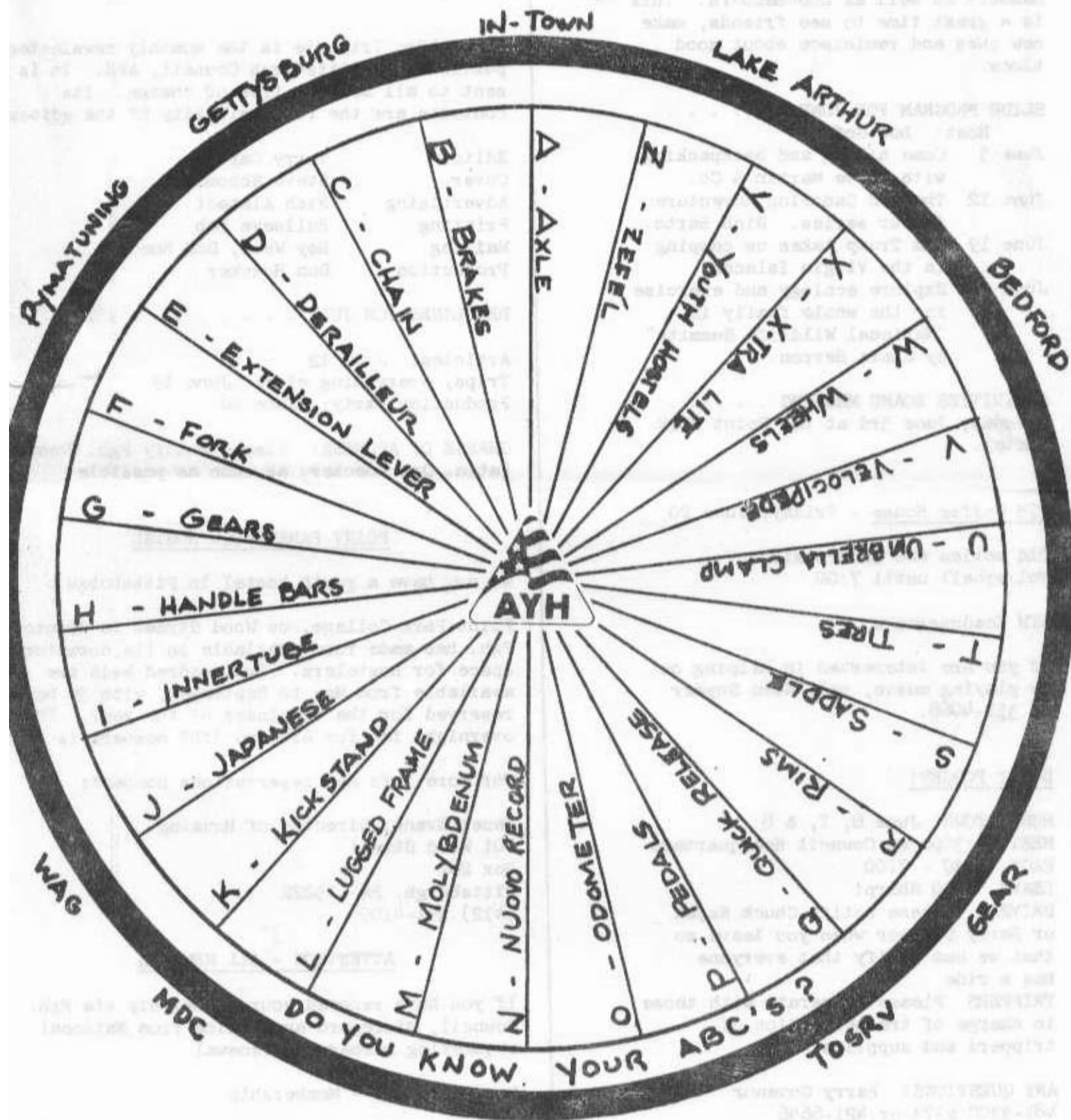


# GOLDEN TRIANGLE vol.31 no.6 JUNE '80

## The ABC's of Cycling in the 80's



OPEN HOUSE . . . . .  
Every Thursday Night  
Doors Open: 7:45  
Slide Program: 8:45

Our Thursday Night Open House is for members as well as non-members. This is a great time to see friends, make new ones and reminisce about good times.

SLIDE PROGRAM FOR JUNE . . . . .  
Host: Bob Goff

June 5 Come hiking and backpacking with Steve Martin & Co.  
June 12 The 3rd Canoeing adventure in our series. Rich Barto.  
June 19 Tom Trump takes us camping in the Virgin Islands.  
June 26 Explore ecology and exercise for the whole family in "National Wildlife Summits" by Clara Herron.

ACTIVITIES BOARD MEETING . . . . .  
Tuesday, June 3rd at the Point Park Hostel.

AYH Coffee House - Friday, June 20

Old movies and good music  
Volleyball until 7:00

AYH Headquarters

If you are interested in helping out or playing music, call Norm Snyder at 351-4068.

DON'T FORGET!

MORGANTOWN June 6, 7, & 8  
MEET 6:30pm at Council Headquarters  
PACK 6:30 - 7:00  
LEAVE 7:00 Sharp!  
DRIVERS Please notify Chuck Ezjak or Barry Govenor when you leave so that we can verify that everyone has a ride.  
TRIPPERS Please cooperate with those in charge of transportation of trippers and supplies.

ANY QUESTIONS? Barry Govenor  
481-3300 x373 or 421-6656.



Pittsburgh Council  
American Youth Hostels, Inc.

6300 FIFTH AVENUE  
PITTSBURGH, PA. 15232  
(412) 362-8181 THURS. EVE.

The Golden Triangle is the monthly newsletter published by Pittsburgh Council, AYH. It is sent to all members free of charge. Its contents are the responsibility of the editor

Editor	Terry Caplan
Cover	Steve Schomer
Advertising	Rich Alstadt
Printing	Bullseye Bob
Mailing	Roy Weil, Don Hoecker
Production	Don Hoecker

DEADLINES FOR JULY . . . . .

Articles: June 12  
Trips, everything else: June 19  
Production Party: June 26

CHANGE OF ADDRESS: Please notify Pgh. Council (attn. Don Hoecker) as soon as possible.

#### POINT PARK YOUTH HOSTEL

We now have a youth hostel in Pittsburgh!

Point Park College, on Wood Street in downtown Pgh. has made room available in its dormitory space for hostellers. Two hundred beds are available from May to September, with 30 beds reserved for the remainder of the year. The overnight fee for AYH and IYHF members is \$5.00.

For more info and reservations contact:

Janet Evans, Director of Housing  
201 Wood Street  
Box 262  
Pittsburgh, PA 15222  
(412) 391-4100

#### ATTENTION - ALL MEMBERS

If you have renewed your membership via Pgh. Council, disregard any notice from National requesting membership renewal.

Barry Govenor - Membership

## WHY A YOUTH HOSTELERS' ACCIDENT AND SICKNESS INSURANCE PLAN?

There's never a good time for an accident or sudden illness. But one of the worst times must be while traveling on vacation. You've finally got the time off, the money saved. Your ex-

pectations are up, your trip has begun. It's a bad time to feel bad—and unexpected medical expenses could make it worse.

### ABOUT THE PLAN

The AYH Youth Hostellers' Accident and Sickness Insurance Plan can at least help cushion the blow of medical expenses. Underwritten by the Peerless Insurance Company of Keene, New Hampshire, this Plan is available to members holding valid AYH passes. It protects you from financial loss as a result of accident or illness suffered while you are hosting in a group or individually—at home or abroad.

#### Benefits of the Plan

The Plan covers the expenses of

- doctor or surgeon
- registered or graduate nurse
- X-ray
- hospital confinement
- prescription medicine

incurred as a result of an accident or illness and requiring treatment within 60 days up to the limits listed below.

#### Limits of Coverage

If you have an accident or become suddenly ill and require treatment within 60 days, the AYH Accident and Sickness Plan will pay up to:

- \$2,000 for medical expenses directly caused by accident, independent of all other causes.
- \$ 500 for medical expenses due to sudden illness (having

its inception during the period of insurance). This benefit has a \$25 deductible and is payable *while hospitalized only*.

\$ 100 for dental expenses caused by accident to sound natural teeth.

\$1,000 for medical expenses caused by accidental death or dismemberment.

The benefits last for up to 26 weeks following the date of accident or first medical treatment for sickness. (A more complete listing of limitations and exclusions is found on the back cover.)

#### Premiums

Duration of Coverage	Premium per Member	Duration of Coverage	Premium per Member
12 months	\$36.25	2 months	\$12.50
6 months	27.85	1.5 months	10.45
4 months	22.40	1 month	6.95
3 months	16.80	2 weeks	3.90
2.5 months	13.85	1 week	2.10

#### Reporting a Claim

Claims must be reported promptly to AYH, Inc., Delaplane, Virginia 22025.

### HOW TO APPLY

AYH sponsors this Plan because we believe it offers valuable protection to our members. Don't wait until something goes wrong and it's too late. Protect yourself now. Simply fill out the attached application, clip it off and send it and the appropriate premium to:

American Youth Hostels  
Delaplane, Virginia 22025

Your insurance coverage will begin on the date you indicate—providing the application reaches our office by 12:00 noon of

that day. It will continue in force for the duration of the term you specify.

#### Important

Individual policies are not issued. Instead your name will be added to the Master Policy kept at AYH Headquarters and you will receive a receipt (including such information as the Master Policy number). Jot down the application information here and save this information sheet for your files.

Date application mailed \_\_\_\_/\_\_\_\_/\_\_\_\_ Premium enclosed \$ \_\_\_\_  
Mo Day Year

Insurance to begin \_\_\_\_/\_\_\_\_/\_\_\_\_ and to terminate \_\_\_\_/\_\_\_\_/\_\_\_\_  
Mo Day Year Mo Day Year

Beneficiary \_\_\_\_\_

### APPLICATION

I hold a valid AYH pass and I hereby apply for the Youth Hostellers' Accident and Sickness Insurance Plan to begin \_\_\_\_/\_\_\_\_/\_\_\_\_ and terminate \_\_\_\_/\_\_\_\_/\_\_\_\_. Premium \$ \_\_\_\_ is enclosed.  
Mo Day Year Mo Day Year

Name (please print) \_\_\_\_\_  
Last First Middle Initial

Address \_\_\_\_\_  
Street Apt. No.

City State Zip

Beneficiary \_\_\_\_\_  
Last First Middle Initial

Date \_\_\_\_\_ Signature \_\_\_\_\_



**AMERICAN YOUTH HOSTELS**  
Incorporated

Another important benefit . . .

★ ★ ★ ★ ★ YOUTH HOSTELERS' ★ ★ ★ ★ ★  
★ ★ ★ ★ ★ ACCIDENT & SICKNESS INSURANCE PLAN ★ ★ ★ ★ ★

for AYH members. . .

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### LIMITATIONS AND EXCLUSIONS

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- Eyeglasses or prescriptions therefor, eye examinations or equipment for corrective treatment of sight.
- Loss caused by war or any act of war (declared or undeclared) or while in the military, naval or air service of any country.
- Suicide or the attempt thereof while sane or insane.
- Pregnancy, childbirth, miscarriage, or any complications arising therefrom.
- Cosmetic surgery, except as a direct result of an accident occurring during the period of insurance.
- Aviation accident except to passengers on scheduled commercial airlines or Military Air Transport Services (MATS) of the U.S. or similar air transport service of Canada or Great Britain, on any regular, special or chartered trip.
- Mental or nervous disorders.
- Any expense paid by Workmen's Compensation or Occupational Disease Act or Law.
- Mechanical appliances or replacement of mechanical appliances.
- Transportation, except ambulance from the scene of the accident, to the nearest hospital or doctor's office.

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**Enclose Proper Premium and Mail Detached Coupon to:**  
**American Youth Hostels, Inc.**  
**Delaplane, VA 22025**



## TIPS & TALES By Joe Hoechner

Hostel Development Chairperson Joe H. is seeking a recent/old/spare copy of the National Zip Code Directory. If you would like to donate one, call Joe @ 828-5399 or just bring it in any Thursday night.

Do you have access to bulletin boards at your office or school? Joe H. would like you to help "spread the word" about AYH by displaying some hosteling brochures. Call Joe @ 828-5399.

Pgh. Council may still have a quantity of outdated (1979) handbooks in stock. If you would like a supply to donate to your local library, please see Joe at any open house meeting.

Is there a "graduate" in your future? If there's one in your family or among friends have you ever considered an AYH membership as a gift? If they're "breaking away" after school is out an AYH pass may come in handy.

Plans are in the works for Pgh's Annual Three Rivers Regatta -- to be held early August. If you would like to enter their Canoe Races or just want general info call 261-7055 or 237-7460.

The Pa. Bureau of State Parks has just released a new "Recreational Guide". This is an improvement over former issues in that it combines a state highway map with the state park directory. If you would like a free copy write: Bureau of State Parks  
P.O. Box 1467  
Harrisburg, PA 17120

If you're signed up for the annual Morgantown Hostel Weekend -- great! If not, maybe you still squeeze in. If you're a driver, try to bring some firewood along. There's two fireplaces in the lodge, but wood is always in short supply. Remember -- bring your AYH Pass!

Hey Cyclists -- see Joe for a new supply of "fanny bumpers" -- price about \$3.00. Also see Joe if you need a sheet sack for overseas or domestic hosteling -- price \$7.25.

## Tips & Tales (cont.)

Do you have extra folding chairs around the house? Both Pgh. AYH HQ and the Ohiopyle Youth Hostel need additional chairs. If you have "bridge table" type folding chairs, tell Joe @ 828-5399.

### AYH T-Shirts?

That's right folks, Hostel storekeeper Joe H. is still looking for a new design/logo/phrase to be printed on a new batch of council T-shirts. His previous "plea" netted only one design -- more are needed!

Keep in mind that any design submitted must appeal to the general membership. An AYH Triangle design formed from crossed paddles will sell -- but only to boaters.

Give it a try, keep it simple and of a general interest. If you have any questions see Joe at any Open House, or call 828-5399.

### Street Skaters Unite!

There have been some inquiries about companion skaters being needed. If you have picked up this latest (self-powered) fad -- speak up!

If you want to meet other skaters make yourself known at any Open House.

### Train Ride Anyone?

Amtrack recently started running a new train between Pgh. and Phila. Called the "Pennsylvania", this train leaves Pgh. at 12:45 pm daily and arrives in Phila. at 8:15pm -- usual the same day.

After leaving Pgh. stops are also made at Greensburg, Latrobe, Altoona, Huntingdon, Harrisburg, Paoli, etc., and then into Phila. The train leaves Phila. daily at 9:00am and arrives in Pgh. at 4:25pm.

This train service could be handy for someone attending weekend meetings mid-state or over in Phila. Unfortunately, this train does not have a baggage car, so an item like a bicycle cannot be carried. You're limited to "hand baggage" only.

For more info about this service (or to complain about lack of service for bicyclists) call Amtrack @ 471-8752.



# HOSTEL LIVING

*A way to experience the world for yourself. Membership in American Youth Hostels opens the door to more than 5000 hostels in 50 countries. You'll find them in college dormitories, mountain lodges, national parks, medieval castles, Swiss chalets, and even in a three-masted sailing vessel moored in a scenic Swedish harbor.*

*Join and use your AYH Pass as your key to inexpensive travel and accommodations around the world, for a special experience. Send in the coupon and get the details... for the time of your life.*

## the High Road to Adventure

☐ I want to join AYH. Enclosed is \$14.00 (\$7.00 if under 18), sign me up and send me my hostel pass, AYH Handbook, and other materials.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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



American Youth Hostels  
6300 Fifth Avenue  
Pittsburgh, PA 15232  
Toll Free 1-800-336-6019

Please post this page or pass on to a friend.

## CANOEING SCHOOLS AND TRIPS WITH AYH IN 1980

Canoe Schools: Pittsburgh Council runs several canoe schools for its members to allow new members to get started in canoeing or improve their skills. A number of our instructors are ACA nationally certified whitewater canoeing instructors.

BASIC CANOEING introduces the members to canoeing on flat and moving water. Steering and maneuvering strokes are taught along with the proper methods of getting into and out of a canoe and how to load, unload, lift, and carry a canoe.

WHITEWATER CANOE I SCHOOL - Prerequisites: Basic Canoeing School or equivalent experience. You will review maneuvering strokes (draw, cross draw, pry-away, and sweeps). The school will work on etiquette, scouting procedures, safety procedures for running rapids, and rescue procedures will be taught and practiced. You will swim a rapid during the course. Everyone will paddle from the bow and stern on both sides of the canoe.

WHITEWATER CANOE II SCHOOL - Prerequisites: Whitewater I School and several trips on Class I rivers practicing the skills learned in Whitewater I School. The school will work on: eddy turns, peel outs, braces, surfing in standing waves and hydraulics, rescue techniques, river reading and scouting rapids from shore. General tactics for running difficult stretches of river will be discussed and practiced. You will take part in a rescue and be rescued during the course.

Trip fees for canoe schools run higher than regular canoe trips. While the instructors receive no pay for the school, AYH feels it is not fair to ask them to pay rental or mileage for the trip. The instructors share of the fees are divided among the students. Schools usually take 12 students and 4 instructors. All of AYH's instructors at this time are products of AYH Canoe schools. If you are willing to take our instruction in canoeing, AYH feels that you have an obligation to help teach on future schools.

Instructors are giving up a day of good canoeing to teach the schools. If you sign up for a school and do not show up the day of the trip, there is a good possibility that you may not be afforded the opportunity to attend a school until the next season. Canoe schools are booked up well in advance of the day of the trip. There is usually a waiting list. If you cannot make the trip, you are obligated to call the leader (at a decent hour) and cancel. If an emergency occurs at the last minute, a call to AYH Headquarters is expected about the time the trip is to meet.

Canoe schools are posted at the headquarters building the night of the Triangle deadline. If you are anxious to get on a school, come to a meeting and sign up there. In any case, sign up as soon as you get your copy of the newsletter. Canoe schools fill early!!!

AYH TRIP CLASSIFICATION: AYH uses the International Whitewater Classification System. Under this system, navigable rivers are divided into six classes from Class I (easiest) to Class VI (extremely dangerous). Lifevests are required for all trips. AYH schedules trips from Flatwater through Class III:

FLATWATER: Lakes, ponds, or slow-flat rivers with no apparent current. No rapids or riffles are encountered and there is no problem in navigating.

CLASS I: Moving water with riffles and small waves. Wide clear channels that are obvious without scouting.

CLASS II: Rapids vary from clear obvious channels through narrow and twisting channels. Waves may be up to 3 feet high. Maneuvering is required. Some scouting may be required. Floatation is advisable.

CLASS III: Rapids with high, irregular waves capable of swamping an open canoe. Narrow passages that often require complex maneuvering. Usually requires scouting from shore. Floatation is needed.

A caution to trippers about skills needed for a trip. It may seem unfair for the leader to ask you to get more experience before you go on a school or run a particular river, but it is more unfair for you to attempt a difficult river with less than the needed skills. Self rescue is not always possible. Risk is not only increased for you and your partner, but for the two or three teams of paddlers that must rescue you, your partner, and your boat. Be honest with the leader and acquire your skills and experiences with AYH in a logical sequence.



A.Y.H. ACTIVITIES BOARD—5/6/80

JIM GOGOTS PRESIDED AT THE MEETING HELD AT THE HOME OF CLIFF AND MARILYN HAM. THERE WERE NO CORRECTIONS TO THE APRIL MINUTES.

1. DISCUSSION OF BEDS FOR THE POINT PARK COLLEGE HOSTEL AND PAINTING OF OHIOPOLE. NEEDS (CHAIRS, ETC.) WILL BE ANNOUNCED AT A MEETING FOR A DONATION.
2. JANE TOBEN AND JIM GOGOTS REPORTED ON THE REGIONAL MEETING HELD AT A WEEKEND IN NEW YORK CITY, PARTICULARLY ON MONETARY RELATIONSHIP TO NATIONAL AYH. DISCUSSION OF CITIBANK/AYH 5-BORO BIKE TOUR OF 35 MILES HELD IN NEW YORK WITH THE MEETING.
3. NEXT REGIONAL MEETING TO BE HELD IN PHILADELPHIA IN SEPTEMBER.
4. NATIONAL BOARD MEETING TO BE HELD AT POINT PARK HOSTEL.
5. DISPLAY AND DISCUSSION OF NEW PUBLICATION ON BICYCLE ROUTES IN PITTSBURGH TO POINT DOWNTOWN.
6. CLIFF HAM REPORTED ON THE JOINT AYH/ ARMY CORPS OF ENGINEERS PROJECT IN THE MOHONING DAM AREA. C. HAM MOVED THAT AYH BOARD ENDORSE OUR CONTINUING INVOLVEMENT IN THIS PROJECT. B. GOVERNOR SECOND. PASSED.
7. DISCUSSION OF POSSIBILITY OF USING CETA WORKERS NEXT FOR HOSTEL DEVELOPMENT.
8. JOE HOECHNER DISPLAYED AN AYH PGH. COUNCIL POSTER. DISCUSSION OF THE POSSIBILITY OF PRINTING IT, COST, DISTRIBUTION POSSIBILITIES. TABLED.
9. JANE TOBEN REPORTED ON THE CANOEING MANUAL OF THE LEADERSHIP DEVELOPMENT.
10. BARRY GOVENOR REPORTED ON THE MORGANTOWN WEEKEND.
11. CHUCK EJZAK SUGGESTED THAT A SEPARATE BULLETIN BOARD BE PLACED IN THE HOSTEL FOR ANNOUNCEMENTS FOR VARIOUS BICYCLING, RUNNING, AND X-COUNTRY SKIING ACTIVITIES.
12. A BACKPACKING SCHOOL WILL BE HELD AT WEDNESDAY NIGHT MEETING.
13. MOVE TO ADMOURN. PASSED.

RESPECTFULLY SUBMITTED,

*Harry A. Pule*



## June Trips and Trails

The trips listed below are open the public; however, AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 med.) plus transportation and rentals. In addition, non-members are charged \$1.50/day which can be deducted from the cost of membership.

### Backpacking

Chair: Steve Martin (W 462-5000 x6185)

- sat jun 14- BEGIN Backpack trip to Hearts Content area. Call Barry Govenor to reserve.  
sun jun 15 421-6656.  
fri jun 20- BEGIN Backpack trip - somewhere in West VA. Call Judy Flowers at 828-3388 (W)  
sun jun 22 828-1592 (H).  
sat jun 28- INTER Backpack - Dolly Sods area. Approx. 5-6 mi./day with some off-trail  
sun jun 29 hiking. Call Dick Nugent at 487-5549.  
  
thu jun 19 BACKPACKING SCHOOL at AYH HQ at 7:00pm. Call Ben Brugmans 421-0324.

JOIN Norm Snyder on a backpack trip to the Grand Canyon the last week of September - first week of October Call 351-4068.

### Bicycling

Chair: Chuck Ejzak (327-5031) Ed Sieger (561-4790)

Bicycle trips: Make sure your bike is in working condition. Bring a spare tube, raingear and enough money to cover trip fees. Helmets are strongly suggested. Trip leaders may choose to require them.

- sun jun 8 BEGIN trip to Hartwood acres. Meet at HQ at 8:00am. Dan Martt (683-1870).  
tue jun 10 BASIC Bicycle Repair Class - subject chain care. Chuck Ejzak (327-5031).  
sat jun 14- WAG - Wheelmen's Annual Gathering at Slippery Rock. Trips for all skill levels.  
sun jun 15 Call Chuck for details.  
fri jun 13- JOIN Joe Hoechner to van pool up to Slippery Rock College for WAG '80. You must  
sun jun 15 have confirmed reservations at the college dorms. Leave HQ 7:00pm friday.  
To reserve space call 828-5399.  
sat jun 21 INTER 35 mile ride. Chuck Ejzak.  
sun jun 22 APPROX. 50 mi. route to be determined. Ben Humphries 829-2497. 8:30 at HQ.  
fri jun 27- EASY INTER trip. Gettsburg trip. Leave HQ at 6:30pm. Return sun early eve. \$3  
sun jun 29 You must reserve with Mike Hurwitz 422-9204.  
fri jul 4- GEAR  
sun jul 6

EVENING CYCLES: Be at HQ at 6:30pm. If renting be there by 6:00pm. Call trip leaders to rent. Trip leaders must get key from previous leader.

- |   |                                   |
|---|-----------------------------------|
| tue jun 3 : Ray Rossi 363-1708          | thu jun 19: Joe Hoechner 828-5399 |
| thu jun 5 : D.J. Leban 422-9950         | tue jun 24: Chuck Ejzak 327-5031  |
| tue jun 10: Fred Parker 824-2638        | thu jun 26: L.J. Cole 823-1026    |
| thu jun 12: Ben Humphries 829-2497      | tue jul 1 : Ed Sieger 561-4790    |
| tue jun 17: Harriet Ann Seiner 681-1189 | thu jul 3 : Ray Rossi 363-1708    |

### Canoeing

Chair: Jane Toben (462-5000 x 6585 or 466-7885)

Basics: lunch in waterproof bag, water, knee pads, raingear, change of clothes including shoes, wear swimsuit and non-cotton clothing, tennies, sun protection, large sponge, strap for eyeglasses. Rentals: limited number of canoes reserved through trip leaders.

SCHOOLS AND TRIPS meet promptly at 8am at HQ.

- sat jun 7 BASIC CANOEING SCHOOL - teaches basic canoeing skills on flat and moving water. Kathy Lynch (327-0529 bef. 7am or aft. 6pm).

## Canoeing (cont.)

- sat jun 7 CLASS I TRIP - Carin Olsen 244-9958.  
 sun jun 8 WHITEWATER I SCHOOL- basic whitewater skills on Class I streams. Frank Bruns 561-8579.  
 sun jun 8 CLASS II - III TRIP - Ray Yutzy 929-4443.  
 wed jun 11 CANOEING SEMINARI - prepare for Whitewater I School. Meet at HQ 7pm. Jim Roberts 539-3854 bef. 9:30pm.  
 fri jun 13- CANOE CAMPING TRIP for INTER paddlers.  
 sun jun 15  
 sat jun 14 FAMILY CLASS I TRIP Norm Snyder 351-4068.  
 sat jun 14 CLASS II TRIP Jim Gogots (H) 384-9149 (W) 433-6051.  
 sun jun 15 FAMILY FLATWATER TRIP - Easy. Oscar Mayer 422-8216.  
 sun jun 15 CLASS I TRIP Cathy Lynch 361-3707.  
 sat jun 21 WHITEWATER I SCHOOL - basic whitewater skills on Class I streams. Jane Toben (H) 466-7885 (W) 462-5000 x6585.  
 sat jun 21 CLASS I TRIP - Penny Smith. Call Jane Toben to reserve.  
 sun jun 22 BASIC CANOEING SCHOOL - on flat and moving water. Ed Seiger 561-4790.  
 sun jun 22 CLASS III TRIP - Ray Yutzy 929-4443.  
 sat jun 28 WHITEWATER II SCHOOL - on Class II streams. Prerequisite: Whitewater I School plus 2 Class I trips. Jane Toben (H) 466-7885 (W) 462-5000 x6585.  
 sat jun 28 CLASS I - II TRIP - Millard Underwood 561-0871.  
 sun jun 29 CANOE SAILING SCHOOL - sail, paddle, swim, and picnic. Bring the usual plus a picnic supper. Bruce Sunquist 327-8737 to reserve.  
 sun jun 29 FLATWATER CANOE TRIP- Join the canoe sailing school and paddle a canoe. Bring a picnic supper. Jerry Marsh (H) 922-8572 (W) 928-1122 to reserve.  
 thu jul 3- CLASS I - II CANOE CAMPING TRIP - for INTER paddlers. Jane Toben (H) 466-7885 (W) 462-5000 x6585.  
 sun jul 6  
 thu jul 3- CLASS II - III CANOE CAMPING TRIP - experienced paddlers. Ray Yutzy 929-4443.  
 sun jul 6  
 fri jul 4- FAMILY CANOE CAMPING TRIP - Leader needed. To volunteer call Jane Toben (H) 466-7885 (W) 462-5000 x6585.  
 sun jul 6  
 fri jul 4 CLASS I TRIP- Leader needed. To volunteer call Jane.  
 sat jul 5 FLATWATER CANOE TRIP - Leader needed. To volunteer call Jane Toben.  
 sun jul 6 CLASS II TRIP - Leader needed. Call Jane.  
 fri aug 1- WHITEWATER CANADIAN CANOE & KAYAK TRIP Tentative schedule is one week on Rivere d  
 sun aug 17 Chuenocwalf and one week on Rivere de Capitachoriane, both in Quebec, Canada. INTER whitewater experience is necessary. Trip size is limited. Camping out of the boats. To reserve for one week or both call Ray Yutzy 929-4443.

For suggestions to improve the canoeing program or to volunteer to lead trips please contact the canoeing chairperson.

Caving Chair: Norm Snyder (351-4068)

- sat jun 14 BEGIN - INTER Cave Trip. Norm Snyder 351-4068.

Climbing Chair: Wojie (322-4524)

- sat jun 7- BEGIN at Morgantown  
 sun jun 8  
 fri jun 20- ADV ONLY at Seneca. Woj 322-4524 or Bill 921-5695.  
 sun jun 22  
 fri jun 27- BEGIN AND ADV Climbing weekend at Ohiopile Hostel (for members only). Leave AYH  
 sun jun 29 at 7:30pm fri, arrive home late sun night. Spaces are limited so reserve early. Woj 322-4524 or Bill Skillos 921-5695.

### Hiking

Chair: Bob Rudland (W462-5000 x6284, H 421-2227)

sun jun 8 BEGIN - Family Harris Hills, Leave 10am. Call Joe Levine 422-8287.  
sat PICK A TIME. Bob Kermeweg 366-5048.  
TBA BAKER TRAIL hike. Jerry Finger 362-5290.

### Kayaking

Chair: Ray Yutzy (929-4443)

Basics: Similar to canoeing.

Rentals: Limited number of kayaks reserved through trip leader.

sat jun 14 SLIPPERY ROCK WHITEWATER II & III KAYAKING SCHOOLS. Call Ray Yutzy.

sun jun 15 SLIPPERY ROCK WHITEWATER II & III KAYAKING SCHOOLS. Call Ray Yutzy.

sat jun 28 BASIC KAYAKING SCHOOL - on flat and moving water. Call Ray Yutzy.

Qualified kayak paddlers are welcomed to paddle kayaks on any of the canoeing trips with the trip leaders permission.

### Rafting

Chair: Paul Kammer (843-5152)

Rafting trippers should bring a lunch and tennis shoes for the river. A wool shirt and windbreaker are recommended for cool days.

sat may 31 YOUGH - Ray Yutzy 929-4443.

sun jun 1 CHEAT Canyon - John Orndorff 363-5140. Experienced rafters only. The canyon is a Class IV - V run.

sat jun 7- MORGANTOWN Cheat Narrows. Gus Hughes 421-4895.

sun jun 8

sat jun 14 YOUGH Gus Hughes 421-4895.

sun jun 15 TBA John Kurtz 421-3962.

sat jun 21 YOUGH Becki Soisson 244-1826.

sun jun 22 TBA

sat jun 28 YOUGH Norma Snyder 351-4068.

sun jun 29 TBA

### PADDLERS' EMERGENCY MEDICAL -- TRIP LOG CARDS

On AYH sponsored canoe/kayak trips, you will be requested to complete an Emergency Information form and a Paddling Program log. The answers to the questions posed will give trip leaders information helpful to them as they instruct you as an individual based on your past paddling experiences and will enable them to be more aware of problems which you may encounter because of any physical deficits. More importantly, the forms will provide them with info which may be helpful should an emergency occur. It is understood that the information submitted will be on a voluntary basis and all information brought to light will be considered confidential by the trip leader. Your cooperation with this safety effort is essential if we are to provide a total safety program.

## HOSTELING the High Road to Adventure

*If you want to experience the world for yourself, and FEEL the countryside as well as see it, the youth hostel way is for you. Join American Youth Hostels and make your AYH Pass your key to over 5000 hostels in 50 countries. Send in this coupon and get the details... for the time of your life.*

- ☐ I want to join AYH. Enclosed is \$14.00 (\$7.00 if under 18), sign me up and send me my hostel pass, AYH Handbook, and other materials.
- ☐ I'm interested but would like more details — send me your FREE brochure on American Youth Hostels.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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



American Youth Hostels  
8300 Fifth Avenue  
Pittsburgh, PA 15232  
Toll Free 1-800-336-6019



# AYH MEMBERSHIP APPLICATION

Fill out the following application and bring/send it with a check payable to "Pittsburgh AYH" to: AYH Membership, 6300 Fifth Avenue, Pgh. Pa. 15232

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Occupation \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_ New?/Renewal? \_\_\_\_\_

Social Security # \_\_\_\_\_ Birthdate \_\_\_\_\_

Check one:

\_\_\_\_\_ \$7.00 Youth (under 18)

\_\_\_\_\_ \$35.00 Three-year Senior

\_\_\_\_\_ \$7.00 Senior Citizen (60+)

\_\_\_\_\_ \$35.00 Organization (non-profit)

\_\_\_\_\_ \$14.00 Senior (18-59)

\_\_\_\_\_ \$140.00 Life

\_\_\_\_\_ \$21.00 Family (not valid abroad, includes youths under 18)

(Note: Membership sells International Hostel Guide to Europe for \$5.00.)

Please Circle one or more:

Service Interests: Newsletter, Hostel Development, Bicycling, Publicity, Trail Maintenance, Equipment Repair, Auditor Service, Typing, Art Work

Leadership: Backpacking, Cycling, Canoeing, Caving, Climbing, Hiking, Cross-country Skiing, Rafting.

Pittsburgh Council  
American Youth Hostels, Inc.  
6300 Fifth Ave.  
Pittsburgh, Pa. 15232

Non-Profit Organization  
U.S. Postage PAID  
Pittsburgh, Pa. 15232  
Permit #127

Return Postage Guaranteed  
Address Correction Requested

HAM, MARILYN P. LIFE 0  
4723 WALLINGFORD ST.  
PITTSBURGH, PA. 15213



TRAVEL RIGHT - WITH PITTSBURGH A.Y.H.!