



GET READY FOR THE TEN-DAY WEEKEND.

 **Great
Outdoors
Week**

MAY 15–24, 2009

IT'S A GREAT WEEK TO BE OUTSIDE.

In its 8th year, Great Outdoors Week highlights the many outdoor recreation opportunities available in Southwestern PA, whether it's hiking, biking, paddling, climbing—you name it! These activities are fun for the whole family or a get together with friends! Below are just a few of the many events scheduled.

“Learn to Row” Indoor Session **Friday, May 15, 2009, 6:00pm – 7:30pm**

If you want to learn how to sweep or scull, or even just know what the difference is, this is a free opportunity to try both! Three Rivers Rowing Association invites you to try rowing in their indoor tanks and on the ergometer (rowing machine) at their Millvale Boathouse. This is the perfect way to see if rowing is right for you. *For more information call 412-231-8772 or visit www.threeriversrowing.org/r-learntorow.html.*

Venture Outdoors Festival **Saturday, May 16, 2009, 11:00am – 6:00pm**

The region's premier outdoor recreation event will be held rain or shine at Point State Park. This free event features kayaking, biking, dragon boats, rock climbing, fishing and much more! The festival is family friendly and all activities are suitable for beginners. *For more information call 412-255-0564 or visit www.ventureoutdoors.org.*

Pedal Pittsburgh **Sunday, May 17, 2009, 6:30am – 3:30pm**

This fun, educational bicycle ride highlights the neighborhoods and design landmarks that make Pittsburgh unique. A ride, not a race, Pedal Pittsburgh offers a variety of course options ranging from 6 to 60-miles to accommodate everyone from recreational riders to hard-core fitness enthusiasts. An event of the Community Design Center of Pittsburgh. *For details and fee structure, call 412-391-4144 or visit www.pedalpittsburgh.org.*

Rachel's Sustainable Feast – Sampling the Best of Western Pennsylvania **Sunday, May 24, 2009, 12:30pm - 4:00pm**

Rain or Shine – All that outdoor play from the past ten days makes for a healthy appetite! Bring that and your love of the region to the 3rd annual celebration at the Rachel Carson Homestead in Springdale, PA. Come see the best of Pittsburgh's chefs committed to buying locally, even more local farmers' markets, and as many of the region's great environment, conservation and fair-trade organizations and vendors that can be squeezed into the block party. *For ticket information and to pre-register call 724-274-5459 or visit www.rachelcarsonhomestead.org.*

More events and activities continue to be scheduled to celebrate Great Outdoors Week. For a complete listing of all there is to do around the region, visit www.wallsarebad.com.