

GOLDEN TRIANGLE



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



VOLUME 43, NUMBER 10

OCTOBER 1993

Annual Meeting

Pittsburgh Council
American Youth Hostels
October 21, 1993

This is the official call to the Annual meeting and elections of the Pittsburgh Council of American Youth Hostels. The meeting and elections will be held Thursday evening October 21, 1993 at the AYH activities headquarters. The AYH headquarters is located in Mellon Park in the Shadyside section of Pittsburgh next to the Pittsburgh Center for the Arts at 6300 Fifth Avenue. The report of the nominating committee and a ballot is on page 3 of this newsletter. The meeting will consist of reports from the officers and committee chairs, the report from the nominating committee, the election of officers and board members and any other business which may properly come before the membership. At this time, there are no issues requiring a vote of the membership. Members may vote in person or by mailing the ballot in this newsletter to AYH / 6300 Fifth Avenue / Pittsburgh PA 15232. The meeting will start at 8:30 pm. Snacks and soft drinks will be served.

Larry Laude, Secretary

Last Chance.....

OHIOPLYE HOSTEL WORK PARTIES

Sunday, October 17th
8:30 am to 4 pm or so
Call Linda Smithyman
at 531-1868

Meet at HQ at 8:30 am or 10:00 am at the hostel. These are days when volunteers go to the OhioPLYe Hostel and do clean up work, maybe paint or do yard work. Lunch is provided and there is usually time to take a

short hike or bike ride before returning to Pittsburgh. The Youghiogheny gorge should be in full color at this time so come on out for a nice drive through the mountains.

This is the final date for a work party this year. So if you haven't managed to find time to do any volunteer work this year would you please consider doing so on this day.

Thanks to Mary Bates, Ron Boone, Donald Smith, Nalcy Alcorn, Tom Rodgers and Jill for helping out earlier this year.

FEATURED IN THIS ISSUE

SABRE	SAGA'S	COUNCIL ELECTION
October 3rd, 1993	The stories continue..	Vote!!!
PAGE 5	PAGE 5	PAGE 3

VOTE KEY 93

Key 93 is a measure appearing on the November 2 1993 ballot to invest in Pennsylvania's heritage. The proposal was approved for the ballot by the General Assembly and the Casey Administration, where it received overwhelming bi-partisan support. Key 93 has already been endorsed by nearly 90 local and state groups.

If approved by the voters, Key 6 will provide initial money for the Keystone Recreation, Park and Conservation Fund to be used to rehabilitate and protect Pennsylvania's community parks and recreation areas, state parks and forests, libraries, natural areas, hunting and fishing areas, historical sites, museums and zoos.

Key 93 will brighten Pennsylvania's economic future. Good construction jobs will be created to rehabilitate our numerous facilities. Tourism, A \$16 billion industry, will benefit from investments made to recreational, educational, historical, and natural attractions. An improved quality of life in Pennsylvania will attract new jobs from relocating businesses and help retain existing jobs.

Key 93 authorizes the state to issue \$50 million in bonds over the next three years to support these important investments in our heritage and economy.

Bonds revenues will be allocated by the Keystone Recreation, Park and Conservation Fund and administered by existing agencies so that no new government bureaucracy is needed. Many of these funds will be distributed as matching grants, thus leveraging additional resources to obtain a greater return on the public's investment.

Pennsylvania's economy and the quality of life of its citizens depends on our recreational, educational, historical and natural heritage. Investing in this heritage now is critical to ensuring that it is not lost to our children and all future Pennsylvanians.

AYH Foodbook update

Thanks to a Council volunteer our first edition outdoor "cookbook" may soon be revised. If you have any favorite campsite recipes that are up-to-date (low fat, high carbo, veggie, Tex-Mex, fast & easy, etc.) please send/call them in. You'll be listed in the credits! Send your recipes to:

AYH Books
5604 Solway St. Room 204
Pittsburgh PA 15217

INSIDE

Activity Chairs; Page 2
Election Ballot; Page 3
Volunteers Needed; Page 3
Fundraising; Page 4
Cycling; Page 5
Sea-kayaking & White water rafting; Page 6
Canoeing & Sailing; Page 6
Hiking/Backpacking; Page 6
Classified; Page 7
Council Travel and Book Store; Back Cover

.....And MORE!!!

AMERICAN YOUTH HOSTELS

PITTSBURGH COUNCIL
6300 FIFTH AVENUE
PITTSBURGH, PA 15232

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

Dated material --please deliver promptly
Address correction requested



PASS# - 1910

LIFE

JOEL PLATT
1632 DENNISTON AVE
PITTSBURGH PA 15217-1458

NOVEMBER Deadlines

All Copy
October 7

Binding and Mailing
October 28



HOSTELLING
INTERNATIONAL *



American Youth Hostels

The Golden Triangle is published monthly
by the Pittsburgh Council of Hostelling
International, American Youth Hostels.
Contents are at the discretion of the editor.

Triangle Staff

Managing Editor ... Wm. Eberle
(412-833-9732)

Copy Editor ... Jacky Eberle
Mailing Labels ... Roy Weil ... Joel Platt
Production ... Don Hoecker
Advertising ... Wm. Eberle

Council Officers

President ... Marianne Kasica
(412-665-9554)

Vice President ... Linda Smithyman
Secretary ... Larry Laude
Treasurer ... Roy Weil

BOARD OF DIRECTORS

Lou Conley (93)
Wm. Eberle (94)
Joe Hoechner (94)
Maribeth Hook (95)
Marianne Kasica (95)
Larry Laude (95)
Jon Maiman (94)
VACANT (94)
Linda Smithyman (93)
Jane Swanson (94)
Roy Weil (93)
Ray Yutzy (93)

Office Staff
(412-422-2282)
Helen Coyne
Office Volunteers
Joe Hoechner

Cops...

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

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.]

Mail regarding this Newsletter
should be addressed to:

The Golden Triangle
5604 Solway ST.
Pittsburgh, PA 15217

Office: (412) 422-2282

PITTSBURGH COUNCIL ACTIVITY CHAIRS

Chairman of the
Activities Committee
Jon Maiman 441-2306
Canoeing
Royanne Mac 335-7326
Cross Country Skiing
Steve Tubbs 279-4866
Cycling
Wm Eberle 833-9732
Chuck Ejzak 466-6196
Family Activities
Barbara Hanusa 441-7205
Hiking / Backpacking
Helen Coyne 776-0678
Jim Ritchie 828-0210
Kayaking
Dave Casassa 963-1869
Ray Yutzy 341-5682
Midweek Rambles
Cliff Ham 687-4520
Rafting
Doug Bruce 561-5037
Jon Maiman 441-2306
Rock Climbing
Eric Bauer 687-0766
Sailing
Joel Hough 371-4986
Bob Zavos 241-0659
Sea Kayaking
Mark Mistrik 647-7609

Trips Coordinator
Vicki Krug 361-4386
Trail Systems
Glenn Oster 364-2864
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, Volleyball coordinator,
Ast. Store Keeper, HQ Volunteers

NOTICE

Please note the deadlines for
future issues of the
GOLDEN TRIANGLE

DECEMBER
All copy November 4
Binding/Mailing, Nov 25

JANUARY
All copy, December 2
Binding/Mailing, Dec 30

If your work is on computer,
Please contact Bill Eberle
@ 833-9732
or
Larry Laude @ 665-9554

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.

About AYH

American Youth Hostels is a non-profit organiza-
tion which promotes international understanding,
educational and recreational travel, good citizen-
ship and an appreciation of America. AYH does
this by bringing travelers of all ages, backgrounds
and nationalities together in hostels and by provid-
ing low-cost travel programs. AYH is the US affil-
iate 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.

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

343-6885

Bill Green Shopping
Center
Across from Pool City
Pleasant Hills

653-6022

TREK USA
American Bicycle Technology

October Slide Shows

Oct 7th	Yosemite and Other Points West by Glenn Oster
Oct 14th	Conserving our S.W. Pa. Industrial Heritage -- The Steel Heritage Trail. by Randy Harris
Oct 21st	Sights of South Vietnam by Steve Poprocky
Oct 28th	Newsletter Prep night. Socialize as we get the word out. Join us for a beverage or light meal at a nearby Eatery afterwards.

To Schedule a show or have a show idea call
TOM RODGERS 621-6310

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



HOSTELLING
INTERNATIONAL

REPORT OF THE NOMINATING COMMITTEE

The Board of Directors appointed a nominating committee consisting of Larry Laude (chair), Linda Smithyman, Marianne Kasica, Joe Hoechner and Jon Maiman. The committee makes the following nominations:

President: Marianne Kasica
Vice President: Linda Smithyman
Treasurer: *
Secretary: Larry Laude

Board of Directors:

Terri Lorence
Linda Smithyman
Roy Weil
Ray Yutzy

The officers serve for a one year term. The Directors serve for a three year term, with the exception of Terri Lorence. Terri is being nominated to fill the unexpired term of Diana Porcelli, who recently resigned from the board for personal reasons.

* The person nominated by the committee for Treasurer withdrew just before deadline. The nominating committee will meet shortly to nominate a replacement. Call the AYH office at 412-422-2282 after October 1st for information on the final nominee.

As of September 14, 1993, no other nominations were received for publication on the ballot.

Larry Laude, Chair
Nominating Committee

(The following brief biographies are based on information provided by the candidates.)

Marianne Kasica Member of AYH since 1984; Secretary 1986-1992; President 1992-; Eastern Region Vice President, AYH National Board of Directors 1987-1992. Library faculty, University of Pittsburgh. Resident of Pittsburgh.

Lawrence Laude Member of AYH since 1977; Volleyball Chair 1981-1983; Secretary 1983-1985, 1992-; President 1985-1992; Eastern Region Treasurer 1990-. Principal engineer, Westinghouse Electric, Bettis Laboratory. Member, American Nuclear Society. Resident of Pittsburgh.

Terri Lorence Member of AYH since 1988. Capital budget supervisor in City of Pittsburgh Office of Management and Budget; M.S. in Management and Public Policy from Carnegie Mellon University.

Linda Smithyman Member of AYH since 1986; Rafting Chair 1988-1992. Administrative Assistant, Human Resources, Duquesne University (MBA candidate). Resident of Pittsburgh.

Roy Weil Member of AYH since 1968; Treasurer 1989-; past President and Eastern Region Vice President. Engineer, Research and Development Computer Graphics, Michael Baker Corp. Resident of Pittsburgh.

Ray Yutzy Member of AYH since 1978; Kayaking Chair 1981-. Public High School Teacher, Baldwin-Whitehall. Greater Pittsburgh Aquarium Society. Resident of Mount Lebanon.

Pittsburgh Council, American Youth Hostels Ballot for the 1993 Annual Elections

Officers (vote for one in each position):

President: _____ Marianne Kasica or _____
Vice President: _____ Linda Smithyman or _____
Treasurer: _____ * or _____
Secretary: _____ Larry Laude or _____

Board of Directors (vote for four)

_____ Terri Lorence or _____ (one year term)
_____ Linda Smithyman or _____ (three year term)
_____ Roy Weil or _____ (three year term)
_____ Ray Yutzy or _____ (three year term)

* To be announced.

Call 412-422-2282 after October 1st for an update.

The annual meeting and elections will be held on Thursday evening October 21, 1993 at 8:30 pm at the AYH Activities Headquarters 6300 Fifth Avenue Pittsburgh PA 15232. If you cannot attend the meeting and wish to vote, mail this ballot in an envelope with your name and membership number on the outside (either your pass number or the member number on the mailing label on this newsletter) to the address above. Envelopes will be opened and counted separately to preserve anonymity.

Cycling Accident?

If you have suffered injury or damage
in a cycling accident, contact our
law offices to discuss your legal rights.



Steve Harris
Attorney at Law

412-456-2000
800-548-6267

There is no charge for legal services on injury claims
unless benefits are obtained.

VOLUNTEERS NEEDED

Do you have extra hours to donate to the Council? Current volunteer opportunities in Pittsburgh Council are listed below. Contact the person listed or leave your name and telephone number at the office (412-422-2282).

*Mon Valley Century (Chuck and Lynn Ejzak, 466-6196)

*SABRE (Bill Eberle, 833-9732)

*Typing articles for the newsletter into a computer (Bill Eberle, 833-9732)

*Hostel development and fund-raising (Marianne Kasica, 665-9554)

*Ohiopyle hostel support and work parties (Linda Smithyman, 531-1868)

*Travel and Hostel Editor for the newsletter (Larry Laude, 665-9554)

*Answering questions at the council office (Joe Hoechner, 422-2282)

*Leading Pittsburgh Council trips (Jon Maiman, 441-2306)

*Scouting trails for the next Hiking Guide (Joe Hoechner, 422-2282)

*Slide shows at the Thursday Open House (office, 422-2282)

*Trail Maintenance, Baker Trail and Rachel Carson Trail (Jim Ritchie, 828-0210)

Student/Faculty
DISCOUNT
AIRFARES
TO
EUROPE

via British Airways

**Forbes
Travel**

521-7300

Co-Cycling Chair Needed

After serving as Cycling Chair for many years Chuck Ejzak is ready for a break; So it is with sad reservation that I must announce that we are looking for a new Co-chair for the cycling Department. Interested parties should Contact me (Bill Eberle 833-9732). Responsibilities would include looking for new triplers, scheduling summer cycling trips and devising new ways to promote cycling with the PGH AYH. Also you should have an Intermediate cycling skill or better to best understand the needs of the program and the cyclists that would participate.

Once again our overflowing thanks to Chuck for his many faithful, never tiring, wisdom filled years of service; his shoes will be hard to fill. Thank you Chuck.

If you have any questions please contact me..... Wm Eberle

New United Way Program


This Fall the United Way has replaced their "Donor Option" program with a new option entitled: "Contributor Choice". During past years you had to request a separate Donor Option Card; This has been eliminated.

This years campaign will provide only one card with the "Contributing Choice" option on it. As a local non-profit, Pittsburgh AYH has registered with the United Way and is Eligible to receive funds threwh this program.

Please check off this box on your card and direct your donation to: "American Youth Hostels, Pittsburgh Council". If they have space for a code number we are #436.






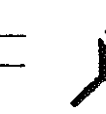
If you are a Pittsburgh member living outside of Western PA please check with your local United Way coordinator to see if you can Direct your gift back here to Pittsburgh.

Many Thanks.



**THE ACTIVE LIFE
WITHOUT
ACTIVE PAIN**

Larry Goyda, MsT
Professional Massage Therapist
Certified / Member ABMP
(412) 271-7464 or 734-8322

FUNDRAISING FOR THE FIREHOUSE HOSTEL

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 and being approved by City Council.

Our Fundraising efforts are escalating to foundations and 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 and 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

Hostelling News from around the world

England

There are a host of discounts available across England for historic sites and museums, ask at the hostels. Buy discounted entrance tickets for Madame Tussauds, The Tower of London, and more, at a London Hostel, and you'll also save time too — by avoiding long line-ups. Great deals on transportation including rail, sea and rental cars are also available. For something different, present your membership card for savings at the Peak School of Hang Gliding in Ashbourne.

Hot Flash!

New Erie PA. Membership Agency

As of Sept 1, 1993 Pittsburgh Council has contracted with: Travel Service Inc., 204 West 6TH Street, Erie PA 16507 (814-453-4994) to sell HI-AYH Membership Cards.

The agency is directly across from the Gannon University Campus at 6TH and Sassafrass Streets.

Existing AYH members in Erie can now renew their memberships over-the-counter and bring friends to buy their new memberships there.

Please call them at 814-453-4994 to check their hours.

AYH Membership Agencies

Pittsburgh Council AYH has established almost 20 agency locations in Western PA and Northern WV when you can renew your membership or buy new memberships on the spot.

We are also looking to establish sales outlets in areas of our jurisdiction that don't have nearby agencies such as Wheeling WV, California PA, Downtown Erie (or a college campus there), Altoona, Johnstown, Warren and perhaps Somerset.

Pittsburgh Area

PITTSBURGH COUNCIL
6300 Fifth Ave, Pgh, PA 15232
412-362-8181
(Thursday evenings only)

PITTSBURGH COUNCIL (office)
Room 204 Wightman School
5604 Solway St Room 204
Pittsburgh PA 15217
412-422-2282
(Mon, Wed, Fri 9am to 3pm)

FORUM TRAVEL
4608 Winthrop St, Pgh PA 15213
412-681-4099

ATLAS TRAVEL SERVICE
Kaufmann's
400 Fifth Ave, Pgh PA 15219
412-261-0248

SEWICKLEY TRAVEL
519 Broad St, Sewickley PA 15143
412-741-9565

GATEWAY TRAVEL
6502 Wilkins Ave Suite 105
Pittsburgh PA 15217
412-661-2600

For a list of all 20 agencies please call our office at 412-422-2282.

Mountain Dreams

INTERNATIONAL, INC.

SALES - RENTALS - REPAIRS

Outdoor Clothing & Equipment

"Guided Climbs
Throughout
the World"



- *Rock Climbing Equipment
- *Tents
- *Mountaineering Equipment
- *Backpacks
- *Hiking & Backpacking Footwear
- *Sleeping Bags
- *Gore-tex Clothing
- *Books, Maps & Videos
- *Family Camping Equipment

Store Hours
M-F 10-9
Sat 10-8
Sun 12-4

Indoor Rock Climbing Wall

Phone: 412-276-8660

Fax: 412-276-8682

1121 Bower Hill Road
Mt. Lebanon, PA 15243

For People Who Live Their Dreams...

CYCLING AND THE LAW

by Marc Reisman

Where Are They Now?

In previous columns, I have mentioned the case of Commonwealth v. Brown, in which a cyclist was arrested for riding while drunk. (Brown was riding in the wrong lane of traffic and collided with a car). The Allegheny Common Pleas Court judge threw out the charges, but on appeal the Superior Court held that the law against drunk driving applies to cyclists and sent the case back to county court. I have recently learned that the cyclist pleaded guilty rather than go to trial. The District Attorney's office told me that the penalty will include some jail time, payment of a fine plus court costs, and attendance at safe driving school.

Police On Bikes Update

Several exciting developments have taken place since I wrote about efforts to put police on bikes in Pittsburgh.

In a move reported on radio and TV, Councilman Dan Onorato put police on bikes on the agenda of City Council. As readers will recall, two of my colleagues and I met with Councilman Onorato in June seeking his support for this idea. Councilman Onorato was receptive, so I followed up by sending him materials from the 3rd Annual Police on Bikes Conference held in Florida earlier this year. Our fear that the Bike Conference materials might gather dust in a dark corner of the City-County Building was unfounded, and Councilman Onorato has placed himself squarely on the side of cyclists.

I have been informed that a City Council post-agenda meeting will be held in September. Members of City Council, the Department of Public Safety and the Mayor's Office will be invited. I'll report on the results of that meeting in a future column.

In the meantime, members of the newly-formed Southwestern Pennsylvania Bicycle Transportation Coalition (more on this organization in a future column) are working behind the scenes to keep up the momentum on this worthy idea.

On another front, Carnegie-Mellon University put three of its campus police on bikes beginning August 17. The Pittsburgh Post-Gazette reported that CMU had previously put two plainclothes officers on bikes for several months in 1990 and 1991. Auto thefts were reported to have been cut in half as a result.

Better Than MTV

I recently borrowed the Effective Cycling video from the Western Pennsylvania Wheelmen video library. Although I've been cycling for many years, it taught me a number of things I didn't know and reminded me of a few others that I had forgotten. I highly recommend it.

The 40-minute video is based on the teachings of bicycle guru John Forester, who also has

see LAW, page 7

BICYCLING (Road & Mountain)

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) and 15 mile rides offered. Rides start at Settler's Cabin Park. Registration includes marked roads, map, snack stops and a picnic lunch at the end. T-shirts Extra. Registration: \$10 by Sept 30 \$13 afterward. Call for Directions or information.

Oct 16 B Bill Eberle 833-9732
Montour trail Fat-tire ride. Mountain Bikes a MUST. If not sure if your bike is right Give me a call. We will park at Cecil Park (Meet 10 am @ Park), and take a Ride on the Montour Trail, the Arrowhead trail, as well as some actual single track!! We will be stopping at the Old-time Hendersonville shops plus other Snack spots along my route. Aprox. 27 miles. Int Pace. Please call to confirm.

Oct 24 B Bill Eberle 833-9732
Montour trail Fat-tire ride. See my Oct 16 ride.

Oct 31 B Bill Eberle 833-9732
Montour trail Fat-tire ride. See my Oct 16 ride.

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.

BICYCLE TOUR NATCHEZ TRACE PARKWAY

OCT 23 - NOV 7, 1993
Nashville, TN to Natchez, MI 440 miles

Two-week bicycle tour, van support, camping, average 40-45 miles per day, option to do one week either leaving or joining the tour at Jackson, MI. Enjoy Valley overlooks, Indian Mounds, short walks to waterfalls along clear streams, Meriweather Lewis, Tennessee River, Cypress Swamp, Jackson, MS, Windsor Ruins, Vicksburg, MS, Mississippi River, Gen. Grant, Civil War, Andrew Jackson, French Creole, Antebellum homes and much more. Additional van tour at southern end of Trace to New Orleans, LA, staying at the AYH Hostel. Cost will be under \$200.00 which includes mileage, tolls, camping fees and hostel. Food costs separate. Call Helen Coyne for reservation, further information. 412-776-0678.

ambridge bike shop

518 merchant street,
ambridge, pa.

phone : 266 - 1111

Trek - Specialized - Cannondale

Klein - Diamond Back - Frames

Burley Tandems and Trailers

very complete selection of parts, accessories, helmets, and clothing

Fit Kit sizing - Wheelsmith spoke computer - complete frame prep

with over 20 years experience serving Western Pa. cyclists

* 10% off all non-sale items to A.Y.H. membership *

■ It's worth the drive to the Ambridge Bike Shop ■

THE BIG BLUE TRAIL (is something else)

By Glenn Oster

(In the First Part of this article Glenn told of magnificent vistas on the Big Blue Trail, excellent shelters and weather related problems. In this second and final part, he continues his saga of even more severe obstacles encountered in through hiking this difficult, but rewarding mountain trail.)

My first day alone added a lot more adventure to this hike. An hour after I started to hike, the forecast rain arrived with no uncertainty. Again, I was wearing only shorts and T shirt plus the rainsuit (no shoe lace trouble this time), and in no time I was shivering. As luck would have it, I remembered, from scouting the area in advance of the hike, that there is a little old general store a short distance off the trail. I headed there for the shelter of its porch where I could add clothing without its getting soaked in the process. This is the stereotypical country general store with loose penny candy and all (only it cost about ten cents each rather than a penny). I'm kicking myself now for not checking to see if it had a pot bellied stove and cracker barrel. The patrons were interested in my hike, and I took the opportunity to thank some of them whose farms I had just crossed on the trail. You'd never believe the misconceptions they

had about where the trail originates and its route (especially the proprietor who remembered poorly or was given bad info by other hikers. He was somewhat hesitant to look at my maps and have his misunderstanding changed.).

The day continued wet, and by afternoon it was raining hard and the wind was blowing intensely. I reached the Sleepy Creek Public Hunting and Fishing Area and climbed up onto Sleepy Creek Mountain. The rain had turned the trail into a stream, but once you're as wet as I was, so what. I slogged along for two or three miles and then oh, no! Trees were down across the trail everywhere. You couldn't crawl over, through or under them - big trees. When I tried to go around them, I encountered more downed trees - a maze. Interspersed with the trees was a creek that I was constantly in and out of, and thorny greenbrier grew in thickets that ripped at my clothing. My Gore - Tex

rainsuit is now full of quarter - inch holes. It took me at least twenty minutes to get through the first of these blowdown mazes. When I conquered that one, I was greeted by more of such blowdown mazes as I continued along the trail. I couldn't go the length of a football field until another blowdown challenge had me in its grip. The rain and wind were still hammering me, but at least those blowdowns didn't have that annoying stream getting in the way. It took me nearly four hours to travel 1.6 miles. Campsite at last. Hallelujah! The rain tapered off, and I made dinner, crawled into my tent and flamed out immediately. In all my years of hiking, I never experienced a day to match that one, not even when climbing over expanses of trees leveled by avalanches in the Sawtooth Wilderness in Idaho.

A new day. It had to be better than yesterday. Sky, clear and beautiful - oh, the luxury of no rain and wind. Weather couldn't be completely ignored, though, the air entering my tent reminded me of the snowy morning, really nippy. Nature was calling and I had an urgency to get the day started. I unzipped my tent and reached for my boots - frozen. The

see OSTER, page 7

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 signup today. Don't miss out on the fun! For more information or to sign up for any trip, please call the trip leader.

River: Gauley; Summersville, West Virginia

Oct 1-3 Jon Maiman 441-2306
Oct 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.

Saturday November 13, 1993

First annual post-season rafting dinner party at the home of Doug Bruce. Come share your best stories and photos from the season. For more info and reservations please call Doug Bruce 561-5037 or Jon Maiman 441-2396.

SEA-KAYAKING

Oct 1-3 Fri-Sun Mark Mistrik 647-7609(day)
Last sea-kayaking weekend trip of 1993, to Sandusky, Ohio. Paddle to Kelly's island and tour some of Lake Erie's most scenic coastline. Car-camping and good local seafood dinners. Please call to reserve. 6:30PM at HQ.

CANOEING

Oct 16-17 Sat-Sun Mort Kurman 682-6157
A weekend trip on a scenic section of the Allegheny River. Canoe two days, camp under the stars one night. This is a beautiful time of the year to paddle. Call Mort for details.

RILEY & DEFALICE

Attorneys At Law

Racing,
touring or
off-road
cycling.
Accidents
can happen.
Here's what
to do.

- 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.
- Inform the police immediately and wait for their arrival.
- Record the weather and road conditions.
- Get an itemized repair estimate for your bike.
- Contact your insurance company.
- To protect your legal rights, consult your attorney.



For more information call:
1-800-883-1LAW

There is no charge for legal services on personal injury cases unless benefits are obtained.

MARC REISMAN
Attorney At Law

R&D
RILEY & DeFALICE, P.C.
Attorneys At Law

Liberty Center • Suite 1200 • 1001 Liberty Ave. • Pittsburgh, PA 15222 • (412) 261-8300 • FAX: (412) 261-2872 • 1-800-883-1LAW

HIKING / BACKPACKING

Oct 2 Sat Steve Nydes 661-9357
Laurel Highlands Trail, Laurel Mountain village to Route 271. This 12 - mile hike is the next to last section of the trail going north. In November, Steve finishes it up, going from Route 271 to Seward. Features include a crossing of the original Forbes Trail, Card Machine Run, Mystery Hill, Bearpen Hollow, Camp Hill and many impressive vistas. Meets at HQ at 7:30 am. Call Steve for info/reservations.

Oct 10 Sat Maynard Hansen 751-7615
Laurel Highlands Trail, Ohiopyle to Maple Summit Road. This is a strenuous, advanced level hike, climbing uphill out of the Youghiogheny Gorge from Ohiopyle to Maple Summit Road. About 12 miles. See the first of the fall colors from high ground. Test your endurance and stamina. Meets at the Burger King/K-Mart Complex at the intersection of Route 30 and Route 48 in North Versailles at 8:15 am. Call for more info / reservations.

Oct 15-17 Fri-Sun Mark Mistrik 647-7609(day)
Backpacking on Pennsylvania's Black Forest Trail. We'll cover about 20 miles of trail over rugged terrain with some of the best overlooks in Pennsylvania, and see late Autumn colors.

Oct 16 Sat Norm Snyder & Jim Ritchie 828-0210
Exploration of Bear Creek, South Branch, Friendsville, Maryland. We will explore the south Branch of Bear Creek, near Friendsville, Maryland. 10 miles or more, all day trip, involves bushwacking over difficult rocky terrain. For advanced hikers. Meets at 8:00 am at HQ. Call Jim for Info/reservations.

Oct 15-17 Fri-Sun Clare Bunker(carpolling info) 244-9788
The Gathering, Appalachian Long Distance Hikers Association, Athens, West Virginia. The ALDHA has slated its 12th Annual Gathering of Long Distance Hikers for the Fall in West Virginia. This popular event (300+ hikers) will take place at Concord College in Athens, W. Va., near Bluefield and Princeton, South of Beckley. The gathering includes workshops, slideshows, performances, and much informal taleswapping. The fee is \$17 and includes all activities, a campsite, and a one-year membership in ALDHA. For more info send a SASE to ALDHA, c/o RON Keal, 526 Capital Ave #4, Frankfort, KY 40601. **THIS IS NOT!! AN AYH SPONSORED EVENT.**

Oct 23-24 Sat-Sun Bill Lindgren
The Appalachian Trail—Day Hiking. Intermediate day hiking on the AT in PA. Sat: Hamburg Reservoir - Eckville, 9.6 miles; Sun: Blue Mountain Summit - Hawk Mountain Road, 12.7 miles. Car Camping. For more info call Clare Bunker 244-9788.

Oct 29-31 Fri-Sun Mark Mistrik 647-7609(day)
Annual Otter Creek Halloween Backpacking trip. Moderately strenuous (though not THAT hard) backpacking features stream crossings and climbing over Green Mountain, in the heart of West Virginia. We tell ghost stories around the camp fire on this one.

Oct 30 Sat Tom Kaveney 276-8044
Laurel Highlands Trail, Route 653 (Laurel Ridge State Park) to Seven Springs. High atop Laurel Ridge you will catch the last of the Autumn colors. This is Tom's favorite hike on the LHT. Intermediate, approx. 8-9 miles. Meets at HQ at 8:30am. call for info / reservations.

Oct 30 Sat Linda Smithyman 531-1868
Get ready for the Halloween weekend by going on a short hike somewhere and be back in time to go partying in the evening. 10 am at HQ. Call for details.

Nov 12-14 Fri-Sun Mark Mistrik 647-7609(day)
Weekend Fossil Hunting trip to Ohio. Stay overnight at Ohio Youth Hostels and dine at the Rockwood Pottery in Cincinnati Saturday night. Easy hiking and some sightseeing is included. 6:30pm at HQ

Thanksgiving weekend 1993 Mark Mistrik 647-7609(day)
Four or Five day backpacking trip, probably to the Great Smoky Mountains National Park. Call for more info.

SAILING

Oct. 2 Sat Lake Arthur Day Sailing
Bob Zavos 241-0659

Sign-up for the morning session (10am to 1pm) or afternoon session (1pm to 4pm) or both. Fees are \$7 for a half day or \$12 for all day. Please call by Thursday to reserve.

Oct. 9-10 Sat - Sun Annapolis Boat Show
Bob Zavos 241-0659

This is our annual trek to see America's largest Sailboat Show at historic Annapolis. Depart Pittsburgh around 7AM for Baltimore via car pools and check in at the Baltimore International Hostel in the downtown area. Take a tour of the Inner Harbor and then board an 18th Century Clipper Ship for a two hour sail on Baltimore Harbor. For dinner you may take your choice of dozens of nearby Baltimore restaurants or cook in at the Hostel. Sunday morning we cook breakfast at the Hostel and then depart for Annapolis where we will spend the day at the boat show. There are hundreds of larger cruising sailboats moored at the Annapolis docks and they are all open for inspection. In addition there are a wide variety of smaller sailboats and accessories in tents and booths throughout the area. Around noon we may walk over to the Naval Academy for lunch and a brief tour. Late in the afternoon we will regroup and head back to Pittsburgh. Trip cost will be \$70. This includes hostel overnight fee, sailing cruise, breakfast, boat show admission AYH fees, and transportation. Drivers will be reimbursed. Meals out will be extra. Space is limited and a deposit is required by October 4th. Send a check for \$20 to Robert Zavos, 1007 Savannah Ave., Pittsburgh Pa 15221.

OSTER, from 5

infamous cotton shoe laces were so stiff that they'd retain any shape in which I fashioned them. Ice chipped off my tent as I broke camp. The joints of my tent poles were so frozen that I had to warm most of them with my bare hands in order to separate them - enough to give a fellow some noticeably chilly fingers. This day had its own special brand of adventure. The trail descended from Sleepy Creek Mountain, passed Sleepy Creek Lake and continued north to the Rocky Ford of Meadow Branch. The trail guide mentioned this crossing, and I assumed from its name that there would be large rocks to step on in fording the stream. Perhaps so in summer. That day Meadow Branch was fifteen feet wide and nearly crotch deep. It was raging! I can't remember of ever being afraid to tackle anything on any hike. True, but this crossing terrified me. I took off my pack and searched up and down hoping to find a tree across the stream, no luck (Where were all those blowdowns when you needed one?). I tried to locate a better place to cross, or stated differently, the least worst place to cross. Not much difference.

Hiking back to a road and trying to get a ride around this major obstacle entered my mind, but somehow I just couldn't bring myself to do it. Common sense told me I was sure to survive if I backtracked to safety. Conversely, I didn't have to articulate what my fate would be if I lost my footing and was swept away by the rushing current. What makes a person tempt fate?

I took off my hiking shorts; they were sure to be soaked, and I had clean, dry underpants to put on if I made it across. The rocky stream bottom demanded that I wear my boots, but I took off my socks - no sense in drenching them. Everything loose was fastened tightly. My wallet and car keys were wrapped in plastic and buried in my pack. I found a long pole for two handed stability in the crossing and said every prayer I could think of plus a few I invented on the spot. My hip belt was loosened so that the pack could be shed quickly if it I

Would anyone ever find my remains if I lost my footing?

fell in and it was pulling me under. My courage mustered, I took my first couple steps - no good. The loose hip belt allowed the pack to shift and throw me off balance - back to shore. The hip belt and all straps were tightened to make the pack as much a part of me as possible. I'd have to deal with releasing the pack if I fell in. More prayers. In I went a second time. The water wanted to rip the pole from my hands as I probed for places to set it. It was needed to stabilize me as I tried to find spots to place my feet among all those invisible rocks down there. First, I'd plant the pole, then search for a secure spot for the first foot and the second in turn. I repeated this maneuver again and again, gaining only about six inches at a

time, never feeling secure because of the slippery rocks and the force of the rushing water. Flashbacks of my previous falls in less dangerous streams kept the possibility of losing it clearly in mind and the adrenaline flowing. Would anyone ever find my remains if I lost my footing? The crossing took me 15 minutes, but I made it. (You knew that because I wouldn't be writing this if I hadn't.) As I climbed up the bank out of the water, I was euphoric and made up a new battery of thank you prayers.

My planned campsite was only a little more than a mile farther along the trail. It was a comfortable, flat area not far from an unusual stream that was at least two and a half feet deep while being less than five feet wide, and in contrast to Meadow Branch it flowed very slowly. A strange psychological sense of relief and well-being stayed with me all evening until finally supplanted by a long line of zzzzzzs.

Next day, I had to cross the infamous Meadow Branch again several miles farther down the trail. However, at that location the stream was about 35 feet wide. It was moving pretty fast, but not much over my knees in depth, and I took that crossing in stride. After the day before, anything else was anti-climactic. Subsequently, I did have considerable trouble finding the trail in some places - old tired blazes, missing blazes, poorly placed blazes and blowdowns. Nevertheless, I hung in there and finally reached Hancock and my van right on time.

In the narrative, I was inconsistent with details of climbs, descents and mileages because they interrupted the flow of the story. In summary, the trail is approximately 144 miles in length. It involves climbs totaling 21,800 feet and descents of 26,200 feet (adjusted to account for minor elevation variations of less than 100 feet which don't show on the map's profile). As I mentioned ad nauseam, it was more than a hike. It truly was an adventure. With exception of a few turkey hunters at the Sleepy Creek hunting area, three Sunday hikers near Elizabeth Furnace and the lone mountain biker on Little Crease Mountain, I saw no one on the trail. In a normal year, I believe I hiked the trail in the optimum month - reliable water sources, no insects, briars had not yet sprung up and leafless vistas were breathtaking. The valleys were lush and green, fruit trees were in bloom and spring flowers, many that I had never seen before, were in profusion. It was a most pleasant time of year for a through hike (recognizing, of course, that the unusually high water and unseasonably cold weather which came our way were anomalies). In summer, this trail probably would be very hot with water sources unreliable. It shouldn't be avoided, however, but day hiked in shorter segments. It is a significant and important trail. If you want a true mountain hiking experience, you'll get it on the Big Blue. Go for it!

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

Wanted to BUY: 26" wheels, with quick release hubs, contact Bill at 833-9732

For Sale: Centurian Dave Scott - Ironman SIS Shimano 105 components, 700x20c, CR-MO Tange Frame, 22" Equiv. size, Fushia & yellow, Min. mileage - Excellent cond. 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.

For Sale: 21" Centurian men's 12-speed bike. Fits 5'8" - 6'2". Very good condition. \$99. Glenn 731-7415.

New Zealand bicycle tours, Feb.-Mar. 1994. Three tours to choose from, all two weeks duration. Designed so that you may travel at a leisurely pace, van support and moderately priced. Call Helen Coyne, Serendipetal Tours, 412-776-0678

FOR SALE: Hiking boots- men's 8 1/2 medium. Dunham "breakable" high tops with vibram soles. New were \$100, asking \$25. call 361-4781

Seeking roommate to share expenses for 5 room, 2 bedroom duplex in Mt Lebanon. Has yard, garage and close to trolley and busline; also receptive to shared living arrangements at another location call Donna 561-0963.

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

Just View It - Bike Video

Watch and learn as an experienced bicycle mechanic assembles and adjusts state-of-the-art bikes. Unique visuals and concise narrative show how to install, adjust and care for your bike. Sections covered are:

- Crankset
- Crankarm removal
- Steering
- Brakes & Shifters
- Wheels, Truing & mounting
- Chain removal
- Helmet fit
- Final Assembly, includes brake and derailleur adjustment
- Accessories, racks, bags, frame pump, cyclocomputer
- water bottle cage, aerobars
- Maintenance Schedule
- Bike fit

"Road Bike Anatomy" video (62 min) \$ 19.95 + \$2 S&H

"Mountain Bike Anatomy" video (40 min) \$ 19.95 + \$2 S&H

Both for \$ 36.95 + \$3 S&H

Send Check or Money Order to:
Rolling Video
2690 Maplewood St.
Cuyahoga Falls, OH 44221
1-800-497-9543

LAW, from 5

written a book on the subject. The League of American Wheelmen (L.A.W.) offers Effective Cycling courses by certified instructors throughout the U. S.

Noel Grimm, a WPW Director and its video librarian, included with the video a paper he had written on Effective Cycling, which I also recommend. If you want a copy, please contact me and I'll send you one.

(Marc Reisman is an attorney in Pittsburgh. If you have questions which you would 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 1-800-883-11AW.)

SPIRIT OF ADVENTURE, INC.

YOUR QUALITY OUTFITTING SOURCE



Products by:
NORTH FACE
SIERRA DESIGNS
MERRILL
VASQUE
CLIMB HIGH
KELTY

TENTS • BACKPACKS • CAMPING
EQUIPMENT • YEAR ROUND OUTERWEAR
HIKING BOOTS • CLIMBING SUPPLIES
CROSS COUNTRY SKIS • DRIED FOODS

COMPETITIVE PRICES
LARGE SELECTIONS

341-3111

703 Washington Road (2 miles north of South Hills Village)

