

Pittsburgh Council AYH
GOLDEN TRIANGLE

SUPER THURSDAY!

May 5th, 6:30 - 10 P.M.

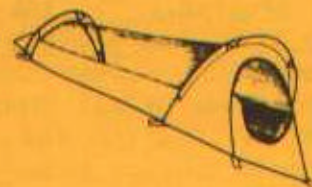
PACKS

AYH Outdoor Gear

TENTS

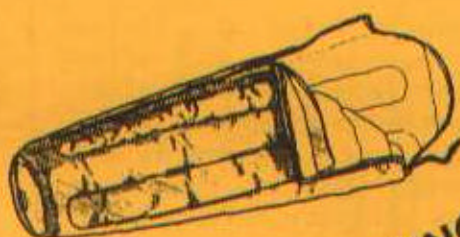


Flea Market



RAIN WEAR

CLIMBING



SLEEPING BAGS

STOVES

&

Open House!!!

GARDEN CENTER, MELLON PARK

Vol.39, No.5



AMERICAN YOUTH HOSTELS
PITTSBURGH COUNCIL
6300 Fifth Avenue
Pittsburgh, PA 15232
Phone (412) 362-8181

Pittsburgh Council of American Youth Hostels is a non-profit, volunteer organization dedicated to hostelling, outdoor education and self-powered recreation. We have many activities. The council has some rental equipment available for use on council trips. A full range of skill levels are offered, and we also offer courses in our activities so that you can upgrade your skills. Pittsburgh Council AYH maintains about 200 miles of trail in western Pennsylvania, writes and publishes several guides for people interested in outdoor activities, and maintains Ohiopyle State Park Youth Hostel.

Our headquarters is located near the corner of Fifth and Shady Avenues in Mellon Park. We are nestled between the Pittsburgh Center for the Arts and the Pittsburgh Civic Garden Center. Meetings are held every Thursday evening. The building opens at about 8 pm and the program starts around 8:15. Weekly trip announcements are made immediately following the program. Thursday evenings are the only time when you can be sure that a real person will answer the phone. A machine will answer at all other times; leave your name and address and you will receive a response to your message.

Pittsburgh Council trips are listed in the center of this issue. AYH trips are led by competent people who volunteer their time and receive no financial reimbursement. If you'd like to go on an AYH trip, carefully peruse the trip calendar, then look under the activity notes, where you may find more information. After you have read over everything, call the trip leader to reserve space on a trip.

Talk things over with the trip leader. Find out what you need to bring; ask where you'll be going. How late will you get home? What is all this going to cost you? AYH trip registration runs 75¢ per day for members, \$2.25 for non-members. You are expected to bring enough money with you to cover carpool, registration, equipment rental and any other expenses (we often stop at a restaurant on the way home).

Trips listed are open to the public, AYH members are given priority. Trip costs include transportation, rentals, and a 75¢ registration fee. IN ADDITION non-members are charged \$1.50 per day, which may be deducted from the cost of membership when joining AYH. The registration fee also covers insurance (\$1000 medical/ \$1000 accidental death or dismemberment).



PROGRAMS FOR MAY

- MAY 5: South American Adventure: Mountaineering in Ecuador, Peru, and Bolivia by Lauren and Blake Ward. At the Pittsburgh Civic Garden Center.
- MAY 12: A Walking/Bike Tour of Lawrenceville by John Axtell and Keith Cochran.
- MAY 19: Experience Deep Powder and Hard Rock with Jim Wojciechowski.
- MAY 26: Vacationing in India and Katmandu by Steve Poprocky

NEW TRAIL AT SENECA ROCKS

Seneca Rocks, long recognized as one of the most popular rock climbing areas in the East, is now accessible to visitors via a new 1.3 mile hiking trail. This new Forest Service trail allows visitors to reach the top without having to make the difficult and dangerous technical climb.

Seneca Rocks is a unit of the Spruce Knob/Seneca Rocks National Recreation Area in the Monongahela National Forest. The visitor center is off WV Rt. 28 about 20 miles south of Petersburg, WV. It is open 9 am to 5 pm five days a week until May 27th when it is open 9 am to 6 pm seven days a week through Labor Day.

The gravel surface trail begins at the visitor center, crosses a bridge over the North Fork of the South Branch of the Potomac River, and climbs the mountain at a five-to-nine percent grade, making five switchbacks. Interpretive signs describe the natural history and benches provide resting spots at strategic locations along the trail.

When reaching the top, hikers will find a platform cantilevered over the cliff with spectacular views to the west of the North Fork Valley farmland.

For more information on Seneca Rocks, write to Monongahela National Forest, Rt. 3, Box 240, Petersburg, WV 26847 or call 304/257-4488.

THE GREAT RIDE
SUNDAY, JUNE 12th

Pittsburgh Council, together with our friends in the Western Pennsylvania Wheelmen, are providing the technical assistance for the 1988 Great Ride. The ride will be on June 12th this year, which is the weekend before Fathers Day. We're expecting increased turnout this year, since McDonald's has committed to promoting the Ride throughout Western Pennsylvania and the West Virginia panhandle.

There will be two significant changes this year: First, we are working with the City of Pittsburgh to provide a police escort for the 7 mile ride to allow the cyclists to enjoy the ride without having to worry about automobile traffic! Second, we are adding a 62 mile metric century option to the 50 mile ride.

We will be serving as ride marshals and as volunteers at the rest stops and a few key intersections. Ride marshals endorsed by AYH or WPW will get FREE registration and FREE t-shirts. Volunteers at the rest stops and the roadside marshals will also get FREE t-shirts. For more information, or to sign up to help at your favorite rest stop, call Larry Laude at 665-9554 or Chuck Ejzak at 466-6196 or leave a message on the AYH answering machine at 362-8181.

WE NEED YOUR HELP!

[] WATER STOPS - hand out juice, snacks, water, and provide encouragement, etc.

[] Harrison Hills Park

[] Frick Park

[] Oakmont's Riverview Park

[] Downtown Pittsburgh (TBA)

[] AYH INFORMATION TABLE - Schenley Park. Hand out literature, answer questions, smile, be pleasant, etc.

[] ROAD MARKING PAINTERS - help the Wheelmen mark the routes the week before the ride.

[] RIDE MARSHALS - Join the ride; encourage safe riding habits, keep the riders on course. NOTE: ride marshals will have to register along with everyone else.

[] STREET MARSHALS - we need people for a short time at certain key intersections to help point out the route or try to slow down careless riders.

[] REGISTRATION VOLUNTEERS - help sign in riders on the day of the ride.

All AYH volunteers will receive a free t-shirt and lots of gratitude. Questions??? Call Larry Laude at 665-9554 or Chuck Ejzak at 466-6196.

MORGANTOWN WEEKEND



May 20, 21, 22 at Klaer Lodge

Join us for the annual Morgantown Weekend at Klaer Lodge near Cooper's Rocks, West Virginia. Climbing, hiking, mountain biking, and Cheat River all are nearby! \$20 covers rustic accommodations, 2 snacks (not 2 snakes) 2 breakfasts and 1 dinner. Space is limited, and you must reserve before May 5th. Call Eric Bauer at 687-0766 if you plan to climb. Send in the form below and a check made payable to Pittsburgh AYH, to Carla Steele, 175 Grasmere St., Pittsburgh, PA 15205.

MORGANTOWN WEEKEND

NAME _____

ADDRESS _____

PHONE _____

I can drive _____

I need a ride _____

GOODIES!

Refreshments will be served at the Flea Market and meeting on May 5th. If you can bring your favorite goodies or a liter of pop, we'd sure appreciate it! Call Carla Steele at 921-2069 for details.

AYH FAMILIES GROUP

The Family Activity Group organizes outdoor activities designed for young children and their families. Walks and camping trips are designed to be enjoyed by the children. As the children get older they can participate in longer walks and more strenuous activities. For more information, and a list of the activities planned for this season, call Barbara Hanusa at 441-7205

HOSTEL NEWS

By Marianne Kasica

In February 1988, I went to Seattle to my first National Board meeting since becoming the Eastern Regional Vice President. The REAL excitement of the trip was not in the board meeting but in the building. The meeting was held at the brand spanking new SEATTLE INTERNATIONAL HOSTEL of American Youth Hostels. And it is a very nice place indeed. The hostel is cheery, bright and airy, tastefully furnished in red, white and grey (yup, those bathrooms are RED). There are 22 rooms with 125 beds including some smaller rooms for families. The kitchen is large, beautiful, well-equipped and also red.

The hostel manager, Louise Kepping, describes herself as a "farm girl from Iowa". Louise came to Seattle by way of Cape Cod (Little America Hostel in Truro), Florida and Alaska (farm girl my foot). She and her staff are helpful, energetic and a lot of fun.

The Hostel is within walking distance (say 8 blocks maximum) of lots to do: the Seattle Aquarium, Waterfront Park, Pioneer Square, the Monorail and the fabulous Pike Place Market. Pike Place Market is truly the Strip District of the gods. At the end of a day of sightseeing you can drop in to Pike Place (by 6:00 pm) and purchase wonderfully fresh fish, vegetables, fruits and baked goods to prepare in that great kitchen I mentioned earlier. After dinner you can sit in the common room and watch the sun set over Elliot Bay. Since Seattle is quite an international city, joining you in the common room will be a large assortment of people including Australians and Japanese.

Hostel hours are 7-9:30 am and 5-10:30 pm with a midnight curfew. Overnights are \$9.00 plus tax and the hostel is easy to get to by all means of public transportation. Reservations are a good idea, especially between May and September.

It is a very nice place indeed.

"ADOPT-A-TRAIL" AT OIL CREEK

An "Adopt a Trail" information meeting will be held on Saturday, June 18, 1988 at 10 a.m. at the park office of Oil Creek State Park in Venango County. The purpose of the meeting is to solicit assistance from volunteer groups and individuals to "adopt" sections of the 36-mile Oil Creek Hiking Trail.

Volunteers would be responsible for periodic maintenance needs, and assist in future trail improvements.

The meeting will include history of the trail, maintenance needs, and a short trail tour. For more info, call the park office at (814) 676-5915.

THE PRESIDENT'S CORNER

A Hostel for Pittsburgh

We all recognize that Pittsburgh Council has always been primarily an activities oriented organization. Yet even at the very beginning of the Council's history in the late forties and early fifties, there was an active interest in developing hostels, including a chain of cycling hostels between Pittsburgh and Erie. I'd like to encourage the current renewal of interest in hostel development and offer a bit of explanation for the Council members who are not yet familiar with what we are trying to do:

What is a youth hostel? A youth hostel is a facility offering inexpensive accommodations and international friendship to young people exploring their own country and their world. While the facility may vary from place to place each hostel will normally provide bunk space in a dormitory, a kitchen for preparing meals, and a common room for relaxing and socializing with the other travelers. It is the common room that distinguishes a hostel from other accommodations; it is where the hostellers can meet each other, exchange experiences, and learn more about each other and the culture each comes from. This exchange and friendship is what makes the difference -- it is why hostellers know they can be at home in a hostel anywhere in the world.

Why do we want a hostel in Pittsburgh? We believe in hostels and hosteling as a way of promoting international friendship and we want to bring this opportunity to Pittsburgh so that we can learn about our friends around the world and so that they will have a home here in Pittsburgh where they can learn about us. We do have an arrangement with Point Park College in downtown Pittsburgh to serve as a "supplemental accommodation". Point Park lacks the kitchen facilities and the common room of a hostel but is available for people traveling to Pittsburgh until we can open our own Hostel.

What do we need to do next? The first step is a planning stage, and this is where we are now. We are defining what we need in a hostel, where it should be, and how we can make it happen. The next steps include funding, design, construction, opening and operation. The opening of the hostel will include a lot of people, however, to do his or her part. The reward will come with the operation of the hostel -- we will be able to stop for an evening at the hostel and meet new friends from this country, Canada, Australia, Germany, China, Japan, Israel, England, Afghanistan, South Africa, Zimbabwe and from virtually every other country in this world. I urge all of you who are interested in hostels and in the people of our world to take part in developing the Pittsburgh Hostel. ...Larry Laude

AYH TRIPS FOR MAY 1988

| ACTIVITY | LEVEL | LEADER | PHONE | TIME | DESCRIPTION |
|---------------------------|-------|--------------------------------|------------------------|--------|---|
| <u>Friday, April 29</u> | | | | | |
| Bike | C | Joe Hoechner | 242-0781 | 7 pm | Chiopyle, 20 miles. Stay overnight at the Chiopyle Hostel and ride the bike path on Saturday. Virtually the entire ride is on the bike path, so if you want to get away from cars and trucks, this ride is especially for you. You are welcome even if you don't want to bike, as there are numerous hiking trails nearby and Len Benson would probably not complain too much if you wanted to help out on the work party this weekend. Return Saturday night. Call to reserve. |
| <u>Saturday, April 30</u> | | | | | |
| Bike | A | Bill Johnston | 243-1945 | 8:00 | From HQ, 85 miles. Join Bill on a TOSRV get in shape ride. This is just about the last day most of us have to prepare for TOSRV so take advantage of it. The ride will leave from HQ and beyond that you will have to talk to Bill to find out where it goes. This is definitely not for wimps. |
| <u>Sunday, May 1</u> | | | | | |
| Bike | B | Joel Hough | 221-4093 | 9:15 | Allegheny/Washington Counties, 50 miles. This ride is in the rural part of the two counties. The terrain varies from flat to rolling with a couple long climbs. Meet in Bridgeville. |
| Climb | Begin | Eric Bauer Garry Simmons | 687-0766 327-8338 | 7 am | Beginner trip to Cooper's Rocks. See the Climbing writeup for more information. |
| Sea-Kayak | All | Cathy Lynch | 361-3707 | 11:00 | Afternoon trip on the Allegheny river. Meet at HQ. |
| <u>Wednesday, May 4</u> | | | | | |
| Canoe | Basic | Frank Bruns Katherine Lynch | 561-8579 327-0529 | 6 pm | Introductory school for beginners. See writeup. |
| <u>Friday, May 6</u> | | | | | |
| Bike | B | Dino Angelisi | 787-5624 | 9:00 | Steubenville, OH, 56 miles. If you have Friday off, and want to do a good longer ride, join Dino for a ride on the Old Steubenville Pike to Steubenville (where else?) and return. Meet at Settler's Cabin Park. Reservations Required. |
| Sea-Kayak | All | Ted Self | 795-6286 | 5:30pm | Allegheny reservoir over night and day paddle. Leave HQ Friday evening and return Saturday evening. |
| <u>Saturday, May 7</u> | | | | | |
| Hike | Int | Glenn Oster | 364-2864h 234-3967w | 8:00 | Check out the beauties of Chiopyle in Spring. For info and reservations call Glenn. |
| Bike | C | Mike Hurwitz | 422-9204 | 8:30 | Ligonier, 25 miles. See the countryside around the Ligonier area. |
| <u>Wednesday, May 11</u> | | | | | |
| Canoe | Basic | Frank Bruns Katherine Lynch | 561-8579 327-0529 | 6:00pm | Introductory school for beginners. Learn basic strokes. See writeup. |
| <u>Thursday, May 12</u> | | | | | |
| Bike | B | Dino Angelisi | 787-5624 | 9:00 | Washington County, 50 miles. Shakedown ride before TOSRV. Even if you're not going to TOSRV, you're welcome to come along on this ride through 84, Lone Pine and Scenery Hill. Meet at South Park. |
| <u>Saturday, May 14</u> | | | | | |
| Bike | B | Judy Menosky | 242-1573 | 8:30 | Mt. Washington, 25 miles. Join Judy on an intermediate paced morning jaunt through town. The ride should be done by 1:00. Bring money for lunch. |
| Bike | E | Judy Menosky | 242-1573 | 2:00pm | Bike Series 1, 5 miles. This is a short ride preceeded by a review of basic riding techniques. Gear shifting, braking, and bike safety will be discussed. This is a great way to break into bicycling. |

OUTDOOR GEAR

6:30 - 9 pm

sales space FREE
equipment & clothing

FLEA

MARKET



FLEA

MARKET



MARKET

FLEA



MARKET



FLEA



At: Civic Garden Center - Mellon Park - Shadyside
Fifth and Shady Avenues
Questions? call Bill Johnston 243-1945



PITTSBURGH COUNCIL HOSTELS

Ohiopyle State Park Hostel
PO Box 99
Ohiopyle PA 15470
412-329-4476

Point Park College Youth Hostel (SA)
201 Wood Street
Pittsburgh PA 15222
412-392-3824
After 4 pm: 412-391-4100

Dale Boyer Home Hostel
RD # 1 Box 273
Rural Valley PA 16249
412-783-6188

Living Waters Hostel
RD #1 (1 mile west on Route 30)
Schellsburg PA 15559
814-733-4607

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Pembroke Place

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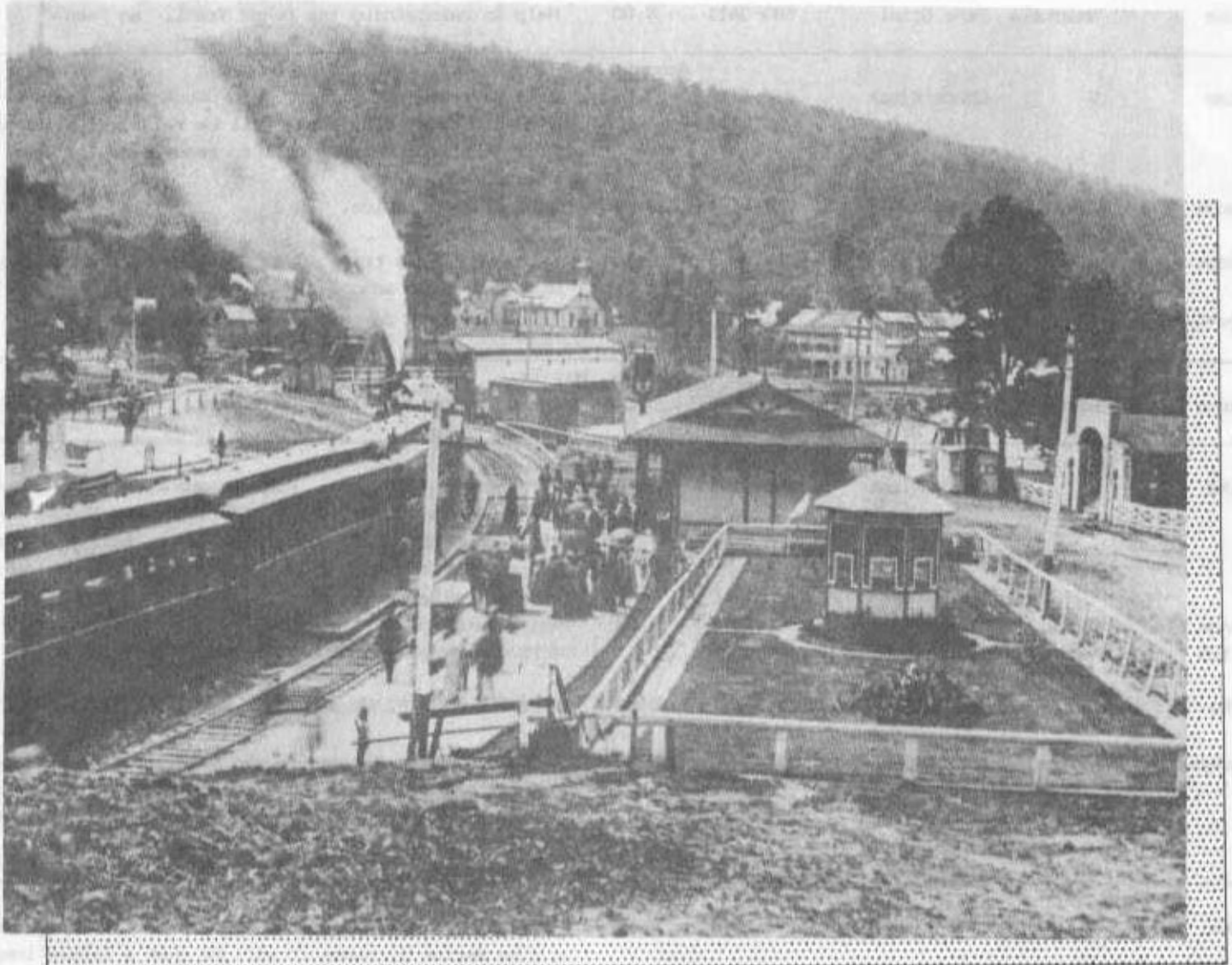
AYH TRIPS FOR MAY, PAGE 2

| ACTIVITY | LEVEL | LEADER | PHONE | TIME | DESCRIPTION |
|------------------------------------|-----------|----------------------------------|------------------------|---------|---|
| <u>Saturday, May 14, continued</u> | | | | | |
| Canoe | WWISchool | Millard Underwood Frank Bruns | 561-0871 561-8579 | 8:00 | Learn white water canoe skills. |
| Canoe | Class 2 | Don Bowman | 697-4386 | 8:00 | Excellent white water canoeing time. For advanced canoeists. |
| Climb | Int | Eric Bauer Garry Simmons | 687-0766 327-8338 | | Saturday and Sunday trip to Bellefonte. Quarry climbing at its best! |
| Hike | Maintain | Pete Srini | 683-3611 | 8:00 | Help in maintaining the Baker Trail. no fees. |
| <u>Sunday, May 15</u> | | | | | |
| Bike | D | Chuck Ejzak | 466-6196 | 9:00 | Bike Series 2, 15 miles. Join Chuck on an easy beginner's ride. The route will be relatively flat with light traffic. Please call to reserve or for last minute info. |
| Canoe | Class 1 | Mary Shaw Roy Weil | 681-5131 | 8:00 | Good Class 1 rapids. |
| Canoe | Flat | Karen Lukas | 661-4835 | 8:00 | Nice, enjoyable trip. Great followup for those who attended basic school. |
| Sea-Kayak | Adv | Cathy Lynch | 361-3707 | 8:00 | Lake Erie trip for experienced paddlers. |
| <u>Wednesday, May 18</u> | | | | | |
| Canoe | Basic | Katherine Lynch Frank Bruns | 327-0529 561-8579 | 6:00pm | Introductory school for beginners. Learn basic strokes. See writeup. |
| <u>Saturday, May 21</u> | | | | | |
| Bike | A | Chuck Ejzak | 466-6196 | 6:00am | Morgantown, 180 miles. Ride to and from the Morgantown weekend. This is a pretty ride along the Monongahela river down to the WV border and up the hill to Klaer Lodge. Never a dull ride. The return trip begins with a 5 mile downhill. |
| Canoe | Class 1-2 | Millard Underwood | 561-0871 | 8:00 | Enjoy late spring canoeing. |
| Climb | Begin | Garry Simmons Eric Bauer | 327-8338 687-0766 | | Morgantown Weekend Climbing. Call for details. |
| Hike | Int | Pete Srini | 683-3611h 788-7759w | 8:00 | Hike the John P. Saylor Trail Easy 11 miles. |
| Backpack | Novice | Joy Layton | 421-3975 | 8:30 | A "how-to" trip for people who have never backpacked before or who have not done so for a long time. Plan to attend an informal class on what to bring at 7:00 on May 19 before the meeting at HQ. Call for info and reservations. |
| <u>Sunday, May 22</u> | | | | | |
| Bike | C | Judy Menosky | 242-1573 | 2:00 pm | Smoky City Ride, 20 miles. This could also be called a Bike Series 3, since it will be just a little longer than Chuck's ride on the Sunday before. Go on down to the Smoky City Festival after the ride for one of the biggest folk music festivals in the area. |
| Stargazing | All | Terry Finnegan | 521-8074 | 8 pm | Evening of stargazing at the Allegheny Observatory in Riverview Park. 9:00 to 11:00 pm. This trip will be held only if the sky is clear. Meet at HQ at 8 pm. |
| Canoe | Class 2 | Bob Buck | 793-1480 | 8:00 | Great chance to enjoy some good white water. |
| <u>Wednesday, May 25</u> | | | | | |
| Canoe | Basic | Katherine Lynch Frank Bruns | 327-0529 561-8579 | 6:00 pm | Introductory school for beginners. See writeup. |
| <u>Friday, May 27</u> | | | | | |
| Backpack | Int/Adv | Glenn Oster | 364-2864h 234-3967 | 6:00pm | Backpack the Appalachian Trail in the scenic Greenwood Lake area of New York and New Jersey. This can be a good warm up for those going on the Mt. Rainier trip, but others are welcome. Returning June 2, Thursday. |

INTERNATIONAL OPEN HOSTEL DAY

SUNDAY, MAY 1st.

View from our Ohiopyle Hostel May 1, 1900:



Check out the scene at the hostel in 1988!

Ohiopyle State Park Youth Hostel, Fayette County, PA, is part of the 20,000 acre Ohiopyle State Park. The hostel is sponsored by the Pittsburgh Council of AYH through the cooperation of the PA Department of Environmental Resources. The hostel is located on a grassy, tree-shaded hill to the right of the Ferncliff Peninsula entrance. The entrance is west of Route 381, between the highway bridge and the railroad tracks. With a 25 person capacity, the hostel has an equipped kitchen, dining room and common room. The bunkrooms are upstairs.

The nearby Youghiogheny river provides white water adventure for the novice to expert in kayaks, rafts and canoes. For more information, contact: Park Superintendant, Ohiopyle State Park, P.O. Box 105 Ohiopyle, PA 15470.

The hostel is open year-round. All are welcome! Reservations are recommended. For more information, contact: Ohiopyle State Park Youth Hostel, P.O. Box 99, Ohiopyle, PA 15470. (412/329-4476).

AYH TRIPS FOR MAY, PAGE 3

| ACTIVITY | LEVEL | LEADER | PHONE | TIME | DESCRIPTION |
|--------------------------|-------------|-----------------|----------------------|---------|---|
| <u>Saturday, May 28</u> | | | | | |
| Backpack | Int | Joy Layton | 421-3975 | 8:30 | Memorial Day weekend trip to MidState Trail system in central PA. Call for info and reservations. |
| Bike | C | Karen Hensley | 421-2886 | 6pm Fri | C&O Canal ride. This ride should be done on Mountain bikes or rugged ten speeds mostly because of a rough surface. The terrain is very flat since it follows the canal. Panniers and camping gear required. See ad in this issue and call Karen for more details. |
| Cave | Adv | Norm Snyder | 351-4068 | | See the Spelo Fest in Kentucky. One of the largest caving get-togethers of the year. Easy cave trips to harder ones. Call for more info. |
| sea-kayak | All | Cathy Lynch | 361-3707 | 8:00 | See Harper's Ferry, paddle Shenandoah. Overnight trip, stay at hostel. |
| Canoe | Class 1 | Jim Goguts | 731-9433 | 8:00 | Good follow up to WWI school. |
| RaFT | Int | Linda Smithyman | 531-1868 434-6093 | 7:00 | Raft the Cheat River in WV with Gus Hughes. Limited number of spaces available. |
| <u>Sunday, May 29</u> | | | | | |
| Canoe | Class 1-2 | Janet Suppowitz | 421-7326 | 8:00 | Intermediate level white water canoeing. |
| <u>Friday, June 3</u> | | | | | |
| Bike | C | Mike Hurwitz | 422-9204 | 6:30pm | Gettysburg, 35/60 miles. Join Mike and Marta on their annual tour of Gettysburg. This is a very popular ride and has become a tradition. The ride features a tour of the battlefield that you can only do by bicycle and a Sunday morning ride on some quiet country roads. Stay at the Gettysburg College and eat at reasonably priced restaurants. Call for details. Reserve by May 25. |
| <u>Saturday, June 4</u> | | | | | |
| Canoe | WWII School | Jim Roberts | 244-8332 | 8:00 | Learn some more advanced river techniques. |
| Canoe | Class 1 | Rick Tomlinson | 963-8910 | 8:00 | Excellent follow up trip to WWI school. |
| Kayak | Begin | Lou Conley | 681-8321 | | Beginner Kayaking School. See writeup under kayaking. |
| Climb | Begin | Eric Bauer | 687-0766 | 7:00 | Beginner trip to High Rocks. See climbing writeup. |
| | | Garry Simmons | 327-8338 | | |
| <u>Sunday, June 5</u> | | | | | |
| Canoe | Class 3 | Don Bowman | 697-4386 | 8:00 | Challenging rapids. Experienced canoeists only. |
| Canoe | Flatwater | Claire Bunker | 244-9788 | 8:00 | Interesting flatwater trip. Call for details. |
| Raft | All | Linda Smithyman | 531-1868 434-6093 | 10:30am | Raft the Lower Yough at Ohiopyle. Beginners welcome. |
| <u>Saturday, June 11</u> | | | | | |
| Sea-Kayak | All | Ted Self | 795-6286 | 8:30 | Leaders training weekend at Ohiopyle/Yough Lake. Overnight trip. |



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REMEMBER:
EVENING CYCLE TRIPS
LEAVE FROM HQ
ON TUESDAYS AND THURSDAYS
LOOK FOR THE LIST OF TRIPS
IN THIS ISSUE
!!!!

ACTIVITY NOTES

CANOEING

Bring non-cotton clothing, hat, water bottle, glasses strap, rain jacket, tennies, dry clothes in a separate bag, and knee pads. Trips normally meet at HQ at 8:00 am. Call the trip leader in advance to reserve space on a trip.

CLIMBING

Beginner trips are open to everyone. No previous rock climbing experience is necessary. Bring a bag lunch, water, tennis shoes, and leather gloves, if you have them. Trips leave from HQ at 7 am and usually return around 9 pm (we stop for dinner on the way home). Call the activity chairpeople for more information.

KAYAKING

AYH beginning kayaking schools are held once a month, June through September, each summer. These schools provide an introduction to the exciting sport of white water kayaking. They are open to complete beginners (those who have never been in a kayak before) and to those who have never kayaked on white water before. The schools last an entire weekend and include an overnight stay at a youth hostel. The first day of the school is spent learning the basic skills of kayak paddling on a nice, calm lake. The second is spent developing those skills on a very easy (Class I-II) white water river. The tentative dates for the 1988 beginner schools are: June 4-5, July 9-10, August 13-14, and September 10-11. Space is very limited and preference will be given to AYH members, so sign up early. Call Lou Conley at 681-8321 for more information.

Kayaking Chairman Needed

One of the two AYH kayaking chairmen will be retiring at the end of the summer of 1988 and a replacement will be needed at that time so the search must start now! If you think you might be interested in running or helping to run the AYH kayaking program in the future, now is the time to speak up. No previous kayaking experience is needed, just a willingness to learn and a desire to lead and to help others experience the exciting sport of white water kayaking. We can teach you all that you need to know in order to be a co-chairman during the spring and summer of 1988 and after that there will always be an experienced person available if you should need any help or information. So, if you have any interest in this area at all, give Lou Conley a call at 681-8321 and find out what would be involved and how you can help. The kayaking program has been one of the most

successful activity programs here at AYH over the last five or six years and now we need some help in order to continue that success. You could be the person that we need - call today and find out, only adventure awaits you!

Paddling Equipment For Sale

The AYH kayaking program is currently selling some used equipment. Up for sale are Norse kayak paddles in various lengths, Extra-sport PFD's (life jackets), kayak split flotation bags, and several nylon spray skirts. The prices for these items will be based on the condition that they are in when sold. All remaining equipment is available now. Call Lou Conley at 681-8321 for more details.

RAFTING

Volunteers are needed to lead trips for the months of July and August. Anyone interested in can contact the rafting chairwomen.

What to wear for Spring white water -- Prepare for the weather and be prepared to get wet. A wet suit or layers of wool clothing are essential. Do not wear cotton clothing! Wool has the ability to keep you warm even when it is wet, and it's wicking ability causes it to dry from the inside out. In cold weather, if you don't have wool, don't go on the trip.

If the weather is cool, you can layer wool for your upper torso, but may not have wool knickers or trousers, you will be warmer with an acrylic swimsuit and no slacks than if you would wear jeans; as jeans would tend to retain any moisture once they got wet.

Suggested attire: Cold weather -- wet suits only. Cool weather -- beat-up sneakers, wool hat, poncho, windbreaker, bandana, glasses strap, gloves, wool sweater, 2 pr. socks, complete change of clothes to put on after the trip.



BASIC CANOE SCHOOL

This school is designed for those who do not have canoe experience. These sessions will cover the basic strokes and concepts which will lead to white water (river) canoeing.

Hopefully, the basic concepts will be learned in one or two sessions and then mastered as you go on scheduled AYH trips.

AYH Basic Canoe School is held each Wednesday in May at 6 pm. Call Katherine Lynch at 327-0529 or Frank Bruns at 561-8579 for more information and to sign up.

BICYCLING IN PITTSBURGH

By Larry Laude

I enjoy cyling. Sometimes I ride alone, sometimes on AYH trips, and sometimes with hundreds of others on an organized ride. Judging from the number of cyclists in Pittsburgh, I'm not alone. If you have any doubts, stop by at the Great Ride on June 12th and watch the thousands of cyclists touring the city. I have to admit, though, that Pittsburgh could be a much better place to cycle than it is now. I'm not talking about the hills; they make a ride more interesting and besides, there's nothing you can do about them. But cycling facilities have a long way to go. For example, how about road shoulders that aren't covered with gravel and glass? For that matter, how about roads with shoulders? How about bike paths along both banks of all three rivers? How about something as simple as a bike rack at Kennywood? If you feel as I do, tell it to the City, the County, PennDOT and to all those other People-who-are-in-charge-of-things-the-way-they-are-and-don't-know-any-better-until-we-tell-them.

GREAT CYCLING OPPORTUNITIES

Even though it is still May, here are some outstanding bicycle trips which you may not want to miss:

GETTYSBURG: This is an annual classic that Marta and Mike Hurwitz have been leading for many years. The trip includes a somewhat leisurely tour of the battlefield, ice cream stops, early morning county tours and an interesting wake up call. Bicycling is perhaps one of the best ways to tour the battlefield since you can see much more than you can from a car or bus and is much faster than walking. Alternate rides may be available for those who do not wish to tour the battlefield. The early morning Sunday ride is well worth getting up for since the temperature is a little cooler and breakfast tastes a little better if you have ridden 20 miles to get it. The cost for this weekend is also very reasonable. Gettysburg is on June 3,4,5. Call the Hurwitz's if you have any questions or would like to reserve (422-9204).

WAG 88 at Slippery Rock: Put on by the Western Pennsylvania Wheelmen, this is perhaps the premier cycling event for the western PA and eastern Ohio areas. Rides range from the grueling 100 mile Bonkberry to easy 12 mile rides. There are long and short, hilly and flat rides. In addition, there are other activities available for noncyclists, too. The entire weekend costs around \$50 per person including meals and overnights in the dorms

at Slippery Rock. Camping is also available at an even cheaper rate. If you cannot make the entire weekend, come up for either day. Application forms are available at HQ. Don't delay, WAG is scheduled for June 5,6,7 and the deadline for dorm space is quickly approaching.

BIKE SERIES

Do you have a 10-speed bike that you would like to ride more, or are you thinking about getting a bike in the near future? If so, then Bike Series may be for you. Bike series is a package of rides intent on bringing the new cyclist from learning how to stop and shift gears to actually going on regular C type trips. The series kicks off with a bunch of trips offered in the last half of May and continues into June. It is not necessary to make every trip; you may start wherever you choose. The bike series are not exclusively for people who are learning; all are welcome. The only thing we ask is that you call ahead to reserve and that you show up. By the nature of this ride, the trip may be cancelled if no one calls ahead. Many of the trips start early in the morning to avoid heavy traffic. We do have a limited number of rentals available, but you should bring your own bike or borrow one if it is in good working order and fits.

Here is a description of the rides:

BS1: This is a 10 mile trip designed to get you out on the road and to review shifting and introduce group riding skills. These start early to avoid traffic. Many beginners start on this one. The 10 mile distance is not as far as it may seem and will be suitable for almost any beginning rider. Don't forget to call ahead.

BS2: This is a 15 to 20 mile ride designed to extend the range established by BS1. Some beginner may find this an acceptable starting point on the BS series. Generally, these may be more interesting and may have more experienced riders along.

BS3: 25 mile ride which is actually a C level ride. After completing this one you are ready for a large number of AYH rides.

BS4: Visit to a local bike shop. If there is interest, we will arrange to have a group visit to a local bike shop.



CLASSIFICATION OF BIKE TRIPS

As you may have noticed, bike trips have an alphabetical classification instead of the more obvious beginner, easy, intermediate, and advanced. We do not do this to be difficult. We just want to be consistent with other bike clubs. This is good for riders from other clubs and it is good for us when we go on rides offered by other clubs.

CLASS A: 50 miles or more at a fast pace (15 mph). Sometimes shorter rides will also be called Class A if they are to be ridden at a fast pace or if the terrain is particularly hilly.

CLASS B: 30 to 65 miles at a more moderate pace (12 mph). This will cover a large number of AYH trips. Again sometimes shorter rides, in particular evening rides, may be called Class B if the pace is to be a little faster.

CLASS C: 20 to 35 miles at a more leisurely pace (10 mph). This category covers a large number of AYH trips as well. These are more suitable to the occasional cyclist than B rides. Virtually all of our weekend trips will include C rides.

CLASS D: 5 to 20 miles at a slower pace (<10 mph). This category covers some of the bike series rides as well as other short beginner's rides. These are suitable to the very occasional cyclist as well as the beginner.

CLASS E: 0 miles at a slow pace (0 mph). These cover bike series 0 trips as well as other learn to ride sessions.

If you would like a copy of the major AYH bicycling trips, send a self addressed stamped envelope to: Chuck Ejzak, 6858 Wilson St., West Mifflin, PA 15122.

BIKE/FED

At the state level, there is an organization dedicated to speaking for cyclists. It's the Bicycling Federation of Pennsylvania, or Bike/Fed for short. Bike/Fed was instrumental in getting the state bike maps published, keeps an eye on legislation that might affect cycling and issues a newsletter that keeps members up to date on cycling in the state. I encourage you to support their work by becoming a member by sending \$5 to Bike/Fed, 413 Appletree Road, Camp Hill, PA 17011.
...Larry Laude

OLYMPIC BIKE RIDE

On July 10th, Blue Cross of Western PA is sponsoring "The Gold Rush" -- a 20 mile cycle ride through Schenley, Frick and Highland parks in Pittsburgh's East End. All proceeds will benefit the U.S. Olympic Team at the Summer Olympics in Seoul, South Korea. Watch for details in the June newsletter or talk to Marianne Kasica at 921-5272.

MOUNTAIN BIKE RENTAL DISCOUNTS

Three areas along the Laurel Ridge will be giving AYH members who have their cards with them 25% discounts on their mountain bike rental rates.

At the north end at Laurel Mountain will be Shadyside Ski Shop (412)238-4842. They will be renting from their new building at the cross country parking lot.

Hidden Valley, off Route 31, 8 miles east of Donegal, (814)443-6454.

And at the South end at Riversport in Confluence (814)395-5744. The bike path from Ohiopyle along the Youghiogheny ends in Confluence. Call the shops for more info.

WIND & WATER BOAT WORKS

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WATER

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11 Miles North of Turnpike
6 Miles South of Butler



EVENING CYCLES

Evening cycles leave from HQ and go until just before dark. Class C trips are open to all, but Class B trips are for intermediate riders. Please pay attention to the trip classification. Call the trip leader if you have questions.

Tuesday, May 3 -- Class C --15 miles -- 6:30
Jeff Weiss, 661-2507

Thursday, May 5 -- Class B --15 miles --6:30
Judy Menosky, 242-1573

Tuesday, May 10 --Class B -- 20 miles --6:30
Terry Gossard, 321-2382

Thursday, May 12 - Class C -- 15 miles -6:30
Cheryl Arnold, 242-0781

Tuesday, May 17 --Class C --15 miles- 6:30
Jeff Weiss, 661-2507

Thursday, May 19 --Class C--15 miles --6:30
Judy Menosky, 242-1573

Tuesday, May 24 -- Class B -- 20 miles -
6:00 - Larry Laude, 665-9554

SCHOLLS BICYCLE CENTER West View 931-6711

**ANNOUNCES IT'S GRANDOPENING
OF**

WARRENDALE-SCHWINN

located at the corner of
Rt. 19 and the red belt

WHAT TO BRING ON A BIKE TRIP

Bring a spare tube and a patch kit and an emergency 25¢ for a telephone call. You should have at least one water bottle and a frame mounted tire pump. Bring a rain jacket and rain pants in case the weather is wet or cold. Also good ideas to bring along: folding spare tire, freewheel remover and spare spokes plastic tire levers and tools (screwdriver, 5mm and 6mm hex wrenches, and 6 inch adjustable wrench.).

A bicycle helmet is mandatory on all AYH rides. We strongly urge you to use one for all your cycling; however, rentals are available for AYH trips. Cycling gloves (available from the council store and bike shops) are good to wear if you like your hands. Sunglasses or other eye protection is recommended.



TIRED OF CLIMBING THE WALLS IN YOUR HOUSE???

Now you can climb the wall at

EXKURSION

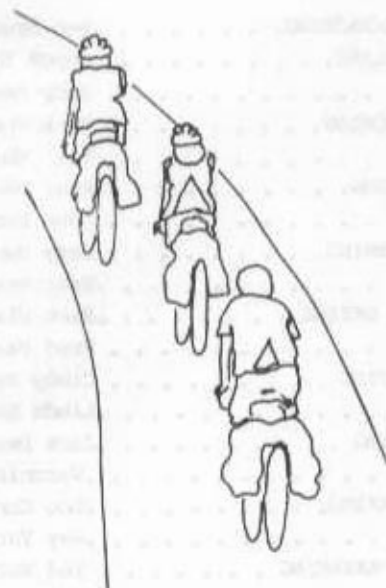
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THE GOLDEN TRIANGLE

The Golden Triangle is the monthly publication of the Pittsburgh Council of American Youth Hostels. Contents are at the discretion of the editor.

CO-EDITORS: Joy Layton 412/421-3975
Veronica Riegel 681-6569

PRODUCTION Don Hoecker

MAILING Marta Hurwitz, Roy Well

ADVERTISING Sandi DiMatteo

DESIGN AND COVER Joe Hoechner

Deadlines for the June issue:

May 12, all submissions

May 26, Production



Bike Trip May 27-30

C&O Canal Towpath

Bike along the 184 mile long C&O Canal tow path
Perfectly flat biking/hiking trail, no traffic allowed!
Through 3110 foot Paw-Paw tunnel
Numerous park and historic sites



amp3 Nights at Hiker/Biker campsites along trail. (Panniers can be nted from AYH.)

all Karen Hensley, 787-3001 or 421-2886 for more information or to gn up 5460 Pocusset, Pgh PA 15217

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| | | |
|-------------------|-----------------|----------|
| BACKPACKING | Ben Bruggmans | 736-2751 |
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| | Judy Menosky | 242-1573 |
| CANOEING | Rick Tomlinson | 963-8910 |
| | Bill Whitehead | 363-0365 |
| SAVING | Paul Herre | 653-7934 |
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| OLLEYBALL | Joel Platt | 521-5244 |
| | Neil Lien | 731-4874 |
| FAMILY ACTIVITIES | Barbara Hanusa | 441-7205 |
| RESIDENT | Larry Lunde | |

NORTH COUNTRY TRAILS ASSOCIATION

Interested in learning more about the North Country National Scenic Hiking Trail? Join Glenn Oster at the Spring meeting of NCTA in White Cloud, Michigan, May 20-22. No fees or transportation cost. Phone for reservations and information, 364-2864 home or 234-3967 work.

WHEELBUILDING

Professional wheelbuilding at low rates. Two day turnaround. \$10 per wheel, you supply parts, \$15 per wheel, I chase parts. \$5 per wheel truing only. All wheels trued, rounded and dished. Call Chip at 361-6598, evenings are best.

HIKE THE A.T.

Hike the Appalachian Trail in Pennsylvania, from the Susquehanna River to the Delaware Water Gap. Not strenuous but need to be prepared for an extended backpacking trip. Approximate dates, June 6-26. Hike all or part. Enjoy good company and beautiful scenery. Contact John Michael, Box 212, Merrittstown, PA 15463. Phone 246-2619 (home and work).

editor's note: this is NOT an AYH sponsored trip.

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PITTSBURGH COUNCIL
6300 FIFTH AVE.
PITTSBURGH, PA 15232

OFFICIAL MEMBERSHIP APPLICATION

Amount and Membership Types Available:

- \$ 10.00 Youth (17 years and under).
 - \$ 20.00 Adult (18 years to 54).
 - \$ 10.00 Senior Citizen (55 years and over).
 - \$ 30.00 2 Yr. Adult (18 years to 54).
 - \$ 30.00 Family (includes children under 18 years).
 - \$ 200.00 Life (individual lifetime membership).
 - \$ 18.00 Foreign Nationals (including Canadians).
 - \$ 1.00 Postage (for each Membership or International Handbook ordered).
- (You can save postage by purchasing these items at our Open House Meetings)

NOTE: International Hostel Handbooks are available for \$ 8.00 each at Pittsburgh Council Headquarters (Thursday nights 8-10 PM) Volumes I (Europe and the Mediterranean) and Volume II (Africa, America, Asia and Australia). Make all checks payable to "Pittsburgh AYH".

NAME: (Last) (First) (Middle)
STREET: (Permanent Address Only)
CITY: State Zip Code
BIRTHDATE: Month Day Year Phone #
Were you a member of AYH this past year? Yes No
When do you need card? (Signature of Applicant)
If you wish Membership Card sent to a temporary address, give same below:
CARE OF: STREET STATE ZIP CODE
CITY: STATE ZIP CODE

AYH MEMBERSHIP BENEFITS:

International Hostel Membership Card plus Council I.D. Card good for discounts at local bike shops and outfitters.

U.S.A. Hostel Handbook.

"The Knapsack", National A.Y.H. Travel Newsletter.

"The Golden Triangle", Pittsburgh Council's Newsletter of Trips and Activities.

Open House Thursday nights 8:00 p.m. at Council Headquarters.

Access to National travel programs and Leadership Training Courses.

(NOTE: Memberships valid from Sept. 1 to Dec. 31 of the following year.)



AMERICAN YOUTH HOSTELS, INC.
Pittsburgh Council
6300 Fifth Ave.
Pittsburgh, PA 15232



ACTIVITIES MEMBERSHIP APPLICATION

Membership Types Available: (does not provide access to AYH hostels)

- ☐ \$ 5.00 Youth (17 years and under)
- ☐ \$ 5.00 Senior Citizen (55 years and over)
- ☐ \$ 10.00 Adult (18 years to 54)
- ☐ \$ 15.00 Family (includes children under 18 years)
- ☐ \$ 1.00 Postage and Handling (for each membership ordered)

Note: A full AYH membership or a hostel guest membership is required for access to AYH and international hostels. An AYH membership also includes the current U.S. Hostel Handbook.

Make all checks payable to "Pittsburgh AYH" (include \$1.00 postage). Thank you!

NAME: (Last) (First) (Middle)
STREET: (First) (Middle)
CITY: STATE: ZIP:
BIRTHDATE: Month Day Year PHONE:
Were you a full member of AYH this past year? Yes No
SIGNATURE:

Pittsburgh AYH Activities Membership Benefits

Council Membership Card good for discounts at local bike shops and outfitters.
Ability to upgrade to full hostel membership at any time for difference in fee.
Access to local Pittsburgh AYH trips without paying non-tripster fees.
The Knapsack, National A.Y.H. Travel Newsletter, available at council headquarters.
Ability to qualify to lead Pittsburgh Council trips.
The Golden Triangle, Pittsburgh's monthly newsletter of trips and activities.
Open House Thursday nights 8:00 p.m. at Council Headquarters.
Access to National travel programs and Leadership Training Courses.

(Note: Memberships valid from Sept. 1st to Dec. 31st of the following year. All candidates for the Pittsburgh Council Activities Board or Board of Directors must hold full AYH memberships to qualify for these positions.)



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- ☐ I'm interested but would like more details — send me your FREE brochure on American Youth Hostels.

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Address _____
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Zip _____ Birthdate _____

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