014)  
Joe Segina (2012-2014)  
Yale Cohen (2012-2014)  
James Taggart (2011-2013)  
Richard Cohen (2011-2013)





# YOU'RE INVITED!



Participants, families and friends of  
**Great Allegheny Passage**

are invited to a  
**SPECIAL SHOPPING EVENT!**

Thursday & Friday, June 13 & 14, 2013 10 a.m. - 8:00 p.m.  
Saturday & Sunday, June 15 & 16, 2013 10 a.m. - 5:00 p.m.

Attend our exclusive weekend event.  
Check out our special offers.  
Enjoy samples throughout the warehouse.  
Please present flyer at front entrance.

For more information, please direct any questions to:  
Marketing at (412)205-1010 ext. 288 w649mbr@costco.com

## EXCLUSIVE OFFER AT THIS EVENT:

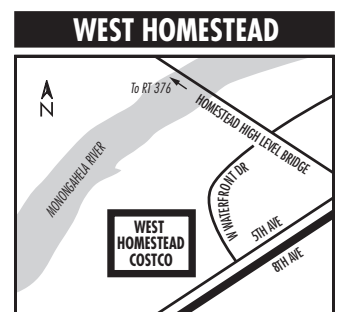


Join as a new Executive Member  
and get a **\$20 Costco Cash Card**.

Awareness Code: 63000 • Costco Cash Card Activation: 335973

Or, join a new Gold Star Member  
and get a **\$10 Costco Cash Card**.

Awareness Code: 63000 • Costco Cash Card Activation: 321342



**501 W. Waterfront Drive  
West Homestead, PA 15120**

Offer is only valid when you join in person with a Costco representative at this event. Valid only for new members for their first year of membership. Limit one Costco Cash Card offer per household. Offer is nontransferable and may not be combined with any other offer or coupon. • A Gold Star Membership is \$55 a year. An Executive Membership is an additional \$55 upgrade fee a year. Each membership includes a free Household Card. • Costco accepts cash, checks, debit/ATM cards, EBT, Costco Cash Cards, Costco Credit Cards and American Express. You must be a Costco member to pay by check.



# BIKE TO FEED FAMILIES



**H**ELP TO END HUNGER ON THE **BIKE TO FEED FAMILIES CYCLING FOOD DRIVE!** BRING YOUR DONATIONS, BASKETS & PANNIERS IF YOU HAVE ANY. WE'LL 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 **TEN MILES.**

MOST NEEDED ITEMS: HIGH FIBER CEREAL, CANNED BEANS, CANNED TUNA & SALMON IN WATER, CANNED VEGETABLES, DIAPERS & TOILET TISSUE. FRESH VEGETABLES FROM YOUR GARDENS ARE ALSO WELCOME! PLEASE, NO GLASS.

to learn more, visit [www.facebook.com/biketofeedfamilies](http://www.facebook.com/biketofeedfamilies).

poster design by Joe Mruk





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](http://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](mailto: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](mailto: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><b>Early Bird</b></i>	<i><b>Pre-Registration</b></i>	<i><b>Day Of Race (9:45am)</b></i>
<b><u>DEADLINES</u></b>	<b><u>Thru 4/12/13</u></b>	<b><u>Thru 5/3/13</u></b>	<b><u>5/18/13 9:45am</u></b>
<i>Adult Cost</i>	\$15.00	\$20.00	\$25.00
<i>Youth Cost (17&amp;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](mailto: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](http://www.promisewalk.org/pittsburgh)  
[pittsburgh@preeclampsia.org](mailto:pittsburgh@preeclampsia.org)



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

**Register online at [www.promisewalk.org](http://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](http://www.preeclampsia.org)

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



## Registration Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Riders under 12 must be accompanied by an adult.

Email: \_\_\_\_\_

Emergency Contact name and phone: \_\_\_\_\_  
\_\_\_\_\_

### Bike Ride Fees:

No. \_\_\_\_ Adults: \$25 by June 1, after \$30

No. \_\_\_\_ Children under 16, \$20 by June 1,  
after \$25

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, all chil-  
dren under 16 and 2 adult spaghetti dinner  
tickets. Child tickets can be purchased for \$3.

Event T-Shirts are provided please list quantity

\_\_\_\_ S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL

Enclosed Fee Payable to the McKeesport Hos-  
pital Foundation: \_\_\_\_\_

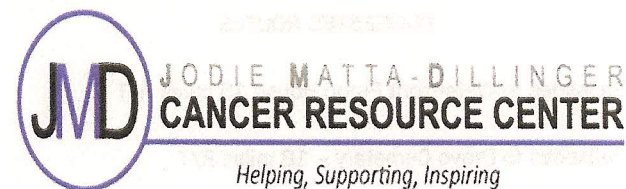
Bike rentals available through:  
Ted's Peddler's Village - 412 - 452 - 3330

# WHEELS OF HOPE



## Sponsored By:

- \* UPMC McKeesport Hospital
- \* McKeesport Hospital Foundation
- \* McKeesport Area School  
District



## ***Wheels of Hope Bicycle Ride and Fun Walk***

### **Benefits JMD CANCER RESOURCE CENTER'S**

**Nutritional Supplement  
and  
Medication Co-pay  
Programs**

**JUNE 22, 2013**

**EVENT ORIGINATES AT THE  
PALISADES BALLROOM**

**Registration - 9:30 a.m.**

**Ride Starts - 10:30 a.m.**

**501 WATER STREET  
MCKEESPORT, PA 15132  
412-678-6979**



## SUGGESTED ROUTES

Palisades to Waterfront Pump House 15 miles R/T

Palisades to Dravo Cemetery - 18 miles R/T

Palisades to Boston -8 miles R/T

3 mile Fun Walk along the Yough River

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### BICYCLE RAFFLE AND ACCESSORY RAFFLE - CHECK WEB SITE FOR UPDATES!!!

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#### IMPORTANT DETAILS

- ◇ Cooling tent, bike ride and walk first aid provided by White Oak EMS
- ◇ Snacks and water provided by the McKeesport Hospital Foundation
- ◇ Road sections and Port Vue Bridge crossings will have stationed Safety Marshalls
- ◇ Restroom facilities available at the Palisades, Pump House, Boston and Dravo Cemetery
- ◇ Spaghetti Dinner - 12 p.m. - 4 p.m.
- ◇ Featured Entertainment

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Online Registration at [www.jmdf.net](http://www.jmdf.net) or mail check, registration and waiver form to:

Jodie Matta-Dillinger Cancer Resource Center

UPMC McKeesport Hospital, Level D

1500 Fifth Avenue

McKeesport, PA 15132

## CURRENT JMD SERVICES

**Wig Room** - The JMD Cancer Resource Center Wig Room has been an invaluable asset to cancer patients since 2009. JMD Wig Room volunteers provide free wigs and other accessories to cancer patients, regardless of treatment location.

**Dignity Robes** - Women that come to UPMC McKeesport Cancer Center for radiotherapy receive Dignity Robes provided through the community outreach efforts of the JMD Cancer Resource Center. These Dignity Robes are designed so that only the area in need of radiation is exposed.

**Dietary Counseling Sessions** - The JMD Cancer Resource Center has arranged group nutritional counseling sessions for cancer patients and caregivers with UPMC dietitians that educate and encourage healthy eating habits.

## Release of Waiver and Liability, Assumption of Risk, and Indemnity Agreement

In consideration of being permitted to participate in the "Wheels of Hope,"

(The Activity), I for myself, my personal representatives, assigns, heirs, and

Next of kin do hereby acknowledge, understand and agree to the following:

1. I am qualified, in good health, and in proper physical condition to participate in The Activity.
2. The Activity will be conducted over public roads, trails and facilities open to the public where hazards can be expected, including the danger of collision with pedestrians, motor vehicles, other riders and fixed or moving objects; the danger of road surface hazards including metal bridges, expansion joints, drain grates and painted lines that are particularly hazardous when wet; and also including weather conditions, inadequate safety equipment. I agree and warrant that if at any time I believe conditions are unsafe, I will immediately discontinue further participation in The Activity.
3. Helmets are required for all riders 12 and under that participate in The Activity.
4. Bicycling activities involve Risks and Dangers of Serious Bodily Injury, including Permanent Disability, Paralysis, and Death, with accompanying risks of economic loss. I hereby release and discharge the JMD Board of Directors, JMD Staff, all event Volunteers, other participants, Sponsors and Donors and owners and lessors of the premises on which The Activity takes place (Releasees) from all Liability, Claims, Demands, Losses, or Damages I may incur in connection with The Activity. I hereby Release, Discharge Releasees from liability for any such injuries or damages Caused or Alleged to be Caused in whole or in part by the Negligence of the Releasees, including Negligent Rescue Operations; and I further agree that if, despite this release and waiver of liability, Assumption of Risk, and Indemnity Agreement I, or anyone on my behalf, makes a claim against any of the releases, I will indemnify, Save, and Hold Harmless Each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT INDUCEMENT OR ASSURANCE OF ANY NATURE. I INTEND THAT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ANY NATURE. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINT NAME:

SIGNATURE:

Waiver must be signed and on file at Registration Table prior to participating in The Activity.

# 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](mailto: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**

