



Golden Triangle

American Youth Hostels, Pittsburgh Council

Hostelling International, is a nonprofit organization dedicated to helping all people, especially the young, gain a greater understanding of the world and its people through hostelling.

VOLUME 51, NUMBER 3

MAY 2001



Hostelling - International Pittsburgh PA



A 50 bed full service hostel in a commercial bank building. Free parking, travel store, handicapped accessible!



Be Sure To Visit:

- Andy Warhol Museum
- Station Square
- Nearby Southside
- The Downtown Cultural District
- Riverfront Bike Trails
- Nearby Universities
- The Carnegie Science Center
- The Zoo & National Aviary
- Phipps Conservatory
- Historic Point State Park
- Three Rivers Stadium

AYH ACTIVITIES WITH BEN

The season of new wildflowers, for spring wildflower walks, for running the spring runoff from rivulets to rivers, for wheeling on the rail trails is upon us. And our outdoor group has come through in style, with an outstanding listing of trips to shake off the winter lethargy.

Our newsletter, The Golden Triangle, will be reformatted. The large issue will be printed every few months for all members, a smaller format will be mailed in the intervening months to those active in activities.

We will try to compile an active list; if you desire to remain on the monthly trip list, and are by chance overlooked, Email me your mailing address to bbrugmans@aol.com or call me at 412-361-3623, and I will try my best to look after your interests.

And to top off a start to a good season, there is Joyce's Outdoor Extravaganza. From Friday night, May 25, through Monday, May 28, Joyce and the Butler outdoor Club will host a spring spectacular near Moraine State Park. On a private campground, including meals to be topped off by a pig roast, it is a weekend fun bash. Hiking, biking, boating, seakayak and canoe tryouts. It ought to be a hoot and a holler an a heck of a lot of fun. Come and have a blast. Open to club members of all Western Pa outing groups. Minimum requirement to attend is the ability to have a good time. Enjoy. Ben

VOLUNTEERS NEEDED FOR CHALLENGE DAY Rachel Carson Trail Challenge June 23, 2001

We need a dozen or so volunteers to help us staff the Checkpoints on the Rachel Carson Trail on Saturday June 23, 2001. Checkpoint volunteers will assist hikers by "checking them in" when they reach the checkpoint, making sure each hiker gets water, snacks, and any assistance they may require. There will be a team of volunteers at each checkpoint. If you have first aid training or a tarp you can erect to block the sun, those are a plus. Each volunteer will receive a Rachel Carson Trail Challenge "Trail Marshal" t-shirt. If you're interested, email

rctchallenge@yahoo.com or call Leo Stember at (412) 681-1385 or Steve Mentzer at (412) 512-4544.

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....And MORE!!!

**Use Your Membership Card to receive
Discounts at these Locations in 2001:**

Andy Warhol Museum: \$1 off admission when you show your HI card. Not valid with any other discounts.

Bar 11- 50 cents off Well drinks, 50 cents off Domestic Bottles: 1101 Bradish Street (Southside), 15203 Tel: (412) 381-0899 Email: rgrentz2hotbot.com Website: www.bar11.com

Bloomfield Bridge Tavern- Buy one "Polish Platter" get one FREE! NO TAKE OUT (includes Kluski, Haluski, Golumpki, Pierogi & Kielbasa) 4412 Liberty Ave. (Bloomfield), 15224, Tel: (412) 682-8611

Canton Gourmet- We give 20% discount to HI members who present their cards. 823 E. Warrington Ave. (Allentown-across the street from the Hostel!) Tel: (412) 488-0666

HOSTELLING INTERNATIONAL

**PITTSBURGH COUNCIL-AYH
830 E. WARRINGTON AVE.
PITTSBURGH, PA 15210**

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Since 1948, Incorporated 1955

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Oops...

If you find an error, please notify the editor. See the address for the *Golden Triangle* below.

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HI-Pgh on the information super Highway. Point your browser to :
http://

trfn.clpgh.org/ayh/
or you can email us
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ayh@trfn.clpgh.org


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INTERNATIONAL**

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(724-329-4476)

NOTICE

Please note the deadlines for
future issues of the
GOLDEN TRIANGLE

June ISSUE
All copy, May 3
Binding/Mailing, May 17

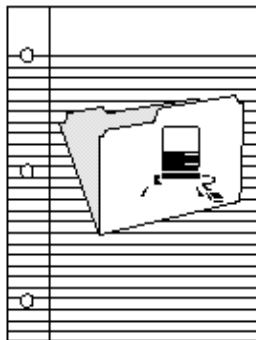
If your work is on computer,
Please contact Joel Platt at
golden_triangle@bigfoot.com

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 42 cents for each piece, so we can save money if you let us know about any changes in your address. You can also phone in changes to the office at (412) 431-1267.

About AYH

American Youth Hostels is a non-profit organization which promotes international understanding, educational and recreational travel, good citizenship and an appreciation of America. AYH does this by bringing travelers of all ages, backgrounds and nationalities together in hostels and by providing low-cost travel programs. AYH is the US affiliate of Hostelling International (HI), (formerly named International Youth Hostel Federation (IYHF), which coordinates more than 5,400 hostels worldwide- the largest network of accommodations in the world.



Submissions Policy: Golden Triangle

Classified Ads:

- Classified ads are free to Current members of HI-International
- All requests for classifieds must be made in writing via the Council Office. Request must include full name, address, phone number and membership number of member. Members are not permitted to place ads for non-members.

- Free ads may not be for commercial gain.
- Above rules apply in addition to general rules for submission

Trips

- All trips must be approved by authorized co-chair
- Trip leader must be a council approved leader
- Trips must be submitted through co-chair, for that activity. Trip leaders, are not to submit trips directly to editor or office, any trips improperly submitted will not be listed.
- Above rules apply in addition to general rules for submission

Articles

- Members are encouraged to write articles, about travel abroad and in the states, and about activities and outdoor sports in which the council has a program
- All Articles are to be, non-political and non-religious
- Above rules apply in addition to general rules for submission

General rules for submission

- No handwritten submissions
- Submissions Can be;
On computer disk (IBM), E-mail (Internet/compuserve), Type written material double spaced, faxed. NO EXCEPTIONS. Call if you have questions.
- Submitted before the deadline of the issue that submission needs to be run in. (See Editors Golden Rule)
- All Submissions are on a first come first serve basis, The GT makes no promises to print material received and all material received becomes the property of the GT.
- Standing Deadline; Deadline for the GT, has always been, and will continue to be the First Thursday of the month, prior to the month of the issue.(See Editors Golden Rule)
- Please always check in advance with office, to confirm schedule.

Editors Golden Rule

- ≠Lack of planning on your part, does not constitute an emergency on my part≠*

Please note, the Golden Triangle frequency of publication for 2000.

Number 1 issue ->February / March: **Number 2** issue ->April: **Number 3** issue ->May:
Number 4 issue ->June: **Number 5** issue ->July: **Number 6** issue ->Aug.
Number 7 issue ->Sept: **Number 8** issue ->Oct: **Number 9** issue ->Nov:
and Number 10 issue ->December

Editor...

UPCOMING SLIDE SHOWS

April 26: We show the 16 mm film "From The Ocean To The Sky" (rescheduled). Sir Edmond Hillary travels the 1500-mile long Ganges River. He visits a waterfall by boat, then the headwaters of the river. He climbs a himalayan peak.

May 3: Carl Katz, "Peru, The Vertical Country". Includes the Inca Trail to Machu Picchu, and hiking in the Urubamba Valley.

May 10: Jim Ritchie, "Axel Heiberg Island- The Canadian High Arctic". A 12-day backpacking trip. See a 45-million year old fossil forest, musk oxen, glaciers, arctic hares and raging rivers. Also, Prince Leopold Island in Lancaster Sound, the real "Northwest Passage".

May 17: Cheese, bread and juice party.

May 24: We show the 16 mm film "Godzilla Meets Mona Lisa". A visit to the Pompidou Art Center in Paris (Godzilla) and its bizarre architecture. Then, a trip to the nearby Louvre (Mona Lisa). Includes comments by visitors to these museums, such as american tourists and a Paris cop.

May 31: Glenn Oster, "Wandering by the Wonders Of Australia". Follow Australia's Great Ocean Road with Glenn as he relives his recent bicycle tour. He'll also cover other parts of Australia and Tasmania, including mountains, coasts, flora, fauna (love those koala bears) and cities.

June 7: Martha has a house-warming gathering at 8:30 PM. Directions to her house will be given at the preceding (May 31) meeting.

Slide shows start at 8:30 PM, at AYH Headquarters, Shady Avenue at Fifth Avenue. Doors open at 8:00 PM. If you want to give a show, call Luc Berger at 412-683-3131.

Pittsburgh Council Hostels

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HOSTEL HAPPENINGS

Goodbye HI-Pittsburgh

The last two years have impacted my life in a way I will never forget. In April of 1999, I had just returned to Pittsburgh after traveling in Madagascar for 5 months. I had returned to the United States at the tail end of January, about a month too late to return to my studies at the University of Pittsburgh. After spending some time with my family in Shippensburg, I decided to get a job in Pittsburgh. I was feeling reverse culture shock as I attempted to make a place for myself in this city. I picked up a copy of the Pitt News, and saw an ad for the front desk position at the Pittsburgh hostel. I had never before stayed in a hostel, but I had heard of them while traveling. It sounded like the perfect job for me, and now two years later I look back at that moment with fondness.

Working at the hostel has been challenging and rewarding. (Not much else you can ask for) As a desk assistant, one must be constantly alert. The job involves checking in guests, answering phones, giving directions, communicating to people who may not understand English, cleaning the entire building, maintenance, ensuring the safety and security of all guests, responding to complaints, concerns, suggestions, and praises of guests, educating the general public about hostelling, and many other small tasks. As you can imagine, it is easy to lose track of what needs to be taken care of, and one must be able to respond to a variety of situations without any chance to prepare. That’s the challenging part.

The rewarding part is the chance to interact with people from all areas of the world. About a month ago, I got the opportunity to meet a couple from Uzbekistan. When I found out where they were from, I was fascinated, so I searched for Uzbekistan on the Internet, and actually found a home page that teaches basic Uzbek phrases. I learned how to greet them, and the warmth that I felt was unforgettable. Another time, a guy named Nathan from Tasmania came to Pittsburgh so he could see Fallingwater. There is no public transportation that goes there from here, except for a tour bus that only departs on Wednesdays in the summertime. It was a Friday, and he was so passionate about seeing Fallingwater that I felt I had to do something about it, so I offered him a ride. He invited a girl from Japan, Mikiko, and we all spent the day there. It was a great day, one I will never forget. Another time me, a guest from Cyprus, a guest from Israel, a guest from Ireland, and a guest from California went to the Church Brew Works, then watched a punk rock show at Gooski’s in Polish Hill (just off the beaten path). We all had a great time that evening, and a hard time getting up in the morning.

Last June, the assistant manager’s position was open, so I applied. I was delighted when I was promoted and given the opportunity to learn more about behind the scene work. I was given housing on site, and a full time position. AT first it was a bit overwhelming, however as I learned time management, and how to assign priorities, the position remained challenging, but manageable. In this position, one is responsible for all of the duties that a desk assistant has plus data entry, working with the marketing committee and the board of directors, supervising staff and volunteers, planning programming dates, promoting the hostels and their programs, and being on-call several nights a week. Management is a hard job. And this is only what the assistant manger does; the hostel manager oversees everything. This job has taught me to appreciate all of the hard work that goes into running a hostel.

Aside from the duties that have to be done, I’ve been able to develop friendships with all of the employees of the Pittsburgh and Ohiopyle hostel, and some of the volunteers. I will miss working with Wade, Jessica, Cathy, Chris, Emily, Kelly, Steve, Maureen, Harold, Roz, Larry, Kyra, George, Kevin, Ben, Ray, Bernie, Tom, Jeff, Dan and Anne-Marie. Thank you all for creating and maintaining a supportive, friendly working atmosphere. Keep up the excellent work!

As I change direction in my life, I will not forget the experiences, and feelings I have had working with Hostelling International. I would encourage anyone who had the opportunity and desire to work or volunteer at a hostel to jump on the chance.

Goodbye and Thanks,
Nicole Mannino

Hostel Sitters Needed

HI-Ohiopyle is taking applications for hostel sitters. Hostel sitting is taking over for the managers when they are out. Responsibilities include taking telephone reservations, checking in guests in and out, light cleaning and guest interations. Hours are 5:00-10:00 p.m. and 7:30-9:30 a.m. Cleaning usually takes about one hour. We have the greatest need for hostel sitters this spring and summer. CALL us at 724-329-4476 to request an application. An interview, references, criminal check and training with a manager is required. This is an excellent opportunity for singles, couples and family.

Summer Internship Available

HI-Ohiopyle is looking for a summer internship to work 20 hours/week. Call Kelly or Steve at 724-329-4476 for details.

2001 Membership Discounts

River's Edge Cafe- One free glass of wine with any dinner. 203 Yough Street, Confluence. 814-395-5059.

The Plough House- A free cup of our coffee of the day with purchase of a book. 20% off any book purchase. PO Box 240, Route 40, Farmington. 724-329-8573.

Ohiopyle Trading Post, Inc- 10% off any rental or merchandise. PO Box 94, Negley Street, Ohiopyle. 724-329-1450. e-mail: Ohiopyle@dcinet.net, web: ww.ohiopyletp.com.

Wilderness Voyageurs- 10% discount on a whitewater rafting trip on the Lower Yough (Class III+). PO Box 97, Ohiopyle. 800-272-4141, e-mail: rafting @wilderness-voyageurs.com. web: www.wilderness-voyageurs.com.

Java Espresso Bar & Cafe- 20% off any drink item and free "Short-Java Joltage" with purchase of any specialty bagel. 50 East Main Street, Uniontown. 724-439-9932. e-mail: javasepresso@hotmail.com.



BICYCLING

Bicycle Touring Rides for May, 2001

The following rides are being listed with AYH, Sierra Club and the Butler Outdoor Club. They are open to all bicyclists.

HELMETS ARE REQUIRED.

Saturday, May 5th. A Ride from Twin Lakes Westmoreland County Park Near Greensburg. This ride is a good one for those looking for an easy road ride. It is divided into two parts---The first is a mostly flat 15 miles to the town of Forbes Road and back. Those who want more of a challenge can ride another 8 rather hilly miles to King's on route 66 and back, where we will stop for lunch. Those who turn back at Forbes Road should pack a lunch. These are quiet country roads with beautiful farms and small towns. Meeting at 10 AM. Call Joan Roolf at (412)351-2061 for directions and a place to meet.

Saturday, May 12th. The Panhandle Trail, starting at Walker's Mill Road near Carnegie at 9:30AM Since this is a new trail(last year) and it's trailhead may not be familiar to everyone, it is suggested anyone who wants to, meet at Settler's Cabin Park, Algonquin Grove, at 9:15AM and drive the short distance to the trailhead. We will leave the park promptly at 9:15AM. The round trip will be about 20 miles out and back on the same route. Call Tom Kaveney to confirm that the trip is still on at (412)276-8044.

Saturday, May 19th. Explore the South Side, Downtown and Schenley Park Meet at the parking lot at the eastern end of Eliza Furnace Trail(Jail Trail) at 9:30AM. We will explore as the group desires. Restaurant for lunch. About 15 miles or so. Level C, mostly flat. Please call to confirm. Dave Feick(412)241-7295

We are looking for ride leaders. If you have a favorite share it with us. Call Joan Roolf at (412)351-2061 or email me at jhroolf@msn.com

More Bicyling News Courtesy George Schmidt

DON'T MISS BIKEFEST 2001, THE LEAGUE OF AMERICAN BICYCLIST'S 2001 NATIONAL RALLY OF CYCLISTS IN THE BEAUTIFUL SOUTHERN ALLEGHENIES MOUNTAINS

The League's 2001 National Rally of Cyclists will be held August 3-5 in Altoona, Pennsylvania in conjunction with the Tour de Toona, America's largest pro-amateur road cycling races. The Southern Alleghenies offer fantastic mountain and road riding for all levels of ability, featuring low-traffic roads traversing thick oak forests, sweeping valleys, rolling hills and breathtaking mountains. In 1997, Altoona was named one of America's top five "Best Biking Towns" by Bicycling magazine. For more information, see <<http://www.bikeleague.org/rallies/rallies.html>>.

For a look at some of the great riding in the area, see the Velo News 2000 Calendar or visit <http://www.cyclesa.com>>, which offers 17 self-guided riding tours. Visit <<http://pavis-net.com/laurelhighlands>> to learn more about Altoona and the surrounding area. The event will be based at the beautiful Penn State Altoona campus (<<http://www.aa.psu.edu>>). Don't miss it! Write <<mailto:bikeleague@bikeleague.org>> or call 202/822-1333 to get on the list!

ATA Conference 2001

The annual Allegheny Trail Association (ATA) conference was held on February 9-10 in Greensburg, PA. It is a gathering of the clans for the people and organizations building the system of bicycle trails to connect Pittsburgh and Cumberland, MD. The biggest announcement was the naming of the trail system, "The Great Allegheny Passage". You can visit the web site at www.atatrail.org to get the full story.

The first 100 miles of trail from McKeesport, in Allegheny Co., to Meyersdale, in Somerset Co., will be completed this summer. The harsh weather has held up work on the sections from Fort Hill to Confluence and from the Salisbury Viaduct to the Meyersdale Station. Watch for big festivities for the ribbon cutting occurs.

Engineering work is being done on the Keystone viaduct and the Savage Mountain Tunnel. Construction of the trail in Somerset County to the Maryland border should be complete in 2003.

Doug Hoehn, Ohiopyle State Park Manager, announced tentative plans for a tunnel under the Ohiopyle Bicycle Trail for rafters and kayakers to access the Ferncliff parking area from the Middle Yough take-out. There are also plans for restrooms to be installed at the Ferncliff parking area.

Bob McKinley, Executive Director of the Regional Trail Corp., has been a trail building fool. He has been working on extending the Five Star Trail in Westmoreland Co. and developing the Sheepskin Trail, the R & P Trail from Saltsburg to Murrysville, and the Coal & Coke Trail from Scotdale to Mt. Pleasant. For more information about these trails see the ATA web site.

The Steel Valley Heritage Trail was covered by Larry Ridenour. Four miles of bike lane/trail is complete from Clairton to McKeesport. 2.5 miles of trail will be paved at the Riverfront complex in Homestead. The ATA is assisting in the purchase of the Rankin Hot Metal Bridge. The trail will extend on both sides of the Monongahela River toward Pittsburgh.

John Stephen, Executive Director of the Friends of the Riverfront, announced that work is beginning on the bike/ped side of Pittsburgh's Hot Metal Bridge. The first phase of the conversion is expected to cost a half million dollars with \$325,000 being paid by a grant the ATA received from the Heinz Endowments. The project should be complete in three years. The Southside segment of the Three Rivers Heritage Trail has been extended from 18th Street past the Hot Metal Bridge into the Pitt/Steelers practice field area. Design has begun for the section of the trail through Baldwin to the Glenwood Bridge.

At the end of the conference, the member organizations gave awards to recognize member's contributions. George Schmidt was given a certificate from the Friends of the Riverfront in recognition of his efforts to support the development of trails in Pittsburgh on behalf of the WPW.

A-ROUTE MARKING BEGINS

Signs are to be installed this spring on the Bicycle PA A-Route from Morgantown, WV to Erie, PA. The route was laid out by WPW members for the Bicycle PA sub-committee of the PennDOT's Pedestrian/Pedalcycle Advisory Committee and financed by the WPW. PennDOT is having the signs made and installing them. This route is part of a state wide bicycle route system.

Tour de Sewickley Needs Your Help!!!

(Continued on page 6)



SEA-KAYAKING

The thunderous roar of the calving glacier rings thru the valley, shattering the still of the night. Moments later the pounding surf breaks over the cobbled beach a dozen yards from our tent. I lay awake in the crisp Autumn air reliving the day’s adventure paddling the icy waters of Aialik Bay and anticipating what is yet to come.

From the remote Alaskan wilderness to the tranquil waters of North Park Lake, a sea kayak offers paddling opportunities for almost everyone, and every skill level.

As the water warms, it is time to dust off your paddle and join us. Whether you are an experienced paddler, or have only thought about it, we have something for you.

Everyone is welcome at our Paddlers Dinners where we share good food, bad stories, and new ideas. New paddlers are encouraged to attend one of our introductions to sea kayaking. There we discuss the types and uses of kayaks, safety, and paddling techniques, then get you in a kayak to give it a try.

WE will also be leading trips on nearby, and hopefully, some distant waterways. As always, we look forward to seeing you on the water!

April 24 Paddlers Dinner Union Grille Banksville Plaza Everyone welcome Bring your pictures, stories, and ideas for new trips. Russ 331-2073

April 27, 28, & 29 Pine Creek PA’s Grand Canyon Experienced paddlers Once more we will join the Canoe Program for our annual sojourn down thru the Pine Creek Gorge. Beautiful scenery, views of waterfalls, and mild class II rapids. Come join the fun! Vickie 344-4929

May 5&6 Tionesta Creek Allegheny National Forest in Spring. Does it get any better? We paddle Lynch to Kelletville on Saturday, and camp overnight. Sunday starts with “Breakfast til you burst”. Then it’s on to Nebraska Bridge, and possibly dinner at 5 Forks. Russ 331-2073

May 10 Introduction to Sea Kayaking at North Park Lake Ever thought about sea kayaking? Now’s your chance. Russ 331-2073

May 12 Redbank Call Ron Valane for details. 831-5054

May 15 Paddlers Dinner Spaghetti Warehouse in the Strip Pasta, pictures, and plans. As we enjoy our dinner, we will discuss plans for future trips. Vickie 344-4929

May 19 Clarion River Cooksburg to Mill Creek 12 miles of mostly secluded hemlock gorge with light riffles along the way. Vickie 344-4929

June 2 Presque Isle Lake Erie Everyone welcome We’ll start the day on the placid backwater lagoons exploring the nooks and crannies, looking for wildlife.

Breaking for lunch at Perry Monument, you can choose to continue onto the more challenging waters of Lake Erie , or double back and spend some time hiking, biking, or swimming at the beach. Russ 331-2073

June 5 Introduction to Sea Kayaking at North Park Lake The water is warm , so now what’s your excuse? Call early. Boats are limited. Russ 331-2073

June 8 Three Rivers Arts Festival Paddle from the South Side to the Point. Stroll the festival. Then finish the evening off with a moonlight paddle back. Russ 331-2073

June 16 Savage River Join us as we explore the Savage in nearby Maryland. Vickie 344-4929

June 19 Paddlers Dinner Church Brewery “They have beer and food” says Doug. “What else do you need?” If that shining recommendation catches your interest, call Doug for reservations. Doug 381-2184

June 24 Middle Yough Our annual whitewater by sea kayak trip on the Middle Yough. Doug 381-2184

We have boats available for club outings or you may bring your own. If you have any questions or are interested in leading or assisting with trips or activities PLEASE contact Russ or Vickie. Russ: RussellIP@peoplepc.com Vickie: VickieGkayak@msn.com

Rambles For Winter 2000

April 2001

Apr 25 Racoon Creek Park. \$3 trip. Bag lunch. Jim Hurst 276-0447

May 2001

May 2 Keystone Park. \$3 trip. Bag lunch. Earl McCabe 761-1844

May 9 Emerling Park (near Indianloa/Harmarvill). Bag lunch. Ed Divers 825-5154

May 16 Duff Park. Bag lunch. Nick Broskovich (724) 863-6707

May 23 Mexican War Streets. Armand Panson 488-7612

May 30 Bidgeville - Cecil Park. Bag lunch. Dorothy Fishel 828-4999

June 2001

Jun 6 Guyasuta Boy SCoat Camp. Bag lunch. Ed Divers 825-5154

Jun 13 Freeport Community Park. Bag lunch. Luc Berger 683-3131

Jun 20 Todd Sanctuary. \$3 trip. Bag lunch. Sally Schnorr 828-1472

Jun 27 Greensburg historic ramble. \$3 trip. Bag lunch. Edmund Appleby (724) 834-5077

Fall rambles begin at 10:00 AM. Meet in Mellon Park, upper parking lot at Fifth and Shady Avenues. Carpooling is encouraged. For trips over 10 miles, please pay driver \$2.00 unless specified otherwise.

Call trip leader for more information, (especially with regard to strenuous walks), or if you plan to meet us at the trail head. Ramles are subject to change due to weather or other circumstances.



CANOEING

It has been a long winter, cold early spring and a slow start to the paddling season compared to 2000. Hopefully warm weekends and sufficient water levels are in the forecast. Many classes and trips have been scheduled. Trip leaders have asked that interested participants reserve a spot by the THURSDAY preceding the activity. ALSO FOR TRIP LEADERS: Mary Shaw has requested that any updates/changes to published material in Canoeing Guide to Western Pennsylvania be brought to her attention in preparation for a future re-printing (mary.shaw@cs.cmu.edu). Likewise, the Western Pennsylvania Conservancy is looking for additions or corrections to their printed canoe trails and ask that information be forwarded.

Fri.-Sun, April 27-29 Joyce Appel (724)526-5407
A combined canoe/kayak trip. Join Paul and Joyce for their annual canoe/camp through the lovely Pine Creek Gorge, the "Grand Canyon of Pennsylvania", Class II. Moving Water skills are required, although rapids may be lined or portaged. Call for more details and reservations.

Sunday, April 29 Eric Nilson (412)487-3255
A combined trip with TRPC Flatwater Program. Buffalo Creek, Class II; should be lots of wildflowers to spot.

Tuesday Evenings in MAY (1,8,15,22) George Schnakenberg (412) 731-3046
Learn to paddle at AYH CANOEING SCHOOL for beginners, or those in need of a refresher. Basic strokes, parts of a canoe and safety issues will be covered. The program is repeated each week. Instruction is held on the Allegheny River in Verona. Call George for more information, meeting times, and to sign up.

Saturday, May 5 Ellie Stanton (412)661-5585
Kate Fissell and Ellie will lead a trip on Crooked Creek, Class I-II. Birds and wildflowers for viewing.

Sunday, May 6 George Schnakenberg (412)731-3046
Brian Mc Bane and George on Buffalo Creek, Class II. More birds and wildflowers.

Saturday, May 12 Eric Nilson (412)487-3255
A combined trip with the TRPC Flatwater Program. Little Beaver, Class I. Historic locks, great scenery.

Sunday, May 13 Joyce Appel (724)526-5407
Joyce and Paul will be leading a Mother's Day trip on the Shenango River, easy paddling.

Fri.-Sun. May 18-20 ALLE-KISKI-CONNIE CANOE SOJOURN
A one, two or three day paddle on local rivers. Call (724)-845-5429 or e-mail strongland@alltel.net for more information, including fees, reservations.

Sat. and Sun., May 19,20 Don McGuirk (412) 276-3222
Join Don for either day for paddling Chartiers Creek, with a possible camping overnight in a park. Work is being done to improve the water quality and riparian area of the watershed. Note the progress that has been made, and learn of future plans.

Mon., May 21 Donna Egbert (412)767-4228
TRPC Slippery Rock Clinic cut-off date. For more information, forms check out www.threerivers.org.

Mon., May 21 Jon/Becky Maiman (412)242-7179
Reservation deadline for the upcoming Memorial Day weekend canoe camp.

Fri.-Mon. May 25-28 see above
A Memorial Weekend “tradition”—past trips have included West Branch of the Susquehanna, Greenbrier. The location will be water level dependent.

Fri.-Mon. May 25-28 Joyce Appel (724)526-5407
The Butler Outdoor Club sponsors an annual Outdoor Extravaganza, featuring all sorts of activities-boating, hiking, climbing, bicycling, horseback riding. Camping is local to the Moraine State Park, McConnell’s Mill area. Check out the BOC for more information, registration and fees: www.butleroutdoorclub.com.

Saturday, June 2 Eric/Shelley Nilson (412) 487-3255
Combined with TRPC Flatwater program--An easy cruise on the Clarion River, lunch stop Hemlock Island?

Sunday, June 3 Brian McBane (724)443-8972
Moving water school—practice steering strokes in current, ferry maneuvers. Eddy turns and peel-outs also presented.

Sat. and Sun., June 9,10 TRPC
Slippery Rock Clinic TRPC (see May 21)

Sat., June 16 Allegheny River Sweep?
More details in June newsletter.



SAILING

Experienced sailors or novices who would like to go for a sail at Lake Arthur can contact Bob Zavos at 412-241-0659. Bob usually sails with the Moraine Sailing Club on weekends. There are sailboat races on most Saturdays and Open Sailing on Sundays. Opening Race day is Saturday May 5th.

June 9 Sat. Lake Arthur Sara Zavos 412-241-0659
WOMEN’S SUNFISH REGATTA. AYH women may participate in the first of two Moraine Sailing Club’s (MSC) Women’s Sunfish Regattas. Men or women are also invited to help with equipment setup and serve on the committee boat. Experienced sailors may sail as crewmembers on other sailboats. We will go out for dinner in the Zelienople/Portersville area.

June –9-10 Sat- Sun Lake Arthur Moraine State Park Office 724-368-8811
GO SAILING. This is a non-AYH Charity event that is open to the public and benefits United Cerebral Palsy. Activities take at the Crescent Bay rental area on the South Shore from 11am-3pm on each day. Volunteers will provide sailboat rides for a \$10 donation.

August 25-26 Sat-Sun. Lake Arthur Bob Zavos 412-241-0659
REGATTA AT LAKE ARTHUR. There will be a wide variety of water activities including sailing so mark your calendars now.



HIKING/BACKPACKING/TRAILS

APRIL 29 SUNDAY Joan Roolf 412-361-2061
Monroeville hike to the Turtle Creek Valley, a post industrial hike of one of Pittsburghs lesser known treasures. We will go to a restaurant of Joans choosing afterwards. Meet 10:00 AM at HQ, Mellon Park. Carpooling \$1.00

MAY 6 SUNDAY Judy Woodring 412-828-9002
Charles F. Lewis Natural Area. A very rugged 2 mile trail along a steep ravine and stream. Difficult walking, but fine scenery and deep woods wildflowers. Lunch afterwards at a local restaurant. Carpooling 120 miles rt. \$6.50. Meetat 10:00 AM at HQ Mellon Park.

May 19 Saturday Jim Ritchie 828-0210
Trail Maintenance, Rachel Carson Trail. We will be going to two locations. One, near Wagner Road, relocating the trail away from some new construction, will involve blacking out old blazes and painting up new ones with some light vegetation removal. The second, near the Hampton Schools athletic fields, will involve only painting new blazes and light vegetation removal. We may do more if time allows. Call Jim to make arrangements.

MAY 20 SUNDAY Joan Roolf 412-351-2061
Historic Saltzburg hike. 5 miles where the canal, railroad and Kiskaminitas River inter-sect. Joan will read from Charles Dickens' travels, and we will eat at the very excellent Old Salt Restaurant. Meet 10:00 AM HQ, Mellon Park. Carpool 70 miles rt \$3.75

MAY 25-28 Friday to Monday.
Morraine State Park. Outdoor Extravaganza by the Butler Outdoor Club. Day hike, canoe, kayak and bicycle. Camp at a private campground. Ben will lead a day hike to Mc-Connels Mills. For details on Joyce's annual event see ad in this paper.

Trips by A.J. Stones:
May 5,6 and 7th.. Overnight Backpacking on Appalachian Trail
May 20th Day Canoe trip down Youghiogheny River 21 miles
Questions: call 412-241-6042 e-mail aj@ajstones.com
Hiking trips will leave from Jaden's Restaurant Rt. 22 East Monroeville at 8:30 AM
Please if you are going to leave a car at the restaurant park closest to Elliott Rd.

June 2 Saturday Jim Ritchie (412) 828-0210
On the June Hikes we get ready for the Rachel Carson Trail Chal-lenge 2001. In a series of four hikes, we will trace the route just as you will encounter it on June 23. This is the first of four hikes covering the 34-mile Rachel Carson Trail end-to-end. This hike begins in North Park at the Beaver Shelter, continues out of the park into Crouse Run Valley, through the Hampton Na-ture Preserve, up to the roof of Allegheny County and past Hidden Pond. It concludes with some spirited dirt road hiking for about a mile and ends in Dorseyville, covering about 8 miles alto-gether. This is the easiest of the four sections of the Trail. There may be one or two wet stream crossings. Intermediate hik-ing. Call Jim or email jimritch@aol.com for reservations or more information.

June 3 Sunday Barb Peterson (412) 371-2506
This is the second of four hikes on the Rachel Carson Trail cover-ing all 34 miles. We begin in Dorseyville and proceed down My-ers Hill to Emmerling Park, up Rich Hill, LaFever Hill, and the hill of Mile 14, heading towards Springdale and the "roller coaster". We end at Freeport Road and cover about 10 miles to-tal. There may be wet stream crossings. This hike is definitely strenuous, not recommended for beginning hikers. Call Barb for reservations or more information.

June 9 Saturday Barb Peterson (412) 371-2506
This is the third of four hikes on the Rachel Carson Trail cover-ing all 34 miles. This hike begins in Springdale and follows the picturesque bluffs along the Allegheny River, then tackles Murray Hill, Creighton Hill, Bailey's Hill and Bakerstown Hill. It ends at Bull Creek Road near Tarentum and covers about 8 miles. There may be wet stream crossings. This is intermediate hiking and is moderately strenuous. Be sure you've done 8 miles before, don't make this the first time. Call Barb for reservations or more in-formation.

June 10 Sunday Jim Ritchie (412) 828-0210
This is the last of four hikes on the Rachel Carson Trail cover-ing all 34 miles. We begin at Bull Creek Road near Tarentum and do about a mile of uphill road hiking. Soon we hit Burtner Hill, one of the biggest and toughest hills on the Trail, followed by some easy and pleasant terrain along the bluffs over the Al-legheny River. We end in Harrison Hills Park, covering about 8 miles. This is intermediate hiking and is moderately strenuous. There may be wet stream crossings. Call Jim or email jim-ritch@aol.com for reservations or more information.

June 23 Saturday Steve Mentzer (412) 512-4544
Leo Stember (412) 681-1385
Rachel Carson Trail Challenge. This is it -- 34 miles in one day, from North Park to Harrison Hills Park. Pre-registration is required; an entry form is included on page 7 in this newsletter, and it must be received no later than June 9. Email rctchal-lenge@yahoo.com or call Leo or Steve for more information.

WANTED:HIKING PARTNER

To trek the GR-5 European Long Distance Trail from Strasbourg, France to Geneva, Switzerland approximately 380 miles in 27 days including air travel. Average distance about 15 mi./ day Time of travel: May or June 2001
French speaker a bonus!! Also need a partner for continuation of trek in 2002 across the French Alps from Geneva to Nice, France on the Riviera
If interested call:
Larry Ridenour @(h) 366-0446 or
e-mail: landesign@aol.com

- Baker Trail, Hiker Alerts**
- The railroad bridge across the Kiski River in Schenley is stilled officially closed to hikers on the Baker Trail. There is no detour (unless you can swim with a pack). Begin all northbound hiking in Schenley.
 - The Cochran's Mill Shelter has been destroyed by vandals and is, therefore, not in service. It is recommended that you camp a mile or so up- or down-trail and not at the shelter site because of continued drinking parties there.
 - There is a new shelter at North Freedom/Langville. Please call (412) 828-0210 or email jimritch@aol.com for the loca-tion.
 - All other shelters are open, the Trail is fully blazed and a trail guide (\$7+s/h) may be ordered by telephone at (412) 431-4910.

- Rachel Carson Trail, Hiker Alerts**
- The trail is fully open and blazed. The 5th **Rachel Carson Trail Challenge**, a one-day, 34-mile endurance hike going end-to-end on the Trail is scheduled for June 23, 2001, the vir-tual summer solstice. Registration is \$23. Call (412) 431-4910 for a registration form or to order the trail guide (\$7+s/h).

Visit the RachelBaker Website

Visit the RachelBaker website at <http://members.nbci.com/rachelbaker> where you will find the following information of interest to hikers and backpackers. Visit today and then bookmark our site for future reference.

1. A current schedule of hiking activities in the Pittsburgh area.
2. Information about the Rachel Carson and Baker Trails.
3. Rachel Carson Trail Challenge information
 - a. See Photos from RCTC2000
 - b. Read the exciting sagas of previous Challenges: 1996, 1997, 1999 and 2000
 - c. Register for RCTC 2001, scheduled for June 23rd
4. Learn how to volunteer to help maintain our trails

The week of June 22, members of the North Country Trail Clarion Chapter will be hosting an American Hiking Society Volunteer Vacation. The volunteers will be stay-ing at Cook Forest State Park. These are individuals from around the country who have given up a week of their vacation to help build and maintain the hiking trails across the country. They will be working alongside other volunteers to build a new section of the North Country National Scenic Trail in the Gamelands along the Clarion and to do trail maintenance at Cook Forest State Park. It's a good opportunity share experiences, meet new people, and build and maintain hiking trails. If you would be interesting in participating or working, whether for a day or several, please contact Carol Atwell or Bob Tait, phone 724-287-3382, e-mail bobtait@zbzoom.net <mailto:bobtait@zbzoom.net>. The Clarion Chapter will be supplying the meals and entertainment for the group while they are here in Pennsylvania. This is the fourth Vol-unteer Weekend that the North Country Trail Association has hosted. In April, they hosted the Crewleader Training Week where volunteers from Colorado taught 25 Penn-sylvania volunteers trail work techniques, planning, and meal preparation. If you're interested in information on the North Country Trail, please contact Bob Tait at 724-287-3382 or bobtait@zbzoom.net . Bob Tait

Pennsylvania State Coordinator
North Country Trail Assoc.
Box 2968
Butler Pa 16003-2968
<http://northcountrytrail.org/pa/ntd>

ALLEGHENY GROUP--SIERRA CLUB--OUTINGS THRU MAY 28, 2001 Courtesy Bruce Sundquist
For a more up-to-date listing, visit their Internet web site. Address:
<http://www.enviroweb.org/allegHENY-sc/>

EVENING CONDITIONING WALKS (Call for meeting time and place)
South Park (year-around). Times/locations may vary. Call Bonnie Thomas, 412-833-1068.
East (during Daylight Savings Time) Tues. & Thurs. evenings in Duff Park near Murrysville. Call Nick Broskovich 724-863-6707
East End (during Daylight Savings Time) Wed. Evenings, 7 PM to Frick, Schenley or High-land Park. Call Don Stone, 412-441-2027

Sat.Apr.28 8-mile nature walk on Glacier Ridge Trail in Moraine State Park to see spring flowers and "calibrate" the warbler migration. The wsarblers shouldn't be there yet! Bring bird- and flower books, hand lens, binocs, and foul-weather gear. Experts and beginners all welcome. \$3.75 carpool-37 miles. Call Don Gibbon, 412-362-8451
Sat.-Sun.Apr.28-29 Umteenth annual easy backpacking/compass-training trip in Quebec Run Wild Area of Forbes State Forest. This will qualify you for our more advanced backpacking trips requiring prior experience. Limit:18. \$7.00 carpool fee-65 miles. Call Bruce Sundquist, 724-327-8737
Sun.Apr.29 Loop across the four forks of Mill Creek, on the western slopes of Laurel Ridge north of Laughlintown, including Pine- and Camp Hills. Strenuous/ exploratory. \$5.25 carpool-50 miles. Call Dick Pratt 412-362-5567
Sun.Apr.29 Easy 1.5-mile hike (2 hours) in Seldom Seen Greenway (Beechview Area). Meet at the far end of Brashear High School's parking lot at 590 Crane Ave. in Beechview at 1:30 PM. Call John or Kathy Murphy, 412-341-9367, or Bill Lawrence, 412-922-3951
Sat.-Sun.May 5-6 Backpacking, intermediate, in Savage River State Forest (MD). \$12 carpool-98 miles. Call Harold Kotchig, 412-341-1196
Sun.May 6 Intermediate 8 mile hike at Bear Run Nature Reserve. Bear Run has easy-to-follow trails and is a good hike for new hikers. Meet at 9 AM at Monroeville Park and Ride lot. \$6.75 carpool-60 miles. Call Tom Wolper 412-521-8378.
Sun.May 6 Cycling, easy, on Yough River Trail from Boston to Sutersville and return. \$1.50 carpool-15 miles. Call Barry Tunick, 412-653-6584
Sun.May 6 Enjoy spring wildflowers on an easy walk through Duff Park near Murrvsville. Call Nick Broskovich 724-863-6707
Sat.May 12 Same nature walk as on April 28 (see above) but warblers shold be there! Do

(Continued on page 8)

The 2001 Rachel Carson Trail Challenge is a 34-mile, one-day, endurance hiking event, held in the spirit of the Alaskan Iditarod, the Boston Marathon, the 70-mile Laurel Highlands Trail Run, the Race Across America and the many Ironman Triathlons held across the country each year. Sponsored by Hostelling International Pittsburgh/AYH, the Challenge will be held this year on June 23rd (taking advantage of the summer solstice), starting at the crack of dawn, and will extend through the 34-mile roller coaster of hills, hollows, and bluffs between North Park and Harrison Hills in Allegheny County, ending as the sun sets below the horizon. The "Challenge" is to endure, to finish the hike in one day, rather than to "come in first" or "win".

The Challenge has two dimensions: the first is to endure 34 miles of tortuous hill climbing and descent in unpredictable weather conditions; the second is your ability to stay on the Trail without getting lost. Obviously, those who have hiked the trail before will have some advantage in maintaining the proper route. Four training hikes covering the entire trail will be held the first and second weekends in June; details can be found elsewhere in this newsletter.

The Rachel Carson Trail is a "primitive" trail in the sense that no special grading or surfacing materials are used on the trail. It is a typical Western Pennsylvania hiking trail and hikers should expect to find all the conditions a typical hiker would encounter on a typical hiking trail. While the trail is blazed with yellow blazes, there will be an occasional missing blaze where a tree has fallen or when you are following a logging road, a power line or gas line; there will be blow downs, washouts, poison ivy, nettles, bugs, loose gravel and rocks, steep inclines, gulches, and wet stream crossings. You must be prepared to expect the unexpected and think the unthinkable. The better hiker you are, the better you will do on the Challenge.

This year the Challenge includes a shuttle bus to take participants from their desired stopping point (either the end- or halfway- point) to the trailhead just before sunrise. Additionally, a "rolling" shuttle will be available starting at 11 A.M. to pick up (at selected points) and return to their vehicles any Challengers wishing to drop out.

More About the 2001 Rachel Carson Trail Challenge

- **THE START:** The 2001 Challenge will begin at 5:50 AM at the Beaver Shelter in North Park, 100 yards north and west of the junction of Babcock Blvd. and Pearce Mill Road. North Park is located on the "Yellow Belt" between Route 19 (McKnight Road) and Route 8.
- **SHUTTLE:** Shuttle bus service will be available to bring participants from Harrison Hills Park and Springdale High School to the North Park trailhead before dawn, and later at various points along the trail back to their vehicles. In June an email notice will be sent to registered Challengers with the complete shuttle schedule.
- **PARKING:** There are several parking areas in the vicinity of North Park's Beaver Shelter but parking space is generally limited. Car-pooling is strongly encouraged. Because Harrison Hills Park will be closed and locked at 9:30 PM, no exceptions, you must have your car out of the park before that time. You may consider parking your car outside the front gate. A few cars may be parked at the Volunteer Fire Dept. about one-half mile north of the Park on Freeport Road. The shuttle bus will be stationed outside Harrison Hills Park until 8:40 PM and no Challengers will be allowed to continue into the park after 8:15 PM.
- **HALF CHALLENGE:** The Rachel Carson Homestead is a quarter-mile from the halfway point (17 miles) of the Challenge. Water, snacks, restrooms, telephones, and Trail Marshals will be available at the Homestead. You may park at the Springdale High School parking area, two blocks from the Homestead.
- **WATER:** Checkpoints will be located every 7 miles with water and light snacks available for participants. Marshals will have cell phones for communications.
- **THE FINISH:** The 2001 Rachel Carson Trail Challenge will end at precisely 8:54 PM (official sunset time) at the Ox Roast Shelter in Harrison Hills Park. Take the left fork on the Park entrance road and follow it to the end to get to the Ox Roast Shelter.
- **THE REWARD:** All 34-mile finishers will be entered into a raffle; two names will be drawn with each winner receiving an overnight for two at either the new Pittsburgh International Youth Hostel or the Ohiopyle Youth Hostel, a \$50 EMS gift certificate and a free EMS equipment rental certificate. All 34-mile and 17-mile finishers will receive six issues of the *AYH Golden Triangle* newsletter free (July-December 2001 issues).

You are expected to be entirely self-contained. This is an endurance hike, not a "trail run" or a race. Weight, up to 10 pounds in your pack will not be a significant factor. Be able to carry NO LESS THAN two quarts of water; sports drinks are recommended; carry a lunch plus high-energy snack foods, raingear, dry socks, first aid gear-especially moleskin or band-aids for blisters; you may want to carry a pair of sandals or surf shoes for wet stream crossings; wear sturdy, well broken-in footgear preferably with good ankle support and a lugged sole for gripping loose gravel and rocks; wear thick wool, wool blend or synthetic fiber socks; wear a hat to keep your head out of the sun; wear sunglasses; carry a pack towel to soak in streams and wrap over your head to cool down. Salty snacks such as pretzels, peanuts and potato chips are recommended to avoid salt depletion.

While the organizers recommend you outfit yourself as a "hiker", participants in past Challenges had success participating in "runner mode" wearing light low-top trail running shoes, and carrying only water and a small waist pack for gear instead of a day backpack (rucksack/knapsack).



Sunday, May 20 Beginner@Cooper's Rock Contact:"Woj" 412.322.4524

The Early Learning Institute, a non-profit agency servicing special needs children birth through five years of age in Allegheny County is asking for your help. Many of you are familiar with the Tour de Sewickley Bike Ride that benefits The Early Learning Institute. The Wheelman have always been supportive of this important event and we are hoping you can assist us again this year. The ride will be held on Sunday, July 8, 2001. We encountered some problems with the signage of the route last year and hope to improve it. This is where we need your help. We have signs that get tied to various things along the way, trees, poles, etc. During the last event, pranksters moved signs in the middle of the night or they fell down, both times leaving many riders confused. We would like to mark the route not only with signs this year, but also by painting the road with a substance that would not be permanent. I am requesting the help of five or six Wheelman to help us mark the course on Saturday, July 8. We would have one brief meeting before that date to coordinate everyone, then on that Saturday we would physically do the job.

PLEASE NOTE: WPW SPONSORED EVENTS ARE IN CAPITAL LETTERS

MAY 9	WPW MEETING
JUNE 03	Tour de Cure, North Park, Allegheny County
June 03	Yough-N-Roll, Boston Riverfront Park, PA
June 2 & 3	The 10th Annual Indiana Five Points Classic Road Races & Cri-

5th Annual Outdoor Extravaganza May 25 - 28, 2001
Rose Point Park Campground near Moraine and McConnells Mill State Parks
and Slippery Rock Creek, I79, Exit # 29, Route 422 West

Friday eve. wiener roast, hay ride, eve. speaker
Sat. eve. pig roast, speaker: Sun eve. speaker

Hike, mtn.bike, road bike, canoe, rock climb, cave, sail, kayak, swim,
Moraine Pontoon Boat Tour, Historical Cabin Tour, Geology Tour.

Pig roast and meals catered by Fairground Market.

For more information call Joyce Appel, 724-526-5407
Mail form to Joyce Appel, Box 204D, RD#1, East Brady, Pa. 16028
Sponsored by the Butler Outdoor Club.

Name(s):	
Address:	
Phone:	Fax or Email:
Total No. Adults:	Total Number Children under age 12:

* No daily activity fee or camping fee for children. * Half price meals for children under age 12.

Activity Fee	Fees:	Fri5/25	Sat5/26	Sun5/27	Mon5/28	Totals
	\$ 5/day/adult or \$15/weekend					
Parking (if not camping)	\$2/day					
Breakfast	\$ 5/day *					
Bag Lunch	\$ 5/day *					
Dinner	\$ 8/day *					
Pontoon Boat Tour	\$ 6.00 Adult \$ 4.00 Child					
Kayak (per person)	\$15 rental					
Canoe (per canoe)	\$25 rental					
Camping 3 nights = \$30	per adult kids free					
2 nights = \$25	1 = \$15					
* Select 1 st & 2 nd choice activities each day (Shaded days not available) *						
Road Biking						
Mountain Biking						
(at nearby stables \$13/hr)	HorseBack Riding					
(rentals available) (14 mile)	Bike North Shore Trail					
Hiking						
Rock Climbing at McConnell's Mill						
Pontoon Boat Tour of Lake Arthur						
Hike, Geological Tour, Historical Cabin Tour						
(rentals available)	Canoeing/Kayaking stream or river					
(rentals available)	Canoeing/Kayaking on Lake Arthur					
Beginning Sailing by Moraine Sailing Club						
Beginning Caving by Pittsburgh Grotto						

Rachel Carson Trail Challenge 2001

Official Entry Form

"34 Miles in One Day" ... Saturday June 23, 2001

Please provide the following information and return this form with a check or money order for the proper amount. Each participant must complete and sign a separate form. A confirmation will be sent only via email, so be sure to provide a valid email address

Your Information <i>Please Print Clearly</i>	
Name (First, Middle Initial, Last)	Age On 06/23/01
Street Address	
City, State, Zip	
Daytime Telephone	Evening Telephone
Registration Fee <i>Includes T-Shirt And Shuttle Pass</i> \$ 23.00	*2001 Rachel Carson Challenge* T-Shirt Size <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Extra Large <input type="checkbox"/> Trailhead Shuttle Boarding Location <input type="checkbox"/> Harrison Hills Park <input type="checkbox"/> No Shuttle <input type="checkbox"/> Springdale High School
Make your check or money order payable to "Hostelling International Pittsburgh". Proceeds from the Rachel Carson Trail Challenge are used to fund Hostelling International Pittsburgh /AYH trail maintenance activities on the Rachel Carson Trail and the Baker Trail.	

Liability Waiver	
In consideration of your acceptance of my application for participation in the Rachel Carson Trail Challenge, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation. I, the undersigned, discharge and release Hostelling International Pittsburgh, its activity leaders, and their respective agents, boards, commissions, and any other involved employees and representatives from all liability arising out of or connected in any way with my participation in the Challenge, whether or not caused by the negligence of any of the above parties.	
I acknowledge that there are inherent risks and dangers that may arise at any time during the Challenge. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in the Challenge. I attest that I am physically fit and sufficiently trained for the completion of this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such services and is not a waiver of any of said parties of any right hereunder. I understand that serious accidents occasionally occur during hiking and that participants in the Challenge may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages, of whatsoever kind or nature.	
I attest that the equipment and clothing I will use in this activity is in good condition. I UNDERSTAND THAT PROPER EQUIPMENT IN GOOD CONDITION CAN PREVENT SERIOUS INJURY. I agree to abide by the rules of this event as established by Hostelling International Pittsburgh and to obey the directions of the event officials. I hereby grant full permission to the trip leaders, Hostelling International Pittsburgh and their respective agents, boards, commissions, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.	
Signature Of Participant	Signature Of Parent Or Guardian If Participant Is Under 18
Date	Date
Mail This Form Along With Check Or Money Order To RACHEL CARSON TRAIL CHALLENGE c/o H. I. - Pittsburgh 830 E. Warrington Avenue Pittsburgh, PA 15210	
<ul style="list-style-type: none">ALL REGISTRATIONS MUST BE RECEIVED BY JUNE 9NO REFUNDS AFTER JUNE 9LIMIT 200 ENTRIES	

(Continued from page 5)

both these walks to see the difference. \$3.75 carpool-37 miles. Call Don Gibbon, 412-362-8451

Sat.May 12 Hike down the north rim of the Youghiogheny Gorge east of Ohiopyle State Park and up scenic Drake Run. Strenuous and exploratory. \$7.25 carpool fee-65 miles. Call Dick Pratt, 412-362-5567

Sat.May 12 Canoe/hike in the Raccoon Creek Area. Call Steve Tubbs, 412-279-4866

Sat.May 19 Moderate 8-mile semi-loop hike along Jacobs Creek to Alliance Furnace. Meet at Monroeville Park/Ride Lot at 9 AM. \$4.00 carpool-36 miles. Call Ed Divers, 412-828-5154

Sat.May 19 Caving, easy, in Casparis Cave near Connellsville. \$4.50 carpool-40 miles. Call Norm Snyder, 412-351-4068

Sun.May 20 Easy 4-mile hike in Northmoreland Park near Vandergrift. See a scenic lake and spring wildflowers. \$3.00 carpool-29 miles from Arts Center. Call Luc Berger, 412-683-3131

Sat.-Mon.May 26-28 Backpacking in northern Dolly Sods, the higher, more open, more scenic, less visited part of Dolly Sods--one of the most popular backpacking areas in this part of the US. Prior backpacking experience required. \$19 carpool-165 miles. Call Bruce Sundquist, 724-327-8737

NOTES: Ask leader for names & phone numbers of trippers for you to arrange a car pool. Reserve at least 36 hours in advance. Notify leader to cancel your reservation. Bring lunch, rain gear, water, first-aid kit, small flashlight and extra clothes for changes in weather. If you have a cell phone, bring it along; they have saved the day on several trips when accidents have required evacuation of injured trippers.

ALLEGHENY GROUP MONTHLY MEETINGS
7:30-10 PM, PGH. CIVIC GARDEN CENTER, behind Scaife Unit of Arts Center, SECOND HOUSE SOUTH OF FIFTH AVE. ON SHADY AVE. Parking meters-\$0.25/hr. (quarters only)
Wed.May 9 "Bioregionalism and organic farming" Larry Patrick.

Butler Area Outings Group
Same sorts of trips as Allegheny Group. Call Dave Adams, 724-789-7031 (DaveEAdams@aol.com) (<http://www.nauticom.net/users/outdoor>)

Wissahickon Nature Club
If you enjoy nature lore, look into the meetings and field trips of Wissahickon Nature Club. They meet every other Saturday at 6 PM (except June-August) at Community Presbyterian Church, 7501 Church Av., Ben Avon. Contact Chuck Tague, 412-488-8760 or 432 Olympia Rd, Pgh. 15219

Botanical Society of Western Pa.
offers field trips in spring, summer and fall to look at and learn about the enormous variety of plant life that western Pa. offers. Everyone is welcome on field trips; amateurs, professionals, non-members, and anyone who is curious about the natural world. Trips are often at a leisurely pace, but may require hiking and traveling through wet/muddy areas. For information, e-mail your address for a sample newsletter and membership information to yoree@sgi.net, or call Loree at 412-521-9425.

(Continued from page 1)

Casbah- 10% off bill. Not valid with any other specials, discounts, or promotions. 229 S. Highland Avenue (Shadyside) Tel: (412) 661-5656, Email: casbah1@bigburrito.com, Website: www.bigburrito.com

City Books- 10% off most books. 111E. Carson Street (Southside) Tel: (412) 481-7555: email: citybooks@sprintmail.com

City Theatre-Discounts are good for 2001 Subscription Series Productions only. Subject to availability. Students 25 and under \$12 Tuesday, Thursday, and Sunday Matinee. Friday and Saturday \$15. Other hostel patrons over 25 receive a \$5 discount. Valid Student ID or receipt from Hostel to be presented at Box Office. City Theatre Performances: Tuesday-Thursday 8pm, Friday, 8pm, Saturday 5:30 &9pm, Sunday Matinee 2pm. 57 13th Street (Southside) Tel: (414) 431-CITY, email: theatre@citytheatrepgh.org, Website: www.citytheatre-pgh.org

Dairy Mart- Free 44oz. Fountain drink with \$5.00 purchase; 1125 Arlington Ave. (Allentown-across the street from the Hostel!) Tel: (412)481-4122

Dave's Music Mine- 10% off total purchase (music & instruments). Not valid with any other specials, discounts or promotions. 1210 E. Carson Street (Southside) Tel: (412) 488-8800, Email: davesmusicmine@aol.com Website: www.davesmusicmine.com

East End Food Co-op- 10% on purchases at Pittsburgh's largest natural and organic food market. 7516 Meade Street (Point Breeze) Tel: (412) 242-3598

Golden Triangle Bike Rentals- 10% discount on bike rentals. 416 Woodrift Lane (near the Jail Trail) Tel: (412) 655-0835; Email: goldentrianglebikes@yahoo.com, Website:

www.bikepittsburgh.com

Gray Line Trolley Tours of Pittsburgh- \$2.00 discount per tour #1, 2, 3, & 4 only. 110 Lenzner Court, Sewickley, PA 15143 Tel: (412) 741-2720 Email: Catherine.spanard@coachusa.com, Website: www.coachusa.com

Jester's Court Tattoos & More- 20% off any tattoo, piercing, t-shirt, etc. 1410 East Carson Street (Southside) Tel: (412) 488-TATS, Email: Jesterscourt@earthlink.com

Kaya- 10% off your bill. Not valid with any other specials, discounts, or promotions. 2000 Smallman Street (Strip District) Tel:(412) 261-6565, Email: kayal@bigburrito.com, Website: www.bigburrito.com

La Prima Espresso- 50 cents off any coffee drink for visiting members. 811 Liberty Ave., Tel: (412) 471-4590 (Downtown) Website: www.laprima.com

Little Chicago's Pizzeria- 15% discount, Eat-in, Take-out, Delivery. 1728 East Carson Street (Southside) Tel: (412) 431-1450

Macondo- 10% off the regular price of anything in the store. 406 S. Craig Street (Oakland) Tel: (412) 683-6486, Email: Macondo@telerama.com, Website: www.artshainan.com

Mad Mex - 10% off your bill, not valid with any other specials, discounts, or promotions; 7905 McKnight Road, (North Hills) Tel: (412) 366-5656, Email: madmex-nh@madmex.com, Website: www.bigburrito.com

Mad Mex- 10% OFF your bill, not valid with any other specials, discounts, or promotions; 370 Atwood Street, (Oakland) Tel: (412) 681-5656, Email: madmex-oak@madmex.com, Website: www.bigburrito.com

Mattress Factory Museum of Art- \$1.00 OFF admission. 500 Sampsoma Way (Northside) Tel: (412) 231-3169, Email: info@mattress.org, Website: www.mattress.org

Monti's Studio- 10% discount store-wide; 844 E. Warrington Ave. (Allentown-across the street from the Hostel!) Tel: (412) 381-3240

Phipps Conservatory and Botanical Gardens- 10% OFF admission to conservatory and gardens throughout the year. Something's always blooming at Phipps - so visit today! One Schenley Park (Oakland) Tel: (412) 622-6914, Email: phipps@hipps.pgh.pa.us, Website: www.phipps.conservatory.org

The Pickle Barrel- Buy one Pittsburgh Dog, get one FREE! Pittsburgh Dog: Foot-long Hot Dog, Shredded Gold Cheese, Black Olives, Honey Mustard. 1301 East Carson Street (Southside) Tel: (412) 431-1114

Pittsburgh Symphony: 75% off regular ticket prices! (that's \$15/ticket!) Call Melissa Trifaro at (412) 392-3320 to book your discount tickets in advance. Discounts not available at the door, so make sure you call Melissa.

Pittsburgh Zoo and Aquarium- \$1.00 OFF admission with membership card, not valid for evening events. One discount per person. Open year-round. One Wild Place (Highland Park) Tel: (412) 665-3639; email: connie@zoo.pgh.pa.us Website: www.Pittsburghzoo.com

River's Edge Cafe- One free glass of wine with any dinner. 203 Yough Street, Confluence. 814-395-5059.

Road to Karakesh- 10% discount off total (maximum 4 guests) not valid with any other special, discounts or promotions. 320 Atwood Street (Oakland) Tel: (412) 687 0533

Slacker- 20% OFF all purchases, except magazines. 1321 E. Carson Street (Southside) Tel: (412) 381-3911, Email: steve@slackernet.com, Website: www.slackernet.com

Soba Lounge- 10% OFF your bill. Not valid with any other specials, discounts, or promotions. 5847 Ellsworth Ave. (Shadyside) Tel: (412) 362-5656, Email: soba1@bigburrito.com, Website: www.bigburrito.com

Southside Card & Gift- 20% discount on any purchase over \$5. 1717 E. Carson Street (Southside) Tel: (412) 481-2500, Email: Southsidecardgift@yahoo.com

Spice Island Tea House- 10% discount off total purchase (maximum 4 guests). Not valid with any other specials, discounts, or promotions. 235 Atwood Street (Oakland) Tel: (412) 687-5821

Swank Gear- 15% Discount. 73 ½ South 13th Street (Southside) Tel: (412) 381-1037, Email: swankgirl@worldnet.att.net, Website: www.swankgear.com

Thoreau NM, a Production Company- "Two-for-tickets"-Buy one/Get one Free. Please call ahead for details. 209 Moya Place Cottage (Mount Oliver) Tel: (412) 431-8289, Email: thore-aunm@juno.com, Website: www.trfn.clpgh.org/thoreaunm

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Pittsburgh Council, AYH
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Or Call (412) 431-4910 For an Agency Near You!

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For hostellers: I need my hostel pass by:
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Adult (18-54)	\$25.00	Adult Renewal	\$25.00
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Application for Complimentary Group Membership (not-for-profit organizations).....call for application		FREE	

Student/Teacher ID Cards

Student ID Card (2001)	\$22.00
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Universal student ID issued by CIBE. Good for worldwide student discounts. Send 1-1/8x 1-3/8 photo, name of your country of citizenship and proof that you are a student. Or ask for free brochure.

Qty	AYH Membership	Unit Price	
	(Type:)		
		Total	

AYH Weekly Open House

Pittsburgh Council has a weekly Open House every Thursday evening from 8 pm to 10 pm at Fifth and Shady Avenues in Shadyside. Look for us next to Pittsburgh Center for the Arts. A slide show at 8:30 pm is followed by announcements of the weekend's trips. Hostel Passes, guide books and more available.

Council Office and Travel Store

The Pittsburgh Council Travel Store is open Wednesday through Friday 12 to 5 pm effective Dec 10th. Hours are subject to change, so it's a good idea to call the office at 412-431-4910 before coming in. We're in the Pittsburgh Hostel at 830 E Warrington Avenue in Allentown. All passes, ID cards, rail passes, and books are available.