

**SANITIE**

**GLIMPS**

RUN ON OVER TO  
AYH HEADQUARTERS  
FOR THE OUTDOOR  
FLEA-MARKET

SEPTEMBER 13<sup>TH</sup>

6:30 PM !!!!!!!!!



THE GOLDEN TRIANGLE  
VOL. 35 NO. 9  
SEPTEMBER 1984

**SANITIE**

**SANITIE**

Pittsburgh Council  
**AMERICAN YOUTH HOSTELS INC.**

6300 FIFTH AVENUE  
PITTSBURGH, PA. 15232

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## THE GOLDEN TRIANGLE

PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS

6300 FIFTH AVENUE  
PITTSBURGH, PA 15232

AYH HEADQUARTERS is located at 6300 Fifth Avenue, next to the Pittsburgh Center for the Arts. Open House is held every Thursday evening. The building opens at 8pm and the slide show starts at 8:45. Weekly trip announcements are made immediately following the slide show. The Golden Triangle is assembled for mailing at monthly Production Parties, which are held after the slide show. Come on out and join us!!

### SEPTEMBER SLIDE SHOWS

- September 6 Biking Adventures in the Yangtse Valley by Donna Leban.  
September 13 Hiking and Strolling in France with Joe Levine.  
September 20 Sking and Climbing up Mt. McKinley by John Iacovino.  
September 27 Solo Biking the Coast of Maine by Joe, Jim, Wayne, and Sally.

### ACTIVITIES BOARD

The September Activities Board meeting will be held on Wednesday, September 5th at Barry Govenor's. He lives at 960 Greenfield Ave. and his phone number is 421-7114. Officers don't forget your budget!!.

### DO YOU KNOW HOW TO PICK EM?

Help harvest tomatoes for the Pittsburgh Community Food Bank. Sunday, September 16, 10:30 am until 2:30 pm at Harrison Hills County Park (just north of Tarentum). A t-shirt and small bag of tomatoes for each helper. Call Rich Vangenewitt at 364-8775 or Kathy McGregor at 421-8551 for more information.

## AYH MEMBERSHIP APPLICATION

AYH memberships are available at Open House meetings. If you cannot attend a meeting, fill out the application at the bottom of this page and send it along with your check made payable to Pittsburgh Council, AYH, to

AYH Membership  
6300 Fifth Ave.  
Pittsburgh, PA 15232

Allow 3-4 weeks for delivery of your hosteling pass. Membership also sells International Hostel Guide to Europe for \$7.00 by mail or \$6.00 at HQ.

### CHECK ONE:

- ☐ \$10.00 Youth  
☐ \$20.00 Senior (18-59)  
☐ \$50.00 Organization (non-profit only)  
☐ \$10.00 Senior (60+)  
☐ \$30.00 Family  
☐ \$200.00 Life  
☐ \$ . Tax-deductable Donation

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ADDRESS \_\_\_\_\_

ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ NEW/RENEWAL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

OUR COUNCIL IS A VOLUNTEER ORGANIZATION. We always need additional leaders and others willing to donate time and skills for maintaining and improving programs. If you are interested in contributing your efforts to any of the activities or service-oriented areas, contact a member of the activities board or attend one of the Board Meetings.

## THE GOLDEN TRIANGLE

EDITOR Joy Layton  
486-4753  
LAYOUT Joy Layton  
ADVERTISING  
Shelly Werner  
PRODUCTION  
Don Hoecker  
MAILING  
Roy Weil  
PLATES  
Irwin Nauman

The Golden Triangle is the monthly publication of the Pittsburgh Council AYH. Contents are the responsibility of the editor.

### OCTOBER ISSUE DEADLINE:

Articles: Sept. 13  
Production: Sept. 27

### NOVEMBER ISSUE DEADLINE:

Articles: Oct. 11  
Production: Oct. 25



*Semple Street*  
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3459 Ward Street 687-1227 MON.-FRI. 10-8  
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FRESH PRODUCE \* BULK FOODS  
CHEESE AND OTHER DAIRY PRODUCTS  
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NUT BUTTERS AND TAHINI  
SOAPS, SHAMPOOS AND MORE  
GROCERY ITEMS AND LOTS MORE!

**Save!**

[This coupon good for one shopping at  
member prices (18% discount).]

## THINK SNOW!

Time to plan skiing holidays. AYH offers Christmas-New Year's week trips to New England, New York, Colorado, and Oregon or to Switzerland. Check the World Adventure 1984 brochure for more information. Available at HQ. Questions????? Contact Marilyn Ham at 687-4520.

## AN OPEN LETTER TO THE GENERAL MEMBERSHIP

In an effort to say "Thank you" to those volunteers who do the most, have served the longest, have been the most innovative, etc. we have in the past given awards of recognition as determined by an annually appointed awards committee.

To maintain the standards of the awards bestowed upon these members, a committee has been formed to assign qualitative factors/guidelines for specific awards to be used as an aid by those persons assigned to the Awards Committee from year to year and to ensure a certain amount of continuity from one year to the next.

YOUR IDEAS ALONG THESE LINES WILL BE GREATLY APPRECIATED! i.e., if you have ANY ideas for an award that you think is apropos to the club's philosophy(ies) or to the accomplishments of any individual, please let us know.

Also, if you know of anyone who you feel is deserving of any such award, please submit their name and a brief explanation concerning what they have done for the organization.

THIS IS YOUR OPPORTUNITY TO DO SOMETHING FOR THOSE WHO HAVE CONTRIBUTED MUCH TIME AND EFFORT FOR YOU.

PLEASE FORWARD ANY RESPONSES TO THE "AWARDS COMMITTEE" c/o Chuck Ejzak or headquarters.

## W.PA. HIKING GUIDE

We now have a sizeable collection of new, much improved trail descriptions available for field-testing by AYH hiking trip leaders. These descriptions include topo maps showing the trail routes keyed to the text. These will be included in the next 5th edition of our Hiking Guide to Western PA which will be published around year

Western PA Hiking Guide continued...  
end:

Trip leaders are encouraged to use these new write-ups for their hikes and to submit corrections and additions based on their experiences. In particular, we need someone to provide the full written trail description to go with our topo map of the new 27 mile Oil Creek State Park Trail. Contact Bruce Sundquist at 327-8737. We would like all new material for the new edition by November. Black and white photos are also needed.



#### Western Pennsylvania Trails Association

##### TRAILS SWEEP

Saturday, September 22, 1984


The WPTA asks your help to organize and carry-off our TRAILS SWEEP which is to inventory the status of selected trails in W. PA. Two and three person crews will record detailed information on their assigned portion of a trail system (5 to 6 miles). We need help in at least three ways:


1. Make a commitment to help and register now!
2. Twist arms and get your friends (we'll take enemies also) to commit and register now.
3. Send us the names and addresses of individuals or organizations who are trail users or potential trail maintainers for this project and to develop our mailing list.


A post card with name, address and phone as well as any notes would be great. Thanks.

Jack Peth, Trail Sweep Coordinator  
125 Elmont St., Pittsburgh, PA 15205  
921-7214h 777-5365w



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**KRAYNICK'S BIKE SHOP**  
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# Hosteling

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American Youth Hostels is your key to worldwide adventure, friendship and travel — on a low budget. From medieval castles to Swiss chalets AYH opens the door to over 5,000 hostels in 50 countries. Send in the coupon below for details.

☐ I want to join AYH. Enclosed is \$20.00 (\$10.00 if under 18), sign me up and send me my hostel pass, AYH Handbook, and other materials.


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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Birthdate \_\_\_\_\_



American Youth Hostels  
6300 Fifth Avenue  
Pittsburgh, PA 15232  
(412) 362-8181



## CLIMBING continued

FOR ALL BEGINNER TRIPS: we usually go to White Rocks (near Uniontown). Bring tennis shoes (preferably not running shoes), lunch, water, and leather palmed gloves (if you have them). Optional equipment; hat with a brim, hiking boots, shorts, sunscreen. Meet at HQ at 7 am. We usually stop for dinner and return to Pgh. between 8 and 9 pm. Call any of the chairpersons above for reservations.

## KAYAKING

Lou Conley 681-8321

Ray Yutzy 341-5682

Ray Yutzy will be instructing a course in beginning kayaking emphasizing roll instruction, through the Community College of Allegheny County this Fall on Tuesday nights. This indoor class will be at Carlynton High School beginning Sept. 25 for 10 weeks. Two classes (6:30 to 8:30) & (8:30 to 10:30) are scheduled for a maximum of 14 students per class. Cost of \$45 includes instruction and equipment. Registration is through:

Community College of Allegheny County  
Allegheny Campus, Ridge Ave., North side.  
Department of Continuing Education  
237-2600

## RAFTING

Susan Krotec 661-8485

Call to reserve space on a trip. All trips meet at AYH-HQ-- ask for the meeting time.

EQUIPMENT: Lunch, a change of clothes, tennis shoes, eyeglass strap, sun protection, windbreaker, or wool sweater for cool weather.

LEADERS ARE NEEDED.

## VOLLEYBALL

Mark Mastandrea 963-5583

Steve Martin 469-3153

Play outdoor volleyball above HQ on Tuesdays and Thursdays. Anyone of any skill level is welcome. Come out and learn to play or sharpen your game, or just have fun. The action starts about 6 pm (weather permitting) and lasts til dark. On Tuesdays the fee is 50¢ for members, \$2.00 for nonmembers. On Thursday play for FREE!

# Flea

## Market Outdoor Gear (only)

September 13<sup>th</sup>  
Thursday 6:30 P.M.  
until dark

Sellers space FREE  
Next Flea Market  
May 9, 1985

Mellon Park (sponsored by the  
American Youth Hostel)  
6300 Headquarters  
Shady Side Ave.  
Fifth Ave.

BUY \* Sell \* SWAP  
outdoor clothing  
and  
Equipment  
Bicycles Backpacks  
Tents stoves  
etc. etc.  
canoes skis  
etc. etc.

Public Welcome  
For details call:  
Bill Johnston  
687-4893

# GET INVOLVED!

The nominating committee has once again prepared a slate of candidates to fill council offices. There are still some gaps to be filled. If you would like to serve, but are not sure of what is involved, contact anyone on the nominating committee.

NOMINATING COMMITTEE: Bill Johnston 687-4893, Marianne Klimas, 561-9012, Harriet Ann Seiner 681-1189, or Pat Tieman 561-3286.

\* indicates voting member of the Activity Board.

\*PRESIDENT: Larry Laude  
 \*TREASURER: Fred Hull  
 ASS'T TREASURER: Jack Asherman  
 \*SECRETARY (RECORDING): Marianne Klimas  
 SECRETARY (CORRESPONDING): Lynn Ejzak  
 \*HEADQUARTERS: Gary Ludwig  
 \*PROGRAM: Bob Goff  
 \*VICE PRES.: Hostel Dev. : Joe Hoechner  
 \*HOSTEL OPERATIONS: Jim Goguts  
 Leonard Benson  
 \*TRIANGLE EDITOR: Joy Layton  
 ADVERTISING: \_\_\_\_\_  
 PRODUCTION: Don Hoecker  
 MAILING: Roy Weil  
 PLATES: Jim Allis  
 \*SERVICE: Rich Vangenewitt  
 ENV. SERVICE: Cliff Ham  
 FRANCHISE: Bob Nebes  
 LIBRARIAN: Joel Platt  
 \*TRIPS AND TRAILS: Joe Levine  
 Pat Tieman  
 \*PUBLICATIONS: Bruce Sundquist  
 \*MEMBERSHIP: Blanche Asherman  
 \*SPECIAL PROJECTS: Wayne Albright  
 \*TRAILS COORDINATOR: Dan Martt  
 \*COUNCIL STORE: Shelly Werner  
 HOSTEL CLUBS: Bill Johnston  
 LEADERSHIP DEVELOPMENT: Jack Peth  
 \*PUBLICITY: Jean Gardner  
 BOARD OF DIRECTORS: Michael Hurwitz

\*BACKPACKING: Jack Peth  
 \*BICYCLING: Rick Kordas  
 Chuck Ejzak  
 Bob Schwartz  
 \*CANOEING: Steve Shafer  
 Kathy Lynch  
 \*CAVING: John Popp  
 Paul Herre  
 Roy Provins  
 \*X-COUNTRY SKIING:  
 Fred Parker  
 Steve Tubbs  
 \*HIKING: Tom Kaveney  
 Wayne Hennemuth  
 \*KAYAKING: Lou Conley  
 Ray Yutzy  
 \*RAFTING: Sue Krotec  
 Shirley Sedmack Ulacky  
 \*VOLLEYBALL: Steve Martin



## SEPTEMBER TRIPS & TRAILS

Trips listed are open to the public, AYH members are given priority. Trip costs include a 75¢ registration fee (50¢ per half day or evening), plus transportation and rentals. 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 covers insurance (\$1000 medical/ \$1000 accidental death or dismemberment).

Phone numbers listed are home numbers, unless designated by an h (home) or a w (work).

### BACKPACKING

Debie LaPlaca 795-4179  
 Jack Peth 921-7214h 777-5365w

### BICYCLING

Lynn Ejzak 466-6196  
 Bob Schwartz 241-4647

### CAVING

Vicki Lineback 422-0296  
 John Popp 653-6026

### CANOEING

Steve Shafer 362-4432

All trips meet promptly at 8 am at AYH HQ. Call trip leaders to reserve space on a trip.

EQUIPMENT: Swimsuit, non-cotton clothes (no blue jeans), sun hat, tennies, kneepads, rain jacket, drinking water, eyeglass strap, lunch, big sponge, all in a waterproof bag. Bring dry clothes in a separate bag.

NOT ON THE TRIP SCHEDULE:

Sept. 15 BASIC CANOE SCHOOL Learn to paddle in flat water. Leader: Steve Shafer 362-4432

### CLIMBING

Scott Workman 421-2521 Karl Mormer 521-6404  
 Dale Vilsack 276-7385 or 343-8379

Climbers will be holding practice classes at the Evergreen Bar after the regular Thursday night meeting. No reservations required. Beginners welcome. Equipment needed: money, bizarre sense of humor, and a funny hat.

## FOR THE WALKS OF LIFE. DANNER.

### FOR COMFORT.

In our patented Gore-tex® full sock linings, a sheet of Gore-tex® is laminated to a full sock made from lining fabric. Then the seams are completely taped under heat and pressure. The pores of the Gore-tex® membrane



are too small to allow water droplets and wind to enter, but large enough to let perspiration water vapor escape. So your feet stay dry and warm, without feeling smothered. No nails. No holes. No seams. No leaks. No sweat.



NOW AVAILABLE AT:

EXKURSION  
4123 WILLIAM PENN HIGHWAY  
MONROEVILLE, PA 15146

### FOR SUPPORT.

Danners give your arches full support, because we contour the inner sole all the way around the bottom of your foot, from side to side. Then we reinforce the arch with a steel shank.

### FOR LONG WEAR.

Full-grain leather uppers have a rich look and feel, and stay as snug as the day you bought them, because we take out all the stretch by



pulling them twice over a form called a last. Cordura® nylon is lightweight, highly resistant to tears and abrasions, and dries fast. Both materials can take as much abuse as you want to give them. The same goes for the lacing hardware—all heavy brass.

For walking, climbing, hiking and hiking, Danner is the best thing next to your feet.

### Lowest Prices in Pittsburgh

ALPENLITE	PACKS
ASNES	cross country skis
BLACK ICE	clothing
BONNA	cross country skis
CANNONDALE	bike accessories
COGHLAN	camping accessories
COLEMAN	stoves, packs, tents
DUOFLO	underwear, polypropylene
EUREKA	tents
FABIANO	boots
JARVINEN	cross country skis
KELTY	packs, clothing, sleeping bags
OPTIMUS	stoves
PATAGONIA	clothing, polypropylene
PENDELTON	100% wool shirts, sweaters
SIERRA DESIGNS	clothing
SIERRA WEST	accessories
SPLITKEIN	cross country skis
TIMBERLAND	boots
TRAILWISE	clothing and equipment
U.S.S.	topo maps
VICTORINOX	Swiss army knives
WIGWAM	socks, hats
WILDERNESS	clothing and equipment
EXPERIENCE	clothing
WOOLRICH	

Pittsburgh's first outdoor specialty shop introduces a new concept in providing top quality, name brand outdoor clothing and equipment — **discount prices every day on everything we sell.**

This is not a pre or post-season sale, but an announcement of a new way of doing business.

Step up to value and take a closer look at the Mountain Trail Shop (on the second floor at 5435 Walnut Street in the heart of Shadyside, across from the Gazebo).

**Here you'll find outdoor clothing and equipment . . . parkas • sweaters • jackets • polypropylene • shirts • vests • Gore-tex rainwear • sleeping bags • boots • bike accessories • cross country equipment**

### WE HAVE IT ALL

Designed and manufactured by the country's leading outdoor clothing and equipment firms.

As always, we stand behind everything we sell — and we continue to provide the advice and service you've come to expect. So —

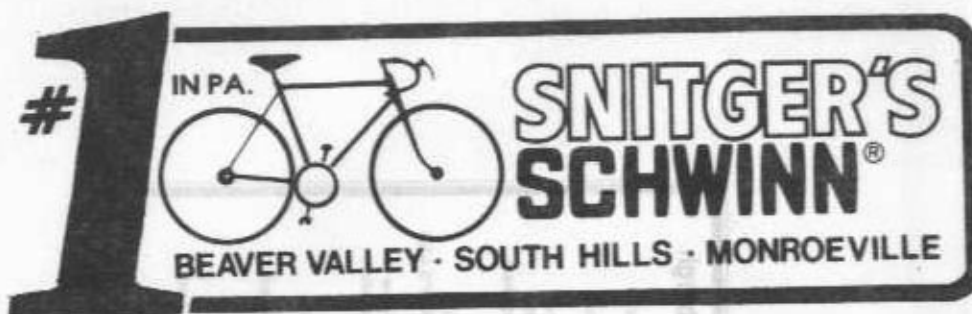
**Step Up to Value and Take a Closer Look at**

**The Mountain Trail Shop**

5435 Walnut St. (2nd fl.)  
Shadyside  
Daily Noon to 9 Sat. 9 to 5  
687-1700







395 Third St.  
Beaver, PA.  
774-5905

Rt. 51 South  
Large, PA.  
384-8477

4916 Wm. Penn Highway  
Monroeville, PA.  
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PRODUCTS FOR CYCLISTS**

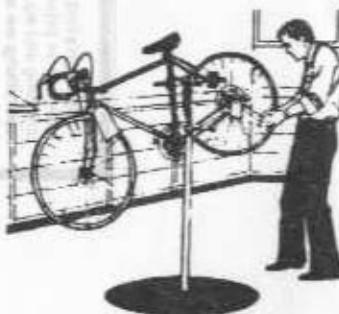
## OUR EXCLUSIVE SERVICE GUARANTEE

### PARTS

We sell only the finest in quality parts each guaranteed to give many hours of riding pleasure. Should any part be found to be faulty it will be replaced... AT NO CHARGE

### WORKMANSHIP

We pride ourselves in quality workmanship and will correct any part or accessory installation not found to be to the customer's satisfaction... AT NO CHARGE!



ERRATA continued...

Page 92 (Tarragon Nut Rice Stuffing) (Serves 2) Ingredients should note "3/4 cup raw instant rice, plain or long-grain/wild."

Page 94 (Quick Soup & Rice Casserole) Variation: Rehydrate 1/3 package freeze-dried green peas; stir in when removed from heat. Continue as directed.

Page 94 (Dried Ground Beef) Store home-dried ground beef in freezer until ready to use; Don't store at room temperature before the trip.

Page 95 (Stroganoff) Dried ground beef works well in this recipe.

Page 109 (Shaker Pudding for One) AT CAMP directions should read "Add 1/2 cup water".

Page 110 (Choco-Orange Pie) 2/3 cup powdered milk, 1 1/2 cup water (Amounts were omitted.)

Page 111 (Mocha-Hazelnut Mousse Parfait) If you use nonfat mild powder use 1 C + 2 T. If you use mild powder, use 1C + 1 T.

Page 112 (Mousse Gran Marnier) AT CAMP should read "Shake the pudding with 1 3/4 Cup water in the plastic container. Shake the Dream Whip powder..." (First sentence was omitted.)

Page 122 (Cranberry Nut Bread) Additional ingredient is, of course, the nuts. Use 1/2 cup chopped walnuts, pecans or almonds. Add them with cranberries.

**HEY! LOOK! WE HAVE...**

- THE FRESHEST PRODUCE
- THE BEST POULTRY
- THE LEAST EXPENSIVE  
HERBS AND SPICES



**EAST END  
FOOD CO-OP**

5474 PENN AVE. 361-3598  
MON-FRI 10 AM - 8 PM  
SAT 10 AM - 6 PM  
SUN 12 PM - 4 PM



PARDON, OUR SLIP IS SHOWING...

The following is a list of errata from the AYH OUTDOOR FOOD BOOK, first edition, 1981. Please make corrections and revisions in your copy.

Page 8 (Bear-Proof Food Bags) Add: "Adirondack Park bulletin boards recommend suspending food 15 feet off the ground, 6 feet away from any branches. To do this, a rope can be run between two trees. If you aren't able to do this, remember to tie off the food bag rope on a tree other than the one from which the bag is suspended."

Page 20 (Wind Screens) Add: When making home-made wind screens, be careful that the screen does not fit too closely around the stove. This could cause the stove to over-heat and possibly explode. Protect the stove from wind, but leave some room for air to circulate around the stove.

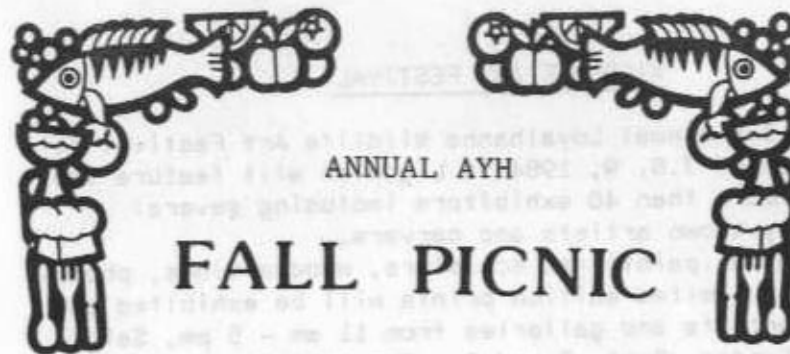
Page 27 (Inventions and Tips) Note the error in the illustration. The rope handle on the 6-pack cooler typically runs end to end. Add: The rope handle may be replaced with a short shock cord for a secure lid.

Page 75 (Spicy Spaghetti Sauce) Add additional ingredients: 2 envelopes of tomato instant cup or soup. AT CAMP should say: "Add margarine, spices and salami. Drain and add onions; STIR IN TOMATO SOUP POWDER AND PARMESIAN CHEESE." (The recipe then continues as before.) Note that oriental noodle bars are quick-cooking substitutes for spaghetti, and that pepperoni or home-dehydrated ground beef may be used instead of salami.

Pages 75-76 (No-Drain Method for Cooking Pasta) Note that this method when used with a Bruns cozy to complete the cooking time, results in a sticky pasta. (see Bruns cozy on page 24.)

Page 83 (Fruit & Nut Stuffing) This recipe serves 2-3 adults. A possible variation: Make gravy from mix; heat canned chicken or turkey in gravy; serve over stuffing.

Page 85 (Tuna Ramen Supper) AT CAMP should read: "15-20 minutes before serving time, break noodles into 2 cups boiling water. While cooking noodles, mix  $\frac{1}{2}$  cup cold water with sour cream mix in a cup or ziplock bag. Let stand to thicken. Open tuna and drain." (Continue with: "When noodles are tender, ... etc.") (The error was in the incorrect order of the instructions.)



ANNUAL AYH

## FALL PICNIC

SUNDAY, OCTOBER 7, 1984

RIVERVIEW PARK ACTIVITIES SHELTER

GAMES

VOLLEYBALL

CYCLING

HIKING

SQUAREDANCING

GOOD FOOD!

2-5 pm

Outdoor Activities

5-7 pm

Buffet Dinner

7-10 pm

Squaredancing with RON BUCHANAN

Cost per person: \$6.00 Members

\$7.00 Non-Members

Late Fee (after September 27): \$1.00 per person

Make Checks payable to: Pittsburgh Council AYH  
Mail, along with reservation form to:

Marianne Klimas, 1506 Park Blvd., Pgh., PA 15216  
Phone 561-9012

Co-Chairperson: Jean Gardner 885-6086

NAME \_\_\_\_\_ PHONE H \_\_\_\_\_ W \_\_\_\_\_

MEMBERS @ \$6.00/person \_\_\_\_\_

NON-MEMBERS @ \$7.00/person \_\_\_\_\_

CHILDREN UNDER 12 @ \$3.50/person \_\_\_\_\_

LATE FEE (after September 27) @ \$1.00/person \_\_\_\_\_

TOTAL ENCLOSED \_\_\_\_\_

I would like to help \_\_\_\_\_

## WILDLIFE ART FESTIVAL

The 3rd annual Loyalhanna Wildlife Art Festival set for September 7, 8, 9, 1984 in Ligonier will feature the works of more than 40 exhibitors including several nationally-known artists and carvers.

Original paintings, sculpture, woodcarvings, photographs and limited edition prints will be exhibited and sold by artists and galleries from 11 am - 5 pm, Saturday and Sunday, Sept. 8 and 9. The exhibits will be located in two adjoining school buildings on Bell St. off W. Main St. in Ligonier. There will be raffles, door prizes, films, live demos and music; adult admission is \$2.00 at the door, \$1 for children 13 and under.

Festival proceeds support the Loyalhanna Watershed Association's conservation work including wildlife programs such as construction of osprey nest platforms and restoration of trout fisheries in acid rain-impacted streams of the Laurel Hill region.



THE  
**BIKE RACK**  
INC.

**JIM HYKES**  
Squirrel Hill  
2010 Murray Avenue  
Pittsburgh, PA 15217  
(412) 521-1565

Brentwood Penn Hills Squirrel Hill Murrysville

## BLACKWATER FALLS WEEKEND

JANUARY 18, 19 & 20, 1985

It's time once again to start making plans and reservations for the annual Blackwater Falls Weekend trip. Ski at Blackwater Falls State Park, Canaan Valley State Park, or White Grass Cross Country Ski Area. Pick your pace and your place. All level of skiers are welcome, but lessons may not be available. Downhill skiing is at Canaan Valley.

This year the price stated below will include both Friday and Saturday night's room and trip fees for Saturday and Sunday.

\*\*\*PRICE DOES NOT INCLUDE MEALS OR TRANSPORTATION\*\*\*

The lodge has a restaurant, plus there are other restaurants within 10 miles of the park.

ROOM ASSIGNMENTS 3 types of rooms are available

1. 2 Double Beds: up to 4 people to a room. Only 5 rooms available. Reserve and pay by the room only.
2. 1 Double Bed: up to 2 people to a room. Only 5 rooms available. Reserve and pay by the room only.
3. 2 Single Beds: 2 people to a room. 15 rooms available. If you have a roommate, reserve and pay by the room. If you need a roommate, reserve and pay for 1. We will match you up with someone. ( Pot Luck )

Make checks payable to Pittsburgh Council, AYH and mail along with a self addressed stamped envelope to: Lynn Ejzak 6858 Wilson St. West Mifflin, PA 15122 or hand deliver to Chuck or Lynn Thursday nights. For info call 466-6196.

\*\*\*No cash or telephone reservations will be accepted\*\*\*

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

ROOM TYPE: 2 Single Beds (1 or 2 people)	\$40.00 / person
1 Double Bed (2 people)	\$80.00 / room
2 Double Beds (4 people)	\$98.00 / room
TOTAL AMOUNT ENCLOSED \$ _____	

Please check:      will supply own ride      will need ride  
     can give ride(s) to      people

Please supply names and phone nos. of others in room.

CONTINUED			SEPTEMBER TRIPS & TRAILS					CONTINUED
DAY	DATE	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION	
29	Sat	Bike	C	Steve Mahan	683-0506	10:00	Ride from HQ to Hartwood Acres.	
29	Sat	Canoe	II	Jim Gogots	384-9149		Breathtaking canoe trip.	
28-30	FSS	Cave	Inter	John Popp	653-6026		Vertical trip to My Cave in central W.Va.	
29	Sat	Hike	Easy	Joe Levine	241-3265		Easy hike on the Baker Trail.	
29	Sat	Hike	Adv	Dan Martt	921-4638h 922-4000ext633w		Long Run in Ohio	
30	Sun	Bike	A	Chuck Ejzak	466-6196	9:00	70 miles from HQ to the western suburbs.	
30	Sun	Hike	Easy	Jack Peth	921-7214		See Todd Sanctuary in Butler County.	
Oct 5,6	FSS	Cave	Begin Inter	John Popp	653-6026		Bowden Cave- a large maze near Elkins, W.Va.	

ROCKETS TRAINS PLASTIC MODELS  
R C PLANE ACCESSORIES D & D

## CORAOPOLIS BIKE & HOBBY

ROSS CONCORD SHOGUN &  
MOUNTAIN BIKES

10% DISCOUNT TO AYH MEMBERS  
REPAIRS PARTS ACCESSORIES FOR ALL MODELS

938 FIFTH AVENUE  
CORAOPOLIS, PA.  
264-0982

BE SURE TO READ THE TRIPS & TRAILS SUPPLEMENT  
ELSEWHERE IN THIS ISSUE! LOOK FOR EXTRA TRIPS  
THERE AND ALSO EQUIPMENT NEEDED LISTS!

When submitting trips, please write clearly and  
include your name and phone number. ed.



SEPTEMBER TRIPS & TRAILS

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
1,2	SS	Bike	All	Cycling Committee		7:00	MVC-Mon Valley Century Ride See ad this issue.
8,9	SS	Bike	A,B,C	Chuck Ejzak	466-6196		Pymatuning Weekend. Rides of all levels available. Sign up with Fred Parker.
8,9	SS	Climb	Inter	See list			Climbing at Seneca. Must have seconding experience.
8,9	SS	Kayak	Begin	Lou Conley	681-8321		Beginner's Kayaking School. One day on a nice calm lake and one day on a very easy class II river. Stay overnight at a Youth Hostel. This school is for complete beginners or people who have never been on a river before. Space is very limited, so sign up early.
9	Sun	Canoe	Flat	Cathy Lynch	361-3707		Scenic flatwater trip; watch the fall colors.
9	Sun	Canoe	II-III	Bowmans	697-4386		Exciting canoe trip.
9	Sun	Raft	All		661-8485		Volunteer needed to lead. Call Susan Krotec if you can lead or if you want to reserve a space.
15	Sat	Bike	C	Mystery leader	?	9:00	"The Aaron Tanzer Memorial 'I love a Mystery' Ride 'Ride'" Call Chuck or Lynn for details. 466-6196
15	Sat	Cave	Begin	Vicki Lineback	782-2321		Visit to a mystery cave nearby.
15	Sat	Hike	Inter	Wayne Hennemuth	693-9605		Visit scenic Quebec Run Wild Area.
16	Sun	Bike	A,B	Chuck Ejzak	466-6196		NEOC- North East Ohio Century. 100 or 62 miles sponsored by the Outspoken Wheelmen. Ask for an application.
16	Sun	Canoe	I-II	Bob Buck	793-1480		Great canoe trip.
16	Sun	Hike	Easy	Wendell Phillips	831-2606		Baughman Trail at Ohiopyle and Sugarloaf Hill.
16	Sun	Raft	All		661-8485		Volunteer needed to lead. Call Susan Krotec.
22,23	SS	Bike	A	Chuck Ejzak	466-6196		TASSLE- Tour Along The South Shore of Lake Erie. 2 days of either 100 or 50 miles per day. Drive up on Friday night. Ask for an application.
22	Sat	Canoe	II	Kathy Lynch	327-0529		Nifty canoe trip.
22,23	SS	Hike Backpack	All	Jack Peth	921-7214		WPTA Trail Sweep. See ad this issue.
23	Sun	Canoe	I-II	Gordon Bugby	371-4233		Exhilarating canoe trip.
23	Sun	Climb	Begin	see list			Trip to White Rocks near Uniontown. See writeup.
28-30	FSS	Backpack	Inter	Debbie LaPlaca	795-4179	7pm	Enjoy the hills of W. Va. at Dolly Sods.