

Golden Triangle

American Youth Hostels, Pittsburgh Council

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



VOLUME 49, NUMBER 4

JUNE 1999



Hostelling - International Pittsburgh PA



Now Open

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



Be Sure To Visit:

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

INSIDE

Activity Chairs: Page 2
Slide Shows: Page 2
Hostel News: Page 3
Classifieds: Page 3
Message from Ben: Page 4
ECP Roast: Page 4
Sojourns: Page 4
Great Ride: Page 4
Bicycling: Page 5
Canoeing: Page 6
Sea-Kayaking: Page 6
Rambles: Page 6
Other Bike Rides: Page 6
Rock Climbing: Page 7
Sailing: Page 7
Glenn Oster Article: Page 8
Environmental Study Tour: Page 9
Outdoor Extravaganza: Page 9
Rennie Feters Article: Page 9
Hiking/Backpacking/Trails: Page 10
Rachel Carson Challenge: Page 11
Council Travel and Book Store:
Back Cover

....And MORE!!!

A Message from President Maribeth Hook:

Many things are happening in the Pittsburgh Council of AYH. Our activities programs are gearing up for a great summer. Trip leaders are always needed. If you want to put a trip together, talk to your activity chair, or Ben Brugmans. Send trip information to Joel Platt several weeks prior to your trip for publication. Trips can be announced at the Thursday night meetings at headquarters. Ben Brugmans and company recently updated the appearance of our headquarters building. If you haven't seen the changes, stop by! Ben, with the help of Don Stone's drawings, is beginning work on an accessible bathroom at the Ohiopyle Hostel. Later this year two more water closets will be added in the upstairs of Ohiopyle. At the Pittsburgh Hostel a search has begun to find a new hostel manager.

Holly Ridenour, our manager for the past two years, has accepted a position as Travel Center Manager in Boulder Colorado. We wish her the best in her new position. In the interim Brian Funk will be managing the hostel. Brian has worked at the hostel intermittently for the past two years. He has a good understanding of the inner workings of a hostel, but volunteers are always needed and welcome. Volunteers are needed to work the desk in the mornings and the afternoons, and overnight to assure our guest a great hostel experience. Please call me at 371-0156 or Brian at 431-1267 to volunteer.

NEW 1999 MEMBER DISCOUNTS

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

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

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

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

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

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

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

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

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

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

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



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

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

HOSTELLING INTERNATIONAL

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

Dated material- please deliver promptly
Change Service Requested

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





Pittsburgh Council, American Youth Hostels, Inc.

Serving Western Pennsylvania & West Virginia Panhandle
Since 1948, Incorporated 1955

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

**All Material within is Copyrighted by Pittsburgh Council, American Youth Hostels, Inc.
All Rights Reserved**

Triangle Staff

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

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

Council Officers

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

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

BOARD OF DIRECTORS

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

Office Staff
Donna Byerly
(431-4910)

**PITTSBURGH COUNCIL
ACTIVITY CHAIRS**

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



**HOSTELLING
INTERNATIONAL**

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

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

NOTICE

**Please note the deadlines for
future issues of the
GOLDEN TRIANGLE**

**JULY ISSUE
All copy, June 3
Binding/Mailing, June 17**

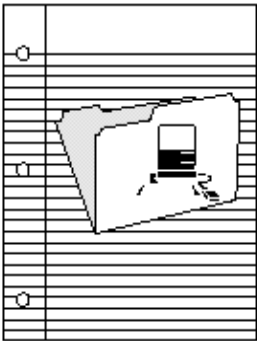
If your work is on computer,
Please contact Joel Platt at
joelplat@wans.net

Moving?

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

About AYH

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



**Submissions Policy:
Golden Triangle**

Classified Ads:

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

Trips

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

Articles

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

General rules for submission

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

Editors Golden Rule

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

Please note, the Golden Triangle frequency of publication for 1999.

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

Editor...

Upcoming Slide Shows

June 3: Cake and ice cream party,if possible out of doors.
June 10: Walter Vaux, "Trekking In Australia And New Zealand". From Ayers Rock in the outback to Mount Cook in New Zealand.
June 17: Cheese and apple cider party.
June 24: Steve Poprocky shows his own video of southern Africa. Visit game parks, drive to Victoria Falls.
July 1: We show the 16 mm film ""Elsa And Her Cubs". Unique relationship between game warden and lioness cub Elsa. How she grew and mated, birth of cubs, and death.
July 8: Carl Katz, "India Camel Safari". From Delhi to Jiasalmer.

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

Pittsburgh Council Hostels

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

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

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



Oops...

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

Mail regarding the Newsletter should be addressed to:

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

Office: (412) 431-4910
or

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



HOSTEL HAPPENINGS

PLANNING A HOSTELLING TRIP THIS YEAR?

Here's some information to help plan your trip - no matter where you're going this travel season.

1999 Travelers' Resource Guide and Other Trip-Planning Help Is Available Free 31-page Traveler's Resource Guide includes the topics: Hostelling in North America (you don't have to go overseas to plan a spring or summer hostelling trip!); Making Hostel Reservations (in North America and overseas); Getting Ready to Go; Planning Your Itinerary; Getting There; About Your Money; and Packing.

Pick up a copy of this publication, as well as the 1999 North American Hostel Handbooks, USA Hostel Map, and lots of other helpful information available for free when your pick them up in person at the Pittsburgh International Hostel during open hours. We also sell Volume 1: European Hostel Guide and Volume 2: Americas, Africa, Asia & the Pacific Hostel Guide for \$10.95 each plus tax. Members receive a 10% discount when you present your card at the time of purchase. Membership cards are available on the spot.

Mail order is available by calling the Council Office and Travel Center, located in the same building as the hostel, but with different office hours and telephone number which is: 412-431-4910. A postage and handling charge may apply to mail orders.

STAYING IN TOWN THIS SUMMER?

Meet international visitors at the Pittsburgh International Hostel and get to know our neighbors in the community by getting involved this summer. How?

How about a part-time job or an internship? Perhaps you have a volunteering idea? We'd love to here it and have lots of our own ideas of how to keep you busy this summer! Some are listed below. Because we are a non profit organization, by prior arrangement we might even be able to help YOU out with community service hours or academic credit for your volunteer time.

VOLUNTEERING

Like last year we have a double dose of fun on the weekend of July 24-25 and we need your help getting ready for it. The Hostelling Spirit will be alive and well on that weekend. Come and join the fun!

Allentown Community Day - Saturday, July 24, 1999

Talk about HI-AYH with neighbors, friends and guests. Tentatively scheduled from 10-6. Volunteers are needed to give tours of the Hostel, staff an information table and talk about your HI-AYH and hostelling experience. This year we'd like to make the hostel "the place to be." Ideas for creating some "street fun" in front of the Hostel include: international costumed acoustic musicians, vendors, information about travelling and outdoor adventures provided by other non profit organizations. Interested people should call the Hostel.

Great Ride - Sunday, July 25, 1999

Remember that YOU CAN STAY at the Pittsburgh International Hostel too! We're encouraging you to do so this year by offering a Great Ride Rate of \$20.00 per night including a meal! Stay with us the night before the Great Ride (Saturday, July 24) and we'll provide dinner that night and breakfast the next morning (the day of the Ride!) After you've completed the Great Ride on Sunday, July 25, stay overnight and we'll provide dinner and an opportunity to share your stories from the Ride.

Whether you live in Pittsburgh and have friends coming to town to join the Great Ride (but you don't have room at your place), if you're coming to Pittsburgh to join the Ride and need a place to stay, or if you just want to join the fun! - The Pittsburgh International Hostel is the place to be on Great Ride Weekend!

Not riding? Volunteers are needed for course marshalling on the Mount Washington Loop past the Hostel (where tours will be given and refreshments served.) Volunteers are needed through out Pittsburgh on the day of the ride for water stops, registration tables, course marshalling, and lots of other help. Let's see a great turn out of riders and people to cheer them on this year! Call 412-431-4910 for information on how to register for the Great Ride or to volunteer. To make a reservation at the Pittsburgh International Hostel call 412-431-1267.

SUMMER MARKETING INTERNSHIP

We are seeking university juniors or seniors in marketing or public relations, journalism or English or graduate students in international business for a summer Marketing and Community Outreach Intern. We have sought funding from the HI-AYH National Office to provide a stipend for this full-time, 12-week internship lasting from approximately May-August. Approval of this funding is expected in the next month or so, at which time accommodation at Hostelling International - Pittsburgh, \$200 travel allowance/relocation assistance, hostel overnights, membership and travel store discounts can also be offered. To receive an internship description, please contact Brian Funk at the Pittsburgh International Hostel.

SEE YOU AT THE HOSTEL!

The Pittsburgh International Hostel is opened seven days a week from 8 - 10 a.m. and from 5 - 10 p.m. every day except December 23-26, 1999. We are closed during the day. We're located at 830 East Warrington Avenue (at the corner of Arlington - in the Allentown neighborhood). We're 2 miles south of downtown, above the Southside, between Mt. Washington and Mt. Oliver. Excellent public transportation and free parking are available whether you are coming to stay overnight, attend a workshop, volunteer, of attend one of our other upcoming events. We look forward to seeing you here!

Weekends at Ohiopyle

Marjorie Pasqualle, our Ohiopyle manager, needs a break! If you can volunteer to keep and eye on the hostel one or two days on summer weekends Marjorie would be a happier manager and you will have a fun time. The council will reimburse your travel and meal expenses. You only need to be at the hostel from evening till morning and then have the rest of the day to play. If you can give Marjorie and hand, please give her a call at: 724-329-4476.

Note from the Editor:

An organization is only as good as it members. Luckily, we have many trips planned for the coming months, and several members have sent in articles. However, you will notice that I included a trip by Rennie Fетters, which came from the Indiana Council News newsletter. I believe we enjoy reading these “reviews” and I would like to see more by local members. Glenn Oster can do just so much! Please send in your articles and ideas to spruce up the newsletter.
Joel Platt, editor

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: Skis, K2/610 FO, 200cm, Tyrolia 260 bindings, Nordica 940 boots size 10, poles, \$150. (412) 563-6672

For Sale: Ultras-rest Seat \$28, In-step Crampons \$25, Perception Harmony Paddle \$55, Gerber Clip-lock River Knife \$35, River Rescue Throw Bag \$15, Thermarest Sleeping Pad \$50, Courier Bag \$35, Life jacket \$10, Women’s Ski Gloves \$30, Fleece Jacket \$15. Call Emilie (412) 521-1350 for details.

Wanted: Older marathon C1 such as Jensen 17, Jensen C1F, Sawyer Shockwave, Wabash Valley DYNA C, Meadows Special (517) 739-0196

Wanted: 15’ USGS topographic quadrangle maps (1:62,500) for western and northern Pennsylvania (517) 739-0196

REMINDER TO TRIP LEADERS

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

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

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

AYH ACTIVITIES WITH BEN

The winter has passed and the summer activities are coming around. Don Hoecker is doing his annual trip on Red Bank Creek. I went last year on an unspoiled section of the river which is just grand. We are blessed to have such a plethora of great canoeing waters in Western Pennsylvania.

Ron Boone has pointed out the two Sojourns sponsored by the Commonwealth. A weeklong trip down the Yough and a week down the Schuylkill are both very affordable, wonderfully organized ways of seeing the scenery and sharing the experience with newfound friends.

Both the AYH sea kayaking and canoeing programs are doing well. Try their easy trips to start. The AYH offers a supportive entry for beginners and affordable rentals of a canoe or kayak to try out something new. Summer is here. Try it. Get out there. Get wet. Have fun.

Ben Brugmans

RIVER SOJOURNS

1999 Schuylkill River Sojourn

June is Pennsylvania Rivers Month and to celebrate, The Pennsylvania Department of Conservation & Natural Resources will be sponsoring a week long canoe/kayak float trip down the Schuylkill river. The trip will begin at Schuylkill Haven on June 4,1999 and end at Fairmont Park Boat Ramp, Philadelphia on June 11,1999. Enjoy the hospitality provided by the towns and organizations along the way. As plans are finalized updated information will be announced (check the canoeing bulletin board). For more information contact: DCNR Rivers Programs - Kelly Koch at (717) 787-2316.

1999 Youghiogheny River Sojourn

The Regional Trail Corporation is planning another Youghiogheny River Sojourn to be held from June 13th to the 19th. Enjoy six days of exploration, education, entertainment, and enjoyment on the Youghiogheny River.

The river that years ago was crossed, canoed, and christened the “Youghiogheny” by native Indians will be celebrated by our second sojourn.

For six days in June, the pace of life will slow to the pace of the Youghiogheny River...Paddling its flat water, rafting its whitewater, and hiking and pedaling along its banks by day... Enjoying meals, music, stories, and god company around a campfire by night.

In communities along the way, residents will meet with us to nourish us, encourage us, and celebrate with us.

As it carries us from Confluence to McKeesport, the Youghiogheny River will challenge us to explore; reveal to us invaluable lessons in history, geology, ecology; and inspire us to preserve, protect and take pleasure in its beauty.

Bring your family and friends along to enjoy the river described by Tim Palmer, author of “*Youghiogheny Appalachian River*” as “one of the finest wild and scenic rivers in the eastern Untied States.” You’ll go home with the official Youghiogheny River Sojourn T-shirt. **Space is limited so register today!**

Equipment, Reservations, Information

You may either bring your own canoe, kayak, paddles, and life vest or rent them.

For rental and trip information, contact Wilderness Voyageurs (800)-272-4141

Sunday, June 13 - Camping

Gather at Confluence - Late afternoon. Army Corps of Engineers Camp-ground.

Day 1 Monday, June 14 - 11.8 miles

Launch canoes below Youghiogheny Dam. Canoe from Confluence to Ohiopyle, where we will enjoy meals and camping.

Day 2 Tuesday, June 15 - 7 miles

Whitewater raft from Ohiopyle to Bruner Run. Take out at Bruner Run. Return to Ohiopyle for dinner and camping.

Day 3 Wednesday, June 16 - 21.5 miles

Bike from Ohiopyle to Connellsville for lunch and a historic tour. Continue to the River’s Edge Campground in Adelaide for dinner and overnight camping.

Day 4 Thursday, June 17 - 12 miles

Canoe from Adelaide to Dawson for breakfast and a tour. After lunch on the beach, continue to Whitsett for dinner and camping.

Day 5 Friday, June 18 - 14 miles

Canoe from Whitsett to Sutersville to camp, stopping at Cedar Creek Park for lunch.

Day 6 Saturday, June 19 - 15 miles

Canoe from Sutersville to Boston for a “Boston Tea Party” and on to McKeesport for a celebration.

RIDE NEEDED

My 10 year old daughter and I will be participating in the Youghiogheny River Sojourn from June 13th to 19th. We're looking for transportation to the staring point at Confluence and form the end point at McKeesport. Is anyone attending who would be willing to let us, our tent, sleeping bags, and gear ride with them? We're certainly willing to pay you a reasonable amount for your helping us out. I'm sure that we could meet you anywhere in the greater Pittsburgh area for pickup on June 13th. If you are willing or have other suggestions, please call me at 412-422-2313 or E-mail at ipovlish@hotmail.com.

Thanks,
Irene Povlish

THE 1999 GREAT RIDE

The 1999 Great Ride will be held this year on July 25th. The ride will be similar to last year's Great Ride and will start at the same great location, with some new features this year. Check out the Great Ride web site for the latest information. You can find the link to the web site through the Pittsburgh Council home page at <http://trfn.clpgh.org/ayh>.

Applications

The applications will have been mailed out to everyone who has ridden in the Great Ride, the Mon Valley Century, or SABRE in the last few years by the time you read this. If you haven't gotten an application and would like one, stop by at the Activities Headquarters or at the Pittsburgh Hostel. You can also call Citiparks at 412-255-2391.

Volunteers

As you know, while the Great Ride is a Citiparks event, the Pittsburgh Hostel receives part of the proceeds of the Great Ride each year. This has been a great assistance for the hostel operations. In return, Pittsburgh Council provides volunteers for the course in general and for an additional rest stop on Mount Washington for the part of the ride that passes the hostel.

Last year, everyone had great fun cheering on the riders, and we had a lot of comments from the riders about how much they enjoyed meeting us on the course. Last year, we had twenty members, volunteers, hostellers, and neighbors on the Mount Washington loop and need your help in doing that again.

In addition, we need to provide volunteers throughout the course to help the riders keep on course, and to man an information booth at the starting point.

We need your help! Please call the council office at 412-431-4910, e-mail us at ayh@trfn.clpgh.org, or contact Larry Laude directly at 412-665-554 (larry.laude@usa.net). Bring a friend with you, too. It's a lot more fun with some with you.

Larry Laude

The ECP Annual Roast

The Explorer’s Club of Pittsburgh is hosting its annual “Roast” on June 11, 12, 13 at Cooper’s Rocks, West Virginia. It is a time for all of us to get together for some good old fashioned togetherness as well as the opportunity to have some fun in the backwoods of West Virginia. All activities will originate at Klare Lodge in the Chestnut Ridge Regional Park, which is nearby. Accommodations will be open and available by 9:00 PM Friday night. Stop by Klare Lodge to check in. Come on down Friday evening and enjoy the entire weekend in West Virginia.

Activities available:

Rock climbing in Cooper’s Rocks State Park – beginner to advanced
Mountain biking in Cooper’s Rocks State Park – beginner to advanced

(over 30 miles)

Hiking in Cooper’s Rocks State Park (both the Mountain laurel and Rhodo-dendrons bloom in June)

Caving at Beaver Hole or some other local site

Water activities at Cheat Lake or on the Cheat River

The infamous ECP obstacle course

The even more infamous ECP pot luck dinner (The Roast)

Price:

\$10.00 per person, which includes the use of Klare Lodge, refreshments and music to the wee hours of the morning. Walk-ins will be charged \$15.

Accommodations:

We have secured Klare Lodge, Pine cabin and tent shelter #3.

1. Klare lodge includes sleeping facilities for 20 in a dormitory style. Space is available on a first come basis.
2. Pine cabin is a rustic one room cabin with stove, refrigerator and wood stove. It sleeps 6. Cost is \$20 per person (includes the \$10 roast fee). Reserve the entire cabin for your group of 6 for \$120. **Payment required in advance.**
3. Tent shelter #3 has a cement floor, wood walls and a tin roof.. It sleeps 6. Cost is \$15 per person (includes the \$10 roast fee). Reserve the entire shelter for your group of 6 for \$90. **Payment required in advance.**
4. Tent sites are also available in the area for an additional fee.

Directions:

I-79 south to I-68 (just south of Morgantown). East on I-68 to exit 15 Cooper’s Rocks State Forest). Turn left off the exit ramp. Cross over I-68 and turn right at the T onto Old Route 73. Go ¼ mile and turn left onto Sand Springs Road. Go 1.5 miles until the road forks. Turn left and follow the road for about 1 mile to the dining hall. Turn right and follow the road to it’s end at Klare Lodge. Signs will be posted at all intersections after leaving I-68.

Secure your space in advance. See Chuck Snyder (724-287-8781 ex 5199) csnyder@spang.com or Denise Hluhan (412-375-8108 dhluhan@mbakercorp.com)



BICYCLING

Touring Bike Rides

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

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

June 5, Saturday Country Roads in Westmoreland County

Enjoy some of the flattest roads in Western Pa. with beautiful farms and lakes. There are hills, but mild ones. This ride is 23 miles in Westmoreland County. We will stop at Kings for (you guessed it), ice cream. Call Joan Roolf for time and meeting place, at (412) 351-2061

June 12, Saturday Goba Training ride

A GOBA training ride from Connellsville to Ohiopyle and back on Saturday, June 12. This ride is flat, 36 miles of rail-trail riding with a picnic lunch in the park at Ohiopyle. We'll leave the Yough trailhead in Connellsville at 10:00 AM. The leaders will be riding a Tandem with a five and a half year old in tow on a tag-along. Families and slower riders are welcome! Call Terry or Kevin Craig at 724/940-2637 or email at tcraig@fyi.net to confirm, especially if the weather looks doubtful.

July 18, Sunday A Ride starting in the Crafton Ingram Shopping Center. A leisurely 39 miles. Led by George Nowak. He knows this area well. Call (412) 921-0653

July 23 through July 25, Friday to Sunday Pine Creek

The Pine Creek bike path, winding its way through the Grand Canyon of Pennsylvania along a former railroad bed, will be one of the most scenic bike rides you will find anywhere!

We will be staying at the Colton Point Motel, located in Ansonia, and is located 13 miles west of Wellsboro on Route 6. Colton Point Motel is situated on 50 acres bordered by state game land and within easy walking distance to Pine Creek. There is a 2-acre pond stocked for the fisherperson, 2 paddleboats for cruising, and a beach area for swimming. Activities at the motel include volleyball, badminton, croquet, and horseshoes. There is also a picnic area and play yard for children. You can make your reservation by calling 1-800-829-4122. Rates are \$30 for 1 person/1bed; \$40 for 2 people/1 bed; and \$45 for 2 people/2 beds.

There is also camping nearby at Kearsce Campground, which is approximately 7 miles west of Colton Point on Route 6. The phone number is 814 435-2550. There are two fishing lakes; a 6-acre lake and a 1-acre lake. Swimming is at Pine Creek Watrous Beach. They have shower houses with plenty of hot water and firewood. The rate for a tent site is \$10/night; and an RV site is \$14/night.

Our plan for Saturday is to meet in the motel lobby and take a leisurely ride, stopping to enjoy scenery and picnicking, from Ansonia to Blackwell. Ambitious riders can return to Ansonia via bike. Riders who prefer a one way trip can call Pine Creek Outfitters @ 570-724-3003 and make arrangements to be shuttled back to Ansonia. Riders traveling with children on their own bike may choose a shorter round trip ride.

On Sunday, we can ride again or take a scenic train ride on the Tioaga Central Railroad from Wellsboro Junction north to Hammond Lake. The fares for this 1 ½ hour train ride are \$10/ adult; \$9/senior (60 and over); and \$5/child (6-12). Children under 6 are free when accompanied by an adult.

We will be riding a tandem with a 6-year-old on a tag along and hope that other families will be joining us.

For more information or to confirm your participation, call Terry or Kevin Craig @ 724-940-2637 or email us tcraig@fyi.net.

August 6,7,8 A weekend trip to Snowshoe,WV to the Asherman condos, where we can ride the Greenbriar Trail and even ride the Cass Scenic Railroad. Led by Joan Roolf. Call (412) 351-2061

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

August 21, Saturday Ghost Town Trail in Indiana County. This trail is well maintained and runs from Dilltown to Nanty Glo following Black Lick Creek. It is a 32 mile ride. Joan Roolf (412)351-2061

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

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

October 8, 9 and 10th Wilderness Lodge Weekend A favorite place for a beautiful Fall weekend. Ride among the vineyards and apple orchards, and along the shores of Lake Erie and Findley Lake. Joan Roolf (412)351-2061

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

CYCLE across MARYLAND XI

WHO:

Carrollton Bank Cycle Across Maryland

WHAT:

Discover the adventure side of western Maryland and the southern side of Pennsylvania during the Carrollton Bank Cycle Across Maryland, **July 24-30**. The tour offers 300 glorious miles, two hub sites and routes of varying lengths. The route combines challenging climbs along with gentler terrain. With Rocky Gap State Park as one hub, you'll first explore the beauty of the Appalachian countryside before heading east along the National Road, the first transportation link to the western frontier. With Williamsport as a second hub, you'll explore Ft. Frederick, Antietam Battlefield, and ride along the C&O towpath before celebrating the conclusion at Greenbrier State Park. Registration: \$220. Special family rates available. Three-day option. Alternative activities for on-riders. Limit: 1500. Proceeds support distribution of free helmets. In Baltimore: 410-653-8288. Toll free: 888-CAM-RIDE(226-7433), email: info@cyclexmd.org; Web: cyclexmd.org

WHERE:

Western Maryland

WHEN:

Saturday, July 24 through Friday, July 30

COST:

Early registration: \$220. Family rate available
Mini-CAM option from 7/24-7/27 \$170. Family rate available

For information or an application, call 410-653-8288 or Toll free 1-888-CAM-RIDE(226-7433), or visit Web Site: <http://cyclexmd.org>

Cam Corporation is a non-profit organization which uses proceeds from sporting events to distribute free helmets, to educate the public on helmet use and to support CAM Teen Challenge, a cycling mentor program for students at risk of not completing school. CAM also produces the Great Cookie Bike Rally and the Maryland In-Line Skate Festivals.

All bike riders MUST wear a helmet!

NEWS ADVISORY

CITY TO CLOSE

CIRCUIT ROAD IN SCHENLEY PARK

The City of Pittsburgh Department of City Planning advises that a portion of Circuit Road, located in Schenley Park, between Serpentine Drive and Schenley Drive, will be closed on weekends beginning May 7, 1999. The road will remain open to non-motorized recreational uses such as bicycling, in-line skating, and walking. This is a continuation of the city's response to park users' requests for an automobile-free area to participate in these activities. The closure will prohibit motorized vehicle traffic from 6:00 PM Friday to 6:00 AM Monday. Circuit Road will close each weekend through November 1999. Automobile parking in the closed section of Circuit Road is prohibited on weekends.

All bike riders MUST wear a helmet.



SEA-KAYAKING



CANOEING

"Sea-Kayaking" By Russ Tague

Some people think I'm odd for spending so much time promoting sea kayaking in southwestern Pennsylvania. (Everyone else thinks I'm odd for other reasons, but that's another story.)

With the nearest ocean the better part of a day away and Lake Erie over one hundred miles North of Pittsburgh, a sea kayak may seem an unusual craft for this area. Actually, they are better described as touring kayaks, for in addition to exploring coastal waters and the Great Lakes, which they do extraordinarily well, they are also well-suited to paddling lakes, ponds, creeks and yes, rivers.

This year Vickie and I set a goal of paddling the entire Allegheny River from the headwaters in Coudersport, PA into New York and down the Allegheny Reservoir and on to the Point.

Okay, maybe a little odd, but sea kayaks are right at home here in the port of Pittsburgh. Pick a trip, give us a call and we will see you on the water. Paddler's Dinners are held at various local restaurants on the second Tuesday of the month. Throughout the summer we will also be having an "Introduction to Sea Kayaking" at various local lakes on the Thursday of the week following the Paddler's Dinners. Everyone is welcome to attend both.

Contact Russ Tague at 412.331.2073 or Vickie Gotaskie at 412.344.4929.

June-July AYH Sea Kayaking Schedule

Jun 4 Three Rivers Arts Festival by Kayak (Beginners welcome)
Paddle from the Southside to the Point and visit the Festival on opening night.
(Russ 412.331.2073)

Jun 5 AYH Activity Day at Moraine (Beginners welcome)
Join us and the other AYH activities. Try your hand at kayaking for free.
(Vickie 412.344.4929)

Jun 8 June Paddler's Dinner (Everyone welcome)
Dinner at the Baltimore House followed by dessert at Barry's.
(Barry 412.653.6584)

Jun 17 Introduction to Sea Kayaking (Everyone welcome)
I'll bring the boats and the water, all we need is you. Raccoon Creek State Park
(Russ 412.331.2073)

Jun 19 thru Jun 20 Salamanca NY to Kinzua Dam, kayak camping (Beginners welcome)
Thirty-three miles of another leg of the Allegheny River paddle.
(Russ 412.331.2073)

Jun 25 thru Jun 28 Cape Henlopin, Delaware (Intermediate)
The salt air is calling. Paddle in the ocean, the bay, explore a wildlife refuge or just lay on the beach.
(Vickie 412.344.4929)

Jul 10 Presque Isle, Lake Erie (Intermediate)
Enjoy the lagoons and lake and paddle over to Sunset Beach for a picnic.
(Vickie 412.344.4929)

Jul 13 July Paddler's Dinner (Everyone welcome)
The Foundry in the Strip (call for directions)
(Frank Kocevar 412.362.1614)

Jul 22 Introduction to Sea Kayaking (Everyone welcome)
Come out and give it a try. Meet at North Park Lake at 6:30 P.M.
(Russ 412.331.2073)

Jul 24 thru Jul 25 Kinzua to Tionesta, kayak camping (Intermediate)
44 beautiful miles on another leg of the Allegheny River paddle.
(Russ 412.331.2073)

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

Rambles For Spring-1999

June

- June2Beechwood Farm. Bag lunch. Margaret Laske. 421-5219
- June9Keystone State Park. Bag lunch. Earl McCabe. 761-1844
- June16Artist's walk on the Southside. Lunch at Zenith Tea Room. (Bag lunch optional). Margaret Laske. 421-5219.
Note: Make reservations for Zenith Tea Room with Margaret by June 9th. Plan to be with Ramblers from 10:00 AM. To 2:00 PM. Today.
- June23Frick Park ramble beginning at the Nature Center. Bag lunch. Sid and Helen Sclarsky. 421-2692
- June30Upper St. Clair ramble in Boyce Road Park. Bag lunch. Bill Phoennik. 279-5411

Spring rambles begin at 10:00 AM. (Except May 6th. At 9:30 AM.) Meet in Mellon Park, upper parking lot at Fifth and Shady Avenues.

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

May 29 through 31, Memorial Day Weekend Joyce Appel (724) 526-5407
The Butler Outdoor Club has invited all the area outdoor clubs to participate in this "Outdoor Extravaganza". Events will include whitewater canoeing, rock climbing, lake canoeing, horseback riding, river canoeing day trips, hiking, and bicycling. Meals, lodging, campsites, and educational programs will be available at Rose Point Campground. Although this is not an AYH event, the BOC is a non-profit organization member of AYH with many of the same goals. Call early for reservations or visit the BOC web site at: www.nauticom.net/users/outdoor/

June 12 Saturday Brian McBane (724) 443-8972 (H)
Moving water school. Call for details.

June 19 Saturday Kate Fissell (412) 624-5279 (W) or fissel+@pitt.edu
Class I trip. Call for details.

July 2-5 Fri.-Mon. Jon/Becky Maiman (412) 242-7179 (H)
Class II Canoe Camp on the Upper New River. Call early for reservations and details.

July 10 Saturday Jim Porcelli (412) 271-4776 (H)
Moving Water School on the Yough. Call for details.

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

1999 Schuylkill River Sojourn
1999 Youghiogheny River Sojourn
See Page 4

Additional Area Bicycle Rides, courtesy George Schmidt

June 6 YOUGH & ROLL, Boston, PA. Regional Trail Corporation, 15 or 40 mile rides, sag wagon and rest stops. Boston Fire Hall. 40 mile ride registration begins at 8:00 AM. 15 mile registration begins at 9:00 AM. For more information call the MYTC Hotline at 412-754-1100, mailbox #4.
October 2-3 YOUGHTOBERFEST, Boston, PA. Festival featuring biking and hiking the Yough River Trail. Mon/Yough Trail Council. Regional Trail Corp. 724-872-5586.

June 13 Westmoreland Yough Trail chapter is having a Trail Appreciation Day at Pavillion 18 at Cedar Creek Park. Free food, drinks and activities. We hope you'll join us from 11:00 till 3:00.

June 5 Indiana/Five Points Classic Bicycle Race. 50 and 25 mile races and 15 mile recreation ride. Indiana Senior High School, Indiana, PA. Benefits American Cancer Society and Cambria-Indiana Trail Council. For more information: Bruce Overdorff, Race Director. Phone: 724-349-7688 or e-mail: bajdorff@surfshop.net

June 6 TOUR DE CURE, North Park, Allegheny Co.. Benefits diabetes research. Contact Jackie Wesche (412) 367-3675

June 6 YOUGH & ROLL, Boston, PA. Regional Trail Corporation, 15 or 40 mile rides, sag wagon and rest stops. Boston Fire Hall. 40 mile ride registration begins at 8:00 AM. 15 mile registration begins at 9:00 AM. For more information call the MYTC Hotline at 412-754-1100, mailbox #4.

June 12 MS 150 "ESCAPE TO THE LAKE (Erie)" Pittsburgh to Conneaut, Ohio. National MS Society, 1040 5th Ave, 2nd Floor, Pittsburgh, PA 15219 261-6347.

June 13 Westmoreland Yough Trail chapter is having a Trail Appreciation Day at Pavillion 18 at Cedar Creek Park. Free food, drinks and activities. We hope you'll join us from 11:00 till 3:00.
Westmoreland Yough Trail chapter is sponsoring a photo contest "A Trail for All seasons" \$25.00 prizes will be awarded in four categories. Deadline for entries is Friday, May 21. More information is available from RTC, West Newton, (724) 872-5586.

June 23-26 Rails-to-Trails (RTC) Second International Conference, Westin William Penn Hotel, Pittsburgh, PA. Phone: 202-331-9696. E-mail: www.railtrails.org.

June 27-30 Post-Conference Rail-Trail Tour
Following the Rails-to-Trails (RTC) International Conference in Pittsburgh, June 23-26, 1999, RTC, in partnership with Pedal Pennsylvania, will offer a fully supported four-day Bike Tour, Sunday, June 27 through Wednesday, June 30, exploring several exceptional western PA Rail-Trails and on-road routes. The Tour is open both to Conference attendees and to friends of RTC not necessarily attending the Conference. Phone:(215) 561-9679, E-Mail: BobI@Pedal-PA.com WEB: <http://www.Pedal-PA.com>



ROCK CLIMBING

Rock Out with AYH!

Rock climbing trips from Pittsburgh Council of American Youth Hostels

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

Beginner trips are held at Coopers Rocks State Forest, Exit 15 on Rt 68, east of Morgantown, WV. Trips leave from AYH headquarters at 7:30 am. We arrive at Coopers Rocks around 9:30 am, followed by a short walk to the climbing area. We are back at the cars by 4:30 or so. Many climbers stop at a local restaurant for dinner before driving back to Pittsburgh. We typically arrive back at AYH headquarters by 8 pm. Cost is \$10 for AYH members (\$12 for non-members). Gas money (\$5/person, if you car pool from AYH Headquarters) and dinner are NOT included in the trip fees.

Beginner trip fees break down as follows:

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

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

To find out more about the AYH climbing program, call Chuck Jones at (412) 242-6172. To sign up for a specific trip, call the Trip Leader listed in the table below.

Trip size is limited. Call the Trip Leader (not the climbing chairmen) to sign up.

1999 AYH ROCK CLIMBING TRIPS

DATE DAY LEVEL TRIP LEADER PHONE

June 12 Sat Beginner Dave Hartman (412) 821-3796
June 26 Sat Rain Date** Barb Homistek (412) 687-7328
June 27 Sun Seneca Prep Pat Holtzinger (412) 343-8379
July 17/18 Sat/Sun Seneca Rocks Chuck Jones (412) 242-6172
July 31 Sat Beginner Dave Hartman (412) 821-3796
August 15 Sun Beginner Hank Jaffe (412) 244-1266
August 28 Sat Seneca Prep Pat Holtzinger (412) 343-8379
August 29 Sun Rain Date** Barb Homistek (412) 687-7328
September 11/12 Sat/Sun Seneca Rocks Chuck Jones (412) 242-6172
September 26 Sun Beginner Ann Minard (412) 381-1309

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



SAILING

SAILING LEADERS NEEDED

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

Jun 26 Sat. Lake Arthur Sara Zavos 241-0659
WOMEN'S SUNFISH REGATTA. In conjunction with the Moraine Sailing Club's weekly races women will have a separate start in Sunfish. We have a total of four Sunfish for AYH participants. Last year there were about 14 participants including two from AYH. MSC will also have open racing and we will place other AYH members in Flying Scots or they may participate in race administration on the committee boat.

July 3-4-5 Fri., Sat., Sun. Toronto, Canada Bob Zavos. 241-0659
TORONTO EXCURSION Take a trip to one of North America's most exciting cities. We will stay at the AYH Hostel or a Bed & Breakfast and take in some great sites, culture, and restaurants. Day sailing in rented boats at Toronto harbor. Toronto accommodations get tight in the Summer and we will need reservation and deposits by June 12th.



Malabar Farm Youth Hostel

A 24 bed Hostel Featuring simple dormitory-style accommodations located at Malabar Farm State Park in North Central Ohio, the Malabar Farm Youth Hostel was once the home and farm of Louis Bromfield, the Pulitzer prize winning author, agriculturalist and dedicated conservationist, the Hostel itself was built in 1919 from a mail order catalog kit. Malabar Farm Hostelling

International was opened in 1976 and was the first U.S. hostel in a state park.

The Malabar Farm Hostelling International Hostel is provided as a public service by Hostelling International -- American Youth Hostel in cooperation with the Ohio Department of Natural Resources. This is a non-profit organization devoted to outdoor recreation and world travel for people of all ages.

Hostel Accommodations

- *Family Rooms
- *Separate male and female dormitories
- *Complete kitchen and dining area
- *Separate mal and female bath rooms with hot showers
- *Multi-purpose rooms
- *Group accommodations
- *Laundry Room

Hostel Customs

- *Open to members - non-members must purchase an introductory membership available at the hostel
- *Hostel is closed during the day
- *Hostel guests help with cleanup chores
- *Sheet sleeping sacks are required
- *No alcohol or smoking is permitted in the hostel

Directions-The hostel is located 12 miles southeast of Mansfield, Ohio. By Car-Exit I-71 at State Route 13. Take Hanley Road (just north of I-71 underpass) EAST to Little Washington Road (2 mi.) and turn RIGHT (SOUTH). Bear LEFT (SOUTHEAST) when you reach Pleasant Valley Road. Follow Pleasant Valley Road about 7 mi. to Bromfield Road The hostel is about 1/4 mile from the intersection, on your right.

Reservations-Reservations are required for groups, at least two months advance notice, and are recommended for most weekends. Full payments for the first night is required. For more information contact Malabar Farm Hostel at (419) 892-2055. 3954 Pleasant Valley Road Lucas, OH 44843

www.hiayh.org

The Little Miami Scenic Trail (so great it's hard to believe)

By Glenn Oster

The Little Miami Scenic Trail has got to be the easiest and most satisfying rail-trail I've ever ridden. Last Summer, as you may recall, I wrote about bicycle touring the West Bend Rail-Trail in West Virginia. That was an exercise in grit and determination because of the sixty-eight miles (round trip) of gravel for much of the trail. In contrast, the Little Miami Scenic Trail which I rode about ten days later is smooth and comfortable to ride, like bicycling a well-paved highway without any automobiles or trucks. I had read about it in the Rails to Trails Conservancy's publication Trail Blazer and resolved to ride it someday. Surely glad that someday arrived.

The trail, when I rode it in August 1998, extended some sixty-three miles from Yellow Springs, Ohio to Milford, Ohio (a suburb of Cincinnati). I have since learned via the Internet that the trail is now paved an additional seven miles from Yellow Springs to Springfield, with its northern terminus now at the intersection of West John and Yellow Springs Streets. While I enjoyed the riding surface as I've mentioned, there was much more that made me feel good about the trail. The area on both sides of the trail was well groomed. There were miles upon miles of tree canopies over the trail that provided shade as I rode. For much of the distance, you ride beside the Little Miami Scenic River and sense its peacefulness (except when rafts loaded with excited teen-agers drift by). Well prepared signs appear at road crossings, and other very professional looking signs introduce you to each of the eight little communities through which it wends its way. The trail just seems to belong to these towns. Moreover, the trail designers have gone to great lengths to make it safe, for example, high wooden railings on its many bridges.

Another aspect of the trail was of keen interest to me. It is also the route of the North Country National Scenic Trail through that part of Ohio. It is a trail that, when completed, will extend 4200 miles through seven states from Lake George in New York's Adirondacks to Lake Sakakawea in North Dakota. It's one of several Congressionally sanctioned scenic trails in the United States, with stature similar to the Appalachian Trail and the Pacific Crest Trail - just one more reason why the Little Miami Scenic Trail is so special.

My plan for bicycling the trail was to take three days to accomplish it, carrying my gear in panniers and camping for two nights in the process. I drove to Yellow Springs on August 18 and spent the night at John Bryan State Park Campground. This is a beautiful park, but the restrooms are Spartan, and, let's face it, repulsive. So, camp elsewhere unless you have a recreational vehicle with its own facilities. One thing in its favor - it's close, just outside Yellow Springs. The trail's northernmost access point at the time was in Yellow Springs, immediately as you enter the town on US Route 68, about seven miles south of I-70, Exit 52.

On the first morning I parked in the town's municipal building lot next to the trail and reported my need for multiple day parking at the police window - fine by them - a reasonably safe place. I had planned to ride south, downstream, to Morgan's Riverside Campground across a bridge, north of the town of Morrow. I anticipated spending the remainder of the day relaxing and swimming in the river. As it turned out, I was able to get underway earlier in the morning than I had assumed and found that I was making better time than expected, even with time out for breakfast at Mc Donalds on the trail in Xenia. I had covered the thirty-six miles distance and arrived at the campground by noon. That was a bit too early to settle down for the day; so, I continued to ride. The trail never became tiresome, and by mid-afternoon I had reached the southern terminus at Milford. However, I still felt like riding and started to retrace my steps. Riding upstream is noticeably more difficult than downstream, although it only made about one mile an hour difference in my average speed (which I conveniently forgot because of my snail's pace). I concluded my ride for the day at the same campground I had originally planned on the way downstream, having ridden over eighty-eight miles for the day. Morgan's Campground is not perfect, but I enjoyed my shower and a grassy campsite surrounded at a distance by quiet campers. I made no attempt at swimming in the river because of the hour it became by the time I had set up my tent and finished dinner - no longer in the mood.

On the second day, I began riding at 7:45 a.m. and reached Yellow Springs before noon, thirty-six hours sooner than I had expected. Once gain, bicycling upstream is more strenuous (that seems like too extreme a word for this trail in either

direction) than downstream, and I was a bit tired - still not in good physical shape after an eight-month period of inactivity because of knee trouble and recuperation from a knee replacement in January. I was elated at the trail and vowed to introduce others to it. I'll surely ride it again in 1999 and invite others to join me, but on that trip, I'll want to start in Springfield and ride the new section, too.

The only place at which I had any difficulty following the trail was in the city of Xenia. Bicyclists have to be careful to stay on the Little Miami Trail since there are a number of rail-trails fanning out from the city's center. I almost followed a wrong trail, but early on discovered that I was not on Trail Route 1, as it is identified.

There are many ways of tackling this trail besides the way I did it. One could arrive the night before and spot a vehicle at the trail access in Milford, drive a second vehicle to Springfield, ride the trail in a day and either motel, camp (one possibility, the Bass Lake Family Campground, one-half mile west of US Route 68 on Ohio Route 4 and onto Lower Valley Pike) or head back home. Bicyclists without motor vehicle support have to recognize that motelling in the vicinity of the southern end of the trail requires some seven or so miles of additional riding over suburban highways, some of which on the map appear to be dangerous. Campgrounds in the vicinity of the Trail's southern terminus are not convenient for bicycling, but are, of course, a viable option for travel by automobile.

Another less demanding variation would be the approach just described but motelling or staying at a B&B in the little town of Waynesville, a half mile west of Corwin (about twenty-four miles south of Yellow Springs and thirty-nine miles north of Milford on the trail). Still, another variation would be to start at Milford and ride forty-three miles to Spring Valley plus another one and six tenths miles east to Valley Frontier Campground. (Don't consider Caesar Creek State Park, hilly, and too far from the trail.) Then, on the next day, ride north to Springfield and return to Valley Frontier Campground, about fifty miles, or, alternatively, continue on to Morgan's Riverside Campground for a sixty-nine-mile day, and in both scenarios return the following morning to Milford. These are a few suggestions, but as you can see, there are many variations possible.

The ride can be arranged to cover fewer miles in a day, which would provide time to visit some of the attractions along the way, one such being river swimming, as I mentioned. Fort Ancient State Memorial, easily accessed from the trail (involves locking up your bicycle and walking to the site - not sure how far, but not likely to be excessive), preserves the earthworks of the prehistoric mound builders. At King's Mills, you can make a side trip to Paramount's King's Island Theme Park (appears to be only a couple miles west, but most likely includes a hill climb out of Little Miami River Valley). Then, there's a winery near Morrow you can visit and sample its wares, also you can see beautiful Little Miami State Park, north of Milford, the Spring Valley Wildlife Area (obviously near Spring Valley), Antioch College and Glen Helen Ecology Center in or near Yellow Springs, the Country Peddler in Waynesville (Antiques Capital of the Midwest) and, incredibly, other attractions as well..

You can obtain more information than you want by contacting the Convention and Visitors' Bureaus of Warren County (800) 617- 6446, Greene County (800) 733-9109 and Clermont County (800) 796-4282. In addition, a brochure, including a map of the trail, can be obtained from the Greene County Recreation and Parks Department, 651 Dayton/Xenia Road, Xenia, Ohio 45385 (937) 376-7440. As I alluded to above, the Little Miami Scenic Trail has its own website from which you can get descriptions of the various segments of the trail and lots of other interesting information. It will probably give the location of the trail's access point in Springfield at its next update. Check it out at:

< <http://pages.prodigy.com/WHNJ49C/lmiami.htm>> I had located the website originally by a search query and couldn't believe its address is really this long. Incredulously, after typing it in a draft of this article, I tried it out - and it works! I didn't dream it up to hassle you.

My notes from the ride include lots more than I have related, but this much may whet your appetite. I'll leave some for you to discover on your own. Ride the Little Miami Scenic Trail. It's a winner.

Hostelling International Environmental Study Tour

Hostelling International-American Youth Hostels (HI-AYH) seeks twelve Americans to participate in an Environmental Study Tour of Germany in August 1999. Participants will be selected based on interest and experience in environmental issues, responsible travel, and intercultural learning.

Students, teachers, community organizers, and educators, ages 18 -26 are encouraged to apply. Hostelling International-American Youth Hostels and the German Youth Hostel Association will pay for all expenses related to preparation, travel, and participation in the Environmental Study Tour.

Last year, the first environmental study tour exchange with the German Youth Hostel Association (DJH) brought 15 environmental studies students from around Germany to the United States. These participants traveled and stayed in hostels modeling sustainable practices, took part in environmental program initiatives, met with staff and volunteers from American environmental organizations, and shared their experiences and views as German citizens with the American community. The August trip will provide an American group the same opportunities for learning in Germany.

Participant criteria and application guidelines:

Qualifications

Age: 18-26 years
Preferred Field of Study/Profession: Environmental Studies (including focus on science, education, technology, philosophy, economics and social

justice), Interpretive Design, Outdoor and Experiential Education, or German Studies and Language Demonstrated leadership abilities through student, professional or volunteer projects Excellent writing and critical thinking skills Basic German language skills helpful, not required

Time Commitment

One preparation meeting June 24 -26, 1999, Washington D.C.
Orientation Meeting August 6-7, New York City
Exchange Program to Germany August 8-22, 1999
Commitment to continue relationship with HI-AYH after August 1999 through internships, graduate student practicum, volunteer projects, or presentations to community groups

Application Procedure

Please include the following pieces:
A cover letter and current resume
Two letters of reference from professional or academic sources
A completed application

Visiting the Land Down Under by Rennie Fetters

One of my most memorable stops Down Under was Byron Bay, Australia. I arrives in March, at the tail-end of one of the major cultural events of the season, the Marti Grass festival which is held in nearby Nimbin, Woodstock’s sister city. Byron Bay has an eclectic mix of surfies (sic, surfers), hippies, and students. I stayed at a backpacker’s hostel which cost \$16 US and was close to the beach. The AYH hostel in town was inhabited by slightly younger folks that week, so I opted not to stay there. It cost \$10 US per night.

Arrival in an Australian hostel town is pleasantly quirky, with each hostel hawking for your business to stay in their hostel and offering free rides to their hostel. I shared a room with a gal who was recuperating from the festival in Nimbin. The festival was covered by the media.

Luckily, I had arrived in time for the first Saturday of the month which is market day. The market was nifty, with lots of clothes for sale. I bought three Indian (hippie) clothing items for \$5 US! There were camel rides for sale and good food too!

Of all the adventures I had Down Under, the most memorable was Jim’s Alternatour to Nimbin, which has numerous communes. There’s Buddharama, the Buddhist colony, as well as Christian communes, and even feral hippie communes...imagine that? We hiked in a rain forest and some folks went swimming in a watering hole at the top of a waterfall. Later I got to hike underneath a waterfall. Ten water was nippy as it was Fall (March). The tour took us to an expatriate’s home which was made of glass walls overlooking a deck which jetted out over a pond. This guy grew over 22 different varieties of bananas!. When we arrived, we paused at the sign which read “Caution: naked hippie fruit pickers!”

Byron Bay has wonderful water activities like surfing, snorkeling, boating, and fishing. Unfortunately, I was unable to try any of them due to stormy weather.

All in all, Byron Bay left an indelible impression on me. I would love to return. Actually, many people who visit Australia never return home!

3rd Annual Outdoor Extravaganza May 28 - 31, 1999

Rose Point Park Campground bordering Moraine and McConnells Mill State Parks and Slippery Rock Creek, I79, Exit # 29, Route 422 West

Friday night wiener roast, hay ride, native American legends around campfire.
Sat. night pig roast, and highly acclaimed nature photographer Bill King presenting "The World Around Us".
Sun. Night Wild Flowers and Edible Plants program.
During the days hike, mtn. and road bike, canoe, cave sail, kayak, and swim. Moraine Pontoon Boat Tour, Davis Hollow Cabin Tour available on Monday.
Pig roast and delicious meals catered by Fairground Market.

For more information call Joyce Appel, 724-526-5407 or email apple@penn.com
Mail form to Joyce Appel, Box 204D, RD#1, East Brady, PA 16028.
Sponsored by the Butler Outdoor Club

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

*No daily activity fee and half price meals for children under age 12.

	Fees:	Fri 5/28	Sat 5/29	Sun 5/30	Mon 5/31	Totals
Activity Fee (adults only)	\$15 one day, \$20 two days or					
	\$25 three days					
Parking (if not camping)	\$ 2/day					
Breakfast	\$ 5/day *					
Bag Lunch	\$ 5/day *					
Dinner	\$ 8/day *					
Pontoon Boat Tour	\$ 5.50 Adult					
	\$ 3.50 Child					
Kayak	\$15 rental					
Canoe	\$25 rental					
Camping	\$15/day/adult					
	Totals:					
Select 3 st & 2 nd choice activities each day (shaded days not available)						
Road Biking						
Mountain Biking						
(At nearby stables) Horse Back Riding						
(Rentals available) (14 Miles) Bike North Shore Trail						
Hiking						
Climbing						
Pontoon Boat Tour of Moraine SP						
Tour of Davis Hollow Cabin						
(Rentals available) Kayaking stream/lake						
(Rentals available) Canoeing stream or river						
(Rentals available) Canoeing on Lake Arthur						
Beginning Sailing by Moraine Sailing Club						
Beginning Caving by Pittsburgh Grotto						

(Continued from page 11)
Eighty-five year old Jim Kratt, who helped maintain the trail 15 years ago, made it to Mile 10 before his knee gave out. He called his son to come out and pick him up. Emmerling was staffed by Patty Scheuering, her daughter Susan, and two of Susan's friends, offering not much more than water and sympathy. If the hikers knew what lie ahead..., and it was getting hotter.

The steep climb at Mile 12, from Long Run at the bottom to Rich Hill Road at the top was a spirit breaker; reality was beginning to set in--this was going to be a long, tough hike, even if you could find the trail. Rich Hill is so steep your nose almost rubs the slope in front of you as you climb. Each time you crest the "top" another "top" appears, 100 more yards away. After that, a short stretch of "flat" and then a steep downhill to a checkpoint at Russellton Road. Downhills hurt too.

Right after Russellton Road, the still bigger hill on Mile 14 followed. If Rich Hill didn't break your spirit, Mile 14 might just do the trick. I watched the now muddied-and-bloodied hikers snake their way steeply up to the first false summit, legs burning, lungs busting, sensing the vapors of grim determination of our hikers on Mile 14. The sun was burning down, reaching its high of 90 degrees with humidity approaching 70 percent, and a borderline ozone day to boot (no pun intended). Joe Hoechner and Tim Henigin staffed Russellton Road, graciously providing a canopy to get under for relief from the sun's glare.

Down Yutes Run Road, past Peterson's Nursery, and then you hit the "roller coaster" going into Springdale's Melzina Road checkpoint. Up, down, up, down, up, down; steep and high, brambles, high grass, heat, sun, humidity. I arrived at Melzina just two minutes ahead of John DeWalt, Leo about 1 minute behind me. John came crashing and stumbling up out of the high grass, soaking wet (he had thrown himself into a creek to cool off), and semi-delirious with exhaustion (he was still running). Seventy-five hikers followed John past Melzina Road. Melzina was staffed by Springdale native Heather Schweitzer and her two friends.

At Melzina, many of the hikers, mercifully, called it a day. We had a bad break with the heat: it wore a lot of people down more quickly than what coulda been. Many went to the Rachel Carson Homestead, half a mile away, and called for a ride home, sitting in the cool shade once enjoyed by Rachel, herself, while we, many of us only children, played "hike" with our friends. Many called for a ride right at Melzina, using cell phones made available to us by Bell Atlantic/NyNex for the Challenge. The cell phones were a godsend, allowing all the marshals to keep in touch with each other, and to pinpoint the location of hikers being sought by wives, husbands, mothers and friends.

Mark Tomlinson, the recently named Executive Director of the Rachel Carson Homestead, was also a godsend, allowing us to stage our halfway mark on the Homestead grounds. Mark has indicated that, over the next year, he will develop a better link of the Trail with the Homestead, and provide some signage so hikers can find the Homestead more easily and Homestead visitors can likewise find the Trail.

Somehow, many hikers continued, to Springdale Hollow Road, up the power line to the bluffs above the Allegheny River, into the cool, cool woods on high. But the Trail was tough in there, poorly marked, tricky, turning abruptly onto and off the power line. Only 31 hikers checked into the Sheetz at Mile 20, and only 11 went beyond, to even more brutally steep hills climbing powerlines and pipelines, false summits, weeds, blowdowns, washouts, lost trail, mud and blood, past Bailey's Run. Gerry Vaerywick and Gene Pochapsky finally bailed out at Bailey's Run (no pun intended); Only 9 hikers made it to the last checkpoint at St. Clemens Cemetery. Barb Peterson, Dana Overmyer, Boris Bartlog, and Joe Seiler called it quits at St. Clemen's--still on the Trail but they ran out of time with no way to finish on time due to a last minute loss of the trail between Bailey's Run and Saxonburg Roads. Ultimately only 5 would finish.

John DeWalt was outstripping our support system, arriving at checkpoints before they were set up. In order to provide water, Leo had to calculate John's ETA at future checkpoints and make a special trip out there to catch John as he passed by. Near Bailey's Run, John apologized, saying "I just can't run up those hills anymore, just on the flats". And even later, John quit running altogether, saying this might be the hardest effort he's ever made in any event.



HIKING/BACKPACKING/TRAILS

May 30
Salamander Trail.

Sunday
Easy hike, Fox Chapel. Meet at 10:00 AM at H.Q. Bring Lunch.

Luc Berger

683-3131

June 19

Saturday

Jim Ritchie
Leo Stember

828-0210
681-1385

Rachel Carson Trail Challenge. This is it. 34 miles in one day, from North Park to Harrison Hills County Park. Registration is required and a registration form is included elsewhere in the newsletter. Call Leo or Jim for additional information.

June 26

Saturday

Jim Ritchie

828-0210

Baker Trail, Maintenance Hike: Crooked Creek Area. . We will hike about 5 miles, blazing and sprucing up the trail as we go, starting near Sedwick's Country Estate (?) and finishing near Elbow Run. If it's a hot day, bring a bathing suit and you can go swimming at the Crooked Creek beach; if we work late, dinner at Pitzer's is an option for those who are interested. Call Jim for additional information.

June 27

Sunday

Veronique Schuers

422-0358

Laurel Ridge Hiking Trail off Rte 30. Laurels as far as you can see. 6 miles. HQ at 10am. Bring lunch

July 17

Saturday

Jim Ritchie

828-0210

Baker Trail, Maintenance Hike: Cherry Run to the Tree Farm

August 7

Saturday

Jim Ritchie

828-0210

Baker Trail/North Country Trail, Maintenance Hike: Allegheny National Forest/Kittanning

John DeWalt finished a little after 6 PM, cleaned himself up a little, and then relaxed and schmoozed on the grass at Harrison Hills while only 4 more hikers remained on the Trail. Alan Aliskovitz, Erin Abraham, Mike Blackwell, and Eric Filo had passed through St.Clemens at 5:20 PM with 8 miles to go before 8:54 PM. At about 8:30 PM, I began backtracking on the Trail to see if they were on their way; in only a couple of minutes I found them by the entrance to the park, tired, but in good spirits, and determined to make the finish. They came into the finish area just as the alpenglow faded from the clouds and the sun dropped below the horizon. Erin, with no compromise to the day, did three cartwheels across the grass as she came in. So the five finishers were all there, hobbling maybe just a little. The first thing the hikers did when they got in: took off their boots. Patty S. went for pizza and we all ate pizza, we took a few photos, did congratulations, and made sure everyone got out of the park by 9:30 PM--our deal with the park police.

What good came out of this? Well, the Rachel Carson Trail, a trail struggling for existence, got a lot of feet on it, something it desperately needed to preserve its trace across the northern suburbs of Allegheny County. The publicity will no doubt put more hikers on the Trail over the next year than, perhaps, it's seen in the past 5 years. And, we'll get a few Trail Maintenance volunteers who will adopt a 2-3 mile section and take care of it: blazing, trimming, and keeping it clean and viable. The hikers made friends, formed teams right on the trail, and faced the challenges together, many attempting and completing a feat that may well be the hardest thing they've ever done in their life, even if only to the Half-Challenge point.

Some learned the importance of working as a team, saying it was the team that got them as far as they went: urging them on when they wanted to quit, making them laugh when they hurt, finding the trail when they could not. You did, indeed, need to use all your resources to do this: your map, the blazes, your trip list, and perhaps most importantly, the others you met on the trail.

Leo and I have already heard about next year: "All the marathon people and the Ridge Runners will be here next year"; "I'm going to 'train' so I know where the Trail goes, next time"; "I had no idea it would be this hard...next time I'll know and I'll be ready for it".

by jim ritchie

The Third Annual Rachel Carson Trail Challenge
"34 Miles in One Day"
June 19th, 1999

The 1999 Rachel Carson Trail Challenge is a 34-mile, one-day, endurance hiking event, held in the spirit of the Alaskan Iditarod, the Boston Marathon, the 70-mile Laurel Highlands Trail Run, the Race Across America and the many Ironman Triathlons held across the country each year. Sponsored by the Pittsburgh Council, American Youth Hostels, the Challenge will be held this year on June 19th (taking advantage of the summer solstice), starting at the crack of dawn, and will extend through the 34-mile roller coaster of hills, hollows, and bluffs between North Park and Harrison Hills in Allegheny County, ending as the sun sets below the horizon. The "Challenge" is to endure, to finish the hike in one day, rather than to "come in first" or "win" the hike.

The Rachel Carson Trail is characterized by its roller coaster hills and is often said to be one of the most difficult hiking trails in the United States. The hike will begin at sunrise and will officially end at sunset, 5:50 A.M. to 8:54 P.M., giving Challengers a total of 15 hours and 4 minutes to complete the 34-mile route. A typical hiking pace on most trails is 2 miles per hour.

The Challenge has two dimensions: the first challenge is to endure 34 miles of tortuous hill-climbing and descent in unpredictable weather conditions; the second, more subtle, is your ability to stay on the Trail without getting lost. Obviously, those who have hiked the trail before will have some advantage in maintaining the proper route.

All hikers will be given a trip sheet and a set of topographic maps to guide them on their journey. There will be a half dozen checkpoints throughout the hike, offering minimal support. Hikers are expected to carry all their own gear and necessities, including food, water, and snacks, first aid equipment, raingear, maps and a trip sheet.

Of the 270 people who started the 1996 and 1997 Challenges, only 32 have finished the 34-mile event. Hikers claim the 1996 and 1999 North Park to Harrison Hills route is more difficult than 1997's reverse direction. Of those who registered for the Challenge in 1996, only 5 people finished 34 miles.

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

A REGISTRATION FORM is included in this issue of the Golden Triangle Newsletter on page 11. For more information call (412) 681-1385 or (412) 828-0210. Email may be sent to POL1385@hotmail.com or Jimritch@aol.com. Read about the 1996 and 1997 Challenges at the AYH Website: <http://trfn.clpg.org/ayh/challenge96>.

[c/jlr/rctc99/rctc99registration](#)

VOLUNTEERS NEEDED FOR CHALLENGE DAY
Rachel Carson Trail Challenge June 19, 1999

We need a dozen or so volunteers to help us staff the Checkpoints on the Rachel Carson Trail on June 19, 1999. Checkpoint volunteers will assist hikers by "checking them in" when they reach the checkpoint, making sure each hiker gets water, snacks, and any assistance they may require. There will be a team of volunteers at each checkpoint. If you have first aid training or a tarp you can erect to block the sun, those are a plus. Each volunteer will receive a Rachel Carson Trail "Trail Marshal" t-shirt. If you are interested, call Leo Stember at (412) 681-1385 or Jim Ritchie at (412) 828-0210.

HELP US MAINTAIN THE BAKER TRAIL

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

Reply to Jim Ritchie, (412) 828-0210, or send email to jlrbudget.ba.pitt.edu

Rachel Carson Trail Challenge
The Saga of the 1996 Rachel Carson Trail Challenge
Reprinted from the August 1996 Golden Triangle

...AND THEN THERE WERE FIVE

I was getting 18 calls a day from people who were hooked on the idea of hiking "34 miles in one day"--the 1996 Rachel Carson Trail Challenge. So was Leo (Stember). Leo and I were the co-organizers of this first-ever event. Having hiked the distance, not in one day, on the RCT, I had a sense of how difficult it might be to do the entire trail in a single day. Leo did 17 miles in one day to check out blazing and blowdowns along the first half. He knew.

Yet a lot of my calls were from people who had credentials: "I ran the 70-mile Laurel Ridge Run"; "Last year, I hiked 26 miles in one day"; "I'm a marathon runner; I knock off 26 miles, running, before breakfast"; "I did the Laurel Highlands Trail in 3 days--26 miles the first day". I was beginning to imagine that maybe, just maybe, we might have a whole mob of people finishing the endurance trial on the trail before sunset on June 22, high above the Allegheny River in Harrison Hills. Yet, ...

At first, Leo and I thought we might get 50 registrants for all three events: the 34-mile Challenge, the 17-mile Half-Challenge (ending at the Rachel Carson Homestead in Springdale), and the 5-mile Family Challenge. Since Bob Batz wrote a little piece for the Post-Gazette, however, we were getting swamped with calls, and there was no end in sight. We had set a nominal limit of 100 participants for the Half and Full Challenges but we quickly exceeded 100 applications.

In the end, we had 90 sign-ups for the Challenge, 31 for the Half-Challenge, and 14 for the Family Challenge. And some of these people had credentials. It was scary. We had offered all finishers a weekend for two at the Ohiopyle Youth Hostel, a special finisher's t-shirt, a Rachel Carson Trail embroidered patch, a year's subscription to the Rachel Carson Homestead newsletter, and a year's subscription to the AYH Golden Triangle. Our logistical arrangements, volunteer marshals, police, county park officials, insurance certification, were all being strained to our meager limit. We might have to sell the farm.

In the morning darkness and dampness of June 22, I showed up at the North Park Beaver Shelter and was not too surprised to find nearly 25 cars all lined up in the parking area on Babcock Boulevard, hikers all. I was getting used to this. We unloaded our Trip Lists, our t-shirts, Leo came with the Clif Bars, graciously donated by the Clif Bar company and by Eastern Mountain Sports in South Hills Village, a few more volunteers came, we checked the folks in, gave a 5-minute orientation (stay on the trail! improvise! hydrate or die! don't get sick! respect private property! etc.) and sent them off into the darkness.

The first challenge, of course, was just getting on the Trail, crossing the collapsed causeway over to the trailhead across the little pond next to Beaver Shelter. This involved a quick scramble down and up the washout. I once glanced across the pond long enough to see about a dozen hikers making the wrong turn on the other side, going to the right and not the left. I winced as I pictured them showing up at the North Park skating rink an hour later.

Everyone got on the Trail quickly, out by 6:15 AM; at 6:30 AM Nancy Able and I posted ourselves at the Route 8 crossing, and waiting for the first hikers to come through so we could assist them in crossing the highway. At 6:52, John DeWalt, a Laurel Highlands Ridge Runner, came crashing through the bushes, running, no less, greeted us with a smile and continued on. Nine minutes later, Alan Aliskovitz, an active Sierra Club hike and backpacking leader, came likewise crashing through the bushes asking "How long ago did HE go by here?" referring to John.

Then there was a pause of nearly half an hour before any appreciable number of hikers came out to Route 8, approximately 4 miles from the start. Apparently, many wrong turns and false trails had introduced many of our hikers to the more subtle challenge: staying on the trail. The two mile per hour minimum progress rule seemed generous until one experienced how scouting for a lost trail ate up your time. As the main body (pelaton) came through, Nancy and I were ably (no pun intended) assisted by two Hampton Township police officers who held back the early morning traffic rushing past our crossing.

The first real checkpoint was on Shaffer Road, 7 miles into the hike, and was staffed by Marianne Kasica, AYH President, Jim Christ (look for his view of the Challenge, elsewhere in this issue), Jim's son Ross, Vince Roolf, Sue and Jim Ritchie, and Leo. John DeWalt came through, running. Ninety more hikers passed by. At this point, a the hikers' legs revealed some splashes of mud here and there, foretelling the reputation of the RCT as the "muddy, bloody, Rachel Carson Trail". And, it was getting hot, and humid, too.

The next checkpoint, Mile 10 at Emmerling Park, saw hikers who had just experienced a couple of the RCT's roller coaster gas pipeline hills. No one dropped out between Shafer Road and Emmerling Park. They were doing OK.

(Continued on page 10)

Sports Massage Available at the Challenge

Therapeutic sports massage will be available to participants at the 1999 Rachel Carson Trail Challenge. This service is being organized and sponsored by Allegheny Advanced Medicine, an advanced medicine practice group located in Gibsonia, Allegheny County, at 5351 Route 8, across from the North Park Lounge. You will be informed of the exact locations and times where they will be set up as you check in for the Challenge on June 19. If you have any specific questions at this time, including cost, please contact Bob Rock at 412-364-0801. For more information about Allegheny Advanced Medicine, call 724-443-8444 or 800-533-2627.

THE 1999 RACHEL CARSON TRAIL CHALLENGE
OFFICIAL ENTRY FORM
JUNE 19, 1999

Please provide the following information and return this form with a check or money order for the proper amount, payable to:
"AYH-Pittsburgh Council"

NOTE: Each participant must complete and sign an individual form for a valid registration.

Mail to: **RACHEL CARSON CHALLENGE**
c/o Pittsburgh AYH
830 E. Warrington Ave.
Pittsburgh, PA 15210

Name: first, m.i., last (please print clearly)

Age (as of 6/19/99) email address (if available)

Street Address

City, State Zip Code

Telephone: daytime evening

Registration Fee Enclosed: \$20 per participant

T-shirt size (S, M, L, XL) Registration Fee includes a "1999 Rachel Carson Trail Challenge" T-shirt; please provide your t-shirt size here.
LIABILITY WAIVER

In consideration of your acceptance of my application for participation in the Rachel Carson Challenge, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation. I, the undersigned, discharge and release the Pittsburgh Council, HI-AYH, its activity leaders, and their respective agents, boards, commissions, and any other involved employees and representatives from all liability arising out of or connected in any way with my participation in the Challenge, whether or not caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers which may arise at any time during the Challenge. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in the Challenge. I attest that I am physically fit and sufficiently trained for the completion of this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any of said parties of any right hereunder. I understand that serious accidents occasionally occur during hiking and that participants in the Challenge may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this activity is in good condition. **I UNDERSTAND THAT PROPER EQUIPMENT IN GOOD CONDITION CAN PREVENT SERIOUS INJURY.** I agree to abide by the rules of this event as established by the Pittsburgh Council, HI-AYH and to obey the directions of the event officials. I hereby grant full permission to the trip leaders, the Pittsburgh Council, HI-AYH and their respective agents, boards, commissions, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.

c/jlr/rctc99/rctc99registration

Participant's Signature in Full

Parent or Guardian's Signature if hiker is under 18

FINAL REGISTRATION DEADLINE: JUNE 9th
MUST BE POSTMARKED BY JUNE 7th--LIMIT 200 ENTRIES

More...About the 1999 Rachel Carson Trail Challenge

DETAILS

- ▶ **STARTING POINT:** The 1999 Challenge will begin at 5:50 AM at the Beaver Shelter in North Park, 100 yards north and west of the junction of Babcock Blvd. and Pierce Mill Rd. North Park is located on the "Yellow Belt" between Route 19 (McKnight Rd.) and Route 8.
- ▶ **PARKING:** There are several parking areas in the vicinity of North Park's Beaver Shelter but parking space is generally limited. Car pooling is suggested. Because Harrison Hills Park will be closed and locked at 9:30 PM, no exceptions, you must have your car out of the park before that time. You may consider parking your car outside the front gate. A few cars may be parked at the Volunteer Fire Dept. about a half mile north of the Park on Freeport Road. Call, if necessary, for further details on parking at Harrison Hills.
- ▶ **SHUTTLE:** There will be no shuttle service to return you to your car from the finish or from anywhere along the hike.
- ▶ **HALF CHALLENGE.** The Rachel Carson Homestead is a quarter-mile from the halfway point (17 miles) of the Challenge. Water, snacks, restrooms, telephones, and Trail Marshals will be available at the Homestead. You may "spot" a car at the Springdale High School parking area, 2 blocks from the Homestead.
- ▶ **WATER:** Checkpoints will be located every 5-6 miles with water and light snacks available for participants. Marshals will have cell phones provided by Bell Atlantic Mobile for communications.
- ▶ **THE FINISH:** The 1999 Rachel Carson Trail Challenge will end at precisely 8:54 PM (official sunset time) at the Ox Roast Shelter in Harrison Hills Park. Take the left fork on the Park entrance road and follow it to the end to get to the Ox Roast Shelter.

"HOW DO I COMPETE?"

WHAT TO BRING: You are expected to be entirely self-contained. This is an endurance hike, not a "trail run" or a race. Weight, up to 10 pounds in your pack will not be a significant factor. Be able to carry NO LESS THAN 2 quarts of water; sports drinks are recommended; carry a lunch plus high-energy snack foods, raingear, dry socks, first aid gear-especially moleskin or band-aids for blisters; you may want to carry a pair of sandals or surf shoes for wet stream crossings; wear sturdy, well broken-in footwear preferably with good ankle support and a lugged sole for gripping loose gravel and rocks; wear thick wool, wool blend or synthetic fiber socks; wear a hat to keep your head out of the sun; wear sunglasses; carry a pack towel to soak in streams and wrap over your head to cool down; a cell phone is optional but recommended, especially if you want to be able to call someone you know for a ride from the trail.

Please note that in June, some sections of the Rachel Carson Trail will have brambles and nettles as well as poison ivy. Long pants made of lightweight material are recommended.

THE ALTERNATIVE: While the organizers recommend you outfit yourself as a "hiker", it is recognized that several participants in Challenge 96 and Challenge 97 had some success participating in "runner mode" wearing light low-top trail running shoes, and carrying only water and a small waist pack for gear instead of a day backpack (rucksack/knapsack).

THE PRIZE: All 34-mile finishers will be entered into a raffle; three names will be drawn with each winner receiving an overnight for two at either the new Pittsburgh International Youth Hostel or the Ohiopyle Youth Hostel. All 34-mile and 17-mile finishers will receive six issues of the AYH Golden Triangle newsletter free (July-December 1999 issues).

HI-AYH Membership & Travel Store Application

HI-AYH Memberships (No Tax on Memberships)

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

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

Student/Teacher ID Cards

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

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

Travel Books (10% discount for members)

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

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

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

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

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

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

Travel Accessories

Sheets Sacks Used in place of sheets at youth hostels	
Cotton Sheet Sack Comfortable cotton blend.....	\$14.99 (members ... \$13.50)
Nylon Sheet Sack Lightweight Nylon	\$13.49 (members ... \$12.25)
Advance Booking Postcards Set of 10	\$1.00
Hostel Stamp Book Use to record your hostel visits.....	\$0.50

Eurail Passes / Europass / Britrail Passes

The economic solution to rail travel in Europe. Eurail passes are valid throughout all Europe except Britain. For Britain, buy Britrail or BritFrance passes. Available only in the U.S. The more popular passes are described below. Ask for a free brochure on other Eurail and Single Country passes.
Credit Cards accepted. Youth is defined as under 26 years of age.

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

Outdoor Recreation Books

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

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

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

(updated 1994) \$5.00

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

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

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

Hikers Guide to Laurel Highlands Trail describes the 70 miles of the trail from Ohiopyle park to Conemaugh Gorge atop Laurel Ridge. Published by the Allegheny Group of the Sierra Club and the Western Pennsylvania Conservancy. 128 pages , 24 pages of maps. New 5th Edition (1997)..... \$5.00

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

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

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

Rachel Carson Trail Guide describes the Rachel Carson trail from North Park to Freeport in Allegheny County. Published by AYH. (1998)\$5.00

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

Third Edition..... \$14.95

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

194 pages. (1994) \$17.00

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

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

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

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

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

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

For Fastest Service! Visit The AYH Travel Store!

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

Ordering / HI-AYH Hostel Membership Application

Include 10% for postage (\$1.50 minimum). Pennsylvania residents must also **include 7% sales tax**. Postage and taxes not required for AYH memberships and Eurail Passes. Memberships and merchandise also available at AYH Headquarters and the AYH office. **Discover, MasterCard, and Visa accepted.** Please allow **two weeks** for delivery of mail orders. Priority or Overnight shipping is available; call for information

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



Name:_____
Address:_____

Phone:_____
(day) (eve)

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

For hostellers: I need my hostel pass by:

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

☐ MasterCard ☐ Visa ☐ Discover ☐

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

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

Qty	Merchandise	Unit Price	Total Price
	Merchandise	Subtotal	
	Merchandise	Postage	
	Merchandise	Tax	
	Donation to	AYH	
Qty	AYH Membership	Unit Price	
	(Type:)		
	Eurail Passes		
		Total	

AYH Weekly Open House

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

Council Office and Travel Store

The Pittsburgh Council Travel Store is open Mon. 10 to 4, Wed. 11 to 6 and Fri. from 10 to 4. Hours are subject to change, so it's a good idea to call the office at 412-431-4910 before coming in. We're in the Pittsburgh Hostel at 830 E Warrington Avenue in Allentown. All passes, ID cards, rail passes, and books are available.