

Hostelling, Travel and Outdoor Recreation From American Youth Hostels

GOLDEN TRIANGLE



HOSTELLING
INTERNATIONAL

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



American Youth Hostels

VOLUME 43, NUMBER 5

MAY 1993

COLLECTING EDITION

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BIKECENTENNIAL

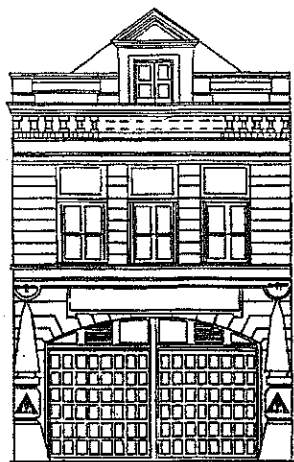
Affiliated Club



GOBA, "Great Ohio Bicycle Adventure..."

Last June a group of cyclists from the council decided to do a biking vacation in Ohio. Some of the riders had done the trip the year before, in a different part of the state, and had convinced the others it would make for a fun week together. What we did was GOBA. The Bob Evans Farms-Great Ohio Bicycle Adventure. Columbus Council, AYH has organized the trip every year for the 2500 people who participate (GOBA92 was the 5th). Our group totalled 20, most of whom are pictured here. Left to right: Joe & Cheryl Hoechner, Bill & Carolyn Menosky, Chuck & Philip Ejzak, John LeBlanc, Judy Menosky. Back row: Bill & Alex Eberle, Bill (with helmet) Eberle, Sr., Gwen & Patty Konyak, Lynn Ejzak, Rodney Horner, Joel Platt, Jeff Marsh. Also along were Dave & Flo Pattison, Dave Bialecki, and Kathleen McKeegan.

see GOBA page 8



Front Elevation: Future Hostel
344 Blvd Of The Allies
Downtown Pittsburgh, PA

Latest on the Hostel
Funding, see page 4
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ATTENTION SPRING ACTIVITIES WEEKEND

ACT FAST
DEADLINES APPROACH
(PAGE 14 FOR LATEST DETAILS)
(PAGE 15 FOR RESERVATION FORM)

AMERICAN YOUTH HOSTELS

PITTSBURGH COUNCIL
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PITTSBURGH, PA 15232

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Pittsburgh AYH Has 1993 Eurail Passes!

The Pittsburgh Council of the American Youth Hostels now has 1993 Eurail Passes, Student ID cards and International Youth Hostel Cards for those planning their summer travels.

The EURAIL pass is a deal at 15 days of travel for \$460, one month at \$728 or two months at \$998. The Eurail "Flexipass" allows those travelers who want to spend extra time sight-seeing to enjoy extra savings. For example, 5 days of travel within two months costs only \$298 or 15 days of travel within two months costs only \$676.

The Eurail "Youthpass" is a great deal for young travelers under 26; one month of travel at \$508 or two months at only \$698!

Pittsburgh AYH can also provide the International Student ID card at only \$15 and, of course, the International Youth Hostel card at \$25 for adults or just \$10 for those under 18.

For information on these travel items call AYH at 412-422-2282.

JUNE Deadlines

All Copy
May 6

Binding and Mailing
May 27



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Jim Ritchie 828-0210

Headquarters Programs
Tom Rodgers 621-6310
Chris Kline 441-7335

Storekeeper
Wm Eberle 833-9732

The following positions are currently open and we are in need of responsible people to fill them. If you are interested please call Jon Maiman at 441-2306.

Caving
vacant

Ast. Store Keeper
vacant

HQ Volunteers
vacant

President's Corner

Hello springtime! The snows have passed and it's now time to gear up for cycling and all of AYH's other warm weather activities. This is our special cycling issue of the **Golden Triangle** so hold on to it to keep up with cycling through the summer and fall. There is, of course, our regular May activities schedule also.

For all you AYH members, news of the Pittsburgh Hostel is well known. Since this special newsletter is going out to lots more people than usual, I need to say it again. We're working on a Hostel in downtown Pittsburgh. It's the old No. 1 Fire Station on the Boulevard of the Allies and we're kicking off our fundraising campaign. We need to raise nearly one million dollars to buy and completely renovate the building.

This brings me around to an interesting letter that we received at the AYH office in April. Let me share it with you.

Dear Sir,

Please find enclosed a donation towards the proposed new hostel for Downtown Pittsburgh, helping to keep the heritage of Pittsburgh alive with the use of the fire station on the Boulevard of the Allies.

I have been working in Pittsburgh for three months and have been lucky enough to travel to AYH hostels at Ohiopyle, Downingtown, Gettysburg, Philadelphia Chamounix, Baltimore, Chicago, Harper's Ferry and Bowling Green. I hope to travel on the Niagara and Canada when I finish work here.

I hope my donation will keep AYH's efforts to open Pittsburgh's new hostel and hope I will return to visit it one day.

Yours sincerely,
G.W.
YHA (England and Wales)

Hostellers never cease to amaze me. For all the hurdles I and several others have been crossing during this project, letters like this renew my energy and convince me that this is truly a worthwhile project for the City of Pittsburgh and for all of Western Pennsylvania. I am delighted to be a member of the community of hostellers.

Happy Cycling

Marianne Kasica; President, PGH Council.

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.

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 52 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) 422-2282.



American Youth Hostels

Letters...

[Letters to the editor are welcome. Letters will be edited to conserve space when necessary. Letters are published at the discretion of the editor.]

Oops...

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

Pittsburgh Council Hostels

Ohiopyle AYH Hostel
Ohiopyle State Park
PO Box 99
Ohiopyle, PA 15470
(412) 329-4476

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

Charleroi Youth Hostel (SA)
Rego's Hotel and Restaurant
601 McKean Avenue
Charleroi, PA 15022
(412) 483-6200



Headquarters Cleanup Night Scheduled for Wednesday, May 12, 1993

On Wednesday May 12, 1993 there will be a spring cleaning work party at headquarters. Representatives from each activity area will be there to identify and dispose of old equipment that is no longer used. We will also be doing a general cleanup (vacuuming, dusting, etc.) The fun gets started at 6:00 PM. Feel free to bring your dinner and/or music with you to the work party. For more information or to volunteer to help out, please call Jon Maiman at 441-2306.

Revised Trip Report Form

Attention all trip leaders, as of May 1, 1993 we will be using a new trip report form. Thanks to Jeanette Tuttle for designing the new form. The form is available at headquarters. It is designed to be easier to use and contains updated schedules for equipment rentals fees as well as registration fees. Also, a revised "How to Fill Out A Trip Report" instruction sheet is available. PLEASE DISCARD ALL OLD TRIP REPORT FORMS!!!!!! After a one month transition period during the month of May, trip reports filed on old forms will no longer be accepted. If you have any questions concerning the new trip report form, please call Jon Maiman at 441-2306.

May Shows; Pittsburgh Council open house

May 8: Scaling the Heights: Everything you need to know to get off the ground and keep looking up with Eric Baur, Rockclimbing Chairperson

May 13: Cycling Primer: General Look at the various types of Bicycles now available on the market, planning for you summer riding. & Cycling Lore with Wm Eberle, Cycling Chairperson and Joe Hoechner.

May 20: Hot Stuff: Chasing Volcanoes from Guatemala to El Salvadore with Cliff and Marilyn Harn

May 27 Holiday Weekend: OPEN HOUSE; no show, Come and Mingle

To Schedule a Show, Call Tom Rodgers, 621-6310

FOR A GOOD TIME CALL... THE TRIP LEADER

listed within these pages. He or she will tell you the details of a trip, what you need to bring, the level of expertise (because not all trips are for beginners), whether or not to include a lunch and approximately how much the trip will cost. Non-AYH members are welcome to come along but pay a slightly higher fee. We all do this for fun and exercise so come on along. Get involved and have some fun.

AYH Offers Leadership Training Course

Learn to lead a hiking or cycling trip, develop your outdoor skills, and learn about group dynamics. The AYH Leadership Training Course (LTC) is a one-week session providing participants with the expertise to lead recreational and educational hiking and cycling programs for groups.

AYH provides training in group dynamics, equipment maintenance, low-impact travel skills and hostelling. Each LTC includes hands-on work, theory, demonstrations and discussion, plus a four-day mini-trip on practical experience.

Successful completion of the LTC carries with it official AYH certification in group leadership. Qualified participants will be invited to apply for appointment as a leader of an AYH Discovery Tour.

A course is planned in central Pennsylvania June 5-13, 1993. The course fee is \$350 and includes all meals, lodging, tuition and AYH membership.

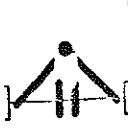
For more information contact:

Hostelling International
Pittsburgh Council AYH
Leadership Training Course
5604 Solway Street, Room 204
Pittsburgh, PA 15217
412-422-2282



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"TRAVEL NEWS"

For listings of major events in Europe during 1993, write the European Travel Commission / Europe Events / Box 1754 / New York NY 10085. Also free from the same address is the commission's brochure *European Planner*, with tips on travel, sights, accommodations and major events.

Mexico now has a toll-free hotline for information on vacation possibilities. Specialized information can be provided with 24 hours and travelers can be put in touch with specialists on Mexican vacations. Call 800-44-MEXICO.

See Alaska on your own with AlaskaPass. It provides unlimited passage on a variety of means of transportation, from trains to buses to ferries. Call 800-248-7598 for more information.

Call 800-468-2665 for a copy of the *Trek New Zealand* guide and general New Zealand vacation information.

Tips for Today's Woman Traveler offers advice on safe travel and hotel security. It's free from Budgetel Inns by calling 800-4-BUDGET.

The Center for Disease Control offers an International Traveler's Hotline. Call 404-332-4559 for health-related information before traveling overseas.

United States citizens traveling among European Community countries no longer need to show their passports at most borders. Most of the 12 member countries have agreed to end passport and customs checks on their borders for people traveling between them. Travelers will have to show their passports only when arriving in one of these countries from a country other than those participating: Belgium, France, Germany, Greece, Italy, Luxembourg, the Netherlands, Portugal, and Spain. None of the European Community nations requires visas for U.S. citizens.

[FROM THE NORTH TEXAS COUNCIL NEWSLETTER, "THE TEXAS TRAVELER"]

PICNIC - Sunday, June 27th Settlers
Cabin Park EVERYONE'S INVITED. Call
Linda Smithyman for details. 531-1868.

Take The High Road Off-Road.



For your convenience,
TRM has 2 locations:

703 Washington Road
2 miles north of South Hills
Village on Route 19
Mt. Lebanon

Bill Green Shopping
Center
Across from Pool City
Pleasant Hills

343-6885

653-6022

TREK USA
American Bicycle Technology

FUNDRAISING FOR THE FIREHOUSE

Pittsburgh AYH is still accepting pledges and donations for the Firehouse Hostel. Although the Building, Located at 344 Boulevard of the Allies, is not Ours yet, we anticipate signing the contract shortly + being approved by City Council.

Our Fundraising efforts are escalating to foundations + will include corporations as well. If any member is involved or knows of someone involved with these groups we would appreciate it if you would take a few minutes to let us know. Having a contact person really helps to get some attention. We need to raise a ton of money for this building + we need all the help that we can get.

Thanks for your interest and help.
Clip out the coupon below and make your pledge today.

Yes, I would like to make a pledge of support for a
Hostel in Pittsburgh in the amount of:

- ☐ \$2500
☐ \$1000
☐ \$500
☐ \$250
☐ \$100
☐ \$50
☐ Other: \$ _____

Yes, I can also volunteer my time for:

- ☐ Fundraising
☐ Architecture or Design
☐ Construction
☐ Public Relations
☐ Clerical help
☐ Other: _____



Name _____
 Address _____
 Telephone _____

Mail your Pledge to:

AYH
 Pittsburgh Hostel Fund
 5604 Solway St.
 Pittsburgh, PA 15217
 412-422-2282

Soap Box.....

AYH TURNPIKE PARKING AREA IS NO MORE. On various trips using the Pennsylvania Turnpike we would meet at the Monroeville interchange. we would park most cars there and share rides to our activity.

The parking area at the Monroeville interchange of the PA turnpike is now closed to the public. A construction contractor is using the area as a staging zone for heavy equipment. Afterward the area will be re-paved and permanently closed to the public.

The reason for the permanent closure is safety. Turnpike officials consider it too dangerous for people to make a "U" turn across half a dozen lanes of traffic after parking at the interchange. While this may be a safety improvement we will miss the convenience and energy savings of this unofficial "Park n Ride". (Based on a Post-Gazette Article by Joe Grata). submitted by Rodney Horney.

Editorials and letters are welcome, PGH AYH neither supports nor opposes views in Soap Box. Please address comments to AYH, Soap Box, 6300 Fifth Ave., Pittsburgh, PA. 15232

PGH AYH TO SPONSOR IT'S 1ST ANNUAL 5k FOOT RACE

On March 31, at the last meeting of the PGH council Activities Committee, Wm Eberle was given the green light on directing the first 5k in the Councils history. Wm has directed other such events for various groups including SABRE (AYH SPONSORED BIKE EVENT) and was on the Staff of Pittsburgh Marathon Inc. for many years. Proceeds to benefit the Pittsburgh Firehouse Hostel. The details at press time are still hush, hush but the event will be held around late September. If you are interested in getting involved contact William at 833-9732. Look in future Issues for the latest details.

RYCON Construction, Inc.	Commercial General Contractors
1569 McFarland Road Pittsburgh, PA 15216 Telephone: 412/572-8100 Fax: 412/572-8107	

SEA-KAYAKING

General Information: Sea-Kayaks are the direct descendents of the Huntsman's boats or Eskimo Kayaks and are now gaining popularity as versatile recreational craft. Structurally, they are longer than whitewater kayaks and they incorporate more stable hull designs with keels for straighter tracking. Sea-kayaks are touring craft. You paddle than relying on a river and lakes, swamps rich in wildlife, exploring coastlines on the Great Lakes, and ocean touring in the Atlantic from the Outer Banks of North Carolina to the seacoast of DownEast. Spring is the best time to begin sea Kayaking. The boat and sprayskirt provide insulation to keep you warm even in cold weather and protect against the wind, water and waves. In cooler weather you will need layered clothing that can be adjusted for comfort, an old pair of shoes that might get wet or muddy, a hat, sun lotion and sunglasses, raingear, a water bottle and lunch. A complete change of clothes and a towel should be doubled-wrapped in water-proof and brought along. Contact the trip leader about local conditions and details about the trip.

Paddling season 1993

Introductory sea-kayaking evening trips will begin in April and are usually scheduled weekday evenings to small local lakes. These trips are ideal for beginners since there is no destination and no group to keep up with- you may paddle straight and efficiently, carve turns, brace or roll the kayaks at your own pace. We paddle through sunset, and frequently see such wildlife as beaver, waterfowl, and deer and will return to the AYH by 11:00 p.m.

This year, we should have daytrips ranging from urban sea-kayaking around Pittsburgh to paddling to Pittsburgh along the beaches of Presque Isle on Lake Erie- with a barbecue at the end of the day. Two or three weekend trips planned for the Chesapeake Bay, the islands around Sandusky, Ohio and Assateague Island National Seashore, as well as joining two canoe camping trips this spring. Generally longer trips combine sea-kayaking with other activities, such as hiking, fishing, or sightseeing.

Sea-kayaking is at its best on the longer, more advanced trips. Paddling a sea-kayak allows you to work less, see more, and enjoy places that hikers, motorboats and even canoes cannot penetrate, Isle Royal National Park in Ontario are being planned. Finally, the lobster lovers' special: We should be returning to Maine in July for the East Coast Sea-kayaking Symposium, followed by a week of paddling in Acadia National park and visiting the coaster towns of Downeast Maine.

To find out more, please call. Mark Mistrik 441-8293

May 4 Tue Mark Mistrik 441-8293.
 and May 18 and June 1

Into to Sea-Kayaking evening to Glade Run Lake. Easy trip is a very good way to get acquainted with the sea-kayak. Basic Instruction, and overview of the sport, and actual paddling on the lake will be covered. You can learn sea-kayaking at your own pace and be better prepared for the longer day trips; Intro's are a prerequisite for some of the longer trips, and highly recommended for anyone who hasn't been in a sea-kayak lately. Please call to reserve. 6:15 pm in Shadyside

May 1 - 3 Sat-Mon Mark Mistrik 441-8293 (h) 647-7609 (w)
Opportunistic sea-kayaking and hiking three day weekend. We'll go to the Georgian Bay Islands Provincial Park (if it's warm enough) or Assateague Island (if it's calm enough) or the southern Chesapeake Bay (for the blue crabs!). Final destination will be chosen by tripper preference and the long range weather forecast.

May 11 Tue Mark Mistrik 441-8293 (h) or 647-7609 (w)
 Diane Bialecki 885-1074

Monthly dinner and a short walk with the sea-kayakers (hikers, climbers, etc); tonights culinary pick is Indian. Everyone is welcome (even if you've never sea-kayaked). Call ahead so we know how many reservations to get, and for directions. 6:15 pm in Shadyside or 6:30 pm at the restaurant.

May 14 - 16. Cathy Lynch or Dave Sadler 361-3707

Chesapeake Bay Sea-Kayak Symposium. Expert kayak instruction, discussion of all aspects of sea-kayaking, local trips, boats to try out, crab cake feast on Saturday night. This will be the first time for an annual event for sea-kayakers from all over the Middle Atlantic States. Be in at the beginning. All levels of kayak skill, especially beginners, welcome. Camping at popular state park. Symposium registration, camping, and meals will cost about \$125. Carpooling and rental of AYH sea-kayak (if desired) extra. Reservation before May 1st is essential. For information or reservations, contact Cathy or Dave.

June 19-27 Mark Mistrik 441-8293 (h) or 647-7609 (w)
Sea-kayaking trip to the Outer Banks of North Carolina. Saltwater paddling on the Atlantic and in the Pamlico Sound, beach camping, sightseeing, sea-kayak surfing, lighthouses, eating and relaxing. Visit Ocracoke Island, Cape Hatteras, Cape Lookout, Beaufort and Morehead City and more. Trip includes open water crossings - intermediate level sea-kayaking skills required. Call for more information. Additional details Coming in the June Triangle.

July 15-25 Thr-Sun Mark Mistrik 441-8293 (h), 647-7609
East Coast Sea - Kayaking Symposium '93. The ultimate sea-kayaking trip offered by the AYH this year. Details of the trip will depend on the interests and abilities of those on the trip. Generally, we spend 3 days at the symposium, 4 days paddling and hiking in Acadia National Park, and have two remaining days for sightseeing, additional kayaking, hiking, etc. On past trips, we've stayed in Hostels, in Bed and Breakfasts, and camped. Anyone interested in this trip should begin preparing for it early in the paddling season. Leaving 5:00 pm. Thurs 15 at HQ in Shadyside.

Aug 27 Fri - Sept 6 Mon eve Mark Mistrik 441-8293(h)
Isle Royal National Park sea-kayaking and hiking. Spend a full week paddling around the Northeastern half of the island. Spend approximately three days in the island's, hiking on trails and fishing on the interior lakes, kayak camping, and paddling along rugged coastlines- Isle Royal's most spectacular scenery isn't reachable by trail. We will visit Mackinaw Island on the way home. Leaving: 5:00 p.m. from HQ Thursday Aug 26 in Shadyside.

Bicycle Primer, Your Machine.

It is that time of year again, as more and more cyclists' haul their road bikes out of storage and start running up the miles. The focus of this article will be on what maintenance your Machine needs to assure a summer logbook filled with miles. If it has been a while since your trusty steed has logged miles or even longer since it was overhauled I recommend one of two courses of action; the first, for the less minded do-it-yourselfers, is to take your bike to your neighborhood bikeshop and let them inspect and correct any problems that have crept into the works. This is a fine option as you are assured of getting the job done right for usually a fair price. The second option is do-it-yourself, there are many fine books on the market as well as videos designed to help you become a fair if not top-notch mechanic. I would also add that for any serious minded cyclists' or those who may be planning a cross country trip it is accentual to learn basic skills for roadside repair. For serious competitors, it is essential to have your bike setup for your racing style, and this can be further tweaked and improved if your capable of making these changes yourself. Greg Lemond, 3 Time Tour De France winner and holder of many other yellow jerseys has spent hours if not years in the adjustment of saddle height, and placement. It is very beneficial to learn how to make these changes yourself and learn how an inch one way or the other will affect your whole game.

Bicycle shops: If you neither have the time nor the desire for maintenance you may take your bicycles to local bike shops for the work required. There are basically two courses of action in this category for preventative maintenance. The first is a tuneup, this generally will cost \$20-\$35 in the Pittsburgh Area. A tuneup will typically include several procedures, Ask your mechanic beforehand what services are included and don't be afraid to ask exactly how he will accomplish

this. Shop around and find a mechanic that you feel at home with, the final outcome will be much better if there is good communication between the two of you. It is important that the mechanic know you, where you ride, the type of rides or events you may enter as well as your personal preferences. As I mentioned a tuneup will include several services, such as, fine tuning the shifting, tuning the breaks for maximum stopping efficiency, inspecting for damage, breaks or wear that will need to be corrected, lubrication of chain and pivot points and maybe even fixing that small wiggle that has snuck into your wheels. The second course of action under maintenance and bike shops is an overhaul and will typically cost around \$70, parts not included. This service I recommend at least once a year, and includes the services I mentioned under tuneup as well as fully disassembling your bikes hubs, headset and bottom bracket. The mechanic will clean out any grit or water that will almost always find its way into the for-mentioned parts, and repack the bearings with fresh grease. This procedure will prevent the bearings from premature wear and any bad bearings to have been caught and replaced before more costly damage can occur or possibly a serious accident should your steering fail while your riding. The shop will also make sure all the nuts and bolts are properly tightened, and advise on any parts that need replaced. If you maintain this once a year Overhaul you will have a bike that will perform as good, if not better, as it did the day you bought it. I promise you that proper maintenance and care for your machine, whether you do the work or a shop, will give you a smoother ride, possibly with less effort due to needless friction in unlubricated bearings; a safer ride, do to a failure that could have been caught such as a loose headset. I can assure you it is less expensive to replace a single part before it causes damage to multiple parts under use. A good example is your chain, a simple \$10-\$30 investment that if not proper maintained and periodically

see PRIMER, page 11

"SPOTLIGHT" UNSUNG HEROES IN AYH

There are many people people within AYH who go about doing their 'jobs' and don't get thanked often enough and we would like to do that here. All of the Activity Chairs (should be listed) are busy most of the year with scheduling trip leaders and trips and taking care of budgets and equipment. These organizational skills and headaches come with these responsibilities. Thanks to each one for their conscientious efforts.

Glenn Oster, Jim Ritchie, Jack and Blanche Asherman are extremely active with trail Maintenance and coordinating volunteers and have important duties here. Many non-members use the Baker and Rachel Carson Trails and AYH is in charge of keeping them up.

There are people who are only seen on Thursdays like Tom Rodgers and Chris Kline, the Program Chairs; Steve Poprocky, who Maintains the Front Desk; Don Hoecker, who takes care of Mailing Production of the monthly newsletter and Joel Platt who handles the database.

And then there are people who are constantly busy such as the newsletter editor, William Eberle and the Council Officers: Marianne Kasica, Linda Smithyman, Roy Weil and Larry Laude. You would be surprised if you ever found out how much of their time and efforts are put into running this organization.

Joe Hoechner, also a board member, has always been busy too. but has been giving extra amounts of volunteer time while seeking a new job. Other members of the Board of Directors Lou Conely, Jon Maiman, Ray Yutzy, Jane Swanson, Maribeth Hook, Diana Porcelli and Wm Eberle help to guide AYH too. (did I leave out anyone?)

Just because our office staff, Helen Coyne, gets paid doesn't mean she shouldn't be acknowledged too. She does a good job and keeps lots of people informed about AYH.

All of you who volunteer to help deserve a big hand too. We have many volunteers to help with hostel maintenance, trail maintenance, special events such as the bike rides and at WOED pledge drives.

THANKS TO ALL OF YOU!

And we are always looking for more people to help. If you are interested please let us know. 422-2282.

If you have an outstanding AYH'er you would like to shed some light on please send them to AYH "Spotlight", Pittsburgh Council AYH, 6300 Fifth Ave, Pittsburgh, PA. 15232. One a month will be chosen; if no entries for a month are received the spotlight will remain dark that month. Please remember if you feel someone is working extra-hard or is extra-special please nominate them, they deserve all the praise that they probable never hear..... the Editor.

VOLUNTEER APPLICATION 1993 THRIFT DRUG CLASSIC SUNDAY, MAY 23, 1993

Thank you for your interest in becoming a part of the 1993 Thrift Drug Classic. Please complete and return the enclosed application by May 1, 1993. Send the application to:

Thrift Drug Classic Volunteers
414 South Craig Street, Suite 286
Pittsburgh, PA 15213

Name _____ Date _____
Mailing Address _____
City _____ State _____ Zip _____
Home Phone _____ Work Phone _____
Age _____ Sex (M/F) _____ Social Security Number _____
Driver's License # _____ State _____ Exp Date _____
Emergency Contact _____ Phone _____

What positions interest you? (First Come, First Served, Register Early!)

_____ **Course Marshal:** Make the race safe for spectators and competitors. Over 350 are needed on race day.

_____ **Security:** Protect valuable race equipment and check credentials for restricted areas. A core of 75 is needed on race day.

_____ **Stage crew and site decoration:** Help create the look of the race, to be seen by the crowd and the press.

_____ **Drivers:** Drive a support vehicle in the race caravan and enjoy a unique perspective of the race. Please attach a resume of previous race experience or a driving record.

_____ **Motorcycle drivers:** Drive the media and VIP guests in the race caravan and enjoy the race from a cyclist' view point. Please attach a resume of previous race experience.

_____ **Office assistant:** Work "behind the scenes" of a major bicycle race, answer phones, prepare credentials, and other duties during race week. Morning, afternoon and evening hours available.

_____ **Hospitality:** Enjoy an excellent view of the start/finish area while meeting the needs of the VIPs and race staff, as they enter the exclusive VIP tents.

MELLON BANK JAZZ FESTIVAL CHALLENGE

You too can compete!

Attention all recreational cyclists! Bring your bike to station square on Saturday morning, May 22nd for the Mellon Bank Jazz Festival Challenge, the most popular Bike Week activity of Thrift Drug Classic weekend. Registration begins at 8:00 am in the Bessemer Court area of Station Square. Recreational cyclists of all ages will have the opportunity to be professionally timed while riding the toughest climb of Sunday's Thrift Drug Classic, Sycamore Street. Don't miss out on the chance to ride head to head with the hill that the pros climb twelve times during the Thrift Drug Classic. Sycamore Street is the sole reason why the Thrift Drug Classic is known as the toughest single day race in North America!

Everybody wins at the Mellon Bank Jazz Festival Challenge. Food and refreshments will be available on-site for all participants. A Mellon Bank Jazz Festival Challenge cycling jersey will be presented to the top male and female finishers between laps of Sunday's Thrift Drug Classic. Race the clock and your friends to determine who really is the **King of the Mountain!**

For further information, or to receive an entry form, call Gary Bywaters at (412) 266-1111 or (412) 266-8481.

And Don't Forget!

The Sports Medicine institute of the University of Pittsburgh "Seminar on Cycling", Friday Night May 21st. Featuring **"Allen Peiper"**, stage winner of the Tour De France and the Giro D' Italia, Plus other Special Guests to be Announced.

PARROTS...

What has 2 wheels, 2 heads, 4 legs and lots of downhill speed? A couple of people on a tandem bicycle, of course. They used to be a rather uncommon sight out on the roads of Western PA, but there are more and more of them to be seen. If you have become the owner of one of these great bikes, we'd like to hear from you. We are members of a loosely organized tandem club called the PARROTS (PA Recreational Riders on Tandems). We try to have a tandem ride once a month during the season in the greater Pittsburgh area, with a weekend b & b trip a little further away, in September. The rides are a social event with moderate distances of 25-50 miles. The club puts out a yearly schedule of rides, and membership ensures an update, if things get busy during the summer. If you don't own a tandem yet, but might be interested, give one of us a call. We may be able to give you some advice; one of our members can even build you a custom bike! We basically just like to ride and commiserate with other "long bike" owners. We have even been able to supply captains with substitute stokers on occasions, as some of us have "experienced" friends. Many of us also belong to a national organization called Tandem Club of America which publishes a nice newsletter called "DoubleTalk" 6 times a year. It is full of interesting articles, classified ads and ride schedules. There are tandem-only rallies all over the country that are fun to attend, too. This summer the eastern rally is in Williamsburg, VA in June, and the mid-western rally over labor day weekend will be in Lansing, MI. If any of this sounds good to you, send a SASE to Chuck & Lynn Ejzak 6858 Wilson St. West Mifflin, PA 15122 to receive a copy of the schedule, or call us @466-6196 or Joe & Cheryl Hoechner @242-0781.

Local Trail Receives Federal ISTE A Funding

Acquisition and construction of the North Shore portion of the Three Rivers Heritage Trail, extending from Washington's Landing (formerly Herr's Island) to Roberto Clemente Park, moved one step closer to reality with the awarding of \$340,000 in Federal transportation enhancement funds (part of the 1991 Intermodal Surface Transportation Efficiency Act "ISTEA")

The federal Surface Transportation Program identifies ten types of "Transportation enhancements" eligible for federal transportation funding and stipulates that a minimum of 10 percent of ISTEA funds be set aside for qualified projects. Three Rivers Heritage Trail met the federal transportation enhancement requirements on a number of fronts; as a bicycle and pedestrian commuter route, in preserving abandoned railway corridors for recreational trail use, and as a historic preservation project.

Be sure to check the activities listing for scheduled day hikes along this Future trail.

CANOEING

The AYH canoe program starts in May. Posted in headquarters on the canoeing bulletin board you will find the seasons paddling schedule and related information. Trips may be added. If you are interested in a special trip not listed let Royanne Mac know, it may be possible to recruit a trip leader. We hope this comprehensive schedule will give paddlers enough advance notice to plan time to participate. Early in the year is the time to learn the skills necessary to enjoy the summer paddling. To participate, contact the listed trip leader to reserve a spot, for information, instructions on their trip and a general idea of what happens. Keep in mind that cotton clothing including sweat shirts and jeans are not appropriate for paddling as they absorb and hold moisture. COLD COLD COLD!!! Synthetic fabrics and wool are much better. Dig out those old duds or shop at the Goodwill for bargain durable clothing. Style is second to comfort. Always bring a complete second set of clothing. Learning can be a damp experience. Trips leave from headquarters. BE EARLY, BE PREPARED TO HELP. HAVE FUN!!!

May 1 Sat Don Hoecker 243-8298 8 am at HQ
Class I, II Ice Breaker. Don promises flowing water, get in shape for the paddling season. A workout on the Redbank.

May 2 Sun Sam Duff 731-5485 9 am at HQ
Class III trip for experienced paddlers only. You must have the skills necessary and Sam reserves the right to qualify you. Spring water paddling.

May 5 Wed Frank Bruns 561-8579 6 pm at HQ
Basic instruction on canoeing. This is where to begin if you haven't been in a canoe or not for a long time. How to get in and out of the boat, basic strokes from bow and stern and safety with lots of help are taught.

May 8 Sat Karen Lucas 661-4835 8 am at HQ
Class II trip for paddlers who have completed Class I and II schools and have been paddling Class II streams.

May 12 Wed Frank Bruns 561-8579 6 pm at HQ
Basic instruction. This is the time to try. Lots of instruction and help. A few hours on the Allegheny River learning about canoes.

May 15 Sat Jim Porcelli 271-4776 8 am at HQ
Basic paddling skills on water suitable for safety and fun. Flowing water to practice strokes and maneuvering.

May 16 Sun Jan Bugby 371-4233 8 am at HQ
Fred Sunday 366-7111

Wildflower Trip on a Class I stream. Jan and Fred promise banks of Trillium and other wildflowers. Easy paddling so you can smell the flowers.

May 19 Wed Frank Bruns 561-8579 6 pm at HQ
Basic Instruction. Call to reserve a spot. Travel a few miles to the Sylvan canoe Launch for an evening of "how to" in a canoe.

May 22 Sat George Schnakenberg 731-3046 8 am at HQ
Conneaut March. A flat water paddle exploring a bird sanctuary. Bring binoculars to watch the Bald Eagles. A peaceful day for all paddlers.

May 23 Sun Frank Bruns 561-8579 7:45 am at HQ
Canoe School I. Learn whitewater paddling. Get to know the strokes and reading the river. After basic paddling try the Whitewater I school. Reservations going fast. Call Frank for details.

May 26 Wed Frank Bruns 561-8579 6 pm at HQ
Basic evening of instruction on canoes and how to maneuver them from headquarters ceiling, to a car, to the river. How to get in, out and stay in and paddle. Fun with lots of help from trip leaders.

May 30 Sun Royanne Mac 335-7326
Class I, II trip offered for the activities weekend at Heritage (see page 11). Depending on skills of interested paddlers where trip goes. Janet Supowitz will help haul and shuttle equipment so call to reserve space.

June 5 Sat Millard Underwood 561-0871 8 am at HQ
Class I, II trip on an interesting stream. Millard is a great rescue leader so join in his trip.

June 6 Sun Gordon Bugby 371-4233 8 am at HQ
Canoe School I. From canoeing talk, getting in, strokes and maneuvers to impressing your friends. You need lunch, drinking water, sun protection and a set of dry clothes.

June 12 Sat Frank Bruns 561-8579 7:45 am at HQ
Canoe School II. Learn whitewater paddling. Get to know the strokes and read the river. After Canoe school I try this School.

BikeNewYork - the Great Five Boro Bike Tour

Join America's biggest bike ride as thousands of cyclists take an incredible 42 mile TRAFFIC-FREE tour of New York City. It starts in Battery Park on Sunday May 23 at 8:00 am. Advance registration is \$20., day of registration is \$25. For a brochure write to BikeNewYork c/o American Youth Hostels, 891 Amsterdam Ave., New York, NY 10025 or call 212-932-2300.

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For People Who Live Their Dreams...

Cyclingand the Law

by Marc Reisman

In a previous column I discussed several Pennsylvania court cases in which cyclists were charged under the Vehicle Code with driving while intoxicated. I noted that several county court judges have determined that drunken cyclists can be convicted the same as automobile drivers for such behavior, a position with which I agreed.

However, in the most recent case that I am aware of, an Allegheny County judge found that the prohibition against drunk driving could not be applied to a Clairton cyclist who was found to be riding with a blood alcohol content of 0.29 percent (almost three times the legal limit). The cyclist was traveling down the wrong lane of traffic and collided with an automobile headed in the opposite direction. She admitted to the police officer that she had been drinking beer.

The cyclist was also charged with riding in the wrong lane of traffic. She pleaded guilty to that charge and was fined.

In my column, I criticized the judge's decision to dismiss the charges for several reasons. The decision was contrary not only to several other Pennsylvania decisions, but to decisions in many other states which have Vehicle Codes similar to Pennsylvania's. More importantly, I felt that the judge's decision was a blow to efforts to have bicycles taken seriously as a mode of transportation, since, in effect, it permitted cyclists to engage in potentially dangerous behavior on public highways.

I was therefore pleased to see that the Superior Court, acting on an appeal by the District Attorney, recently reversed the lower court. Senior Superior Court Judge William F. Cercone, writing for a panel of three judges, held that the law against driving any vehicle while intoxicated did apply to bicyclists. The decision was based upon the statutory definition of the word "vehicle" as "every device...by which any person or property is or may be transported...upon a highway." The case was sent back to county court for further proceedings.

In a Pittsburgh Post-Gazette article on the Superior Court decision, District Attorney Robert Colville was quoted as saying his office will continue to prosecute such cases.

I believe that the positions of the District Attorney and the Superior Court are responsible steps towards making the roadways safer for both bicycles and automobiles. And the insistence that cyclists share in the rights and responsibilities of the road can only have a positive effect on the attitudes of automobile drivers towards cyclists.

(The writer is an attorney in Pittsburgh. If you have questions you'd like to see addressed in this column, you can write to him c/o Riley & DeFalice, P.C., Liberty Center, Suite 1200, 1001 Liberty Avenue, Pittsburgh, PA 15222, or call 1-800-883-1LAW.)

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Cycling with Pittsburgh AYH

This schedule is a collection of some of the special bicycle trips for 1993. The majority of the trips listed are weekend trips. AYH also offers many single day trips as well.

Other Rides and Activities: There are many cycling trips and other AYH activities that are not on this schedule. The cycling includes one day rides, workshops, weekday evening rides, beginners rides, and off-road trips. Check our newsletter, The Golden Triangle, for up to date information about all of our trips. In addition to cycling, Pittsburgh AYH has active programs for Hiking and Backpacking, Canoeing, Kayaking, Sailing, Rafting, Rock Climbing, Caving, Volleyball, and Cross Country Skiing.

\$ Trip Cost Actual trip costs will vary, depending on whether the trippers eat in restaurants or cook their own and the accommodations. (e.g., hostels, camping) Expect to spend about \$5 for a day trip and between \$30 and \$70 for a weekend trip to cover trip fees, overnights, food and transportation.

Tips for First Timers

1. Call the trip leader. Tell him or her that this is your first bicycle trip with AYH (if that is the case) and find out about the terrain, any planned food stops before, during, and after the ride. Get an estimate of the total cost. Confirm the meeting place and time of the ride. Usually, rides will meet at the AYH Headquarters in Mellon Park (corner of Fifth and Shady Avenues, but many rides meet elsewhere. If you have questions about your ability or others who have signed up, now is a good time to ask.
2. Make sure that your bike is in good condition. Check to see that the tires are in good condition and hold air, wheels are true (no loose or broken spokes), brakes work properly, shifters shift, chain is clean and doesn't squeak, and that the bearings are adjusted. Be sure that the bike fits you and the seat and handlebar are adjusted for you. If you are not sure, take the bike to a reputable bike shop and have them check it over. (Your trip leader may suggest a shop)
3. Bring a spare inner tube and patch kit, rain gear if necessary, lunch or money for lunch (check with leader), saddlebag, fanny pack, or handlebar bag to carry this stuff, at least one water bottle, and a frame mounted tire pump.
4. Wear a Snell or ANSI approved bicycle helmet! If you do not already own one, buy one, and use it for all of your riding. (Department, toy, and discount stores carry approved helmets at good prices. Helmets are required on all AYH sponsored events and are often required on events sponsored by other organizations, as well! AYH has some helmets to rent for a nominal fee for use on our trips (Reserve with the leader ahead of time)
5. Arrive at the meeting place early enough to unload your bike and take care of any rentals before the scheduled departure time.
6. Have fun. Give yourself several opportunities to find the type of trips that suit you. If you have suggestions about trips, contact Chuck (466-6196) or Bill (833-9732). (Cycling Committee, Co-Chairmen; Bill Eberle & Chuck Ejzak)

1993 Pittsburgh AYH Bicycle Trips

- Thursdays in May.** All Judy Menosky 242-1573 Judy will be leading evening rides in May from headquarters at 6:30 pm.
- May 10 D, All Bill Eberle 833-9732 Arrowhead Trail.** We will meet at South Hills Village at 6:30 Pm and drive to the Arrowhead section of the Montour Trail less than 5 minutes away. You can visit Hike-n-Bike Bike shop to rent a Beach Cruiser if you like for \$4.00, get a cone or a hot dog right at the trail and enjoy the 3.5 miles of paved trail. This is an excellent time to bring the children and introduce them to trail riding or even let them brush up on their bike handling skills after a winter's rest, we all get rusty. Little 12" and 16" for children are great, as my daughters will tell you. Call for Reservation.
- May 15 B/C Bill Eberle 833-9732 Montour trail Fat-tire ride.** Mountain Bikes a Plus, If not sure if your bike is right Give me a call. We will park at Cecil Park and take a Ride on the Montour Trail, enjoy Lunch and generally Take an easy day of it. (nothing Like my Southpark Evening Hill Search rides!!! I promise this is flat....)
- May 16 B/C Lynn and Chuck Ejzak 466-6196 Mon River Valley & Winery Tour** The ride starts in Elizabeth and follows gentle terrain along the river. The minimum distance for this ride is about 30 miles although we can add an additional 20 miles. Features tour of the Ripepi winery.
- June 5-6 C/B Rodney Horner 339-0944 Sportsburg Camp** (North Central PA). Bicycling among pristine mountains and scenic countryside. Easy, 25-30 mile, rides on fairly level valley roads with minimal traffic. We will probably do an easy hike too. Lodging will be "Hostel like" at the Sportsburg Camp near the town of Wharton in Potter County. Call for details.
- July 3-7 B/C Mark Mistrik 441-8293 (h) or Helen Coyne 422-2282 (AYH Office)** Mountain-bike tour of the C and O Canal trail from Cumberland, Maryland to Washington D.C. We'll average about 50 miles a day along what was once a canal towpath, camp and stay at a hostel, and visit historical sites. Trip concludes with a visit to the National Monuments at the Mall in Washington D.C. and lunch in Georgetown before returning home.
- July 9-11 C Ober Rooney 364-3956 C&O Canal Ride along the canal towpath** which is part of a 180 mile long trail. Terrain is flat (although bumpy in places) and the scenery is great. Carry camping gear on your bike. Mountain bikes are recommended.
- July 23-25 B/C Larry Laude 665-9554 Ironmaster's Mansion** In Pine Grove Furnace State Park in central PA. Ride on rural roads or bike paths. Excellent hiking is available and swimming is just a short walk from the hostel. It would be hard to have a bad time on this trip.
- Aug 6-8 B/C Ober Rooney 364-3956 Niagara Falls** A popular trip; Ride the scenic Niagara Parkway or ride along the Welland Canal to watch the freighters negotiate the locks. Stay at the Canadian Hostel.
- Aug 14-15 B/C Judy Menosky 242-1573 Schellsburg Hostel Weekend Camp** Living Waters Hostel, the area features rolling terrain on quiet roads. Swim at nearby Shawnee State Park.
- Aug 22 A/B/C Chuck and Lynn Ejzak 466-6196 Mon Valley Century Bicycle Tour** Choose from a challenging 100 miles, 100 km (65 miles) and 50 km (35 miles) Registration includes marked roads, snack stops, map, and cue sheet. T-shirt extra. Rides start in Elizabeth, PA. Call for an application or get one at AYH. Registration: \$10 by July 31, \$13 afterward.
- Oct 3 A/B/C Bill Eberle 833-9732 SABRE (Southwestern Autumn Breeze)** Southwestern Allegheny county and Washington county. 100 km (65 mile) and 50 km (35 mile) rides offered. Rides start at Settler's Cabin Park. Registration includes marked roads, map, snack stops and a picnic lunch at the end. Registration: \$10 by Sept 4 \$13 afterward.

Ride Class: A - Adv. 60+ miles at a faster pace. (tend to be between ages 18 and 70). B - Intermediate, 30-60 miles, at a more aggressive pace. C - Easy, 15-30+ miles at an easy pace. D - Beginner. Short, easy rides for the family. AYH Members are given priority over nonmembers, hurry limited space. Bicycle Helmets (ANSI or Snell approved) are required on all rides. NO EXCEPTIONS. Participants are responsible for their own equipment. To become a member, sign up at one our weekly Thursday (8:00 pm- 9:30 p.m.) open houses, or call or write for an application; Pittsburgh AYH - 6300 Fifth Ave, Pittsburgh, PA. 15232. (412) 422-2282.

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REFLECTIONS

GOBA. see cover story.

GOBA is a week long, circular tour of a section of Ohio. Each year a different route is taken. The '92 tour took us through the area to the northeast of Columbus, starting north of the city in a town called Delaware. The cycling was pleasant, but COLD, especially the first couple of days. It was hard to believe it was June! Every night we camped in a field that was either a city park, high school grounds, or college campus. The tour organizers supplied 3 trucks to transport the luggage, so the riding wasn't too difficult. The mileage each day made for a pleasant ride, too. The routes go about 50-60 miles, usually with some sort of 'attraction' along the way. State parks where you can take a short hike, glass museum, the Longaberger basket factory and museum were just some of the things we saw during the week. Mid-week they included a lay-over day, so you had your choice of riding or not. Those who rode, had a choice of either 50 or 100 miles through Amish country. We had the extra day in Coshocton, staying in the city park adjacent to the historically restored Roscoe Village. They had special entertainment in the main street just for us. Most of the 'overnight' towns all week had some sort of street fair for our enjoyment. Even towns we stopped in for lunch would do something special.

Food was generally no problem, even with 2500 hungry cyclists wanting to eat at the same time. Local restaurants stocked up, groups such as American Legion or church youth groups, etc. would put out a nice, inexpensive dinner for our consumption. Breakfast was easy if you wanted pancakes, as Chris Cakes followed the tour the whole week. They have made a science out of making pancakes for a crowd. They'll even flip you a stack from across the room! Bob Evans Farms Restaurants was the official tour sponsor, so when we stayed in a town big enough to have one, they gave the cyclists a special deal. They even gave free water bottles to everyone as we arrived in Zanesville.

As far the cyclists go, there were people of all ages and abilities on the tour. If you are familiar with the big rides that we have around here, (Great Ride, MVC, SABRE) it is most like the Great Ride. There were a large percentage of kids, of all ages from about 10 months to teens with their parents. Adults pulling trailers was very prevalent, unlike most other rides we go on with our 1 1/2 year old. He was one of many toddlers.

This year GOBA '93 will be doing northwestern Ohio, starting in Van Wert, near the Indiana border. We'll be there for the start on June 20th. If you want to join our group, or just want more info, give us a call.

.....Chuck, Lynn & Philip Ejzak 466-6196

SERENDIPITY in the SADDLE

Call me a cyclist. Some months ago, after the unsettling business of losing my job, and with bleak prospects of ever finding work in Erie over the summer, I thought I would bicycle about a little to test the economic waters of the U.S.A. from Seattle, Washington, to Yorktown, Virginia. Whenever I find myself at a crossroads decision, I yearn to journey solo on this time honored machine that puts me at the mercy of all the raw elements of nature, people and Providence. Bicycling is primitive enough to capture the pioneering spirit but efficient enough to see more country and to cut travel time to practical limits. Much of the trip would be on the famous Bikecentennial bike route. The mapped out route was selected for low traffic, water stops, stores, scenery and campgrounds. On such a journey, I would be a homeless stranger and ever famished. I tempted this country to see if she could put on a better image than is often portrayed by Hollywood and the news industry. I made a vow to myself, not just to look at the asphalt, but to look beyond it as well. I would discover many historical road markers to read along the way. Going solo, I would write my own destiny down the road.

I flew out of Erie in July and I hoped to make it to the east coast by late October. I prepared for the worst and hoped for the best. I did not carry a lock and chain against theft, knowing that I would have been tired enough to say to myself, "That's it, I'm going home!" I did not carry a gun since wild animals are more shy than dangerous. I carried dog repellent, a lighter weapon, for the domestic dogs. To travel alone, I would have to be best friends with myself and plan rest stops at relatives and friends for about every two weeks of non stop travel. I carried 45 pounds of camping gear and tools for self sufficiency and only needed grocery stores for food and

water.

Seattle is the next best city to live in except Erie I thought, as I gazed down at the snow capped mountains, lakes, ocean and forests. After arriving at the airport, I unboxed my gear and headed north along one of the many bike trails for which it is famous for. I had many conversations while riding with cyclists along the way and my plans were envied by many. Seattle is indeed the choice spot in the Pacific Northwest, but for a such a friendly and recreational minded city, it had little job potential. After a short stay at my cousins house, to recover from jet lag, I headed south to the Columbia River and then to Astoria by using the bike maps. This was the area of the Lewis and Clark expedition, and the rigors of the cycling drew a certain kinship to these explorers. Despite the extensive logging of old growth forests, there is still enough wilderness to form a choir of these ancient monuments to fill the area with their silent song and witness of history known and unknown. Within a week, I got into the daily and natural routines for breaking camp, resting, eating, and meeting mileage goals. It was quite a challenge to climb the mountainous coastal highways in the Autumn like weather. A wet chilly sweat was rewarded by ocean views thousands of feet up. Last

see SADDLE, page 11

If you Have a story or a reflection of a trip, cartoon or other material you feel would be of interest to our readers please send them to
Editor:
PGH AYH
6300 Fifth AVE
Pittsburgh, PA 15232

THE APPALACHIAN TRAIL A FEW OF ITS MANY FACES

By Glenn Oster

This is part two of a series by Glenn about his observations while hiking the Appalachian Trail last summer. In the first part, he discussed some of the many interesting hikers he met on the trail with emphasis on their motivation. His story continues -

And while I'm on the subject of people, I couldn't get over the frequency of groups on the trail numbering 15 to 30 hikers each, several of which, as you probably guessed, were scout troops. There was one group of young men, obviously not scouts, who, were polite to me but lethargic and unenthusiastic. I eventually noticed that they were overseen by two tough looking older men; they had to have been from a juvenile correctional center. In Georgia, the authorities see difficult hikes on the AT as character building - giving young people something for which to be proud of themselves. This was one example, although it seemed to be falling short of the mark. There were three other examples - all from Georgia - but I'll only touch on two of them here. In the first example, as I approached the shelter at Fontana Dam (the Fontana Hilton - what a nice place) I encountered boys coming from every direction - possibly 20 or more in the group - and all between ages 9 and 11. My chances of getting sleeping bag space in the shelter looked slim at best, and even if I got a spot, would I want it. Was I surprised! The group's leaders insisted that I select my sleeping area first. Then, following a meeting they had

outside until dark, they entered the shelter walking softly and whispering; they didn't make a sound all night. I learned that they were all from broken families or were taken from parents who were not stable enough to raise their children. The boys had been on the trail for three weeks, mostly sleeping in tents, and this was their last night. Their purpose on this trip was to learn personal responsibility. No way for me to evaluate their new grasp of responsibility, but they surely knew how to conduct themselves as young gentlemen.

In the second example, farther south on the trail, I was able to hear one group of disadvantaged young people about a quarter mile before reaching them. The group consisted of about 30 teenagers, of both sexes and multiple races, overseen by several adults. The reason why I could hear them was that they posted a very loud voiced 16 year old girl at the head of the column who's duty it was to call out every large and small obstacle on the trail, roots, rocks, major stepdowns, snails - you name it. I thought of discussing the matter of noise pollution with the leaders, but I came to realize that this was a technique to help those young people feel more secure.

None of them had ever been away from home before, let alone in the wilderness. Most were frightened. I never brought up the issue of noise on the trail - didn't have the heart. Let's hope that they achieved their character building goal.

ter building goal.

In contrast, at one campsite there were about 20 hikers in their late teens. You only had to look at their clothes and listen to them talk for a few minutes to know that they came from wealthier families, impressively polite, considerate young people. Seems they were part of a commercially run summer camp, whose name I have forgotten. I asked one of the counselors what the cost was per person for the summer camp; her only response was - enormous.

And I came upon a group of young men in an Outward Bound Program. They had been out for 20 days and were nearing the end of their program. Apparently, this had been a difficult group to work with, and I sensed that the leader was going to be very glad to see its completion. She told me that each group selects its own leader from among the participants, and the one they chose turned out to be a very negative person, bent on frustrating the system. She didn't explain why they didn't change leaders, but it was obvious to me that she looked forward to the conclusion of that group's program.

I could fess up to nausea about the church sponsored groups that I met on the trail, usually in large numbers. Unfortunately, most church group leaders fell short in preparing their hikers as to what you do out of doors. Whether they were too Victorian to discuss the matter of bodily wastes or what I don't know, but there was fresh feces and toilet tissue in back of their camping areas, and no one else could have been responsible. Apparently, no one told them to bury (let alone burn) toilet tissue when they urinated as well as when they had a b.m.. To their credit, though, they left no trash at the campsites or on the trail.

Nevertheless, it was clear that some of them got little guidance from their leaders. As one example, I was tenting about 100 yards from a large encampment of late teens from a church in Florida. They had taken over the shelter and made clever room extensions with sheet plastic. The camping area's water source was a stream that flows about 20 feet from the shelter. I was at the stream getting water for dinner when a boy in his late teens called to me, "Are you going to drink that water?" "Yes, why do you ask?" "I'm just starting to wash my hair." It goes without saying that I was appalled and should have handled the situation in a friendlier and more controlled manner except that I was so shocked. "Young man, you don't wash yourself in the stream; you don't wash your cooking pots or clothing in the stream; you don't wash anything in the stream even with biodegradable soap. Take water in a pan and do these things well away from your water source. You wouldn't want anyone fouling your water supply." The leader and most of the others had been looking on as I walked by the shelter to access the stream, and they witnessed my calling the boy to task.

see Trail, page 14

'92 MVC Review

Where were you on Sunday morning, August 23, 1992? If you're a cyclist, chances are you were in Elizabeth, ready to start on the Mon Valley Century. A total of 1130 cyclists registered for this annual event, raising over \$7000 towards the new Pittsburgh Firehouse Hostel. Donations were given by 124 people for \$500. Thank you everyone!

This year's ride continued the trend of increased participation from the previous year. (The 91MVC registered 1030 cyclists.) The percentages of riders on the different routes stayed about the same: 27% Century, 43% Metric, and 30% 35 miles. All-in-all things went well; we managed to keep the rest stops supplied and with the help of radios, were able to keep tabs on key areas. The biggest problem of the day came in the city of Monongahela, as the road construction caused an unfortunate but necessary detour, and heavier than normal car congestion. We will be working with the city to help anticipate any other problems, so solutions can be worked out beforehand. Another area of concern is Mingo Park since heavy two-way bicycle traffic made it tough for motorists. We may try some alternate routing for 1993.

As always, a large number of volunteers did their part to make the MVC an enjoyable event. Parking assistants John Le Blanc, Jeff Marsh, Bill Eberle, Cliff Ham and Greg Olverson helped everyone find a spot for their car. At registration Chris Kline, Marilyn Ham, Fran Fotta, Sandy Conder & Isa (along with a few other 'walk-ins') helped me keep things going smoothly, even when it seemed the people would never stop coming! Jacky Eberle tended the store, so riders who needed bottles or gloves could get them and go. The food was once again coordinated by our council president/caterer Marianne Kasica. She was helped at lunch by Larry Laude, Jeff Marsh and the Doman family. Century riders were greeted in Ten Mile Park by Joel Platt, Cheryl Hoechner, and Kathleen McKeegan. Fayette City once again welcomed us with open arms thanks to Emma Williams and the Community Center. Our volunteers there were Jack & Blanch Asherman, Royanne Mac, Judy Menosky and Greg Olverson. Marking the roads again this year so no one would lose their way, were John Le Blanc and Jeff Marsh. Sag drivers were John Le Blanc, Joe Hoechner and Bill Eberle. Helping everyone through Mon City were Cliff & Marilyn Ham. We also had the expert help of the Monesson Radio Club, for communications between rest stops and Elizabeth. My undying gratitude to all of you!!!

As we start planning for this year's event, if you have any input, please let us know. We are always looking for interested volunteers, for either planning or event day activities. We hope to see all of you this year, and thanks for making the '92 MVC a big success!

Chuck and Lynn Ejzak
MVC Chairmen

The Great Ride.

The Great Ride will be July 18 this year, a bit later than our normal early June Dates. The reason of this is because of many changes, both in the event itself as well as in the Staff of TGR. One of our top Directors Vince Hurely, from the City Parks Has passed away, Since TGR '92. Vince worked tirelessly on The Great Ride and his shoes will be hard to fill. The Great Ride moves on, Larry Laude And Wm Eberle From the PGH. AYH Have Been once again Hard at work to bring you TGR '93 as of press time here are the details. The Tour will begin at The Lower Parking Lot of the Pittsburgh Zoo, A change From Flagstaff Hill. We Feel the New Start and Course changes will make for an even safer event. We will be having fewer route choices this year cutting our Half century (50 Miler) Back to aprox 35. miles. The shorter "long Route" will allow for more riders to take advantage of the HOV lane of I279N which allows the rider with over a 5 mile down hill run on a closed and secure interstate; not to mention the breath taking view of the city of Pittsburgh.. To the best of my knowledge we are the only tour to offer this luxury. The event includes snack stops as well as a T-shirt, map, support and much more. The Great Ride is a celebration of approximately 2,000 cyclists and we hope with the new improvements to bring even more. If you have any questions please call Wm Eberle or the PGH office of AYH at 422-2282 and we will see you at The great ride July 18, 1993!!!

The first annual Tour de Sewickley will be held on Sunday August 1, 1993. The Tour de Sewickley is a benefit ride with the profits going to the St. Peter's Child Development Centers. The ride will actually include three rides with distances of 60, 25-30 or 10 miles in and around the Sewickley area. The ride is being sponsored in part by the Ambridge Bike Shop. Aside from having fun cycling in the scenic Sewickley area, riders will have the chance to win great prizes, including a new Specialized bike. Volunteers to assist in the event would be appreciated. Call Georgette Gerben at 787-5406 for more details.

Please note that the date was changed from July 18th to August 1. This was due to the conflict with The Great Ride and made possible because of a cooperative effort between myself and Ambridge Bike Shop. Thanks Guys!!! I am sure every rider will appreciate the chance to do both rides and we, The Staff of the Great Ride wish you much success.

Wm Eberle.

AYH'S BEST!!! TOP CYCLING PICKS...

SABRE '93...October 3!

SABRE starts in Settler's Cabin Park at the Cayuga Picnic Grove. SABRE is a tour of Southwestern Pennsylvania, and more specifically of the small rural and farming communities southwest of Pittsburgh. We are expecting 1,400 or more Cyclists for the '93 tour. Cycle SABRE and see Western PA's fading orchards and rolling fields filled with red, orange and fire yellow trees while the October skies are clear and a fresh breeze fills the air. We promise the route which during the Autumn period will be ablaze with colors, leaving you with memories that will easily carry you through the cold, slush-filled winter to come. SABRE consists of 3 routes for cyclists of all abilities, a challenging metric century (65 miles), as well as the 35 mile route and the 15 miler.

FOOD is abound, 65 milers receive 2 snack stops and the 35 and 15 milers have 1 snack stop, and instead of finishing the Tour and simply going home like so many other rides, we will be waiting for you with the famous unsurpassable picnic feast at the Cayuga Picnic Shelter.

If the Autumn breeze is chilly, we promise to warm you up!!! The cost of the event is \$10 on or before September 25, 1993 (\$13 thereafter and day of Tour registration) and will get you a ride map and cue sheets, a rider number, sag and technical support, snack stops and a SABRE tour souveneer. When you finish the Tour, there will be the "SABRE Feast" picnic lunch awaiting you! Please remember The Pittsburgh Council, AYH requires you to wear an approved bicycle helmet for SABRE. After all, your brain is the most precious item you own!! 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 condition before the ride starts). With a great picnic like ours we knew you would want to bring Gram and Gramps, Friends, and Family. So for \$3, "SABRE Feast" picnic tickets may be purchased for one and all. Unsure of the number of guests you wish to bring? Don't worry, tickets will also be available at the picnic. We also offer the official SABRE Tour commemorative T-shirt for \$6 with

pre-registration before September 25, and will be included in your packet on Tour Day October 3. Shirts will also be available September 26, through October 3 for \$8.00, includes postage, and will be mailed to you. Any Questions, concerns, suggestions or if you wish to volunteer, please contact the Ride Director Bill Eberle at (412) 833-9732 (phones answers 24 hrs).

I am interested in more information About the AYH cycling program please send me the information and applications I requested and ad me to your cycling mailing list.

Applications

- ☐ The Mon Valley Century
- ☐ The Southwestern Autumn Breeze
- ☐ The Great Ride

Information

- ☐ Weekend Tours
- ☐ Club Rides
- ☐ Being a Ride leader
- ☐ Volunteering at Cycling Events
- ☐ 1993 AYH RIDE BROCHURE

Name: _____

Address: _____

Phone: _____

Clip and mail to:
AYH Cycling
Attn. Wm Eberle
6300 Fifth Avenue
Pittsburgh, Pa 15232

Whitewater RAFTING

Rafting is a great way to have fun in the sun. The American Youth Hostels has an extensive rafting program. We have trips for all skill levels from first timers to experts. Our 1993 trip schedule is listed below. So pickout a trip and sign up today. Don't miss out on the fun! For more information or to sign up for any trip, please call the trip leader or the AYH Office at 422-2282.

River: Lower Yough; Ohiopyle, PA (Leader Training Clinic)

May 31 10:15am Jon Maiman 441-2306
This is a special trip on the Lower Yough. oriented towards training new rafting trip leaders. We will be doing work with ropes, practicing various river rescue techniques, practicing ferrying and other maneuvers on the river, discussing the various walkout and backboard locations on the river, and generally reviewing all of the required skills for running a trip. SPACE IS LIMITED ON THIS TRIP!!!! Priority will be given to new and existing trip leaders. Note: This trip will meet at the Heritage Scout Reservation as part of the Activities Weekend. The cost is approx. \$25/person (including a \$5/person non-refundable deposit).

River: Lower Yough; Ohiopyle, PA

May 29 11:15am	Doug Bruce	561-5037
June 5 11:45am	Doug Bruce	561-5037
June 19 11:15am	Linda Smithyman	531-1868
July 10 11:45am	Doug Bruce	561-5037
July 17 11:45am	Kevin Craig	487-1538
July 18 11:45am	Linda Smithyman	531-1868
July 24 11:15am	Jon Maiman	441-2306
July 31 11:45am	Karen Lukas	661-4835
Aug 7 11:45am	Doug Bruce	561-5037
Aug 8 11:45am	Jon Maiman	441-2306
Aug 21 11:45am	Kevin Craig	487-1538
Aug 22 11:45am	Linda Smithyman	531-1868
Aug 28 11:45am	Al Kepner	444-0971

The cost for these trips is approx. \$25/person (including deposit). Ohiopyle State Park charges us a NON-REFUNDABLE LAUNCH FEE for each boater running the Lower Yough. So we require a NON-REFUNDABLE DEPOSIT OF \$5/ PERSON to reserve a space for all of our Lower Yough. Trips. If you sign up for a trip and you can't go and can't find someone else to take your place, you lose your deposit! The lower Yough. is approx 7 miles of class III-IV water. We run it as a day trip and we usually use 4 and 6 man rafts. This is a good introductory trip for first time rafters, all Skill levels welcome. We frequently stop for dinner on the way home.

River: New River George; Fayetteville, West Virginia

June 11-13	Jon Maiman	441-2306
July 2-5	Jon Maiman	441-2306
Aug 13-15	Jon Maiman	441-2306
Oct 3-6	Jon Maiman	441-2306

The New River is one of the oldest rivers in the world. We run approx. 7 miles of class IV water. The new is a high volume river with lots of big waves. Depending on the water level, we use 4, 6, and or 8 man rafts. Anyone who has been on the Lower Yough. at least once or would like a more aggressive introduction to rafting is welcome to come on New River trips. This is a weekend trip open to Advanced Beginners and up. The cost of these trips are approx. \$70/person for 2 day trips and approx. \$87/person for 3 day trips. An optional group dinner is offered as part of the trip.

River: Gauley; Summersville, West Virginia

Oct 18-19	Jon Maiman	441-2306
Nov 1-3	Jon Maiman	441-2306
Nov 15-17	Jon Maiman	441-2306

The Gauley River is considered to be the classic run in the East. The scenery is spectacular and the water is great. The Gauley is generally only runnable in the fall when the Army Corps of Engineers drains Summersville lake in preparation for Winter. We usually run the lower section which is approx. 9 miles of Class IV water. Runs on this section are slightly more challenging than the New River and are suitable for anyone who has run the Lower Yough. or New at least once. This is an advanced beginner and up weekend trip and cost's approx. \$75/person. We ran the upper section which is 13 miles of class V/VI water once last year. This section is only suitable for advanced rafters and space will be very limited if we run it again. We use both 4, 6, and 8 man rafts on the Gauley. An optional group dinner is offered as part of this trip.

NYRATS-8

New York Ride Across The State. This is an AYH sponsored 650 mile bicycle trip from Buffalo, New York to New York City that will take place July 24 through August 1. The 9 day itinerary begins in Buffalo and follows a course through Geneseo, Bath, Ithaca, Oswego, Utica, Oneonta, New Paltz and Tarrytown, ending in Manhattan. The \$405 cost includes lodging, technical support, sag and waterstops. Limited to 75 people. For information write to: NYRATS, American Youth Hostels, PO Box 1110, Ellicott Sta., Buffalo, NY 14203. You may also get a copy of the application at HQ or by calling Bill Eberle @ 833-9732. or For information on Pittsburgh Bicycle tours, call Bill or Chuck Ejzak at 466-6196

FOOT NOTES

hiking and backpacking news

On March 29, 1993 the hiking and Backpacking people got together for their annual planning meeting at Linda Smithyman's House in Brookline. Co-chairmen Jim Ritchie provided a preliminary count of 80 hikes led during calendar year 1992, with 21 different hike leaders or leader teams, and in 39 different hiking trails or trail systems. The Baker Trail or the Appalachian Trail, for example count as one trail system each. The most active hike leaders in 1992 were Blanche Asherman, the Clare Bunker/Bill Lindgren team, the perennial Glenn Oster (who probably led more Triangle-listed hikes than anyone else), Jim Ritchie, Joan Rooff, Linda Smithyman (who won the award that night for bringing the best cherry cheesecake), Pete Srin, Steve Tubbs, and Tom Kaveney.

The most frequently hiked trails or trail systems included the Appalachian Trail (with by far the most), the Baker Trail (8 hikes in '92), the North Country Trail, Ohiopyle, the Rachel Carson Trail (6 hikes in '92) and Steve Tubb's "Somewhere" hikes (5 of those). The only question I have "Is 'Somewhere' always the same place or does Steve go to different 'Somewhere's' each time??"

The most popular month for AYH hiking was October with 11 (I wonder why?), followed closely by September and November with 10 each and then by March and April, each with 9. You could almost have guessed those months.

Annual meeting attendees were asked what single word or phrase came to mind when they thought AYH hiking and backpacking. (Think of your own word here before you continue reading). The words that came to mind were: adventure, discovery, challenge, experience, scenery, sights, sounds, smells, variety, peacefulness, meeting others, comradery, friendship, self discovery and self esteem. If we all get even some of these things out of AYH hiking and backpacking then it is worth all efforts put in by the trip leaders to provide these opportunities.

Goals discussed by the group included better communications between the activity co-chairs, Jim Ritchie and Helen Coyne; getting involved in other organizations that promote the interests of hikers and backpackers, such as the Keystone Trails Association and the North Country Trail Association; and finally, how can we expand our volunteer base so we can attend to the many worthwhile projects that need to be addressed.

The most critical need at this time is providing regular trail maintenance to the Baker and Rachel Carson Trails, the two AYH trails. Trail maintenance projects include blazing, clearing, rebuilding shelters and bridges, and putting up signs. Our two trails have a combined mileage of 175 miles.

We would like to be able, additionally, to contribute, as other hiking organizations do, to the building of the North Country National Scenic Trail in Western Pennsylvania. We want to continue to expand our base of trip leaders. In 1992, we were able to recruit 8 new hike leaders or co-leaders: these include Diane Bialecki, Joan Rooff, Maynard Hansen, Ron Boone, Vernouque

Schreurs, John Dern, Helen Coyne, and Steve Nydes. We want to continue our expansion so that we can fill up the empty weekends that we occasionally have and to offer a greater variety of difficulties on each weekend.

We have trail guides, especially the Baker Trail Guide and the Western Pennsylvania Trail Guide that are in need of new editions; they must be updated to include changes along the routes and they are hungry for expansion to include interpretive information like trailside geology, history flora and fauna, we have a slide show put on; we need to offer first aid and/or CPR training; We have inventories to be taken on and on and on.

Obviously, neither one person nor two co-chairs, nor even a dozen trip leaders can do all these things. This is the reason we need so desperately to expand our base of volunteers. If each person contributes just a little, we can accomplish many of these goals. To identify volunteers, the hiking/backpacking leaders have developed a volunteer recruiting form that you will be seeing throughout the next several months that allows you the opportunity to identify the areas in which you would like to help. When your trip leader offers you a Volunteer Form, please fill it out, indicate that kinds of things you would like to help out, with the intention of donating some time later in the year on those projects.

Well, SPRING is springing; the wildflowers will be profuse, especially during the first week of May.

see FOOTNOTES, page 14

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PRIMER, from page 5

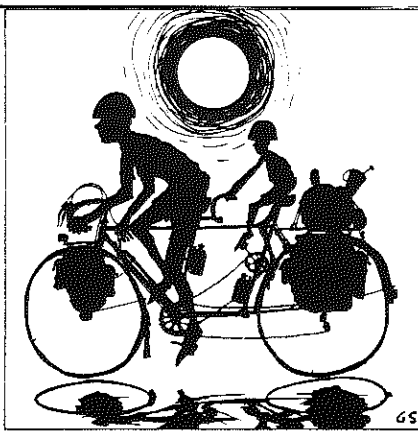
changed can cause repairs and replacement of other parts costing in the hundreds of dollars. Even though with the naked eye a chain may look good if not almost new, it may have loose pins or be over stretched causing bad and unnecessary wear on gears and derailleurs with possible breakage during use (such a break could cause a serious accident if your climbing or sprinting).

Self maintenance: While a complete over haul will require several specific tools for your particular bicycle, a tune up will generally not. In this section I will stick primarily with a tuneup and lightly touch the subjects of an over haul. All right lets get started..... First clean your machine!!!! and this I don't mean once a year, later in this article I will cover what you should do before and after every ride. enough said about cleaning (for now, just do it!). After a serious washing you will want to lubricate your chain and brake pivot points, but not the break pads. (oiling the break pads will not stop break squealing, and will not stop you at all!!!). For lubrication WD-40 will work great, I recommend Finishline bicycle products as well, thinner Silicon based lubricants will work great on your chain, as well as a heavier oil. However the latter will cause your chain to attract dirt quicker and will require some good cleanings. Parafin, wax, and "dry to the touch oils" (... a rose by any other.....) will create a cleaner, neater looking chain, with two major drawbacks. The first is they require lubrication more often and the second is that they will not always safeguard against rust. Even with the extra work required I prefer them above all. They lubricate great, look neat and don't give you a grease job every time you touch your chain. The next action to be taken is to properly adjust your breaks, over time cables stretch and require that you remove the slack. Make sure your pads are centered so you aren't wasting energy with unwanted friction as you ride. Take a file to your pads and lightly even the surface as well as some steel wool to the side of the rim where the pads meet the rim. This will assure maximum stopping power. Replace any badly worn housing or cable. carefully inspect your tires for cracks or bulging and replace. If it has been a while, replace the tubes as well and properly inflate the tires to recommended pressure (printed on the side wall). For ease of assembly of the tires and tubes generously apply talcum powder to the tube before assembly. As I stated earlier What I hope to accomplish in this article, is to give you a primer in what needs to be accomplished; For the knowledge on how to accomplish the task; I recommend the books, or videos on "how to"; there are many fine books available ("Greg Lemonds Complete Book of Bicycles", as well as "Sloans complete book to Bicycle Maintenance"), and I certainly could not improve on what the fine authors have said or the diagrams they have designed to help you learn the art of self maintenance.

Moving on, overhauls are more intense, but less work then one would imagine, if you simply keep up with the work on your bike. Simple procedures before and after each ride will keep the overhaul to a minimum. The general overhaul, as I stated in the section on bike shops, will include the process of removing all bearings and

repacking them in clean fresh grease. Simple enough to say, and not much harder to do; With the correct tools and Knowledge. Once again I say, Buy the books and learn, the satisfaction from riding a finely tuned, well shined bike that you are the chief mechanic cannot be compared.

Finally, I would like to close with what work you should do before and after each ride. Before each ride you should check your tire pressure and bring to up to it's specified range, this pressure should be on the side wall of the tire. When there is a range of pressure such as 30-60 pounds, usually found on a mountain bike, the lower the pressure the softer the ride will be, the better traction you will get off road in dirt; while the higher pressure will give you a faster ride on pavement and resist pinch flats better from bumps in the road; Also before each ride you should quickly check your break linkage and make sure all is in fine working order. Upon completing the ride you should wash your bike down, this part takes some discipline but in the end run your bike will be the better for it. The best soap for this job is either Dawn or Joy dish detergent (I learned this while driving support for the PRO racers.). Use buckets of hot soapy water, some soft nylon brushes and go to town!! Make sure you get your chain, tires, hubs, basically everything. Pro mechanics have collections of brushes, different sizes, dirty ones for the first wash then clean ones for the final rinse. As the new ones get dirty they become the Dirt scrubbers and so on. These mechanics garde these tools as prized possessions (even though they generally cost around 1.50 at most) because they know the secret to winning is to have a clean well maintained bike. When finished a final rinse with a bucket of hot water will be you need (avoid using a hose with a sprayer, because this will force water into your hubs, bottom bracket, and headset). Dry your bike, and if really fussy apply a bike wax or some lemon pledge to a cloth and shine the frame. Don't forget to squirt some lube on your chain and lower your air pressure in your tires to about half. It is best to try to store your bike off of its tires if you have the room. Well you have done it with the exception of bringing your bike tires up to pressure and the quick look at your breaks you are ready to just wheel out the door on your next ride. I have tried to be brief but with some light reading and a visit to your local shop you can become armed as a top mechanic. If this doesn't interest you please remember at the lease you must clean and lube your bike often. Here at the AYH we schedule bike clinics from time to time, if you would be interested in attending one please call our office at 422-2282. Happy spinning..... Wm Eberle.



-BIKECENTENNIAL

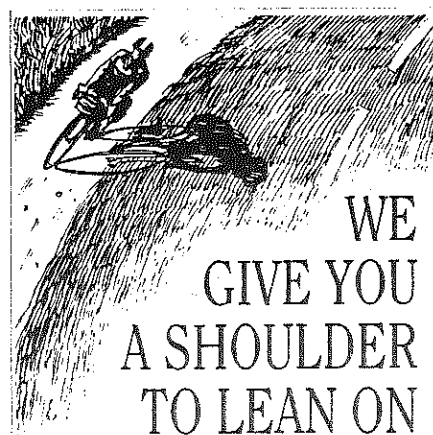
SADDLE, from page 8

the expanse of the coastal temperate rain forest with snow capped mountains become all too much to take in, there were many resort towns for resting along the way. State parks were everywhere along the coast, each trying to out do the other in services and programs. There were edible berries to pick and beaches to comb. Primitive equisetum grew higher than my head and gargantuan Banana slugs left slimy trails from their night forages. I was not alone. Every day I met up with many groups of cyclists to ride with, and every night the camps were full of cyclists to share adventures with. The journey had an innocence to it and going coast to coast could not be grasped yet. The blustery and wet weather was more typical of October in Erie and I took one day off to recover from cold symptoms. At Florence, Oregon, I departed my cycling companions who wished me the best. Although they would be finishing soon, I would be riding out their dreams.

I headed east up the Siuslaw River to Eugene and then up the McKenzie Pass, knowing that cycling companions would be few and far between from here to the East. Traveling inland brought back dry summer like weather. After three days of traveling east, a narrow winding road shaded by a canyon of tall conifers enticed me up the mile high McKenzie Pass. The smell of burnt brake linings from on coming traffic announced that it was time to walk the bike! Soon the trees gave way to alpine meadows and then to the Belknap crater. The reward at the Pass was a dark lava field crowned by dry blue sky and sandwiched in the middle were the snow crested mountains that I had viewed for the past week. In the cyclists world, hard earned hill work is meaningfully rewarded. Painfully gained panoramic views will flash back in my memory years from now. I hastened down the other side and into the arid rain shadow forests to the town of Sisters and set up camp under the sweet Ponderosa pines. I was a lone cyclist out here and that night in late July I dreamt of three tornadoes.

For the following day, I planned to put 72 miles in 90 degree heat through Redmond, Prineville and finally up the Ochoco mountains. Cycling is a mental exercise of compressing time and mileage into a dreamy state of labor and in doing so, the three omens in my dreams the night before were met and materialized into three events of encouragement. Well under way by mid morning, a motorist pointed out that my tent had fallen off at the last railroad crossing. I was almost too nonplused with embarrassment to show my appreciation for all the mileage that I would have lost! Heading up to the Ochoco Mountains, a road worker handed me a cold can of Squirt to revive me from the heat. At last, I made it to Bandit Springs to camp, for the evening near the well. It was contaminated and locked shut. The next campground was likewise, but I could go no further. Lo and behold other campers came by and spared me full gallon of distilled water. I drank half and washed off a days work of salt, grime, sunscreen, and bugs to revive myself!

Be sure to read next month's issue of the Golden Triangle, as we will run Part II of Paul's, "Serendipity in the Saddle"



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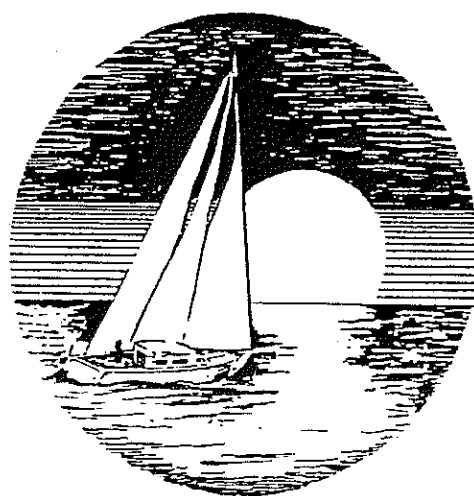
- Get medical attention immediately.
- Record license numbers, makes, models, years and owners of all vehicles.
- Get names, addresses, phone numbers and insurance information from drivers, passengers and witnesses.
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- Record the weather and road conditions.
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- To protect your legal rights, consult your attorney.

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HIKING/BACKPACKING

May 14-16 Fri-Sun Leader: Bill Lindgren. Call: Clare Bunker 244-9788

Shenandoah National Park: Old Rag, Cedar Run and Oak Canyon. Day Hiking, INT level, in the SNP. Sat: Old Rag Mountain Hike. Old Rag is the most spectacular mountain on the Northern Virginia Blue Ridge. Views from the Rocky Ridge trail extend in all directions, 7 rugged miles. Sun: Cedar Run to White Oak Canyon, two of the deepest and steepest ravines is the SNP. White Oak Canyon is one of the park's scenic gems. Both Canyons have high falls, sheer cliffs, and deep pools; 8 miles. Car camping. Meets at HQ at 5:45 pm, Friday. Call for reservations.

May 15 Sat Norm Snyder & Jim Ritchie 828-0210
Catfish Run Exploration, Near Brady's Bend. A continuation of the exploration of the Catfish Run watershed near Brady's Bend. This is an ADV. level activity involving difficult stream crossings; for seasoned, expert hikers only. Approximately 14 miles, Maybe more. Meets at 8:30 am at HQ. Call Jim for Info/reservations.

May 16 Sun Maynard Hansen 751-7615
Youghiogheny River Trail, Suterville to Smithton. Another hike on the rail-trail along the south side of the Youghiogheny River. About 10 miles, flat terrain, easy INT hiking. Meets at 9:am in the first parking lot past the entrance of Round Hill Park. Call for Info, directions and reservations.

May 22 Sat Pete Srini 921-1238
John P. Saylor Trail. This is a 12 mile hike on mostly level terrain in the Gallitzen State Forest located in Somerset county. Meets at 8:00 am at HQ. Call Pete for info/reservations.

May 23 Sun Linda Smithyman 531-1868
An easy Hike at Raccoon Wildflower Reserve. Meet at HQ at 10:00 am. I hope to accomplish about 4 miles or so and a wide variety of wildflowers will be out such as trillium, squirrel corn, yellow violets, phlox, wild geranium, bluebells and plenty more. Bring a camera to take some wonderful photos, see the flowers from the close up point of view of the camera.

May 23 Sun Steve Nydes 661-9357
Laurel Highlands Trail, Maple Summit Road to Ohiopyle. Rescheduled for March when the snow here was 18" deep on hike day. This hike follows the plunge into to Youghiogheny Gorge from Maple Summit Road down to the village of Ohiopyle. Strenuous hiking. Meets at 8:00 pm at HQ. Call Steve for info/reservations.

May 28-31 Fri-Mon Glenn Oster 364-2864
Linville Gorge Wilderness. This will be an intermediate/advanced backpacking hike in the mountains of North Carolina. Enjoy the Vistas from Blue Ridge Parkway en route. In the Wilderness, Climb Tablerock Mountain and drop to Linville River on the Mountains To The Sea Trail, hike up scenic Linville Gorge and view the spectacular Linville Falls. Trip limit is five hikers; so sign up early. Call for info/reservations.

May 29 Sat Jim Ritchie 828-0210
Memorial Day Activities Weekend: Raven Rock Hike. This is an INT hike of around 8 miles in Coopers Rock State Forest, West Virginia. We'll hike out to Raven Rock for a spectacular view of the Cheat River Canyon and then loop back along the Scott Run Trail. Leaves at 9:30 am from the Heritage Reservation. Call for info, directions and reservations.

May 30 Sun Leader: to be announced Call Jim Ritchie 828-0210
Memorial Day Activities Weekend: Quebec Run Hike. INT hike of Approximately 8 miles in the Quebec Run Wild Area of Forbes State Forest. Leaves at 9:30 am from the Heritage Reservation. Call for info, directions and reservations.

May 31 Mon Tom Kaveney 276-8044
Memorial Day Activities Weekend: Fort Necessity/Jumonville Hike. This hike will incorporate a tour of the visitor's Center and the stockade area with a short hike through the wooded area adjacent to Fort Necessity. The Hike then moves to Jumonville where George Washington ambushed a French encampment to start the French and Indian War in America. Call Tom For the Starting time and Location, directions, and reservations.

June 28-July 5 Tom Rodgers 621-6310
Rainbow Gathering - Southern Appalachian Mts. Join our Caravan to the 21st annual gathering of the tribes - the Rainbow Nation. Free Camping, much acoustic music, dozens of workshops daily, lots of skinny-dipping in creeks and ponds. Expect 5,000+ people camping in a remote area of the National Forest. This trip requires substantial preparation. Contact me ASAP (NOT A AYH EVENT).

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SAILING

Introductory Classes

We offer introductory classes for those who have never sailed before or anyone who desires to brush up on their skills. Classes are open to AYH members, at least 16 years old, in good physical condition, who are comfortable in the water and know how to swim. Classes consist of three evening classroom sessions, and two full on the water sessions with instructors. A final free sailing day can be taken anytime during the remainder of the season. We use the Red Cross Start Sailing Right textbook and expect to offer Red Cross Certificates pending approval of our instructors and program. Classes are designed so you can pick either Saturdays or Sundays for your two on-the-water sessions. They will take place at Lake Arthur in Moraine State Park near Butler, PA. Classroom work is at the AYH HQ building in Pittsburgh. This class usually fills up so send in your application below as soon as possible to insure a space.

Red Cross Instructor Class

We will also coordinate a Red Cross Sailing Instructor Certification Class. This is for people with significant sailing experience and who want to be certified as Red Cross Sailing instructors. Instructors must also be in good physical condition and able to pass a basic swimming test. This course usually costs \$60 to \$100 but we will charge a \$25 class fee to AYH members who assist in our Sailing Classes. This will also fulfill the Red Cross requirement to teach at least once each year. There will be three required textbooks that can be purchased for approximately \$20 (or they can be borrowed). There will be one evening classroom session (date to be announced) and two full days at Lake Arthur on May 22 and 23. Contact Bob Zavos at 241-0659 for details.

Racing Classes

Learn Advanced sailing techniques and how to race. This course will be offered in August. There will be classroom sessions on Wed. 18 and Friday 20. On the following weekend Saturday 21 and Sunday 22, classes will be on the water at Lake Arthur.

Introductory classes	Introduction AYH HQ 7pm-9pm	Shore School AYH HQ 7pm-9pm	On-water Class Lake Arthur 9am-5pm
Class 1	Tue., June 1	Fri., June 4 Tue., June 8	Sat., June 5 Sun., June 12
Class 2	Tue., June 1	Fri., June 4 Tue., June 8	Sat., June 6 Sun., June 13
Class 3	Tue., July 13	Fri., July 16 Tue., July 20	Sat., July 17 Sun., July 24
Class 4	Tue., July 13	Fri., July 16 Tue., July 20	Sun., July 18 Sun., July 25
Red Cross Instructor Course		TBA	Sat 22 Sun 23
Racing/Advanced Sailing	Wed., Aug 18	Fri., Aug 20	Sat 21 Sun 22

SAILING CLASS REGISTRATION

Name: _____

Address _____

Phone No. _____

(you may use this form for multiple registrations)

Check class(es) desired:

Intro. (\$80) Class 1____ Class 2____ Class 3____ Class 4____

Can you take an alternate class if one of the above is filled? _____ or _____

Red Cross Instructor (\$25)____ Racing/Advanced Sailing (\$80)____

Class fees: _____ x _____ = _____

Textbooks:(Intro. \$9;Instructor \$20) _____ x _____ = _____

TOTAL ENCLOSED _____

make check payable to Pittsburgh Council AYH

YOU MUST BE AN AYH MEMBER FOR ALL CLASSES - See membership

info elsewhere in this issue or contact the AYH office for information.

Send registration and fee to: Joel Hough, AYH Sailing, 100 Bryn

Mawr Ct. Apt. E113, Pittsburgh PA. 15221

1993 Sailing Schedule includes the following:

May 8 Moraine Sailing Club (MSC) Mini-Regatta at Lake Arthur.

May 15 MSC Challenger Races

May 16 3 River Sail: People-Powered Regatta. Sail from Herr's Island to the point and back again (if wind and current conditions are favorable) Contact Bob Zavos

May 29-31 AYH Activities Weekend. (see details on 10 & 11 for accommodations, fees, other activities) Sail 2 lakes in 2 states in 3 days. Sat: Heritage Reservation Lake, PA: Sun. & Mon: Deep Creek Lake MD; Sailing fees will be \$12 daily for AYH boats, somewhat less for Heritage Reservation sailboats

June 5 MSC Challenger Races

June 26-27 Detroit, Michigan: Lake St. Clair and inland lakes Bob Zavos

July 3-5 Lake Pymatuning, PA Contact Joel Hough

Aug. 14 - 22 Crystal Lake, Michigan Contact Joel Hough

Sep. 4-6 Lake Chautauqua, New York

Oct. 8-10 Annapolis Boat Show

Oct. 10 & 16 Chesapeake Bay Cruise. We will charter a 38 to 45 foot boat for 1 week in Annapolis and take a leisurely cruise on the Bay stopping at many historic and interesting ports.

We are also considering extended live aboard cruises (usually 1 week) to the Maine Coast and the Chesapeake Bay later this Summer or Fall. If you have any interest contact Bob Zavos as soon as possible.

ROCK CLIMBING

May 1 Sat Beg Eric Bauer 687-0766
Beginner Trip to Coopers Rocks, W. VA. Meet at HQ at 8am.
May 23 Sun Beg Eric Bauer 687-0766
Beginner Trip to Coopers Rocks, W. VA. Meet at HQ at 8am.
May 29-30 Sat-Sun Beg Eric Bauer 687-0766
Beginner Trips AYH Spring Outing Heritage Reserve (near Ohiopyle)

Beginner trips are geared towards teaching basic rock climbing skills to people that have never climbed before. All you need to bring are tennis shoes and lunch. AYH supplies all climbing equipment. Space is limited so please call trip leader for reservation.

If you are interested in climbing during the AYH Spring outing, don't forget to send in the reservation form for cabin or camp site and meals.

Hostel Site Volunteers Needed!

The thrift Drug Classic Bike Race; Scheduled for Sunday May 23rd. will bring thousands of people into Downtown Pittsburgh to view the race - and our future Hostel.

If we have a signed Sales Agreement we Should have a key and access to the building. As the original start/finish line has been moved from Grant Street to the BLVD of the Allies our Hostel Location will be a prime spot for race viewing.

Initial plans for the day call for roping off the front 20 feet of the entry area so visitors can stop in and look around, Guided "Tours" are not feasible at this time. Volunteers would man an information table, answer general questions about AYH, hand out brochures and provide info about The Great Ride, M.V.C. and SABRE Bike rides.

Time slots could be set up to cover 8am to 3pm you should cycle down to The Firehouse Hostel as the Roads will be closed most of the day to can traffic.

If you'd like to help or need more info call Joe Hoechner @ 242-0781. Thanks!

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IMPOSSIBLE PRICE!

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BROADWAY OUTDOOR

Pittsburgh's Premier Camping Store is

"ANNOUNCING EIGHT CRAZY DAYS
TO SAVE MONEY IN MAY"

SAT. MAY 1ST - SAT. MAY 8TH ONLY

DOORBUSTER SPECIALS - UP TO 40% OFF

- SIERRA TRAILS FOLDING ALUMINIUM COT, 25" x 72" x 8" (Reg. \$25.00) SALE \$15.00 - SAVE 40%
- GANDER MOUNTAIN 9' x 9' SPORTIVA CLIP DOME TENT (Reg. \$180) SALE \$129.99
- ALL EAGLE CREEK TRAVEL ACCESSORIES - GUARANTEED LOWEST PRICE - SAVE 15%
- SAVE ADDITIONAL 10% ON PURCHASE OF ANY SIX OR MORE FREEZE DRIED FOOD ITEMS
- SAVE 15% ON ALL TEVA SPORT SANDALS - LOWEST PRICES ANYWHERE!

SORRY - NO RAINCHECKS ON DOORBUSTER SPECIALS

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281-3052
SALE HOURS: Mon.-Sat., 9-5:00
Closed Sunday

BROADWAY OUTDOOR
Quality Outdoor Gear

Visit our 2 great locations!

CRANBERRY TWP. - NORTH HILLS
Rt. 19 North - Next to Sterling Lite Co.
(3 Miles North of PA Turnpike - Exit 3)
772-1140
SALE HOURS: Mon. & Sat., 10-5:30
Tues. thru Fri. 10-8:30, Sun. 12-4

FREE! AYH Discovery Tours Catalog Now Available

Hostelling International / American Youth Hostels' exciting low-cost Discovery Tours offer a variety of hiking, cycling and backpacking adventure trips in the USA, Canada and Europe.

Thirty different itineraries are listed in the 1993 Discovery Tours catalog, including 10 brand-new tours which feature hiking in Israel or Yosemite National Park, cycling down Austria's Danube River or through Pennsylvania Dutch Country, and backpacking in some of Switzerland's most famous mountains.

Discovery Tours are not just a vacation adventure, but an experience: an opportunity to come face to face with new peoples, cultures and environments - from the Canadian Rockies to Cape Cod, from the Matterhorn to rugged western Scotland.

Hiking and cycling tours are rated for all levels of skill, from beginners to the experienced. Discovery Tours feature small, friendly groups, usually nine plus a trained tour leader.

Tour departures are scheduled for all age groups from teens, 15 and older, to 50+ travelers. Several tours are available in the "open" category, perfect for a family, or grandparents and grandchildren.

Cycling tours range from a 10-day trip in Pennsylvania Dutch country for just \$460, to two weeks exploring France's Loire Valley for only \$850 (land cost).

Hiking tours by van are of the "day hike" variety, using a base camp to leave heavier gear. Hike in majestic Yosemite National Park on a nine-day tour for \$500, or trek through ancient Israel for 13 days for only \$800 (land cost).

Five backpacking tours are available in Europe, including eight days in James Herriot's Yorkshire Dales in England for \$600, and a seven-day exploration of the Swiss, French, and Italian sides of Mont Blanc for \$725. (Prices for European tours are land costs only).

European tours are led by local leaders and include an international roster of tour participants. North American tours are led by an AYH-trained leader.

All prices include overnight accommodations in hostels or campgrounds, group-prepared meals, an entertainment fund and tour leader. Hostels have dormitory-style accommodations with separate quarters for males and females, self-service kitchens, dining and common rooms. Hostels come in an infinite variety, from a lighthouse on the California coast to a castle in Switzerland.

The 22-page AYH Discovery Tours catalog is available free by contacting:



AYH Discovery Tours
Pittsburgh Council, Rm 204
5604 Solway Street
Pittsburgh PA 15217
412-422-2282

**FOOTNOTES, from page 10**

We have hikes lined up along Catfish Run (Clarion County), the mighty Yough, high in the Allegheny Mountains (the J.P. Saylor Trail), along the Laurel Highland Trails. We even have a weekend car camping trip to Shenandoah (Old Rag and the Cedar Run and White Oak Canyons), and a Glenn Oster backpacking trip to boot.

Lastly, don't miss the AYH Heritage Reservation Memorial Day Activities Weekend. There are three great hikes: one right down the road at Quebec Run with its "Pennsylvania Gold Mine", a second out to Raven Rock, perhaps one of the best vistas in this area, over the Cheat River Canyon, and finally, on the big M. day, a hiking tour of George Washington's Fort Necessity, the site of the only defeat in the career of our President, and on the same ticket, an expedition to Jumonville Glen where George routed an encampment of French soldiers that made Fort Necessity necessary.

by JIM RITCHIE

Two More Yosemite Hiker Trips!!! We have added two more departures of the San Diego Sponsored Yosemite Hiker Trip (page 9 in the Discovery Tours Catalog) due to the demand of this trip by the Japanese Hostelling Association. (1; July 29 to Aug. 6) & (2; Aug. 16 to 24.). If you have any questions contact (202) 783-6161.

THE SECOND ANNUAL PEOPLE-POWERED REGATTA SET TO SAIL

The Allegheny River will come alive with canoes, kayaks, rowing sculls, and sailboats as the 2nd Annual People-powered regatta takes to the water on Sunday, May 16. Volunteers are needed to help organize the event, call 471-7719.

Regatta participants will cast off at 11:30am from the Boathouse located on Washington's LANDING. Rowers will embark on their various craft and move in a procession downstream along the back channel of the Allegheny toward Roberto Clemente Park. The boats will join with people on foot and bikes in a special ceremony along the waterfront to honor the heritage of Pittsburgh's rivers and riverfront. AYH members should call their boating chair to see what activities are planned.

COUNCIL LEADERSHIP SEMINAR MAY 5

Are you interested in finding out more about AYH and Pittsburgh Council? Larry Laude, past president of Pittsburgh Council, will present an informational seminar on AYH at 8 pm on Wednesday May 5th to preview what's involved in hostel development and operations, Council finances, regional and national organization, special events management, volunteer development, activities management, Council leadership and the Board of Directors. If you think you may be interested in a leadership position with the Council, either as a volunteer or on the Board of Directors, or if you'd just like more information on AYH, plan to attend. No obligations. Call Larry evenings at 412-665-9554 for more information.

SPRING ACTIVITIES WEEKEND 5/28 - 5/31/93

As we go to press, the plans for the 1993 Spring Activities Weekend are being finalized. The weekend will be held at the Heritage Scout Reservation which is located on Dinner Bell Rd. a few miles off Route 40 in Farmington, PA (near Ohiopyle). Two lodging options are available for the weekend: tent camping and the rental homes. The rental homes have three bedrooms each and additional sleeping space in the basement. They also have equipped kitchens, fireplaces, and 2 bathrooms. Recommended occupancy is 6-10 people per home. There are 10 homes available and they will be assigned on a first come first serve basis. Meals will be available in the dining hall. Please see the reservation sheet (on page 11, next page) for a description of the meal plans. The Reservation has a lake of over 200 acres. Swimming, canoeing, rowing, sailing and fishing are available on the lake. Each day of the weekend we will be offering a wide variety of activities, including: canoeing, sailing, hiking, sea kayaking, whitewater kayaking, cycling, rafting, caving, climbing, and much, much more. There should be something for everyone! Please see the reservation form for a description of the activities. In addition to the lodging and food fees, there is a fee associated with each activity. On Saturday and Sunday evenings there will be a campfire. We are encouraging everyone to bring musical instruments and a snack to the campfires. **THIS PROMISES TO BE A GREAT WEEKEND. YOU WON'T WANT TO MISS IT! SIGN UP TODAY** by filling out the reservation form located on this page and mailing it with your check for lodging and meals to the AYH OFFICE. Note: Activity and AYH registration fees will be collected at the weekend. If you have questions or would like more information, please call Jon Maiman at 441-2306.

Activities Weekend Notice

Please take note of the correction to the lodging days available. Last month it read, SAT, SUN, MON, **Please note it is FRI, SAT & SUN.**

CONGRATULATIONS, to Stephen Eberle (PGH Council's Board member Wm Eberle's brother) and Elizabeth Glover, who were married March 27th in Port Allegheny PA. Stephen and Liz reside in Castle Shannon Now With there two year old daughter Danielle. Good-luck and Best Wishes!!

Backpack The Appalachian Trail

Glenn's at it again! He's going to be backpacking the Appalachian Trail from July 14 thru August 8 covering approximately 20 miles from Hot Springs, North Carolina to Atkins, Virginia. He'd welcome your company; so sign up for as much of the time as you like. His pace will be slow, averaging about eleven miles per day (has two layover days tucked into the schedule). For info and reservations, phone Glenn Oster at (412) 364-2864

TRAIL, from page 8

I went to the leader and told him that he was going to have to talk with his people. He hadn't taken the time to prepare them in advance of the trip, and it didn't look like he was planning to do so. He could see that the hair washing incident was going to take place and wasn't taking any measures to stop and educate the boy about how he should have been going about it. The leader visited me later that evening and said that he would hold a question and answer session. Hope the campers thought to ask the right questions.

Be sure to read next month's issue of the Golden Triangle, as we will run part III of Oster's 4 part series "The Appalachian Trail"

CLASSIFIED

All trips and products listed here are private and are not sponsored or endorsed by American Youth Hostels. Non-commercial ads are free for members. Contact the Editor for more info on Ads for Members and Non-members.

For Sale: Sailboat, "Bandit" 17' and trailer. Good Condition. Cabin, wide 6 foot beam, rollerjib. \$1,700 or BEST OFFER. Eileen 241-0421

For Sale: 16' Grumman Aluminum Canoe \$400.00. 16' Fiberglass Canoe (currently @ Tionesta) \$250.00. John McDonald 793-5817

For Sale: Centurian Dave Scott - Ironman SIS Shimano 105 components, 700x20c, CR-MO Tange Frame, 22" Equiv. size, Fushia & yellow, Minimal mileage - Excellent condition. asking \$400.00 Rich, 295 9858

For Sale: Woman's Blue Ross Eurosport Bicycle, Racing Style, 26", Good condition, \$75 or Best Offer, 571-1848.

HEALTH & FITNESS catalog. Hundreds of items: meals, snacks, desserts, exercise equipment, shoes, fashion clothes, etc. Items are ordered direct by 800 number with visa/mc. Call Rodney at 412 339-0944 for free catalog.

Anyone interested in traveling to AUSTRALIA for about 1 month in Sept 93 please contact Jan 921-3565(h) or 777-6478(w). Leave message on recorder after multiple beeps and clicks. Traveling in Melborn, Adelaide and Great Barrier Reef.

Camp Employment Opportunity: Custaloga Town Scout reservation, located in Carlton, PA. Hiring for instructors for rifle range, archery, waterfront, scoutcraft, aquatics, and ecology/ conservation. Camp dates are from June 20 through Aug. 14, 1993. Some positions may require council paid camp school for one week. Please request a camp staff application from The French Creek Council B.S.A., 1815 Robison rd. West, Erie, PA. 16509. 814-868-5517.

Editor, The Golden Triangle
6300 5th Ave
Pittsburgh, PA 15232

5/28/93 - 5/31/93 Activities Weekend Reservation Form

In order to reserve your space for the Activities Weekend, you must complete this form and include a check for your lodging and food fees. The fees for individual activities as well as AYH registration fees will be collected at the weekend. All deposit fees are transferable, but nonrefundable! If you have questions or need more information, please call Jon Maiman at 441-2306. RESERVATIONS MUST BE RECEIVED NO LATER THAN 5/17/93!

NOTE: ALCOHOLIC BEVERAGES ARE PROHIBITED ON THIS TRIP

Please mail Reservation Form and Checks made out to Pittsburgh Council, AYH to:
AYH Activities Weekend
5604 Solway Street.
Pittsburgh, pa 15217



Name _____ Phone _____

Address _____

For each activity you would like to sign up for, please indicate the number of people in the line to the left of the Activity. Note: The Saturday & Monday rafting trips require a Non-Refundable deposit of \$5/person.

Saturday

_____ Cycling
_____ Whitewater Kayaking Intro at Heritage (Afternoon)
_____ Rafting - Lower Yough. (\$5/person deposit)
_____ Climbing - Cooper's Rocks
_____ Caving - Laurel Caverns

_____ Sea Kayaking Intro at Heritage (Afternoon)
_____ Hiking - Quebec Run
_____ Sailing - Intro at Heritage
_____ Family Activities - Nature Walk (Morning)
_____ Swimming, Canoeing, Rowing, & Sailing at Heritage

Sunday

_____ Cycling Ohiopyle
_____ Hiking - Ravens Rock
_____ Climbing - Cooper's Rocks
_____ Family Activities - Lake Walk (Morning)
_____ Swimming, Canoeing, Rowing, & Sailing at Heritage

_____ Sea Kayaking - Day Trip to a Lake.
_____ Sailing - Deep Creek Lake
_____ Canoeing - Class I-II Trip
_____ FallingWater Tour & Bear Run Walk (Afternoon)

Monday

_____ Cycling Ohiopyle
_____ Family Activities - Fort Necessity Tour (morning)
_____ Whitewater Kayaking - Class I-II Trip
_____ Swimming, Canoeing, Rowing, & Sailing at Heritage

_____ Hiking - Fort Necessity to Lick Run
_____ Sailing - Cheat Lake
_____ Rafting - Leader Training Clinic (\$5/person deposit)

Meal Plans:

Please place check in the line next to the meal option(s) you want and indicate the number of people for each option:

Breakfast & Dinner:	Number of People		Subtotals
_____ Sat _____ Sun	X _____	# Adults @ \$7.00/Person/Day	\$ _____
_____ Sat _____ Sun	X _____	# Youth (3-8) @ \$3.50/Person/Day	\$ _____
_____ Sat _____ Sun	X _____	# Infant (Under 3 Free)	\$ _____

Breakfast:	Number of People		Subtotals
_____ Mon	X _____	# Adults @ \$2.75/Person/Day	\$ _____
_____ Mon	X _____	# Youth (3-8) @ \$1.40/Person/Day	\$ _____
_____ Mon	X _____	# Infant (Under 3 Free)	\$ _____

Lunches:	Number of People		Subtotals
_____ Sat _____ Sun _____ Mon	X _____	# Adults @ \$3.50/Person/Day	\$ _____
_____ Sat _____ Sun _____ Mon	X _____	# Youth (3-8) @ \$1.75/Person/Day	\$ _____
_____ Sat _____ Sun _____ Mon	X _____	# Infant (Under 3 Free)	\$ _____

Total Meals: \$ _____

Lodging Options:

Please place check in the line next to the Lodging option(s) you want and indicate the number of people for each option:

(Camping)	Number of People		Subtotals
_____ Fri _____ Sat _____ Sun	X _____	# Adults @ \$5.00/Person/Day	\$ _____
_____ Fri _____ Sat _____ Sun	X _____	# Youth (3-8) @ \$2.50/Person/Day	\$ _____
_____ Fri _____ Sat _____ Sun	X _____	# Infant (Under 3 Free)	\$ _____

(Potomac Houses)	Number of People		Subtotals
_____ Fri _____ Sat _____ Sun	X _____	# Adults @ \$8.00/Person/Day	\$ _____
_____ Fri _____ Sat _____ Sun	X _____	# Youth (3-8) @ \$4.00/Person/Day	\$ _____
_____ Fri _____ Sat _____ Sun	X _____	# Infant (Under 3 Free)	\$ _____

_____ Please select housemates for me.

_____ I would like to share the house with (maximum of 10 people):

Total Lodging: \$ _____

Rafting Deposit (@ \$5/person/day): \$ _____

Donation to The Pittsburgh FireHouse Hostel \$ _____

Grand Total: \$ _____

AYH Products and Membership Application

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. 35th Anniversary Edition (1987) \$4.00
- ☐ **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
- ☐ **NEW! 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) \$11.95
- ☐ **Hikers Guide to Laurel Highlands Trail** describes the 70 miles of the trail from Ohiopyle park to Conemaugh Gore atop Laurel Ridge. Published by the Allegheny Group of the Sierra Club and the Western Pennsylvania Conservancy. 128 pages, 24 pages of maps. New 4th Edition (1992) \$5.00
- ☐ **Hiking Guide to Western Pennsylvania** describes over 2,000 miles of hiking trails and dozens of other areas for hiking in and near western Pennsylvania. Published by AYH. 290 pages, 53 pages of maps, 47 photos. 5th Edition (1986) \$7.00
- ☐ **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. 5th Edition (1988) \$9.95
- ☐ **Pennsylvania Hiking Trails** describes more than 290 trails and hiking areas throughout Pennsylvania. Published by Keystone Trails Association. 224- pages, 94 maps. 10th edition (1987) \$5.65
- ☐ **Rachel Carson Trail Guide** describes the Rachel Carson trail from North Park to Freeport in Allegheny County. Published by AYH. (1991) \$4.00

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

Ordering Information

Include 10% for postage (\$1 minimum). Pennsylvania residents must also include 6% 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. Cash or money orders required for Eurail Passes.

Please allow **two weeks** for delivery of mail orders. For faster service, visit the office or call for a membership sales agency near you. Collect 2 day delivery by UPS available for additional charge.

AYH Membership (Type: _____)
Eurail Passes
Merchandise
Merchandise Postage
Merchandise Tax
Donation to AYH
Total

Let's Go The famous series of books for the budget traveler published by Harvard Student Agencies

- ☐ **Let's Go Europe** \$17.95
- ☐ **Let's Go USA** \$17.95
- ☐ **Let's Go Britain** \$16.95
- ☐ **Work, Study, Travel Abroad** Comprehensive guide on traveling and especially working abroad through the CIEE. (1992-1993 Edition) \$12.95

Travel Accessories

- Sheet Sacks Used in place of sheets at youth hostels
- ☐ **Cotton Sheet Sack** Comfortable cotton blend \$13.00
 - ☐ **Nylon Sheet Sack** Lightweight Nylon \$12.00
 - ☐ **Advance Booking Postcards** Set of 10 \$1.00
 - ☐ **Hostel Stamp Book** Use to record your hostel visits \$0.50
 - ☐ **Hostel Pass Cover** Plastic cover for your membership card \$0.50
 - ☐ **Student ID Card** \$15.00
- Universal student ID issued by CIEE. Good for worldwide student discounts. Send 1-1/8 x 1-3/8 photo, name of your country of citizenship and proof that you're a student. Or ask for a free brochure.

AYH Memberships

Valid for 12 months from date of purchase. Renewals valid for 12 months from expiration of current pass and include book of discount coupons for U.S. hostels. Provides access to 6,000 Hostelling International hostels around the world. Includes free handbook of North American hostels and 12 month subscription to Pittsburgh Council newsletter.

- ☐ **Adult** \$25.00
- ☐ **Adult Renewal** \$20.00
- ☐ **Youth (17 and under)** \$10.00
- ☐ **Senior** \$15.00
- ☐ **Family** \$35.00
- ☐ **Family Renewal** \$25.00
- ☐ **Life (all ages)** \$250.00

Eurail Passes

The economic solution to rail travel in Europe. Valid throughout all Europe except Britain. 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 but require two-day delivery. Cash or money order required for immediate delivery.

- ☐ **Eurail Pass 1 month unlimited (youth)** \$508.00
- ☐ **Eurail Flexipass 5 days first class travel in 2 months NEW!** \$298.00
- ☐ **Eurail Flexipass 10 days first class travel in 2 months NEW!** \$496.00
- ☐ **Eurail Flexipass 5 days travel in 2 months (youth)** \$220.00
- ☐ **Eurail Flexipass 10 days travel in 2 months (youth)** \$348.00
- ☐ **Eurail Saverpass 15 days travel with 2 or 3 friends** \$390.00

For Fastest Service! Visit The AYH Travel Store!

Pittsburgh Council, AYH
Wightman School Building, room 204
5604 Solway St., Squirrel Hill
(412) 422 2282

Mail to: AYH Room 204
5604 Solway Street
Pittsburgh, PA 15217



The AYH Office is open from 9 am to 2 pm on Mondays, Wednesdays, and Fridays, and from 1:00 to 6:00 pm on Tuesdays. Call 412-422-2282 for more information.

Name: _____

Address: _____

Phone: _____ (day) _____ (eve)

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

Please send me Additional info on: _____

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 office is open Monday, Wednesday, and Friday from 9:00 am to 2:00 pm, and Tuesdays from 1:00 pm to 6:00 pm. We're in Room 204 of the Wightman School Building at 5604 Solway St. in Squirrel Hill, near the intersection of Wilkins and South Negley. All passes, ID cards, Eurail Passes, and books are available. Call 422-2282.