



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 49, NUMBER 6

AUGUST 1999



Hostelling - International Pittsburgh PA



Now Open

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

INSIDE

Activity Chairs: Page 2
Slide Shows: Page 2
Hostel News: Page 3
Rambles: Page 3
Message from Ben: Page 4
Hunting: Page 4
Rock Climbing: Page 4
Bicycling: Page 5
Other Bike Rides: Page 5
Canoeing: Page 6
Sea-Kayaking: Page 6
Sailing: Page 6
Hiking/Backpacking/Trails: Page 7
Rachel Carson Trail Challenge
Wrap-Up: Pages 8 & 9
Rachel Carson Trail Challenge Split
Times: Page 10
Mon-Valley Bicycle Ride: Page 11
Council Travel and Book Store:
Back Cover

....And MORE!!!

MESSAGE FROM OUR PRESIDENT

The Pittsburgh Council of the American Youth Hostel is in a period of growth and change. Activities, the Hostels, Headquarters, and events are in full swing. There is renewed interest in AYH in the Pittsburgh area!! And it's not surprising. We have great outdoor activities with fun and interesting people. Our Hostel is ranked one of the best in the Nation, and Ohiopyle is the perfect getaway. Our programs on Thursday night are some of the best. If you haven't thought about AYH in a while, come try a new activity, or come Thursday night, bring a friend!

Under the guidance of Ben Brugmans, the Activities are blossoming. There is more interest in activities, and as a result more need for leaders. If you are interested in becoming a trip leader, contact Ben, or the chairperson of the activity. Ben has also graciously offered to manage the Southwest Autumn Breeze bicycle ride. He is putting together a team to run the ride. If you are interested in helping with preparations, course marking, morning registration, lunch, etc. please give Ben a call at 361-3623.

The Hostel, as always, has received excellent reviews from our guests. Brian Funk, as acting Hostel Manager, is doing a wonderful job of making the Hostel a great place to be. Brian has some great ideas to make the Hostel even more exciting (live music, pot luck dinners, etc.) and is looking for volunteers to share in the excitement. Brian is also looking for desk staff, both paid and volunteer. If you are interested in the events, the staffing, or just a tour of this wonderful facility, give Brian a call at 431-1267. The Hostel is also available for meetings, call Brian to book your gathering.

The Ohiopyle Hostel is soon to receive a new bathroom. Don Stone has prepared drawings and shepherded the project through the approval process with the State. Ben Brugmans has begun work on the new handicapped accessible bathroom. Stop down, visit Marjorie (volunteers are also needed to give Marjorie a break), and see the changes.

Headquarters has also received some needed attention. Luc Berger is planning some great programs, stop by on Thursday night, bring a friend.

The Rachel Carson Trail Challenge was a great success!!! Profound thanks goes to Jim Richie and his team for their work in making this the best Challenge yet!!

The Board has added two new members: Kyra Straussman, and Bernie Colligan have joined the Board. Kyra has an extensive marketing background, and presently works with the South Side Local Development Company marketing the South Side neighborhoods. One of the best assets in the neighborhoods is the Hostel!! Bernie previously worked in the Mayor's office, and learned of AYH during the construction of our Hostel. Bernie is now with FreeMarkets Online. His experience and energy will benefit AYH.

Maribeth Hook

NEW 1999 MEMBER DISCOUNTS

HI members with valid membership cards are eligible for the following discounts. Full details can be found in the FREE 1999 North American Hostel Handbook.

Alamo Car Rental: Various Discounts. Contact your travel agent or Alamo and request Rate Code BY and I.D. Number 19998.

Andy Warhol Museum: \$1.00 off admission. (THIS DISCOUNT WAS NOT PUBLISHED IN THE 1999 HANDBOOK DUE TO A PRINTING ERROR, BUT IS AVAILABLE.)

Danny K's Diner: 10% discount off final bill. Two blocks from hostel. 412-431-1267

Gray Line Trolley Tours of Pittsburgh: \$2.00 off admission price on our daily scheduled Pittsburgh tours, April through October. 412-741-2720

La Prima Espresso Co.: \$0.50 off any espresso drink. Two locations. 412-471-4590

Mattress Factory (A museum of contemporary art): \$1.00 off admission; 10% off merchandise in museum shop. 412-231-3169

Nature's Design Holistic Health: 15% discount on therapeutic touch, Reiki, foot or body massages. By appointment. 10% discount on all health care products. 412-854-5409

Phipps Conservatory and Botanical Gardens: 10% off admission to conservatory and gardens all year. 412-622-6914

Rachel Carson Homestead: Buy one admission, get one free. 724-274-5459

Thoreau, NM - A Production Company: \$1.00 off



The Area Code for the Ohiopyle Hostel is incorrect in the recently-published 1999 North American Hostel Handbook. The correct phone number for the Ohiopyle Hostel is: 724-329-4476

1999 North American Hostel Handbooks can be picked up at the Travel Center, the Pittsburgh International Hostel, and the Activities Headquarters. Copies are free when picked up in person.

HOSTELLING INTERNATIONAL

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

**Dated material- please deliver promptly
Change Service Requested**

NON-PROFIT
US POSTAGE
PAID
PERMIT #127
PITTSBURGH, PA





Pittsburgh Council, American Youth Hostels, Inc.
Serving Western Pennsylvania & West Virginia Panhandle
Since 1948, Incorporated 1955

The Golden Triangle is published monthly by the Pittsburgh Council of Hostelling International, American Youth Hostels. Contents are at the discretion of the editor.
All Material within is Copyrighted by Pittsburgh Council, American Youth Hostels, Inc.
All Rights Reserved

Triangle Staff

Managing Editor ... **Joel Platt**
(412-521-5244 joelplat@wans.net)

Copy Editor ... **VACANT**
Mailing Labels ... **Roy Weil**
Production ... **Don Hoecker**
Advertising ... **VACANT**

Council Officers

President ... **Maribeth Hook**
(412-371-0156)

Vice-President ... **Marianne Kasica**
Secretary ... **George Schmidt**
Treasurer ... **Larry Laude**

BOARD OF DIRECTORS

Kevon Copeland (01)
Maribeth Hook (01)
Marianne Kasica (01)
Anabell Kinney (01)
Larry Laude (01)
Marc Reisman (00)
George Schmidt (00)
Kevin Swenson (00)
Roy Weil (99)
Ray Yutzy (99)

Office Staff
Donna Byerly
(431-4910)

Oops...

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

Mail regarding the Newsletter should be addressed to:

American Youth Hostels
The Golden Triangle
830 Warrington Ave.
Pittsburgh, PA 15210

Office: (412) 431-4910
or

HI-Pgh on the information super Highway. Point your browser to :
<http://trfn.clpgh.org/ayh/>
or you can email us at
ayh@trfn.clpgh.org



Golden Triangle - Pittsburgh Council, American Youth Hostels

PITTSBURGH COUNCIL
ACTIVITY CHAIRS

Chairman of the Activities Committee
Ben Brugmans.....361-3623
Canoeing
Paul Henry 724-347-3282
Brian McBane..... 724-443-8972
Cross Country Skiing
Vacant
Cycling
Joan Roolf 351-2061
Family Activities
Barbara Hanusa 441-7205
Hiking/Backpacking
Ben Brugmans 361-3623
Kayaking
Ray Yutzy 341-5682
Midweek Rambles
Dick Fisher 421-9215
Rafting
John Orndorff 741-2021
Rock Climbing
Ann Minard.....381-1309
Chuck Jones.....242-6172
Sailing
Bob Zavos 241-0659
Sea Kayaking
Fran Fleming 363-1221
Vickie Gotaskie 344-4929
Trail Systems
Jim Richie 828-0210
Headquarters Programs
Luc Berger 683-3131
Storekeeper
Steve Poprocky 731-2429



HOSTELLING
INTERNATIONAL

Pittsburgh Hostel Manager
Brian Funk
(412-431-1267)

Ohiopyle Hostel Manager
Marjorie Paqualle
(724-329-4476)

NOTICE

Please note the deadlines for
future issues of the
GOLDEN TRIANGLE

AUGUST ISSUE
All copy, August 5
Binding/Mailing, August 19

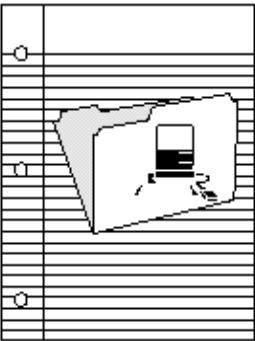
If your work is on computer,
Please contact Joel Platt at
joelplat@wans.net

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-secular
- Above rules apply in addition to general rules for submission

General rules for submission

- No handwritten submissions
- Submissions Can be;
On computer disk (IBM / MAC), E-mail (Internet/compuserve), Direct Modem, 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 1999.

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

July 29: We show the 16 mm film "Elie Wiesel's Jerusalem". Pilgrimage through legends, myths, historic sights, by Nobel Prize winner.
August 5: Carl Katz, "China Wakes, Part II". Includes Xian and Beijing.
August 12: Steve Poprocky, "Slides Of Lions, Giraffes and Elephants In Kruger National Park". Also sights of Zimbabwe.
August 19: Cake and apple pie party, if possible out of doors.
August 26: Carl Katz, "Rajasthan's Cities Of Color". See Jaipur and Jodhpur in northwest India.
September 2: We show the 16 mm film "Everest North Wall". American expedition by untried northern route through China. First woman to reach top. Narrated by Robert Redford.

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

Ohiopyle AYH Hostel
Ohiopyle State Park
PO Box 99
Ohiopyle, PA 15470
(724) 329-4476

HI-Pittsburgh Hostel
830 E. Warrington Ave.
Pittsburgh, PA 15210
(412) 431-1267

Living Waters AYH Hostel
RD #1 (1 mile west on Rte 30)
Schellsburgh, PA 15559
(814) 733-4212



HOSTEL HAPPENINGS

Seeking Volunteers!!!
For .Travel Workshops .Open House Guides . City Tours .Slide Shows
.Table at Travel Fairs
.Jobs Listing .Sunday Social .community day .Any Other Suggestions
You can help make HI Pittsburgh a HIP place to visit for international visitors, US visitors, as well as Pittsburgh residents!! Call or Stop by during our open hours!!We are in need of creative Positive feedback and suggestions, we look forward to hearing your input.

World Travel Photo and Craft Exhibit

Beginning August 1, 1999 a photo display will be in the front lobby of the Pittsburgh Hostel During our open hours for all to enjoy. It will feature Madagascar, and various other countries.
Bring your family and friends!! Its bound to spark the travel bug in everyone!! Call for Information on the grand opening.

Need a Job?
We are accepting applications for desk assistants, assistant manager, and travel desk assistants. Stop by during our open hours for an application and job description. An excellent opportunity for those with customer service/ public contact experience, as well as hostel, and/or independent travel experience.

Like to travel, But not sure where to go? Looking for inexpensive accommodation?

Stop by the hostel or the travel center for a free 1999 Traveler's Resource Guide, which includes the topics: Hostelling in North America(There are many places to explore without traveling overseas) Making Hostel reservations (in North America and Overseas); Getting Ready to Go; Planning Your Itinerary; Getting There; About your Money; and Packing!!

Also Available: 1999 North America Hostel Handbooks, USA Hostel Map, and lots of other helpful information for free when you pick them up in person at the Pittsburgh International Hostel during open hours. We also have available for sale Volume 1: European Hostel Guide and Volume II : America's, Africa, Asia, &the Pacific Hostel Guide for \$10.95 each plus tax. Members receive a 10% discount when you present your valid card at the time of purchase.

Don't go anywhere without your Hostelling International Membership Card!! The cost is \$25 for an adult year membership, \$15 for a senior year membership, \$250 for a lifetime Membership, and FREE youth membership. Stop by the hostel to get your card today!!

Mail order is available by calling the Council Office and Travel Center, located in the same building as the hostel, but with separate hours. Contact them directly at 412 431 4910. A Postage and handling Charge May apply to Mail Orders.

SEE YOU AT THE HOSTEL!!

The Pittsburgh International Hostel is open seven days a week, 8-10 a.m., and 5-10 p.m., except December 23-26, 1999. We are closed during the day. Conveniently, We are located at 830 East Warrington Avenue (at the corner of Arlington - in the Allentown neighborhood) We are 2 miles south of downtown, above the South Side, between MT. Oliver and Mt. Washington.
We are accessible by the 52 Allentown Light Rail Car, the 51A bus, and a 5 minute walk from 54C Route. Free Parking is available on the Arlington Avenue side of the hostel whether you are coming to stay overnight, attend a workshop, volunteer, or just to visit us!! We look Forward to your visit!!

Rambles For Spring-1999

- July**
- July 28** North Park. Bag lunch. Earl McCabe. 761-1844
- August**
- August 4** CCAC South Campus Natture Trail. Bad Lunch. Billie Woodland. 886-1603
- August 11** Schenley Park. Marilyn Ham. 687-4520
- August 18** Peters Boror Park and Bike Trail. Bill Phoennik.
- August 25** North Braddock/Cemetary and Golf Course. Lunch at the restaurant with a view. Joan Roolf. 351-2061
- September 1** Bear Run Nature reserve. (All day trip). Bag lunch. Earl McCabe. 761-1844
- September 8** Mt. Lebanon Cemetary. Billie Woodland. 886-1603
- September 15** Point Breeze Ramble. Optional lunch at Food Co-op. Sid and Helen Sclarsky. 421-2692
- September 22** Raccoon Creek Park. Bag lunch. Marilyn Ham 687-4520
- September 29** North Side Heritage Trail from Carnegie Science Center to the Heinz Plant. Optional lunch in Heinz Cafeteria. Dick Fisher. 421-9235

Spring 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.

Call trip leader for more infromation, especially if you plan to meet us at the trail head.

REMINDER TO TRIP LEADERS

All trips and equipment usage must be approved by the appropriate activity chair or co-chair. Trip reports and fees should be turned in by the end of each month at either the AYH Activities Building or AYH Office or mailed to Pittsburgh Council, 830 Warrington Ave., Pittsburgh PA 15210

AYH Sheet Sleeping Sack
DON'T LEAVE HOME WITHOUT ONE!

Required in all youth hostels, the sleeping sack serves as your top & bottom sheets, with a built-in pillowcase. Regular sleeping bags are not allowed at hostels due to public health regulations. Our nylon sleep sack is especially light, compact, and dries extremely quickly (handy on trips). The cotton/polyester sleep sack is a little heavier and bulkier, but feels just like your bed-sheets.
Order one today! See the order form on the back page for prices.

AYH ACTIVITIES WITH BEN

I'm astounded by the work and dedication shown by Jim Richie and crew on the Rachel Carson Challenge. Their success in organizing the annual full length hike is outstanding. My hat off to Sue, Jim Jr., Leo, Cele and Jerry who were there so early on the appointed day.

On the hiking front, we will resume the ambles this fall, until next summer. Traditionally 3 to 6 miles on Sundays, starting at 10am, and finishing with a late lunch at some fun restaurant. Last winter we did mostly local trips, i.e. Northside to Washington's Landing, eating German food at Max's. Or Allentown down to the Point and back via Station Square, lunch and a trip on the incline. Or the county jail tour - they even let us back out.

So from September through April, think local, think fun and we are up for suggestions on interesting local ambles. Think 3 to 6 miles. Think about a good day with great friends from our very special Pittsburgh AYH.

Ben

SUNDAY HUNTING

From: "Kate St. John" <KStJohn@WQED.Org>

Dear Pittsburgh Council of AYH and Maribeth Hook, Marianne Kasia, etc. The timing of this email may be all wrong because it's summer and everyone's busy. However, I'm contacting outdoors clubs in PA to let them know about a proposal before the PA State Legislature to allow deer hunting on Sundays. (I found your Website in my search for PA outdoor clubs.) If you could possibly pass this on to your membership (or write/call the legislators or attend a public hearing) it would surely help stop this proposed law which would overrule the Game Commission. If you have questions, please fell free to email me. My interest in this is purely personal: I hike every Sunday and I am a bird watcher.

SUNDAY HUNTING, PUBLIC HEARING

No matter how you feel about hunting you probably try to plan your outdoor time for Sundays during hunting season -- especially during Antlered Deer Season. This could change!

On 4/13/99 Representative Dan Surra introduced House Bill 1237 to amend game laws and allow Sunday hunting in PA during Antlered Deer Season. When members of the hiking community expressed dismay, Rep. Surra called the President of the Susquehanna Appalachian Trail Council (I quote from her e-mail)

"to see if I had any questions, and to assure me that he is both open minded about the issue and committed to allowing Sunday hunting. He [Rep. Surra] admits that the current bill, which calls for only two Sundays for antlered deer season, is the beginning of a strategy which could lead to hunting being allowed on Sundays for all game."

Some of those in favor of Sunday hunting have offered to substitute a weekday as a no-hunt day. If Rep. Surra's strategy succeeds, this would leave *no* hunt-free weekends for six months per year. (There are variety of game seasons in effect from October through February, plus May Spring Gobbler season. This doesn't even count the unlimited hunting of Foxes, Crows, etc.)

If you like to be outdoors on Sundays (I certainly do!), I urge you to write to members of the Game & Fisheries Committee, to which the bill has been referred (see below for names and addresses). I also urge you to attend one of the two public hearings that the Game and Fisheries Committee will have on this issue. The first was June 10 in Crawford County.

The other will be in the Harrisburg area; no details are available yet. Rep. Smith's Harrisburg office number is 717-783-8783.

Contact information for the PA House Game & Fisheries Committee:
Representative Mailing address when legislature is in session:
c/o House Box 202020, Harrisburg, PA. 17120-2020

- Bruce Smith, 540B Industrial Dr., Lewisberry, PA. 17339 (Committee Chair)
- Theresa E. Forcier, 629 State St, Meadville, PA. 16335 (Committee Vice- Chair)
- Scott E Hutchinson, 302 Seneca St., Oil City, PA. 16301 (Committee Sec)
- Mathew E Baker, 74 Main St., Wellsboro, PA. 16901
- Kerry A Benninghoff, 209 S. Allegheny St., Bellefont, PA. 16823
- Robert W Godshall, 1702 Cowpath Rd., Hatfield, PA. 19440
- Dick L Hess, 133 S. Richard St., Bedford, PA. 15522
- Jim Lynch, 231 Pennsylvania Ave., W. Warren, PA. 16365
- Sandra Major, RR#6, Box 6022-C, Rt 706, Montrose, PA. 18801
- Fred McIlhattan, 21 N. 6th Ave, Clairon, PA. 16214
- Mark S McNaughton, 2233 Paxton Church Rd., Harrisburg, PA. 17110
- Sheila M Miller, 2209 Penn Ave., West Lawn, PA. 19609
- Tracy Seyfert, 21 Myrtle St., Suite B, Girard, PA. 16417
- Rod E Wilt, 2 S. Mercer St., Greenville, PA. 16125
- Leroy M Zimmerman, 609 E. Main St. Box 59, Ephrata, PA. 17522
- Gaynor Cawley, 330 S. Main Ave., Scranton, PA. 18504 (Minority Committee Chair)
- Edward G Staback, 307 Betty St., Box 305, Archbald-Eynon, PA. 18403 (Minority Vice-Chair)
- Thomas F Yewcic, 535 Fairfield Ave., Johnstown, PA. 15906 (Minority Sec)
- Gary Haluska, 805 N. 5th Ave., Patton, PA. 16668
- Michael K Hanna, Sr., 29 Bellfonte Ave., Lock Haven, PA. 17745
- David K Levdansky, 112 Second Ave., Elizabeth, PA. 15037
- Joseph A Petrarca, 210 Longfellow St., Vandergrift, PA. 15690
- Harry A Readshaw, 5101 Old Clairton Rd., Pittsburgh, PA. 15236
- James E Shaner, 582 University Dr., Dunbar, PA. 15431
- Dan A Surra, 6 Shawmut Sq., S. St Marys St., St Marys, PA. 15857
- Edward P Wojnaroski, 419 Locust St., Johnstown, PA. 15901



ROCK CLIMBING

Rock Out with AYH!

Rock climbing trips from Pittsburgh Council of American Youth Hostels

The AYH Rock Climbing program is a great way to experience the thrill of rock climbing. Our Beginner trips are focused on teaching "never evers" the basics of rock climbing. AYH supplies the climbing gear plus a group of experienced climbers to set up the climbs and teach the course. All you need to bring is a bag lunch, water, and a sunny disposition. Wear loose-fitting, comfortable clothes (shorts and T-shirts in the summer) and tennis shoes. It's not a bad idea to pack raingear in the event of a late-afternoon thunderstorm.

Beginner trips are held at Coopers Rocks State Forest, Exit 15 on Rt 68, east of Morgantown, WV. Trips leave from AYH headquarters at 7:30 am. We arrive at Coopers Rocks around 9:30 am, followed by a short walk to the climbing area. We are back at the cars by 4:30 or so. Many climbers stop at a local restaurant for dinner before driving back to Pittsburgh. We typically arrive back at AYH headquarters by 8 pm.

Cost is \$10 for AYH members (\$12 for non-members). Gas money (\$5/person, if you car pool from AYH Headquarters) and dinner are NOT included in the trip fees.

Beginner trip fees break down as follows:

- \$3 activity fee (for first-timers only)
- \$3 harness/helmet rental (if you don't own your own)
- \$3 rope fee (for periodic rope replacements)
- \$1 AYH registration fee (\$3 for non members)

Experienced climbers are welcome on our "Beginner" trips since we top-rope climbs of varying difficulty (through 5.10). Seneca Prep trips teach seconding skills in preparation for a multi-pitch climbing trip to Seneca Rocks. The AYH climbers also make frequent "unofficial" trips to Seneca Rocks, New River Gorge, the Gunks, and local climbing areas. Several AYH climbers can be found hanging out (pun intended) at The Climbing Wall, located in The Factory on Penn Avenue, on Thursday nights from 7 to 9:30 pm. Then we retire to the Evergreen pub (also on Penn Avenue) for a few cold ones and to make plans for the coming weekend.

To find out more about the AYH climbing program, call Chuck Jones at (412) 242-6172. To sign up for a specific trip, call the Trip Leader listed in the table below. Trip size is limited. Call the Trip Leader (not the climbing chairmen) to sign up.

1999 AYH ROCK CLIMBING TRIPS			
DATE	DAY	LEVEL	TRIP LEADER PHONE
July 31	Sat	Beginner	Dave Hartman (412) 821-3796
August 15	Sun	Beginner	Dave Hartman (412) 821-3796
August 28	Sat	Seneca Prep	Pat Holtzinger (412) 343-8379
August 29	Sun	Rain Date**	Barb Homistek (412) 687-7328
September 11/12	Sat/Sun	Seneca Rocks	Chuck Jones (412) 242-6172
September 26	Sun	Beginner	Ann Minard (412) 381-1309

** - Rain Date trips are only needed if a prior Beginner trip was rained out.

NORTH COUNTRY TRAIL ASSOCIATION 1999 ANNUAL CONFERENCE

(Continued from page 7)

Preserve--13 mile hike of moderate difficulty; **Historical Bus Tour**--Additional fee of \$5 collected at the Conference; **Private Land Workshop**; **First Aid on the Trail**; **Trail Signs**; **Women in Hiking**; **Stewardship**--Roundtable on Trail Adopter programs; **Pontoon Boat Ride** (*tentative, depends on demand*) \$5.50 charge collected at Conference; **OUTDOOR FEST**.

Afternoon: Hike Alpha Pass to Eckert Bridge and back--Difficult hike of about 3 miles; rock climber haven; **Hike, Davis Hollow Picnic**--Easy hike of 1+ mile; **Holistic Hike**; **Basic Trail Work Training**; **Ultralight Backpacking**; **Orienteering**; **Fund Raising and Grants**; **Life Member Reception**.

Evening: Keynote Speaker--Thom Hogan, Backpacker Magazine; **Live Auction Sunday, August 29**

Morning: More Hikes Planned! NCTA Chapter President's Meeting.

Location, Location, Location!

The Conference will be held a few miles west of Butler, Pennsylvania and 40 miles north of Pittsburgh at Camp Lutherlyn. The retreat covers 640 scenic acres, with 17 miles of trail and comfort-able accommodations. Cabins have spacious bathrooms, paneled walls, carpeted floors and wooden bunks. There also are A-frame cabins available. Limited RV and tent camp- ing sites available. Beautiful new dining hall with central air conditioning. Other facilities in- clude: Tennis, volleyball and basketball courts. Lakes for swimming, fishing and canoeing. Heated pool, picnic pavilions, hiking trails, snack bar.

Directions to Lutherlyn/Camp location: Lutherlyn is located south of Prospect, PA on Dick Road 1.5 miles off highway 422, seven miles west of Butler. It is approximately 40 miles north of Pittsburgh. Lutherlyn signs are located on Rt. 422 and at the head of the driveway.

From the north or south: If you are traveling north or south, Rt. 422 can be accessed from Rt. 79 or Rt. 8. On highway 422, go east toward Prospect and Butler. TURN SOUTH AT 84 LUMBER. There is a small Lutherlyn sign there. Proceed approximately 1.5 miles to the MAIN CAMP ENTRANCE. The main camp entrance has a large wooden sign and evergreen trees. It is about 1 more mile to the parking lot.

REGISTRATION: There will be lots to do, and I hope people will come for the whole confer- ence, if they can. If you have any specific questions, call me, Bob Tait, at (724) 287-3382 or send me e-mail at Bob_Tait@nauticom.net. You may request registration materials, including a list of costs for registration, meals, and lodging, by calling toll-free to 1-888-454-6282. Or you can register by telephone using your VISA or MasterCard by calling the same toll-free number, 1-888-454-6282.



BICYCLING

Touring Bike Rides

The bicycling program is up and running. On April 13th, 9 people met to set some goals and a schedule of rides. Our bicycling goals include:

- 1. Bicycle travel by people of all ages for fun and enjoyment.
- 2. A "see the world" focus, exploring new areas with a relaxed, non-competitive attitude.
- 3. A diversity of trips on trails and roads, including both day and overnights.
- 4. To educate people in effective cycling, safety and bike maintenance

AUGUST 6,7,8 Originally scheduled to be a bicycle touring weekend, it is now a mountain biking and hiking weekend. Blanch and Jack Asherman have generously offered us the use of their 2 condos at Snowshoe for a great weekend in this beautiful area of West Virginia. The Greenbriar Trail, Cranberry wilderness, Allegheny Trail, Cass Scenic Railroad and the National Radio Astronomy Observatory are only a few of the interesting places in the area. I am sure we can find some good places to swim also. Blanch and Jack are our guides. The cost will be the cost of your meals and possible car pooling expenses plus the AYH fee of 1\$ per day for members, or 3\$ per day for non-members. Space is limited. Call Joan Roolf at (412) 351-2061

August 15, Sunday George Nowak is leading another ride in his area. More to follow from George. Call (412) 921-0653

August 28, Saturday Ghost Town Trail in Indiana County. This trail is well maintained and runs from Dilltown to Nanty Glo following Black Lick Creek. It is a 32 mile ride. Joan Roolf (412) 351-2061

August 29, Sunday Mon Valley Century
The Mon Valley Century Ride is scheduled for the last weekend in August (see page 11 for registration form). Volunteers are needed to work on the ride. If you are interested in volunteering for the ride, contact Chuck and Lynn at (412) 653-3257

September 11, Sunday Sunday morning is a great time to ride through the city, when the traffic is low. We include several trails, where possible. Joan Roolf (412) 351-2061

October 2, Saturday Shenango Reservoir area. Jim Ritchie (412) 828-0210

October 3, Sunday Sabre Ride from Settler’s Cabin Park (412) 431-4910

October 8, 9 and 10th Wilderness Lodge Weekend See ———>

It promises to be a "cool" place to be in the "heat" of summer!

Additional Area Bicycle Rides, courtesy George Schmidt

October 2-3 YOUGHTOBERFEST, Boston, PA. Festival featuring biking and hiking the Yough River Trail. Mon/Yough Trail Council. Regional Trail Corp. 724-872-5586.

TOUR DE GRAPE HARVEST

WILDERNESS LODGE

OCTOBER 8TH,9TH,AND 10TH

THIS YEAR IS A REPEAT OF A VERY SUCCESSFUL 1998 WILDERNESS LODGE BICYCLE TOURING TRIP. WE WILL RIDE AMONG THE GRAPE VINYARDS, APPLE ORCHARDS, BACK COUNTRY ROADS, STOPPING AT A LOCAL WINERY OR TWO. OTHER LOCAL RIDES CAN BE DONE ON SUNDAY. LAST YEAR THE RIDE AROUND FINDLEY LAKE WAS IDEAL. COMBINE ALL OF THIS WITH OCTOBER'S BRIGHT BLUE WEATHER AND BRIGHT COLORS AND YOU HAVE A PERFECT BICYCLE TOURING WEEKEND. A MOUNTAIN BIKE OR HYBRID ARE REQUIRED PLUS A HELMET.

A SATURDAY EVENING MEAL AT WILDERNESS LODGE(A FAVORITE WITH EVERYONE) WILL BE POSSIBLE IF ENOUGH PEOPLE SIGN UP. GAMES AND A SING-ALONG WILL FOLLOW DINNER OR POSSIBLY A STAR-GAZING WALK.

COST IS: \$45 PER PERSON (\$55 NON MEMBERS) IN DORM STYLE ROOMS (3-6) \$120 PER ROOM(\$140 NON-MEMBERS FOR PRIVATE DOUBLE ROOMS SATURDAYS DINNER AND BREAKFASTS ARE EXTRA BRING YOUR OWN LUNCH OR EAT WITH THE GROUP IN A LOCAL RESTAURANT

RESERVE EARLY- SPACE IS LIMITED SEND A CHECK FOR THE FULL AMOUNT PAYABLE TO PITTSBURGH AYH. NO REFUNDS AFTER SEPTEMBER 15TH UNLESS A REPLACEMENT FOR YOU IS FOUND.

SEND PAYMENT AND REGISTRATION FORM TO:

**AMERICAN YOUTH HOSTELS
TOUR DE GRAPE HARVEST
830 WARRINGTON AVE.
PITTSBURGH , PA. 15210**

FOR INFORMATION CALL JOAN ROOLF AT (412) 351-2061

TOUR DE GRAPE HARVEST BICYCLE TOUR
WILDERNESS LODGE
OCTOBER 8-9-10

NAME:_____ **AYH PASS #** _____

ADDRESS:_____

TELEPHONE:_____

ENCLOSED IS A CHECK FOR \$_____

_____**I AM DRIVING AND CAN TAKE**_____ **PASSENGERS.**
_____**I NEED HELP FINDING A RIDE.(WE WILL TRY)**
_____**I WILL DRIVE AND MEET THE GROUP AT WILDERNESS LODGE.**

LIABILITY WAIVER

In consideration of your acceptance of my application for participation in the cycling weekend at Wilderness Lodge, I, the undersigned, for myself and 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 the Pittsburgh Council, American Youth Hostels, Inc., Wilderness Lodge, their activity leaders, and their respective agents, boards, comissions and any other involved employees, representatives, and volunteers from all liability arising out of, or connected in any way with my participation, whether or not caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers which may arise at any time during the weekend. 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. I attest that I am physically fit and sufficiently trained for participation in 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 the said parties ofany right hereunder.

SIGNATURE:_____ **DATE:**_____



SEA-KAYAKING

Activity Co-Chairs: Vickie Gotaski 412-344-4929
Fran Fleming 412.363.1221

Paddler's Dinners are held at various local restaurants on the second Tuesday of the month. Throughout the summer we will also be having an "Introduction to Sea Kayaking" at various local lakes on the Thursday of the week following the Paddler's Dinners. Everyone is welcome to attend both.

Sea-kayaking: Rapids and Reptiles?

Probably not what you'd expect from the sea-kayaking program but our summer has gotten off to a great start. We've explored some tranquil lakes in Central PA, Letterkenny with its crystal clear water along Blue Mountain and nearby Mountain Lake on Conococheague Creek, a small lake behind an old mill dam. The lake is inhabited with hundreds of midland painted turtles that were sunning themselves on the logs as we paddled along. Another part of the lake is covered with lily pads and bull frogs, which may explain the apparently happy and well-fed mink we encountered at the launch.

We have covered some miles on the Allegheny and crossed the reservoir at Kinzua, kayak camping along the way. We played in the Yough at Ohiopyle and came across a 4-1/2 foot timber rattlesnake on the trail as we rode our bicycle shuttle back to Ramcat. And now we're headed to the Great Lakes, back to the Allegheny and Summerville Lake to see what else we can find. If you would like to join us, just give us a call and we'll see you on the water.

August 7-8, 1999 - Lake Erie, North East PA - Intermediate
Paddle along the shore of Lake Erie through the heart of wine country.
Russ 412.331.2073
Vickie 412.344.4929

August 10, 1999 - Paddler's Dinner - Everyone welcome Potluck at Jeannie's house
Call Early
Jeannie 412.854.1248

August 14-15, 1999 - Summerville Lake - Intermediate
Car-camping in West Virginia
Swim, snorkle and paddle secluded areas of the lake.
Call Early
Vickie 412.344.4929

August 19, 1999 - Intro at North Park - Everyone welcome
Don't let the summer pass you by.
Russ 412.331.2073

August 21, 1999 - Kennerdale to Emlenton - Everyone welcome This is a long-time, favorite Allegheny River trip (18 miles)
Russ 412.331.2073

August 27-31, 1999 - Georgian Bay Ontario - Intermediate
Paddle along the coast with possible camping on Flowerpot Island. Try snorkelling and explore the cliffs and caves.
Call Early
Vickie 412.344.4929

September 4, 1999 - Emlenton to East Brady - Intermediate
On this Allegheny River trip (20 miles) we pass the transition point into deep water and encounter larger boats.
Russ 412.331.2073

September 11-20, 1999 - Mingan Island, Quebec - Intermediate
We will be staying two nights at different youth hostels and kayak camping the rest. See puffins, whales, rock formations and who knows what else.
Call Early
Vickie 412.344.4929

September 18, 1999 - Keystone Power Dam
Call for details
Barb 412.371.2506

September 25, 1999 - Kinzua to Buckaloons - Everyone welcome
Here we backtrack to make up one of the missing links on our quest to paddle the Allegheny River (16 miles)
Russ 412.331.2073

October 8-10, 1999 - Allegheny Reservoir - Intermediate
Fall foliage is in full swing, kayak camping
Fran Fleming 412.363.1221

Don't have a kayak? That's okay, we have extras. Call your trip leader to reserve one. Also, canoes are welcome on most trips.



CANOEING

Activity Co-chairs: Paul Henry (724) 347-3282
Brian McBane (724) 443-8972

July 28 Wednesday Eric/Shelley Nilson (412) 487-3255 (H)
Thunder Moon early evening paddle through a lock on the Allegheny.
Picnic supper on a near-by island. Call for details.

Aug. 14 Saturday Joyce Appel (724) 526-5407
Canoe/Kayak Yellow Creek State Park. Hiking and paddling during the day, stargazing from canoes at night. Optional camping overnight. Call for more information.

Aug. 21 Saturday Rich Gemeinhart (412) 462-1876
Moving water school. Call for details.

Aug. 28 Saturday Jon Maiman (412) 242-7179
Whitewater rescue clinic. Call for details.

Joyce also has more information about a Regatta Weekend, Aug. 28,29 to be held at Moraine. There will be canoeing and sailing things to do,

Sep 3 to Sep 6 Friday-Monday A.J. Stones (412) 241-6042
** Not an AYH trip ***
Canoeing in Ontario from base camp in Algonquin Park



SAILING

SAILING LEADERS NEEDED
The AYH Sailing Activity is looking for experienced sailors who would like to help with our sailing program this year. Our sailing fleet will emphasize Sunfish this year as we have sold the Flying Junior sailboats we used the past ten years. We are also planning joint activities with the Moraine Sailing Club including sailboat racing and joint hikes/day sails at Moraine State Park. Please call Bob Zavos at 412-241-0659 for more information.

Aug 7,14 Sat. Lake Arthur Janet Herczak 412-921-3565/
Bob Zavos 412-241-0659
DAY SAILING from Watts Bay area on the North Shore of Lake Arthur. Depending on weather conditions and participation levels we will offer sailing In Sunfish (Jan Herczak) and Flying Scot (Bob Zavos) sailboats. We may join in the Moraine Sailing Club races. Reservations requests should be made no later than the previous Thursday. We may reschedule some of these sessions to Sunday afternoons depending on Weather and leader availability. Please call Janet or Bob for more information.

Aug 21 Sat. Lake Arthur Becky Jarold 412-931-0905
Not an AYH activity
HIKE, BIKE, SAIL and PICNIC. The Sierra Club will lead a hike at Moraine State Park and the Western PA Wheelman's will lead a bike ride in the area of the park. These groups will then join the Moraine Sailing Club for a sail after the days sailboat races. Many of the people will join MSC for a Corn Roast picnic at the Davis Hollow Marina restaurant. A great opportunity to meet new people and exchange information about each other's clubs.

Aug. 28-29 Sat, Sun Lake Arthur Bob Zavos 412-241-0659
REGATTA AT LAKE ARTHUR. The Butler County Tourist Promotion Agency will sponsor a major event at Lake Arthur, Moraine State Park. There will be many different outdoor activities including entertainment, fireworks, kites, hot air balloons, and most types of boats. AYH will participate in sailing. If you would like to view the activities from a Sunfish or go out for a ride in a Flying Scot sailboat call Bob Zavos.

Sep 11 Sat. Lake Arthur Sara Zavos 412-241-0659
WOMEN'S SUNFISH REGATTA. AYH will join in this season's second Moraine Sailing Club Women's Sunfish regatta. Sailing experience on the Sunfish is required. Other individuals may be placed in the larger Flying Scot sailboats if space permits.



HIKING/BACKPACKING/TRAILS

July 25 Sunday Bruce Sundquist 724-327-8737
Umteenth annual innertube trip on the Youghiogheny River from Johnson Run to Camp Carmel. 3 miles of hiking plus 3 miles of tubing. Limit: 18.

AUGUST 6,7,8 Originally scheduled to be a bicycle touring weekend, it is now a mountain biking and hiking weekend. Blanch and Jack Asherman have generously offered us the use of their 2 condos at Snowshoe for a great weekend in this beautiful area of West Virginia. The Greenbriar Trail, Cranberry wilderness, Allegheny Trail, Cass Scenic Railroad and the National Radio Astronomy Observatory are only a few of the interesting places in the area. I am sure we can find some good places to swim also. Blanch and Jack are our guides. The cost will be the cost of your meals and possible car pooling expenses plus the AYH fee of 1\$ per day for members, or 3\$ per day for non-members. Space is limited. Call Joan Roolf at (412)351-2061

August 7 Saturday Jim Ritchie 828-0210
Baker Trail/North Country Trail, Maintenance Hike: Allegheny National Forest/Kittanning State Forest. This is my personal section of the Baker Trail-the part I maintain as an Adopt-a-Trail volunteer. I want to go through on my annual maintenance trip and put a fresh coat of paint on the blazes, pick up any trash, and clear any debris off the trail. The North Country Trail National Conference will be on August 26-29 in Butler, and we want the Baker/North Country to be in tip-top. Call Jim for more information and reservations.

September 11 Saturday Jim Ritchie 828-0210
Baker Trail Hike, Crooked Creek section from Bethel Twp to Cochran’s Mill. This hike is about 10 miles and covers highly variable terrain: steep hills, open fields, wooded hills, abandoned strip mines, the famous Baker Trail covered footbridge over Horney Camp Run, and two Baker Trail backpacking shelters. This hike will be for experienced hikers who are accustomed to hiking this distance; it is not a beginner’s hike. Rated intermediate or higher. Call Jim for more information and reservations.

October 17 Sunday Jim Ritchie 828-0210
Baker Trail Hike, Keystone section, Indiana County. This hike is approximately 10 miles long and will be an in-and-out hike on a Christmas tree plantation and in the shadow of the Pennsylvania Power Company’s Keystone Power Generating Station near Shelocta, PA. We also will visit the Idaho Shelter for backpacker’s, renovated this spring by Boy Scout Troop #91. This hike will be for experienced hikers who are accustomed to hiking this distance; it is not a beginner’s hike. Rated intermediate or higher. Call Jim for more information and reservations.

November 7 Sunday Jim Ritchie 828-0210
Baker Trail Hike, Mahoning Section. This is another 10-mile hike on the Baker Trail, this time north of Dayton in the Mahoning Reservoir area. Start at Smicksburg Road and hike to the Mahoning Dam, going past the Jantz (Mahoning) Shelter for backpackers. Also, see the Milton Loop Campground, the village of Milton, and Mahoning Dam. Dinner at Stockdale’s in Dayton at your option. This is definitely a hike for those who love to walk; it is not a beginner’s hike. Rated intermediate or higher. Call Jim for more information and reservations.

December 5 Sunday Jim Ritchie 828-0210
Baker Trail Hike, Red Bank Creek Section. The fourth and final 1999 ten-mile hike on the Baker Trail, starting near Tar Kiln Run, going to Red Bank Creek, Heathville, and finally Summerville. Meet Amos Duck, visit the Summerville Shelter for backpackers and, at your option, eat dinner at the Kountry Kitchen in Summerville. This hike will be for experienced hikers who are accustomed to hiking 10 miles. It is not a beginner’s hike. Rated intermediate or higher. Call Jim for more information and reservations. "

Big Baker Trail Story in September Golden Triangle

Be sure to read the September 1999 issue of the AYH *Golden Triangle* so you can read about the extraordinary effort of two wannabe Eagle Scouts (working for the Eagle Badge) from Brookville, PA who financed, designed, manufactured and assembled two (!!-count 'em, two) brand new backpacker shelters on the Baker Trail over the spring of '99. The new Corsica Shelter and North Freedom Shelter are open and ready for business. The story is a great story of initiative on the part of the scouts, Jim and Mike Walters, guidance and direction from their leader Dave Galbraith of Galbraith’s Furniture in Brookville, and support from Mom and Dad, Maxine and Ron Walters.

VOLUNTEERS NEEDED!

The Keystone Trails Association will be spending the weekend of Sept.11,12, and 13 doing trail maintenance and re-routing in the Quebec Run Natural Area. Local volunteers are needed to help out. There will be something to do for every level of worker. Wear sturdy shoes and bring work gloves. Come for the weekend or just for the day. For more information or to sign up, call Mary Pitzer at (412) 279-7154 or e-mail at pitz99@stargate.net

The following month, Oct.15,16, and17, KTA will be doing trail work at Ohiopyle State Park. Camp out for the weekend or come down just for the day. For more information, call Mary Pitzer.

NORTH COUNTRY TRAIL ASSOCIATION 1999 ANNUAL CONFERENCE

BUTLER, PA – AUGUST 26-29

by Bob Tait, Pennsylvania State Coordinator, North Country Trail

I've been thinking about what I could tell you to convince you to come to the NCTA's 1999 Annual Conference in western Pennsylvania. We have so much planned I don't even know where to start!

The Conference will be held at Camp Lutherlyn, a church camp located about 4 or 5 miles south of Moraine State Park. It's a great facility. The cabins are excellent, they have a brand new dining hall, lots of meeting space, hiking trails, and a beautiful outdoor chapel. There's a swimming pool, lakes, a small tent camping area, and many trails that you can enjoy. There is a lot of rich history at this camp, and it's convenient to restaurants, too.

In general, the area has lots to do. We're going to have many hikes along our 24-mile section of the North Country Trail, that will be varied in difficulty. The Slippery Rock Gorge Trail is one of the most beautiful trails on the North Country Trail. It's about seven miles, but it's an extremely difficult trail - only for the fittest hikers. There are sections of the NCT in the popular Jennings Environmental Education Center. Hell's Hollow is a place where you can spend time, with a little waterfall, an old iron furnace, and trails. We're going to make our hikes as interesting as we can. We have hikes emphasizing wildflowers, geology, and wild food. We also have a "holistic hike," which is more than just walking; it makes one aware of the many dimensions of a hiking experience. I think you'll be interested in this.

The programs will be just as varied. We have programs on women and hiking, ultralight back-packing, trailwork, signs (presented by Bill Menke) and more, so we have lots of programs for people to choose from. They'll also be shorter, so you can go to a program and enjoy a hike as well. Our evening speakers are going to be Tom Hogan, Editor of Backpacker Magazine, and David Lillard, President of the American Hiking Society. We're asking them to talk about what they see for the future of trails in the United States, what are hikers asking for and how can we build better trails to attract hikers.

At the campfire a local historian will talk about the history of our area. We'll also have a historical bus tour on Saturday. This will include visits to McConnell's Mills, a covered bridge, then to the Davis Hollow Outdoor Center, headquarters of the North Country Trail Association in Pennsylvania, and finishing at the Old Stone House. This is limited to 80 people. We'll have people talking about the history of those places on the bus ride. We'll also have a pontoon boat tour available on Friday morning, limited to 50 people.

We'll also have a silent auction during the first couple days of the conference. We have a woman who is making a quilt with the North Country Trail logos on them to be auctioned off. We also have a quilt made by an Amish lady who lives near the trail.

Saturday will be a busy day, as we will host a large Outdoor Fest. We have invited Outdoor clubs, stores and parks to set up displays and demonstrations and we will open this to the public. We'll even have a climbing wall! We want to make people aware of the NCT and the outdoor attractions in our area. There's also a Regatta on the Lake at Moraine State Park.

Pontoon Boat Ride: The pontoon boat ride on Lake Arthur will include a hike over the Hidden River Bridge, built by the Butler NCTA and the Butler Outdoor Club, and a visit to the Moraine Preservation Fund Owl Barn, where barn owls are being reintroduced to Pennsylvania. The tour will start at 10:00 and last approximately an hour. The history and ecology of Lake Arthur will be featured. The cost (collected at the Conference) is \$5.50 for adults and \$3.50 for children. It's limited to 50 people; so if you want to sign up, you must let the National Office know as soon as possible, or take your chances and sign up when you arrive. The ride will be on Friday morning, but if interest is high, we may hold it again on Saturday morning.
Historical Tour: On Saturday morning, we will hold a bus tour from 8 a.m. to noon. The tour will include McConnell's Mill and the covered bridge, the Davis Hollow Outdoor Center, and the Old Stone House. These three buildings each have unique historic values and they all are on the North Country Trail. Davis Hollow houses the state headquarters of the North Country Trail Association. The Stone House was a stagecoach stop in the early 1800's. The Mill is still a functioning grist mill. On the bus we will have a speaker talking about the history of each place. This tour will cost \$5.00 per person, collected at the Conference. To reserve a seat, you must let the National Office know as soon as possible.

Schedule of Events
(Some changes may occur prior to the start of the Conference)

Thursday, August 26
Afternoon: Self-Guided Hikes: Explore the trails at Jennings Environmental Education Center, including the Stone House; **NCTA Executive Committee Meeting**
Evening: Photographing the Outdoors: Guest Speaker

Friday, August 27
Morning: Early Bird Hike on camp grounds; **Hike to Cook Forest**--Easy 8 mile hike through virgin "Cathedral Forest" - bag lunches; **Hike from Stone House to Route 528**-- Easy 5 mile hike with vista; **Hike from Hidden River Bridge to Route 528**--Medium 8 mile hike paralleling Lake Arthur; **Hike through Slippery Rock Gorge**--Difficult hike of 8 miles in beautiful but rugged territory; **Geology Hike; Interacting with the Media**--Session at camp; **Edible Wild Foods**--Hands on, find and cook foods; **Fast Chapter**--Session at camp about keeping Chapter efforts on track and moving forward; **Pontoon Boat Ride**--Space is limited, \$5.50 charge collected at Conference; **NCTA Trail Council Meetings.**

Afternoon: Hike Alpha Pass to Eckert Bridge and back--Difficult hike of about 3 miles through rock climber haven; **Hike from Davis Hollow Cabin to Lake Arthur Viewpoint and beyond**--Easy hike of about 4 miles; **Hike, Davis Hollow Picnic**--An easy hike of a little over 1 mile; **Wildflower Hike; Edible Wild Foods; NCTA Board Meeting.**

Evening: Awards Ceremony for Volunteer Hour Achievements; Keynote Speaker--David Lillard, President of the American Hiking Society; **Campfire**--Dave Dickson presentation on local history

Saturday, Aug. 28
Morning: NCTA Annual Membership Meeting; Hike Stone House to Route 528--Easy 5 miles w/ vista; **Hike from Hidden River Bridge to Route 528**--Medium 8 mile hike paralleling Lake Arthur; **Hike through Slippery Rock Gorge**--Difficult hike of 8 miles in beautiful but rugged territory; **Hike from Davis Hollow Cabin to Lake Arthur Viewpoint and beyond**--Easy hike of about 4 miles; **Hike Hidden River Bridge to Jennings Nature**

(Continued on page 4)

HELP US MAINTAIN THE BAKER TRAIL

Do you have an interest in hiking and hiking trails? Could you help us take care of the Baker Trail doing a one-time trail maintenance project??? If you love hiking and the outdoors and you can assume responsibility for blazing a section of the Baker Trail on your own time, please give me a call. I will provide a brief training session and turn you loose on your own project. AYH will provide or reimburse you for paint and brushes. This year, our greatest need is for volunteers who will blaze along several miles of country roads in Armstrong, Indiana, Jefferson, and Clarion counties. Reply to Jim Ritchie, (412) 828-0210, or send email to jlr@budget.ba.pitt.edu

RACHAEL CARSON TRAIL CHALLENGE WRAP-UP



The Sky Was Blue...
From "Stagger Lee",
Lloyd Price, 1959

The Saga of the 1999 Rachel Carson Trail Challenge

The sky was blue; the air was cool; the trail was clean; the water was low. spirits were high. That pretty much sums up RCTC ‘99. A grand total of 195 entries put 390 feet on the Rachel Carson Trail treadway on June 19, 1999. Seventy-four (74) athletes ran, walked, climbed, scooted, and stumbled their way through the 33.24 miles from the Beaver Shelter in North Park to the Ox Roast Shelter in Harrison Hills Park. The first finisher, Frank Eyth, of Pittsburgh, ambled into Harrison Hills at 12:50 pm, so early no one was there to greet him. By the time the support services got there, he had gone home and left a note with a party of picnickers at the nearby Ox Roast Shelter. So good were conditions, and so primed were the athletes that the second finisher, John DeWalt, of Sarver, PA, knocked nearly two hours off his personal best finish at 3:30 PM in 1997 finishing at 1:35 PM, and newcomer Stephen Downing, of Sewickley, was only a short distance behind, finishing at 2:10 PM.

The best weather day of the year greeted the Challengers at they checked in at 5:30 AM to get their shirts, maps, and 3-minute orientation before striking out across the causeway to the Rachel Carson Trail. The high temp for the day was 74 degrees; when the sun approached midafternoon, the clouds coolly complied by filling the sky, filtering the sunlight into mellow warmth.

The hikers were supposed to hit the Route 8 crossing by 7:10 am; we had carefully calculated the times the fastest hikers would hit each key point along the Trail. By the time Cele and I got there to direct traffic and provide a safe crossing, dozens of hikers were streaming out of the woods and out across the highway, unattended. They were way ahead of schedule. I called Leo (Stember, co-organizer) and said “You’d better set up Shaffer Road early because they’re going to outrun our checkpoints”.

At Shaffer Road, the runners’ vanguard, led by John DeWalt, Frank Eyth, and Stephen Downing were coming into sight as the very first marshal began to set up. Within minutes, dozens more were coming in, looking great actually, cool, relaxed, dry; having a good day. Personal Bests were going to be the order of the day. Sylvia gave out bandages for blister, Jim Crist and daughter Emma provided the entertainment at CP1 (Check Point 1) with Emma quizzing hikers on who they voted for for president, their favorite color, movie, song, etc. Frank, whose granddaughter was running the Challenge, steered hikers to the checklist; Jim Crist made sure they had checked in before they left.

As the day went on, the pace picked up. Many hikers were actually picking up steam as they headed down the Trail, starting off slow from North Park to Shafer and building up speed as they progressed. Past Casey’s, where Marshal Vince made sure the hikers stayed on track along the entrance road and back through the equipment yard.

At Emmerling Park, Marshals Patti and Steve directed the Challengers to water and restrooms, their last before hitting the first big Rachel Carson Hill, Rich Hill by name, a half-mile long climb, so steep at the bottom you can reach out and touch the dirt in front of your face as you rise up its face. I stood at the top of Rich Hill to congratulate hikers as they made it to the top, offering water and sympathy.

Soon, as they jammed their toes into the front of their hiking boots and running shoes going down LaFever Hill, they could look ahead past CP2 and see the hill known as “Mile 14”. Nearly a mile long itself, Mile 14 seems to stretch to the sky; tiny hikers off in the distance, strung out like sparse beads on a cheap necklace were scattered in a mile-long chain. Marshals Jack and Blanche, at the bottom of the hill, gave out water, snacks, and friendly advice.

Next came the turnoff to the Rachel Carson Homestead in Springdale with Marshals Vince and Hugh taking turns directing traffic on the pipeline at the end of the Roller Coaster. The Roller Coaster consists of five sharp hills, all in a row, in track no more than one mile long. One young woman, sitting by the turnoff for awhile contemplating her fate, decided to give it a go and headed on down the trail, rejecting the temptation to quit and rest, to eat, drink, get a massage, and be merry, instead choosing to challenge the dreaded unknown ahead. Five minutes later, she came back in, giving it up, today anyway, and headed for the crowd of 75 participants who pounded out the 17 mile trek to Rachel’s House.

Next stop was Sheetz where Marshals Patti and Steve reappeared, with a shelter set up to block the sun that barely peeped through the cloud cover. CP3,

however, was in full view of Crawford’s Hill, a power line right-of-way rocketing out of the valley below, 300 feet to a crest overlooking the distant Allegheny River and New Kensington. The mild sun, the low streams, the gentle breeze, and wonderful trail conditions were no match for Challengers ‘99. Nearly everyone who got to Sheetz managed, ultimately, to finish at Harrison Hills.

In the meantime, Leo was missing the leaders at nearly every checkpoint. It was Leo’s job to open up the checkpoints and get the Marshals in place with water, snacks, checklists, and instructions. Getting to Springdale Hollow/Riddle Run Road just in time to see them disappear over the top of the hill, he sped to the next road crossing hoping to intercept. Soon they came and Leo was able to water and feed the leaders.

We tried to intimidate the hikers by placing CP4 at the very bottom and edge of Burtner Hill, with perhaps the steepest rise of the entire trail at their fingertips. Even that, however, was not able to turn back a single hiker. Everyone who passed CP4 made it to the end, with time to spare.

The best parts of every Challenge are the stories shared at the end of the day, stories of heroism and cowardice, comedy and tragedy, elation and disappointment, strategy and blunder, the struggles and the insights of the human animal testing its limits. In one story, a guy and a gal are hiking, past the Homestead, past Sheetz, approaching Burtner. He keeps asking her if she’s OK and tells her if she wants to, they can quit, it's OK, he doesn't want her to be miserable. All the while, he's secretly hoping she says “OK, I’ve had enough”. But, she never says it, she just keeps on going. He's getting pretty pooped and begins to be just a little concerned that HE will make it. In the end, they both make it, but he's just a little worse for the wear and tear.

Another two guys had reached the Homestead and left the Trail to get some water and food and contemplate continuation. While their, they decided to get the free massage being offered their by Bob Rock, Martha Braun, and company from Allegheny Advanced Medicine. AAM must know what it's doing, because after the massage these guys couldn't believe how good they felt, just like they felt at 5:30 in the morning at the start, as good as new. So, they jumped back onto the trail and finished at Harrison Hills with nearly an hour to spare.

As an aside, the folks from AAM gave more than 60 massages to hikers who either finished or stopped into the Rachel Carson Homestead for a break. Homestead Director Mark Tomlinson had food and drink on hand as well as telephones and toilets for those coming in off the Trail.

At Harrison Hills, Leo and I were monitoring all the hikers out on the Trail. Using the checkpoint sheets, they could tell who was still out, who had quit, and what time anyone had gone past the CP. One couple, Bob and Lisa, were the only two people unaccounted for: they had passed Sheetz, CP3, but hours later, they had never reached Burtner, CP4. CP4 shut down at 7 pm. What would happen if they had been lost and came in 15 minutes later? 8 PM-no word. 8:30 PM-still no word. We kept asking other hikers coming in to the Park if they’d seen anyone behind them. “No”. Finally, in desperation, and on a hunch, I called Bob at home. No answer. Then Lisa. “Hello”. They had “bailed out” at Bailey’s Run, in spite of the pun. All accounted for.

As the last rays of the sun were being snuffed out on the western horizon, and Leo and I were packing up our gear to make our forced exit from Harrison Hills Park, one of the Challengers came up to me and thanked me and all of us for the work we had put into the event, saying “You know, I had to prove something to myself, and you gave me the opportunity to do that. Thanks, It is appreciated.”

Sometimes when you’re pushing your limits and you’re really tired, your mind has a hard time keeping in focus. One of the leaders got to within a half mile of the end of the hike, and couldn’t locate a turn. He looked and looked and walked back and forth and up and down and just couldn’t see it. After nearly 20 minutes of tracking and backtracking and retracing he found the turn and in 10 more minutes finished the hike. Oddly, the blaze at that turn was, in fact, in full view, and no one else mentioned having a problem at that point.

At the little dirt slide coming down into CP4 at Burtner Hill, our Trail Photographer, Jim Ritchie, Jr., was laying in the weeds waiting to get some action shots of hikers scooting down the slide to the edge of the small creek. After a couple of minutes, 3 hikers appeared at the crest of the slide and began to assume the scooting position, butt to dirt, to get down the slide without breaking a leg. As soon as they saw the photographer, however, they had to do the macho thing, and quickly bolting

(Continued on page 9)

RACHAEL CARSON TRAIL CHALLENGE WRAP-UP

(Continued from page 8)

to their feet, ran down the slide, standing upright, hell bent for leather, nearly going down face first at the bottom.

Dwight Fox of Aspinwall, a Baker Trail volunteer, earned the nickname “Mr. Clean” as he came strolling into Harrison Hills at 5:35 PM looking like he had spent the afternoon at Monroeville Mall, no sweaty clothing and hardly a single speckle of mud on his pants. Gino Santucci came in at 7:35 PM wearing a pair of shorts and carrying nothing else except a fanny pack hardly big enough to carry his car keys and a single water bottle. Leo dubbed him the “minimalist”.

As Stan Schiffman approached the cutoff to the Rachel Carson Homestead, he had not seen anyone behind him for a long, long, time. He expected that he was probably running dead last. On the “roller coaster”, less than a mile to go, he could see two people up ahead-they were hitting the peaks of the coaster just as he was. Then, they went into a dip on the roller coaster and he never saw them again. When he got to the cut off, and asked Marshal Hugh what happened, Hugh said he saw them go down and he never saw them again either. They never came back up. So Stan went in to the Homestead and 45 minutes later, here they come, straggling in. Evidently they had cut over onto a side street and wandered the streets of Springdale, looking for the Homestead, allowing Stan the satisfaction of coming in ahead of someone-anyone.

Dave Schramm, came in to register at North Park with his two boys, Jordan and Ben, only minutes before we pulled up stakes and headed for CP1. They got their t-shirts and bananas and headed out across the causeway to the Trail. About 7 or 8 minutes later, as we finished up packing our supplies, I thought I heard something in the direction of the Trail, so I glanced over to see what was going on. There was one of Dave’s boys skipping stones across the pond from the edge of the causeway. Obviously, they were here for the pleasure of a day in the woods and on the Trail without regard to making high mileage.

The Rumons, 3 girls with Dad, at Mile 14 whispered to one of the Marshals that they wanted to quit. And they looked pretty bushed. When one of the CP Marshals asked if they wanted a ride, they said no, they had an obsessed dad who was going to force them to make it to the Homestead, and they had to make him happy. At the Homestead, the girls stopped out while Dad went on to finish at 6:50 PM in Harrison Hills. Congrats, Dave!

How many people saw the guy who was just in North Park taking a walk at 5:30 in the morning, saw all the hikers going by and decided to follow them; 2 hours later he’s at the Shaffer Road Checkpoint using his cell phone trying to tell his wife where he is; problem is he doesn’t know himself. I saw him crossing Route 8 looking up at the sky like “Where am I? What am I doing here?” I assume he eventually got home OK.

Did you know Elizabeth Taylor was one of our Challengers? No lie! She made the Homestead at 3:40 PM. Good job, Liz!

Barb Peterson was thrilled with her time, finishing at 4:35 PM, knocking hours off her 1997 finish. She just keeps getting better, year after year. There were only 5 two-time finishers competing in 1999: Barb, Don Erdeljac, Pat Goebel, John Havel, and Tom Bevan. Don’s our Rachel Carson Trail maintenance volunteer extraordinaire, Pat is part of team EMS, and John and Tom came out for the “May Hikes” this year; those are the four “training hikes” we do on 2 consecutive weekends in May to give people an opportunity to train physically, but also to learn the “look and feel” of the Rachel Carson Trail. Then, of course, we have our one and only one 3-time finisher, John DeWalt of Sarver. John, too, keeps getting better and better, finishing this year at 1:35 PM.

The men who finished the 1999 Challenge ranged in age from 19 (Drew Shaub, of Glenshaw) to 63 (John DeWalt) and the women from 16 (Megan Rogers of Allison Park) to 68 (Sally Martin, 68, of Bradford Woods, finished at Harrison Hills at 8:20 PM-talk about getting better and better). In total, 13 women and 61 men finished the entire “34 miles in one day”. Not bad, not bad at all.

-jim ritchie

Spahr, Grech, and DeAngelo Winners of Rachel Carson Trail Challenge Prizes

Jon Spahr of Avalon, Louis DeAngelo of Allison Park, and William Grech of the North Hills were the winners of the Rachel Carson Trail Challenge prize drawing for the finishers of the 34-mile Challenge. All 34-mile finishers had their name put into a hat and three winners were drawn at Harrison Hills Park. Each winner receives a free night for two at either the new Pittsburgh International Youth Hostel or the Ohiopyle Youth Hostel. All finishers will receive a 6-month subscription of the AYH *Golden Triangle* newsletter, from July through December, 1999.

Of course, the real winner of the Challenge is the Rachel Carson Trail. For years, a trail plagued by low use, the RCT was beginning to fade away into the detritus of time. The Challenge puts a lot of feet on the Trail, cutting a visible trace into the dirt, making the Trail into a visible pathway through the woods and across the open spaces of the route. Organized as a fund raiser to support the expense of maintaining both the 34-mile Rachel Carson Trail and the 141-mile Baker Trail, the 1999 Challenge did so very successfully, allowing us to buy paint and brushes and new safety equipment to use while doing the necessary trail work. Thanks to all the volunteers who helped with the logistics of this event and to all the participants who entered the 1999 Rachel Carson Trail Challenge.

Thanks , Folks

-jim ritchie & leo stember

We want to take a moment to thank all the wonderful and concerned volunteers who took a day or more to help us stage the 3rd Rachel Carson Trail Challenge. Specifically, we want to thank Jerry Agin, a participant who finished the 17-mile Half Challenge in 1996 and 1997 and now the 34-mile Challenge in 1999, for being our registrar, building for future use a comprehensive database of registrants, and finishers. Thanks to Ken Chute who designed our t-shirt for us and doing such a good job that the artist at the t-shirt company nearly wet his pants exclaiming what a wonderful job Ken had done, producing an artist-ready pattern on his computer.

Mark Tomlinson, Executive Director of the Rachel Carson Homestead Association, is thanked for making the Homestead available, not only as collecting point for 17-mile finishers, but also for allowing the folks from Allegheny Advanced Medicine for setting up a sports massage station in the front yard, and for providing some refreshments for Challengers. On that note, thanks to Bob Rock and Martha Braun and their two associates (whose names I do not know), all from Allegheny Advanced Medicine, for donating their time and providing free therapeutic sports massage for all takers. Bob reports they gave over 60 massages on Challenge Day. Also, Allegheny Advance Medicine made a cash donation in support of the 1999 Challenge.

We want to thank all those who served as Marshals on Challenge Day, doing a wonderful job, and for whose work we received numerous compliments for their friendliness and helpfulness: Cele Fichter, Sylvia Madden, Jim and Emma Crist, Vince Roolf, Hugh Downing, Sue Ritchie (thanks-hon’), Jim Ritchie, Jr. (trail photographer), Jack and Blanche Asherman, Jack and Cheryl Rearick, Steve and Patti Brunner, Ben Brugmans, Jerry Agin who in addition to being our registrar also helped at check-in before zapping out 34 miles on the trail, and Miriam Schiffman. Thanks to the Hampton Township Police Department for their assistance at the Route 8 Crossing, to Mike Diehl and Harry Thompson of the Allegheny County Parks Department for going out of their way to make the parks available for us and keeping Harrison Hills open past its bedtime.

I want to thank all the maintenance volunteers who serve as caretakers for the Rachel Carson Trail year ‘round, but who made a special effort to go out and beat that trail into the best condition of its existence: Hugh and son Joe Downing, Mary Pitzer, Barb Peterson, Tim Henigin, Vince Roolf, Jill Parnham and friends in Hampton, Dan Liebel, and Don Erdeljac. A special thanks goes to Don, who went out day after day, training for the Challenge on the Trail, and fixed nearly every problem he encountered, literally fixing some on the day before the Challenge. Don hauled posts for blazing into the woods, nailed up numerous plastic blazes at critical points of the trail, and communicating almost daily on problems observed and possible ways to fix them. Don also produced (and Jerry Agin typed out) a great bus connection schedule from all points of the RCT.

Thanks, too, to the folks at Sheetz/Creighton for making an unsolicited donation of ice for the Check Point behind their store and cheerfully welcoming Challengers going in the store for food, drink, rest rooms, and more. And, obviously, we want to thank our sponsors, Pennsylvania Health and Fitness Magazine (donation of advertising space), Bell Atlantic Mobile (donation of cell phones), Chesapeake Bagels for their great bagels, Tim Meize of Meize Jet Air for a donation of 4 cases of bananas, and EMS for their donation of water bottle handouts and the participation of Team EMS.

George Bender and Grace Henning picked up and dropped off the large ten- and twenty-gallon water coolers, saving someone a couple of hours and 40 miles of driving time. Thanks to John Havel to his unrelenting encouragement to stage the 1999 Challenge. Cristen Ostendorf of the Post-Gazette and Rex Rutkowski of the Valley News Dispatch are thanked for their great coverage of this year’s event; that reminds me to thank Hugh Downing who mercilessly ran our public information campaign, getting the word out to every imaginable publication in the Western PA region. Thanks to Barb Peterson, again, this time for arranging the publicity hike in North Park with the Post-Gazette people. Thanks to Joel Platt for taking over the AYH *Golden Triangle* newsletter duties, insuring that the message got out and got out on time.

No doubt I have forgotten to thank someone who contributed physically or spiritually to the 1999 Challenge effort or I have overlooked the special effort of someone I did thank for something else. It takes a lot of people to put one of these things together. It takes the kind of people who “put in” instead of “take out” in our society. It takes the kind of people who are part of our society’s solution and not part of the problem. To all those who “put in” their two cents on behalf of the 1999 Rachel Carson Trail Challenge, Leo and Jim extend our heartfelt thanks.

THE 1999 RACHEL CARSON TRAIL CHALLENGE — SPLIT TIMES

Name	Check-Point-1 Shaffer Road	Check-Point-2 Mile 14	Rachel Carson Home- Stead	Check-Point -3 Sheetz	Check-Point-4 Burtner Road	Harrison Hills	96 Finish	97 Finish	Name	Check-Point-1 Shaffer Road	Check-Point-2 Mile 14	Rachel Carson Home- Stead	Check-Point -3 Sheetz	Check-Point-4 Burtner Road	Harrison Hills	96 Finish	97 Finish
1 Frank A. Eyth	7:15 AM				11:55 AM	12:50 PM			32 Tim G. Sullivan	8:28 AM	11:05 AM	1:05 PM					
2 John DeWalt	7:05 AM				12:00 PM	1:35 PM	F	F	33 Manus O'Donnell	8:15 AM	10:46 AM	1:05 PM					
3 Stephen M. Downing	7:23 AM				12:20 PM	2:10 PM			34 Jacques B. Brocard	8:30 AM	11:18 AM	1:06 PM					
4 Louis J. DeAngelo	7:56 AM	9:30 AM		11:35 AM	2:00 PM	3:35 PM			35 Ken Chute	8:35 AM	11:13 AM	1:09 PM					
5 Gregory A. Troup	7:55 AM	9:30 AM		11:35 AM	2:00 PM	3:35 PM			36 Daniel C. Sadler	8:05 AM	10:37 AM	1:11 PM					
6 Mike E. Gasper	7:43 AM	9:30 AM		11:35 AM	2:00 PM	3:45 PM			37 Jerry J. Blayne	8:23 AM	11:22 AM	1:28 PM					
7 Donald Erdeljac	7:49 AM	9:55 AM		12:20 PM	3:00 PM	4:10 PM		F	38 John A. Blayne	8:23 AM	11:22 AM	1:28 PM					
8 F. Adam Korona	8:05 AM	9:42 AM	11:35 AM	12:40 PM	2:54 PM	4:35 PM			39 Deborah Perry	8:44 AM	11:31 AM	1:30 PM					
9 Barbara Peterson	8:00 AM	9:55 AM		12:25 PM	2:54 PM	4:35 PM		F	40 Nicole Thibodeau-Morin	8:43 AM	11:33 AM	1:30 PM					
10 Suzanne C. Weightman	7:50 AM	9:48 AM		12:20 PM	3:00 PM	5:05 PM			41 Kierstin K. L. Carlson	9:02 AM	11:28 AM	1:31 PM					
11 John C. Spurlock	7:50 AM	9:50 AM		12:20 PM	3:00 PM	5:07 PM			42 Aaron K. Heimberger	9:02 AM	11:28 AM	1:31 PM					
12 Jerry Agin	8:30 AM	10:52 AM		1:22 PM	3:53 PM	5:25 PM	H	H	43 Katherine E. Rumon	9:12 AM	11:48 AM	1:36 PM					
13 Kirk E. Dinely	8:30 AM	10:40 AM		1:20 PM	3:53 PM	5:25 PM			44 Meredith Rumon	9:12 AM	11:48 AM	1:36 PM					
14 Jim Martin	8:30 AM	10:32 AM		1:22 PM	3:54 PM	5:25 PM			45 Michael Rumon	9:12 AM	11:48 AM	1:36 PM					
15 Dwight E. Fox	8:08 AM	10:10 AM	11:45 AM	1:20 PM	3:51 PM	5:35 PM			46 A. Thomas McGill	8:53 AM	11:40 AM	1:39 PM					
16 Brad C. Coulson	8:08 AM	9:50 AM		12:20 PM	3:20 PM	5:40 PM			47 Rita L. McGill	8:53 AM	11:40 AM	1:39 PM					
17 Guy J. Mattola		9:45 AM		12:28 PM	3:35 PM	5:40 PM			48 David A Czapko	9:05 AM	11:36 AM	1:48 PM					
18 Lynn Marie Nixon	8:10 AM	9:55 AM		12:30 PM	3:35 PM	5:40 PM			49 William F. Hanlon	9:15 AM	11:55 AM	1:48 PM					
19 Timothy J. Nixon	8:10 AM	9:55 AM		12:30 PM	3:35 PM	5:40 PM			50 Kathleen A. Kelly	9:15 AM	11:55 AM	1:48 PM					
20 Joe Triglia	7:53 AM	9:45 AM		12:28 PM	3:36 PM	5:40 PM			51 Tom A. O'Keefe	9:05 AM	11:37 AM	1:48 PM					
21 Rudolph J. Duda	7:52 AM	9:45 AM		12:25 PM	3:48 PM	5:45 PM			52 Robert M. Brown	8:18 AM	11:00 AM	2:09 PM					
22 Christopher E. Eyerman	8:08 AM	10:10 AM		11:13 AM	3:51 PM	5:45 PM			53 D. Tyler Gourley	8:18 AM	11:00 AM	2:09 PM					
23 Mark T. Eyerman	8:08 AM	10:10 AM		11:13 AM	3:51 PM	5:45 PM			54 Justin D. Scholl	8:18 AM	11:00 AM	2:09 PM					
24 Robert L. Cather	8:05 AM	10:00 AM		12:42 PM	3:47 PM	5:50 PM			55 Darlene Tokarsky	9:04 AM	11:47 AM	2:09 PM					H
25 Larry P. Wolfe	8:07 AM	10:00 AM	11:48 AM	1:22 PM	4:13 PM	6:00 PM			56 Barbara Pleskach	9:04 AM	11:46 AM	2:10 PM					H
26 Joseph E. Calhoun	8:10 AM	10:10 AM		1:02 PM	4:05 PM	6:00 PM			57 Dan M. Pleskach	9:04 AM	11:46 AM	2:10 PM					
27 Mark M. Karas	8:10 AM	10:10 AM		1:02 PM	4:05 PM	6:00 PM			58 Michael Bross	9:16 AM	12:03 PM	2:15 PM					
28 Helen Best	7:57 AM	9:50 AM		12:40 PM	3:47 PM	6:10 PM			59 Kimberly Eddy-Bross	9:15 AM	9:45 AM	2:15 PM					
29 Tim Carey	8:13 AM	10:00 AM	12:33 PM	1:20 PM	4:10 PM	6:10 PM			60 Sagar V. Vallabh		12:03 PM	2:15 PM					
30 James A. Johnston	8:10 AM	10:10 AM		1:20 PM	4:10 PM	6:10 PM			61 Terry E. Koller	9:30 AM	12:20 PM	2:29 PM					
31 Emmanuel Sideris	8:08 AM	10:10 AM		1:20 PM	4:10 PM	6:10 PM			62 Caroline J. Mann	9:30 AM	12:20 PM	2:29 PM					
32 Mike S. Super	8:11 AM	10:10 AM		1:20 PM	4:10 PM	6:10 PM			63 Grace E. Henning	8:55 AM	11:59 AM	2:30 PM					
33 Dennis Minarik	7:57 AM	9:50 AM		12:40 PM	3:47 PM	6:10 PM			64 Gregory J. Gallagher	9:48 AM	1:09 PM	2:31 PM					
34 Gregory P. Pytlik	8:03 AM	10:00 AM	11:35 AM	1:55 PM	4:25 PM	6:33 PM			65 Stanley M. Schiffman	8:52 AM	1:36 PM	3:09 PM					
35 Drew A. Schaub	8:03 AM	10:00 AM	11:33 AM	1:55 PM	4:25 PM	6:33 PM			66 William J. Grove	9:00 AM	11:55 AM	3:40 PM					
36 Patrick Goebel	8:25 AM	10:32 AM		1:22 PM	4:30 PM	6:36 PM		F	67 Elizabeth A. Taylor	8:58 AM	11:55 AM	3:40 PM					
37 Scott R. Mandarino	8:16 AM	10:29 AM		1:22 PM	4:30 PM	6:37 PM			68 Sue Abbott	9:37 AM	1:06 PM	3:58 PM					
38 Frank R Shymatta	8:04 AM	10:10 AM		1:04 PM	4:20 PM	6:37 PM			69 Diane L. Kostka	9:37 AM	1:06 PM	3:58 PM					
39 Jon Spahr	8:25 AM	10:32 AM		1:22 PM	4:30 PM	6:37 PM			Half Challenge Finishers Who Continued Past the Rachel Carson Homestead Cutoff								
40 David T. Mysliwicz	8:25 AM	10:32 AM		1:20 PM	4:30 PM	6:37 PM			1 Matt J. Dollhopf	7:52 AM	9:45 AM		12:20 PM				
41 Jamil M. Argue	8:17 AM	10:29 AM		1:22 PM	4:30 PM	6:38 PM			2 John D. Edleman	7:55 AM	9:45 AM		12:20 PM				
42 Kathy Hart-Fabish	8:15 AM	10:22 AM		1:25 PM	4:30 PM	6:40 PM			3 George G. Hall	8:19 AM	10:47 AM		12:40 PM				
43 Megan E. Rogers	8:15 AM	10:22 AM		1:24 PM	4:30 PM	6:40 PM			4 Kevin McCarthy	8:19 AM	10:48 AM		12:50 PM				
44 Tom C. Meyers	8:19 AM	10:44 AM		1:30 PM	4:35 PM	6:45 PM			5 Andrea Frenchick	8:23 AM	10:49 AM		1:50 PM				
45 J. Alan Mochnick	8:20 AM	10:44 AM		1:30 PM	4:35 PM	6:45 PM			6 Sharon L Pritchard	7:57 AM	10:10 AM		2:10 PM				
46 Lisa M. Reutzel	8:18 AM	10:42 AM		1:30 PM	4:35 PM	6:45 PM			7 Anthony P. Bufosky	8:06 AM	10:20 AM		2:25 PM				
47 Wayne B Reutzel	8:18 AM	10:42 AM		1:30 PM	4:35 PM	6:45 PM			8 Mark Siegwarth	8:30 AM	10:52 AM		2:26 PM				
48 David Rumon	9:12 AM	11:48 AM		2:25 PM	4:50 PM	6:50 PM			9 John K Reyher	8:30 AM	10:58 AM		2:32 PM				
49 Richard L. Friedline	8:28 AM	10:47 AM		2:43 PM	5:25 PM	7:10 PM			10 Ellen E. Stevens	8:30 AM	10:58 AM		2:32 PM				
50 Philip M. Osterhus	8:28 AM	10:47 AM		2:13 PM	5:25 PM	7:10 PM			11 Tim Jackovic		11:37 AM		3:15 PM				
51 George L. Bender	8:35 AM	11:06 AM		2:25 PM	5:08 PM	7:15 PM			12 Jim J. Martin		11:37 AM		3:15 PM				
52 Keith Crytzer	8:45 AM	11:08 AM		2:40 PM	5:10 PM	7:15 PM			13 Lisa A. Camerlo	9:15 AM	12:03 PM		3:20 PM				
53 Robert W Pritchard	7:57 AM	10:10 AM															

Mon Valley Century Bicycle Tour
Sunday, August 29, 1999
Presented by
Hostelling International Pittsburgh
and
Monesson Amateur Radio Club

Start The MVC will start in Elizabeth, PA at the dance studio. Pick up registration packets containing map, rider number and related items before starting your ride. There will not be a mass start – please feel free to start as soon as you register. Registration opens at 6:30 am. The following starting times are recommended so you will not be too early (or late!) for any of the rest stops.

100 and 70 miles: 6:30 am - 8:00 am
50 and 30 miles: 8:00 am - 11:00 am

Route Large sections of each ride follow the Monongahela River. The scenery varies from industrial towns to spectacular views of the river and wooded hillsides. You will have a choice of 100 miles, 70 miles, 50 miles or 30 miles. The 100 and 70 mile routes are composed of equal portions of hilly, rolling, and flat terrain. The most challenging climb occurs just out of Brownsville and is nearly two miles long. (The other hills are gentler). The 50 and 30 mile rides are flat to gently rolling with the exception of one medium hill just south of Elizabeth and are well suited for intermediate and beginner riders. All routes will also be marked with arrows on the pavement where practical. A map of the route will be provided.

Food A lunch stop is included for all riders. 70 milers will receive one additional snack stop, and Century riders will receive 2 snacks in addition to lunch. There are also many convenience stores along the route.

Support A sag will pick up those who can't finish due to bike problems or fatigue. (You and your bike are expected to be in good shape before the ride starts. And please ... carry a spare tube.)

Cost \$12 postmarked by August 13, 1999; \$15 thereafter and on the day of the ride. (Please note that T-shirts are not included in the basic price.)

T-shirt \$8: Only riders who prepay for a T-shirt with their registration by August 13 will be guaranteed to receive an MVC shirt. There will be a limited number of shirts for sale on the ride day (mostly L and XL).

Contact:AYH Office: 412-431-4910
AYH Fax: 412-431-2625

Helmets AYH requires all cyclists in this event to wear an approved bicycle helmet. Look for helmets meeting ANSI Z.90 or Snell B90 standards.

Proceeds Proceeds from the MVC will be used to support the new Pittsburgh International Hostel. Call 412-431-1267 for more information.

A portion of the proceeds will be used to help the Monesson Amateur Radio Club maintain their equipment. MARC is a community service organization that can provide vital communication links during weather emergencies and other natural or man-made disasters. In addition, they actively participate in community events such as air shows, marathons and parades. MARC has also been a vital part of the Mon Valley Century for the last ten years.

World Wide Web Interested in more information about AYH and Hostelling International? Check out our web pages at <http://trfn.clpgh.org/ayh/>.

1999 Mon Valley Century Registration Form

One rider per form, please. Copies accepted (be sure to include release form on back). Please write legibly.

Name: _____
Address: _____

City/State/Zip: _____
Phone: _____
Emergency Phone for Ride Day:_____

I plan to ride (check one): ☐ 100 ☐ 70 ☐ 50 ☐ 30
Age (check one): ☐ Under 18 ☐ 18 or older
T-shirt (if ordered): ☐ S ☐ M ☐ L ☐ XL

Registration

(\$12 by Aug 13, \$15 Aug 14 or later) \$ _____
T-shirt (\$8): \$ _____

Donation for Hostel: \$ _____

Total: \$ _____

☐ Check/Money Order payable to “Pittsburgh AYH”.

☐ Visa ☐ Mastercard ☐ Discover/Novus

Card # _____ Exp Date: _____

Signature: _____

Mail to: AYH - MVC
830 E WARRINGTON AVE
PITTSBURGH PA 15210-1595

Include a self-addressed stamped envelope for confirmation.

You must sign the liability release to participate.

1999 Mon Valley Century Waiver

In consideration of your acceptance of my application for entry in the Mon Valley Century Bicycle Tour, 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 in the Mon Valley Century Bicycle Tour.

I, the undersigned, discharge, and release the promoters, the sponsors, Hostelling International, Pittsburgh Council, American Youth Hostels, Inc. and their respective agents, boards, commissions and any other involved municipalities, and employees and representatives of the foregoing from all liability, arising out of or connected in any way with my participation in this event, whether or not caused by the negligence of any of the above parties.

I acknowledge that the Mon Valley Century Bicycle Tour involves riding on public roads which are not closed to other traffic and which may have other hazards including hills, potholes, loose gravel, and sewer grates. 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 this event. I attest that I am physically fit and sufficiently trained for the completion of this event. I hereby consent to and permit emergency treatment in the event of injury or illness while participating in the event. I understand and agree that medical or other services rendered to me by, or 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 by any of said parties of any right hereunder.

I understand that serious accidents occasionally occur during bike rides and that participants in bike rides occasionally sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume these 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 whatever kind or nature. I attest that the bicycle and equipment I will use in the Mon Valley Century Bicycle Tour are in good mechanical condition. I agree to wear a helmet meeting either the ANSI Z90.4 standard or Snell Memorial Foundation 1984 standard while riding in this event. I agree to abide by the rules of the event as established by the promoting organization and to obey the directions of the officials.

I hereby grant full permission to Pittsburgh Council, American Youth Hostels and/or its agents to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.

I have read and understand everything written above and voluntarily sign this agreement.

Signature of Participant _____ Date _____

Signature of Parent/Guardian _____ Date _____
(if registrant is under 18)

Please be sure to sign this form. This entry will not be accepted without a valid signature.

HI-AYH Membership & Travel Store Application

HI-AYH Memberships (No Tax on Memberships)

Valid for 12 months from date of purchase. Renewals valid for 12 months from expiration of current pass. Provides access to 6,000 Hostelling International hostels around the world. Includes **free** handbook of North American hostels upon request (see below) and 12 month subscription to Pittsburgh Council newsletter.

Adult (18-54).....	\$25.00
Adult Renewal	\$25.00
Youth (17 and under)	FREE
Senior (over 54).....	\$15.00
Family	DISCONTINUED
Family Renewal	DISCONTINUED
Life (all ages).....	\$250.00
Non-Profit Org. (Request application)	FREE

Student/Teacher ID Cards

Student ID Card (1999)	\$20.00
Teacher ID Card (1999)	\$20.00

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.

Travel Books (10% discount for members)

International Hostel Handbooks A complete listing of the Hostelling International Youth Hostels with descriptions, prices, addresses and phone numbers.

Volume I Europe and the Mediterranean.....	\$10.95
Volume II Asia, Africa, Americas, Pacific	\$10.95

Let's Go

(The famous series of books for the budget traveler-published by Harvard Student Agencies)

Let's Go Europe	\$21.99 (members ... \$19.79)
Let's Go USA	\$22.99 (members ... \$20.69)
Let's Go Britain and Ireland	\$17.99 (members ... \$16.19)
Let's Go Germany	\$17.99 (members ... \$16.19)
Let's Go France	\$18.99 (members ... \$17.09)
Let's Go Italy	\$18.99 (members ... \$17.09)

Lonely Planet

(An alternative to the Let's Go Books. Highly Recommended.)

Western Europe on a Shoestring	\$24.95 (members ... \$22.50)
Mediterranean Europe on a Shoestring	\$24.95 (members ... \$22.50)
Central Europe on a Shoestring	\$18.95 (members ... \$17.00)
Eastern Europe on a Shoestring	\$21.95 (members .. \$19.75)
Western Europe on a Shoestring	\$24.95 (members ... \$22.50)
Australia Travel Survival Kit	\$24.95 (members ... \$22.50)
France Travel Survival Kit	\$21.95 (members ... \$19.75)
Ireland Travel Survival Kit	\$19.95 (members ... \$17.95)

Travel Accessories

Sheets Sacks Used in place of sheets at youth hostels

Cotton Sheet Sack Comfortable cotton blend.....	\$14.99 (members ... \$13.50)
Nylon Sheet Sack Lightweight Nylon	\$13.49 (members ... \$12.25)
Advance Booking Postcards Set of 10	\$1.00
Hostel Stamp Book Use to record your hostel visits.....	\$0.50

Eurail Passes / Europass / Britrail Passes

The economic solution to rail travel in Europe. Eurail passes are valid throughout all Europe except Britain. For Britain, buy Britrail or BritFrance passes. Available only in the U.S. The more popular passes are described below. Ask for a free brochure on other Eurail and Single Country passes.

Credit Cards accepted. Youth is defined as under 26 years of age.

Eurail Pass 1 month unlimited (youth)	\$623.00
Eurail Flexipass 10 days first class travel in 2 months	\$654.00
Eurail Flexipass 10 days travel in 2 months (youth).....	\$444.00
Eurail Flexipass 15 days travel in 2 months (youth).....	\$599.00
Eurail Flexipass 15 days first class travel in 2 months	\$862.00
Eurail Saverpass 15 days travel with 2 or 3 friends (per person)	\$732.00
BritRail Flexipass 8 travel days in 2 months (youth)	\$240.00
BritRail Flexipass 8 travel days in 2 months (adult 1st class).....	\$510.00
All Other Passes available	CALL

Outdoor Recreation Books

Allegheny National Forest Hiking Guide describes more than 250 miles of trails for hiking, backpacking and ski touring in the 800-square mile Allegheny National Forest. It also describes ski touring opportunities and points of scenic interest. Published by the Allegheny Group of the Sierra Club. 192 pages, 49 maps, 33 photos. Third Edition (1990) \$8.00

AYH Outdoor Food Book contains menus, recipes, food preparation tips and food planning ideas for canoeists, bicyclists, backpackers, ski tourers and other outdoor-oriented people. 144 pages, 25 photos and illustrations. 1st Edition (1981) \$3.00

Baker Trail Guide describes the 141 miles of the Baker Trail from Allegheny National Forest to Freeport PA. 38 pages with complete topographic maps. Published by AYH.

(updated 1994) \$5.00

Canoeing Guide to Western Pennsylvania and Northern West Virginia contains information on 270 canoe trips on 3,040 miles of streams in western Pennsylvania and northern West Virginia. 480 pages, illustrated. Published by AYH. 8th Edition (1991)\$13.95

Fifty Hikes in Western Pennsylvania by Tom Thwaites describes 50 of his favorite hiking trails in western Pennsylvania. Fifty Hikes contains lots of interesting background material on the history and geology of each area.

206 pages , 60 pages of maps, 48 photos. 2nd Edition (1992).....\$14.95

Hikers Guide to Laurel Highlands Trail describes the 70 miles of the trail from Ohiopyle park to Conemaugh Gorge atop Laurel Ridge. Published by the Allegheny Group of the Sierra Club and the Western Pennsylvania Conservancy. 128 pages , 24 pages of maps.

New 5th Edition (1997)..... \$5.00

Monongahela National Forest Hiking Guide describes more than 160 Forest Service trails in 1,350 square miles of the Mon National Forest - one of the best areas for hiking, backpacking and ski touring in this part of the country. Published by the West Virginia Conservancy. 320 pages , 60 maps , 39 photos. 6th Edition (1993) \$12.95

Pennsylvania Hiking Trails describes more than 290 trails and hiking areas throughout Pennsylvania. Published by Keystone Trails Association.

224 - pages , 94 maps. 12th edition (1998).....\$14.95

Rachel Carson Trail Guide describes the Rachel Carson trail from North Park to Freeport in Allegheny County. Published by AYH. (1998)\$7.00

Fifty Hikes in Central Pennsylvania by Tom Thwaites. Another excellent book in the Fifty Hikes series covering day hikes and backpacking in the heart of Pennsylvania. Includes the Tuscarora Ridge, Alan Seeger, and John P. Saylor Trails as well as other favorites.

Third Edition..... \$14.95

Canoeing and Kayaking Ohio's Streams - An access guide for paddlers and anglers. Maps, hazards, portages, shuttles, history and game fish information for 45 Ohio Rivers.

194 pages. (1994) \$17.00

Appalachian Trail in Pennsylvania, Ninth Edition (1994). A revised edition of the official guide to the 232 miles of the AT in Pennsylvania.

200 pages, pack size (4.5 x 6.5 inches) \$7.00

Appalachian Trail Maps (PA). Set of 12 monochrome topo maps covering the AT in Pennsylvania. Published by the KTA. Maps and elevations on six sheets of Polyart. (1994) ... \$7.00

NEW: Pennsylvania's Rail-Trails Guide New bike-bag sized guide to the state's rail-trails by the Rails-to-Trails Conservancy. Two page introduction to each section of trail with maps and descriptions 4th edition..... \$12.95

Free Wheeling Easy (2nd Edition) guide to rail-trails and other bicycling, walking, and jogging paths in western Pennsylvania and nearby Maryland. 100 pages of text and maps\$9.95

How to St in the Woods** is an amusing but informative answer to an age-old question. Valuable for trippers, trip leaders, and the curious. Paperback. 78 pages (2nd ed.1995) \$6.95

For Fastest Service! Visit The AYH Travel Store!

Pittsburgh Council, AYH
830 E Warrington Ave, Pittsburgh 15210
Or Call (412) 431-4910 For an Agency Near You!

Ordering / HI-AYH Hostel Membership Application

Include 10% for postage (\$1.50 minimum). Pennsylvania residents must also **include 7% sales tax**.

Postage and taxes not required for AYH memberships and Eurail Passes. Memberships and merchandise also available at AYH Headquarters and the AYH office. **Discover, MasterCard, and Visa accepted.** Please allow **two weeks** for delivery of mail orders. Priority or Overnight shipping is available; call for information

Mail to: AYH
830 E Warrington Avenue
Pittsburgh, PA 15210



Name:_____
Address:_____

Phone:_____
(day) (eve)

Birthdate:_____ **Sex (M/F):**_____

For hostellers: I need my hostel pass by:

☐ I need a free copy of the North American Hostel Directory

☐ MasterCard ☐ Visa ☐ Discover ☐

Credit Card Number _____ **Expiration Date** _____
Signature _____ **Date** _____

Credit Card Orders may be faxed to 412-431-2625 for faster service

Qty	Merchandise	Unit Price	Total Price
	Merchandise	Subtotal	
	Merchandise	Postage	
	Merchandise	Tax	
	Donation to	AYH	
Qty	AYH Membership	Unit Price	
	(Type:)		
	Eurail Passes		
		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 Mon. 10 to 4, Wed. 11 to 6 and Fri. from 10 to 4. 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.