



OCTOBER

PITTSBURGH COUNCIL
AMERICAN YOUTH HOSTELS

GOLDEN TRIANGLE

Pittsburgh Council
AMERICAN YOUTH HOSTELS INC.
6300 FIFTH AVENUE
PITTSBURGH, PA. 15252

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PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS 6300 FIFTH AVENUE PITTSBURGH, PA. 15232

AYH Headquarters is located at 6300 Fifth Avenue next to the Pittsburgh Center for the Arts. Open House is held every Thursday evening. The building opens at about 8 pm and the slide show starts at 8:15. Weekly trip announcements are made immediately following the slide show. The Golden Triangle is assembled for mailing at monthly Production Parties after the meeting. Come out and join us!

AYH OPEN HOUSE PROGRAMS FOR OCTOBER

- October 2 Family Canoe Camping in Ontario with Frank Bruns
- October 9 Jay Schaffer Tells Us How To Reach The Faerøe Islands
- October 16 North to Alaska, the Arctic Circle, and Beyond with Bob Bilas
- October 23 Backpacking the Adirondicks by Rich Rosenberger (your storekeeper)
- October 30 Syria and Turkey - A Taste of the Middle East by Marilyn and Cliff Ham

Save Save Save

The Annual Boyce Park Ski Swap takes place at the Boyce Park Four Seasons Lodge in Monroeville on October 4, 5, 11 and 12. 10 am to 4 pm all four days.

Come sell your no longer used, "seasoned" equipment.

Come buy new and used boots, poles, skis, bindings; Cross-country or downhill. Clothes, skates, sleds, and racks. All at a fraction of their retail cost!

All proceeds applied toward the purchase of replacement first-aid supplies for the Boyce Park Ski Patrol, a non-profit, volunteer organization serving the skiing public.

POSITION AVAILABLE

Enthusiastic, self-motivated individual needed as a field worker by the Ohio Alliance of AYH Councils. Duties will include council start-up activities, publicity, and volunteer recruitment/administration. The majority of time will be spent in Southwestern Ohio in the Cincinnati and Dayton areas. Negotiable hours - part/full time. Ideal position for career re-entry individual or retired professional seeking rewarding position with American Youth Hostels, Inc.

For more information, contact: Debbie Krause, Chairperson, Ohio Alliance, (614) 294-8444, leave a message.

AYH MEMBERSHIP APPLICATION

AYH memberships are available at Open House meetings on Thursday nights. If you cannot attend a meeting fill out the application below and send it along with \$1.00 to cover postage for each membership ordered and your check made payable to Pittsburgh Council, AYH, to:

AYH Membership
6300 Fifth Avenue
Pittsburgh, PA 15232

Allow 3-4 weeks for delivery of your hosteling pass. Membership also sells International Hostel Guide to Europe for \$8.00 by mail or \$7.00 at Headquarters.

Note: Memberships run from Oct. 1st to Dec. 31st of the following calendar year.

Amount and Membership Types Available (check one):

- _____ \$10.00 Junior (17 years and under).
- _____ \$10.00 Senior Citizen (60 years and over).
- _____ \$20.00 Senior (18 years and over).
- _____ \$50.00 3 year Senior (18 and over).
- _____ \$30.00 Family (includes children under 18 yrs.)
- _____ \$200.00 Life (Individual lifetime membership).
- _____ \$10.00 Foreign Nationals (including Canadians).
- X \$1.00 Postage (for each membership ordered).

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE () _____
BIRTHDATE Month _____ Day _____ Year _____
New/Renewal? _____

MEMBERSHIP BENEFITS:

International Hostel Membership Card
USA Hostel Handbook
"The Knapsack", National AYH Travel Newsletter
"The Golden Triangle" Pittsburgh Council Monthly News
Open House every Thursday night at 8pm at Headquarters
Access to national programs and leadership training

I WOULD LIKE TO HELP _____

ANNUAL MEETING AND ELECTIONS

The 1986 annual meeting of the Pittsburgh Council of AYH will be held at 8 pm on October 16th at the Pittsburgh Garden Center.

The annual elections for officers, committee chairs and 3 positions on the Board of Directors will be held at the meeting. The recommendations of the nominating committee consisting of Marianne Kasica (chair), Bill Johnston, Judy Menosky, Paul Herre, and Don Shepherd are presented below. The By-laws of Pittsburgh Council also permit additional nominations from the floor.

The current officers and committee chairs will report on the activities of the past year and on the plans for the future of Pittsburgh Council.

The meeting will feature a slide presentation on the Rachel Carson and Baker Trails, both of which have been built and maintained by the volunteers of Pittsburgh Council.

OFFICERS

PRESIDENT Larry Laude

VICE PRESIDENTS (to be elected at the first Activities Board Meeting)

TREASURER Fred Hull

Assistant Treas. Jack Asherman

RECORDING SECRETARY Marianne Kasica

BOARD OF DIRECTORS Cathy Lynch

Bill Johnston

Don Hoecker

COMMITTEES (elected chairs underlined)

SECRETARIAL

Recording Secretary Marianne Kasica

Corresponding Secretary Lynn Ejzak

Librarian Joel Platt

Telephone Response Lynn Ejzak

MEMBERSHIP Blanche Asherman

Franchise Mary Ruth Aull

HOSTEL DEVELOPMENT Joe Hoechner

HOSTEL OPERATIONS Leonard Benson

HEADQUARTERS Gary Ludwig

NEWSLETTER EDITOR Joy Layton

Production Don Hoecker

Advertising Carol Burt

Hostel Reporter Cheryl Arnold

Club and Council Reporter

COUNCIL STOREKEEPER

Shelley Werner

Assistant Rich Rosenberger

PUBLICATIONS Bruce Sundquist

PUBLICITY Joe Hoechner

TRAILS COORDINATOR Glenn Oster

Baker Trail Wendell Phillips

SERVICE

ENVIRONMENTAL SERVICE

Cliff Ham

SPECIAL EVENTS

PROGRAM Bob Goff

Asst.

EXTENDED TRIPS Marilyn Ham

Bill Johnston

LOCAL TRIPS Pat Tieman

CANOEING Rick Tomlinson

Bill Whitehead, Steve Shafer

CAVING Roy Provins,

John Popp, Paul Herre

CLIMBING Gary Simmons,

Eric Bauer, Dale Vilsack

CROSS-COUNTRY SKIING

Rick Ulaky, Fred Parker

Asst. Steve Tubbs

CYCLING Judy Menosky,

Chuck Ejzak

BACKPACKING Ben Brugmans

HIKING Dan Martt,

Kathy Pacacha

KAYAKING Lou Conley, Ray

Yutzy

SEA-KAYAKING Cathy Lynch,

Ted Self

RAFTING

FAMILY ACTIVITIES Barbara Hanusa

FAMILY OUTINGS

Barbara Hanusa 441-7205

October 11-12 Ohiopyle Outing at Ohiopyle Youth Hostel. Meet at the Ohiopyle Hostel sometime Saturday. This weekend will be filled with outdoor activities. Hiking, biking (bring your own bicycle), throwing stones in the water, etc. The Ohiopyle Volunteer Fire Department is having their Buckwheat Pancake Festival on Saturday. You can eat your lunch there or bring your own picnic. We will attempt to coordinate group meals for Saturday supper, Sunday breakfast and lunch. We are scheduled to have a tour of Falling water on Sunday at 1:00 pm. Childcare will be provided during the tour. Children are not allowed in the house. The tour is free to Western PA Conservancy members (bring your card) and \$4.00 for non-members. You can stay overnight at the Hostel or come for a day trip. There is a charge for the use of the hostel.

HIKING

Tom Kaveney 276-8044

Wayne Hennemuth 787-7608

KAYAKING

Lou Conley 681-8321

Ray Yutzy 341-5682

Ray Yutzy will be conducting a 12 week kayaking course (using AYH boats) at the Community College of Allegheny County, Northside Campus Pool, free parking. Beginners and novice paddlers are welcome to sign up. Learn to perfect your roll. Customary low price. Advance registration is required though late registrations are accepted if space is available. The course will begin on Thursday, September 25th. There will be a 6:30 pm and an 8:30 pm session. If you want to know more about the course, call Ray Yutzy at 341-5682. Call CCAC Continuing Education to register at 237-2525.

There will be no scheduled AYH kayak trips between September and May. Trips may be organized informally at the Thursday night open house meetings by those people who are properly equipped for cold weather paddling.

RAFTING

Shirley Ulaky 422-0849

SEA-KAYAKING

Cathy Lynch 361-3707

VOLLEYBALL

Jeff Marsh 466-7841h 476-5320w

ACTIVITY WRITEUPS

BACKPACKING

Jack Peth 921-7214

BICYCLING

Rick Kondas 672-3891

Chuck Ejzak 466-6196

HELMETS ARE REQUIRED ON ALL AYH RIDES. These must be hardshell type helmets. Rental helmets are available for a nominal fee (\$1/day). We also have rental bikes and panniers available. Call the trip leader beforehand to reserve rentals. Water bottles, gloves and cycling caps are available from the council store. If you would like to lead a trip, contact Chuck or Rick before the Triangle deadline for the next month.

CANOEING

Steve Shafer 481-0507h or 268-2527w

Kathy Lynch 327-0529

Bring non-cotton clothing, hat, water bottle, glasses strap, rain jacket, tennies, dry clothes in a separate bag, and knee pads. Trips normally meet at HQ at 8:00 am. Call the trip leader in advance to reserve space on a trip.

CAVING

John Popp 885-2126

Paul Herre 653-7934

Roy Provins 784-9127

Coming in November — our annual Thanksgiving weekend trip! This year we will be visiting caves in the Lewisberg, West Virginia area. Call Paul or John or look in the November Triangle for details.

CLIMBING

Dale Vilsack 343-8379

Eric Bauer 887-0766

Karl Morner 521-6404

Climbing during the Fall and Winter tends toward unofficial pickup style trips since the weather (and the climbers) are unpredictable.

Climbers start to go into hibernation right about now and are likely to be found in their favorite cave, the Evergreen Bar (on Penn Avenue near South Braddock), after the regular Thursday night meeting.



THE PRESIDENT'S CORNER

Chuck Ejzak and the cycling committee did their usual great job of organizing this year's Mon Valley Century on Labor Day weekend and helping the MS Society raise money at the MS 150K cycling weekend event the following weekend. Thanks to you all. In other news, at the September Activities Board Meeting, it was decided to pay the increased \$50 recharter fee required by the National office for the Ohiopyle hostel under protest rather than jeopardize the charter status of the hostel. We'll be returning from the Eastern Region meeting on September 26-28 just about in time to help assemble the Triangle, so the report on the meeting will be in the November issue of the Triangle. Elsewhere in this newsletter, you'll find the annual list of nominees for this month's elections to be held at the Pittsburgh Civic Garden Center up the hill from headquarters on October 16th. All members are encouraged to attend.
...Larry Laude, President, (412-865-9554)

VOLUNTEERS NEEDED

CLUB AND COUNCIL REPORTER: A person to scan the newsletters we get from clubs and other AYH councils for information that might be of interest locally. (3 hours a month)

HOSTEL DEVELOPMENT COMMITTEE MEMBERS: People to assist the Hostel Development Chair in reviewing and visiting possible new hostels that come to our attention, and to search for likely sites for hostels in areas where we think a hostel is needed, including Pittsburgh. We also need people from the outlying areas of the Council (for example, those of you with zip codes not beginning with 152 or even 15).

HOSTEL OPERATIONS COMMITTEE MEMBERS: People to assist the hostel operations chair (either regularly or occasionally) with managing the Ohiopyle hostel, and with keeping in regular communication with the other hostels (Lake City, Schellsburg, Jennerstown, Rural Valley, and Pittsburgh) in our area. We are especially looking for people who live near the hostels who can stop in from time to time to see how things are going. (1 to 8 hours a month.)

FOR SALE - Raleigh 19" Mixte Bicycle. Drop handlebars, ten speed. Nearly new. Spring lock rear carrier rack included. \$115.00 Call Pat Rossi 335-5067

Blackwater Falls Getaway Weekend

January 14 - 15 - 16, 1987

Sponsored by the Pittsburgh Council of AYH

Enjoy a relaxing weekend in West Virginia at the beautiful Blackwater Falls lodge overlooking the Blackwater River Gorge.

- ** Cross country skiing - from the front door!!
- ** Downhill skiing - 20 minutes by car at Canaan Valley
- ** Bobsledding - with rope tow, near the lodge
- ** Hiking
- ** Birding
- ** Loafing - sleeping, or just "catching up"

Blackwater Falls lodge includes: a restaurant (serving breakfast, lunch, and dinner); large common room with a fireplace; game room; meeting room; and gift shop with VCR and tape rentals.

Cross country ski trips and hiking trips are informally arranged and lead by AYH members. There are usually several small groups covering various ability levels and distances, going out both Saturday and Sunday. Additionally, there is a limited amount of AYH cross country ski equipment available for rent (you must reserve equipment with the cross country chairperson).

For additional information, please call:

Elaine Morner, (412) 521-6404

-or-

Bill Johnston, (412) 687-4893

TRIPS & TRAILS

Trips listed are open to the public, AYH members are given priority. Trip costs include transportation, rentals, and a 75¢ registration fee (50¢ per half day or evening). IN ADDITION non-members are charged \$1.50 per day, which may be deducted from the cost of membership when joining AYH. The registration fee covers insurance (\$1000 medical/\$1000 accidental death or dismemberment).

AYH trips are led by competent people who volunteer their time and receive no financial reimbursement. If you'd like to go on an AYH trip, carefully peruse the trip calendar, then look under the activity write-up, where you may find more information. After you've read over everything, call the trip leader to reserve space on a trip.

Talk things over with the trip leader. Find out what you need to bring. Ask where you'll be going. How late will you arrive home? What is all this going to cost you? Remember, AYH trip registration runs 75¢ per day for members, \$2.25 for non-members. You are expected to bring enough money with you to cover carpool, registration, equipment rental, and any other expenses (we often stop at a restaurant on the way home).

AYH trips are geared toward individuals who independently sign up for trips. If you have a group that wishes to go, it is important for the leader to contact the trip leader early, and it may be necessary for the trip leader to speak with every tripper.

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X-Country Skiing	Food & Lodging

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We are located in the Appalachian Mountains, surrounded by 2000 acres of state game lands. 2 Hours from DC-Baltimore-Pittsburgh. Call or write for brochure. (717)294-3759.
Rt. 2 Box 1170; Warfordsburg, PA 17267

JUST WHAT IS PITTSBURGH COUNCIL OF AYH???

Pittsburgh Council is the local representative of American Youth Hostels. Our area covers most of Western Pennsylvania west of the Susquehanna and the West Virginia panhandle from Morgantown north. We operate Ohiopyle State Park Hostel and franchise other hostels for American and international visitors.

We built and now maintain 170 miles of hiking trails.

We have weekly Open House meetings with programs every Thursday evening.

We have a strong activities program, specializing in beginning and intermediate level outdoor activities.

We offer special weekend outings.

We publish hiking and canoeing guides and an outdoor cookbook.

We issue the Golden Triangle, a monthly newsletter.

We offer a small, but growing selection of T-shirts and outdoor equipment.

We have an outdoor equipment flea market in the Spring.

We provide volunteer service to the community.

Through the National AYH office we provide access to 275 hostels in this country and 5000 hostels around the world. leadership training programs extended trips in the U.S. and abroad.

But most of all, we offer a way to learn about ourselves, others and the world around us through hosteling and outdoor recreational travel.

INTERESTED? COME HELP US MAKE IT HAPPEN!!



***Come Join
the Fun!***

Reservation Information Black Water Falls Getaway Weekend

We have a total of 47 rooms available. You may pay by either the room, or for yourself only. If you reserve only for yourself, you will be assigned a roommate to share a two person, two single bed room.

The prices given in the table below reflect the per person costs. Remember, if you want to control who your roommates are, you must reserve and pay for the entire room. If you want to be in a four person room, you must pay four times the per person cost and list your other roommates on the reservation form.

We will be trying to provide a chartered bus from Pittsburgh to Black Water Falls. We must, however, get enough passengers to qualify for a bus. Therefore, if you are interested in reserving a place on the bus, the cost will be \$20.00. Send a SEPARATE CHECK to cover the cost of all bus reservations. This is so we may send the check back to you if we do not get the minimum number of passengers.

# rms	#people	Type of room	BEFORE	NOV 1 to	AFTER
			NOV 1	DEC 1	DEC 1
8	2	1 double bed	48.00	53.00	58.00
23	2	2 single beds	48.00	53.00	58.00
8	3	1 single, 1 double bed	36.00	41.00	46.00
8	4	2 double beds	31.00	36.00	41.00

The above rates are for the room on Friday and Saturday nights ONLY. All meals are your own responsibility. AYH members will receive a \$3.00 per person discount from their room.

No refunds will be made after December 15, 1986 unless the reservation is wanted by someone else.

*** Complete the form on the reverse side *** 7

Reservation Form

Name: _____ AYH #: _____
 Addr: _____
 City: _____ State: _____ Zip: _____
 Telephone: (home) _____ (work) _____

List persons sharing room (if applicable):

Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____

Please reserve the following:

_____ room(s) w/ 1 double bed @ \$ _____ = _____
 _____ room(s) 1 dbl & 1 sgl bed @ \$ _____ = _____
 _____ room(s) w/ 2 double beds @ \$ _____ = _____
 _____ room(s) w/ 2 single beds @ \$ _____ = _____
 _____ a single bed and roommate @ \$ _____ = _____
 _____ DISCOUNT(S) for AYH mbrs @ \$ 3.00 = _____
TOTAL FOR LODGING: _____

_____ Bus reservations @ \$20.00 = _____
TOTAL FOR BUS RESERVATIONS: _____

PAYMENT MUST BE MADE IN FULL. NO CASH OR TELEPHONE RESERVATIONS ACCEPTED. A SEPARATE CHECK FOR THE BUS.

Please check:

_____ can supply _____ rides

_____ will need ride

_____ will supply own ride _____ riding bus

Make checks payable to Pittsburgh Council, AYH. Send reservation form, check, and a self addressed stamped envelope to: Elaine Mormer, 1522 Denniston Avenue.

HOSTEL of the MONTH



12 HEMENWAY STREET
 BOSTON, MASSACHUSETTS 02111
 (617) 262-8861

FACILITIES:

- _____ Dorm-style rooms. (Separate male, female rooms).
- _____ Showers and toilets on all 4 floors of the hostel.
- _____ Fully equipped hosteler's kitchen.
- _____ Secure indoor bicycle and pack storage.
- _____ Game room. (Ping-pong, video, board games).
- _____ Large "common room" lounge.
- _____ Washers and dryers.
- _____ Soda and snack machines.
- _____ Self-service style breakfast bar.
- _____ Accessible to wheelchairs.

RATES:

- _____ Members - \$8.50 per night. (1986 rate).
- _____ Non-members - may purchase a Two-Night Guest membership pass for \$5, which entitles them to stay for 2 nights at membership rates. Non-U.S. citizens must have a youth hostel pass from an affiliate of the International Youth Hostel Federation. (Membership passes for U.S. and Non-U.S. citizens are sold at the hostel).

REGISTRATION:

- _____ 7 AM to 10 AM and 5 PM to 11 PM.
- _____ (The hostel is closed from 10 AM to 5 PM).
- _____ 12 midnight curfew.
- _____ All of our guests are required to present a photograph of themselves with their membership pass. Non-members must have a valid photo ID such as a driver's license or passport.

WHAT TO BRING:

- _____ We provide mattresses, pillows and blankets. You will need to bring;
- _____ Pillow case
- _____ Towel
- _____ Soap
- _____ Sleep Sheet. (Sleep sheets are required, and are available for purchase or rent at the hostel). We do encourage you to bring your own.



WASHINGTON, D.C. - AYH has purchased an 8-story building near the White House for a new 260 bed Washington International Hostel. The 1920's structure is within walking distance of many museums and restaurants and is only three blocks from the subway, providing connections to air, train and bus transportation. The hostel will be operated by the Potomac Area Council and is expected to open in 1987.

EDUCATIONAL PROGRAMS AT AYH HOSTELS - Several hostels have developed their own programs or cooperate in educational programs with other organizations. For more information, contact the hostels at the phone numbers and addresses listed in your handbook.

Ironmaster's Mansion Hostel (Gardners, PA) - Natural history programs for six different age levels are offered in cooperation with the Kings Gap Environmental Center. Hostel manager Bob Beard has also prepared a historic interpretation of the Pine Grove Furnace and of the Ironmaster's Mansion.

Stanford House Hostel (Peninsula, OH) - Just opened in June, Stanford House Hostel offers a cooperative program with the Cuyahoga Valley National Recreation Area on the historic hostel building and on the surrounding area. Indian artifacts over 1000 years old have recently been discovered in the area.

Malabar Farm Hostel (Lucas, OH) - Learn about Celtic music and its influence on today's contemporary folk music.

ADOPT A HOSTEL

Many of us have enjoyed hostels and hosteling in our travels in this country and abroad. If you are interested in helping continue the hostel tradition in Pennsylvania or West Virginia, consider volunteering some of your time to help with the local AYH operated hostels, such as Gettysburg, Ironmaster's, and our own Ohiopyle. If you're interested, call the hostels directly or leave a message on our office answering machine.

BOAT REGISTRATION BILL

House Bill 2157, which proposes to require the registration of all non-powered boats in Pennsylvania is presently in committee awaiting action. Now is the time to contact your Pennsylvania State Representative and him know your feelings about this bill. In the meantime, the Canoe Club of Greater Harrisburg and the Three Rivers Paddling Club of Pittsburgh are trying to gather information on how boaters might be affected by this bill. If you would like to help in this endeavor, please fill out the following questionnaire and mail it to: Lou Conley, AYH Kayaking Chairman, 503 North Neville St., Pittsburgh, PA 15213-2812.

BOAT USE QUESTIONNAIRE


1. Have you ever attended a PA Fish Commission sponsored educational program? YES _____ NO _____
2. Have you ever heard of a Fish Commission sponsored program being offered in your area? YES _____ NO _____
3. How often do you use Fish Commission facilities? (i.e., lakes, boat launch ramps, access points, etc.)
FREQUENTLY _____ OCCASIONALLY _____ NEVER _____
4. On average, how often do you and your family buy, sell or trade an unpowered boat? (includes canoes, kayaks, rafts, rowboats, windsurfers, sailboats, etc.)
Average time between BUYING _____ Years
Average time between SELLING _____ Years
Average time between TRADING _____ Years

PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS TRIPS



Go wild with us!

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
25	Sat	Bike	C	Ricky Kondas	672-3891	9:30	Length 30 Meet in Elizabeth and ride to Mingo Park. Lovely ride along lightly traveled roads. Call Ricky to confirm.
25	Sat	Canoe Sea-kayak	Lake trip	Cathy Lynch	361-3707		Space is limited on this Lake Arthur trip and picnic. Call early to reserve your canoe or sea-kayak.
24-25	SS	Hike	Int/Adv	Norm Snyder	351-4068	7:00pm	Leave HQ Friday night and car camp at Dolly Sods. Hike all day Saturday and return Saturday evening.
25	Sat	Cave	Int	Buck Rodgers	751-7957		Copperhead Cave - this hard to find cave on Chestnut Ridge features a pit entrance.
26	Sun	Bike	B	Terry Gossard	321-2382	9:30	Length 60. Ride to Saxonburg and back along Saxonburg Blvd. Shorter options are available. Leaving from Hartwood Acres cuts the ride to about 30 miles. Call Terry to reserve and to confirm the starting time and location.
Nov. 2	Sun	Hike	Easy/Int	Ben Bruggmans	736-2751	8:00	Hike in scenic Quebec Run Wild Area.




Soak up the Sun
at the first
National
Council Meeting
south of the Mason-Dixon Line

November 19-23, 1986
hosted by Florida AYH

- bicycle the orange blossom trail
- snorkel the blue springs
- visit Florida attractions

for more information, write or call:

Florida AYH
P.O. Box 1108
Tallahassee, FL 32302
904-878-2042



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THE MON VALLEY CENTURY BIKE RIDE

On August 31, over 40 cyclists from as far away as Philadelphia participated in the 1986 MVC. This was the first time that this Pittsburgh AYH ride was held as a full blown event, complete with food, maps, marked roads, and sag wagon. The weather was as close to perfect as anyone could want — sunny with the temperature in the 70's by late morning.

Riders started south along the Monongahela river early Sunday morning. The air was just a bit chilly as the 100 and 65 mile riders pedaled on the flat stretch through Monesson, Belle Vernon, and Fayette City as they headed toward the small food store in Gillespie. From Gillespie, the 65 milers turned around to cover another flat (yes, flat) stretch north through Donora and Monongahela on their way to the lunch stop in Washington County's Mingo Creek Park. The 100 milers continued south over some hillier terrain on their way to the food stop at Ten Mile Run, which was hospitable manned by Jack Peth and Arv Westlund. (Arv is always hospitable, especially with young ladies — even those not on the ride!) From Ten Mile Run, the 100 mile riders had to negotiate some rugged climbs on their way through Beallsville and Bentleyville. The ride from Bentleyville was mercifully downhill as the 100 milers joined the 65 and 35 mile riders for a pleasant jaunt to Mingo Creek Park at the second covered bridge where the lunch crew, Steve Horowitz and Joel Platt, were waiting to offer sandwich fixings, drink, fruit and other goodies. After lunch, the 100 mile riders, along with some of the 65 milers who wanted to do some extra distance, continued on another loop through northeastern Washington county while the others headed back to Elizabeth.

For a first year effort, the ride was successful. This was due in large part to the effective volunteers. In addition to Jack Arv, Steve and Joel, Lynn Ejzak handled registration, Larry Laude did the maps, Chuck Ejzak was sag driver and did the cue sheets, Jeff Marsh did the T-shirts, and the road markings were done by Joel Platt, Joel Hough, and Lynn and Chuck Ejzak. The 1987 MVC is already in the works and promises to be much larger than 1986's.

THE MS 150 BIKE RIDE

The MS 150 is already a big annual event in many other cities and based on the response of Pittsburgh's first MS 150, it will become a big annual cycling event here as well.

The primary purpose of the MS 150 is to raise money for the National Multiple Sclerosis Society. Each cyclist had to raise a minimum of \$150 in contributions to ride in the event. There were some very good prizes for those who raised even more money. The prizes ranged from sports tote bags and bicycle computers to bicycles. The grand prize was a trip to Los Angeles.

The ride consisted of a 150 kilometer loop with an overnight stop halfway. We started from North Park early on Saturday, September 6 and pedaled around Lake Arthur to a picnic area near the Moraine State Park Bikeway for a leisurely lunch of hamburgers, hot dogs, peanut butter and jelly, and other goodies. Later, we took a 7 mile jaunt to Portersville Christian School for some more relaxation, dinner, and a movie. Sunday morning was damp and chilly when everyone awoke, but the drizzle stopped before the cyclists hit the road. Unfortunately, some of the cyclists actually did hit the road since some patches of the tarred roads were slick. Fortunately, none of the injuries was more serious than a few nasty bruises but seven riders did drop out. The roads did dry out and the weather turned beautiful for the finish in North Park.

By our counts, Pittsburgh's first MS 150 was a success. We were hoping to see 100 riders, and ended up with over 150. A large percentage of riders completed the ride in spite of the hilly terrain and inexperience on the part of a large number of the riders. To the riders, the event went very smoothly, which says a lot considering the logistics involved in coordinating food, rest stops, overnight accomodation, entertainment, and sags for 150 riders. The money story is not complete at the time of this writing, but if it goes as well as the ride did, the amount will exceed expectations. As you can guess, next year's event is already in the planning.



DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
4-5	SS	Backpack	Novice	Jack Peth	921-7214h 777-5365w		Novice trip for the first time backpacker only. Call Jack for more info and details.
4	Sat	Bike	C	Judy Menosky	242-1573		Length 25-30, North Hills Scenic Ride through the North Hills between Sewickley and Bellevue. Bring ice cream money.
4	Sat	Canoe	II trip	Frank Bruns	561-8579		
4-5	SS	Sea-Kayak	All	Cathy Lynch	361-3707		Small Craft Festival, St. Michael's, Maryland. Weekend of camping on grounds of Maritime Museum, Saturday crab feast, learn about other small craft, paddle-in salt water.
5	Sun	Bike	C	Chuck Ejzak	466-6196	9:30	Length 25. Sunday Morning Ride through downtown Pittsburgh.
5	Sun	Canoe	I-II trip	Rick Tomlinson	963-8910		
5	Sun	Hike	Easy/Int	Glenn Oster	364-2864	7:30	Hike in scenic Quebec Run Wild Area. Call for info and reservations.
10-12	FSS	Bike	B/C	Judy Menosky	242-1573	6:30 pm	Length: 50/30 Stay at Schellsburg in Camp Living Waters Hostel. Cycle through the scenic Bedford County countryside. The trip includes a visit to an apple orchard and, if desired, a visit to Bedford for the Fall Festival. Other possibilities include a visit to Old Bedford Village, a ride to Blue Knob, and a fish hatchery. Nonriders are also welcome, as hiking and even just sightseeing can fill your weekend. Reservations are required by Sunday, October 5.
11-12	SS	Backpack	Easy	Wendell Phillips	831-2606	7 am	Otter Creek Base Camp. Explore a bog. Sleep under spruce trees.
11	Sat	Hike	Easy/Int	Wayne Hennemuth	787-7608	8:00	Hike at Quebec Run Wild Area.
12	Sun	Hike	Easy	Joe Levine	241-3265	10:00	Hike at Beechwood Farms. Return at 3:00.
11-12	SS	Family	All	Ellen DeBenedetti	242-6650		Overnight at the Ohiopyle Hostel. Hiking biking, pancake eating, and a tour of Fallingwater. Call for more information.
11	Sat	Cave	Begin	John Popp	885-2126		Brady's Bend - a mazy cave in East Brady. Beware of the magnetic void!
11-12	SS	Sea-Kayak	Int	Cathy Lynch	361-3707		Weekend in Cape May, New Jersey, sponsored by Anorak-Assoc. of East Coast Sea-Kayakers. Paddling experience helpful.
18	Sat	Bike	C	Jeff Marsh	466-7841	8:30	Length 20 Join Jeff for a leisurely tour on the bike path at Ohiopyle. Level riding and great fall colors are guaranteed (at least one of the two). Great beginners trip. Please call Jeff for reservations.
18	Sat	Canoe	Flat	Joy Layton Bill Whitehead	422-6538w		Flatwater trip on the Yough in cooperation with Citiparks Environmental Education Program.
18	Sat	Hike	Easy	Wendell Phillips	831-2606	8:00	Maintenance hike on the Baker Trail. No fee.
18-19	SS	Cave		Norm Snyder	351-4068		Two Lick Cave, West Virginia. A beautiful hike to a 3000 foot cave in a nice gorge.
18	Sat	Sea-Kayak	Easy	Ted Self	795-6286		Easy lake trip. Explore Shenango lake.
19	Sun	Bike	B/C	Chuck Ejzak	466-6196	11:00	Meet at 11 am at Riverview Park for a pre picnic ride through the city or the North Hills. Great way to work up an appetite for the picnic.
19	Sun	Hike	Int	Tom Kaveney	276-8044	8:00	Hike on Laurel Highlands Trail - Rt. 31 to Rt. 653, 13 miles.
24-26	FSS	Backpack	Adv	Glenn Oster	364-2864h 234-3967w	7:30pm	Hike a newly extended section of the Mid State trail thru beautiful North Central PA forests from Ravensburg State Park to the Pine Creek Gorge. Call for info and reservations.