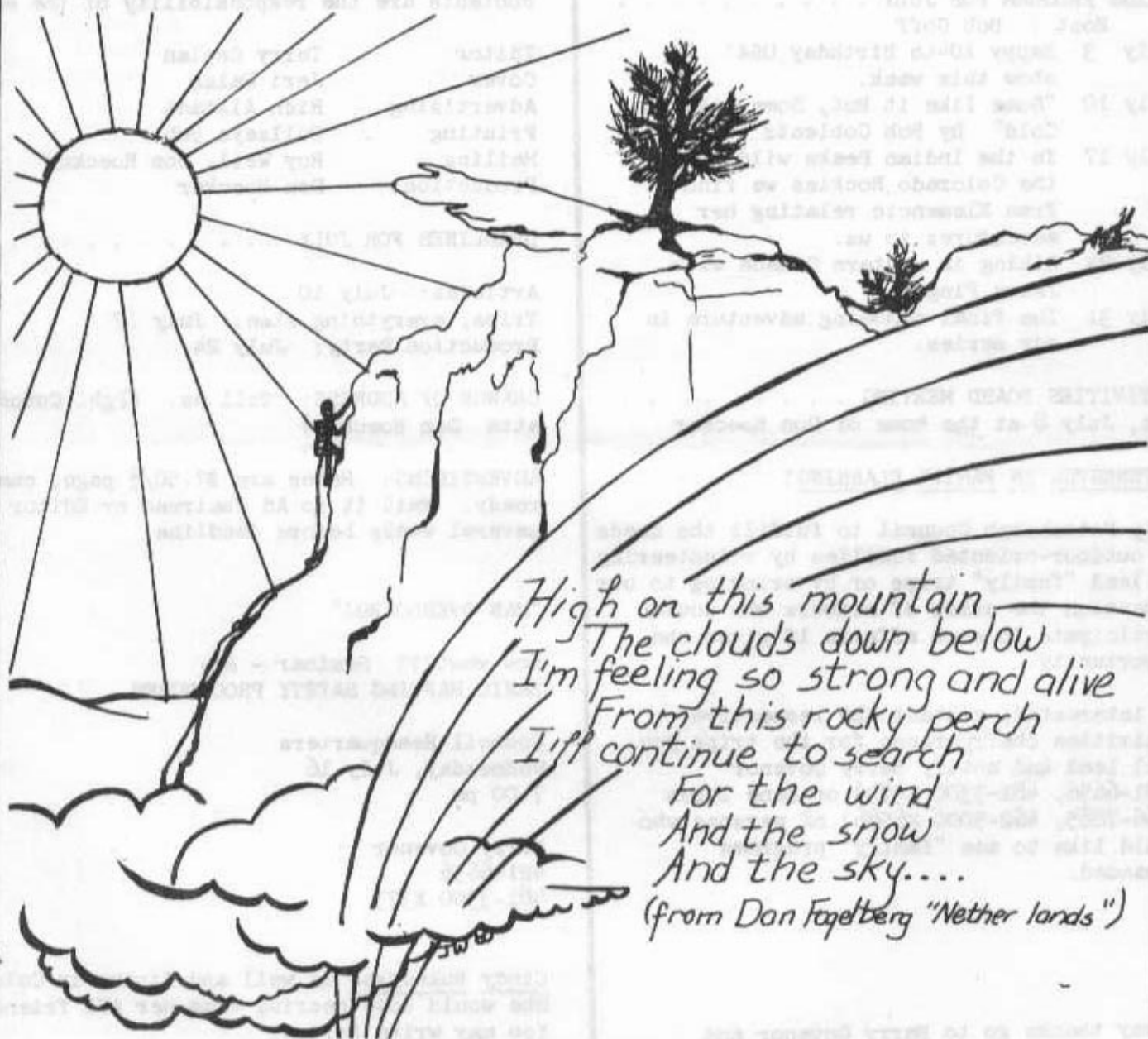




JULY 1980

GOLDEN TRIANGLE

Volume 31 -- No. 7



High on this mountain
The clouds down below
I'm feeling so strong and alive
From this rocky perch
I'll continue to search
For the wind
And the snow
And the sky....

(from Dan Fogelberg "Nether lands")

PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS, INC.
6300 Fifth Ave., Pgh., Pa. 15232, (412)362-8181

OPEN HOUSE

Every Thursday Night
Doors Open: 7:45
Slide Program: 8:45

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

SLIDE PROGRAM FOR JULY

Host : Bob Goff

- July 3 Happy 104th Birthday USA! No show this week.
July 10 "Some like it Hot, Some like it Cold" By Bob Coblenz
July 17 In the Indian Peaks wilderness of the Colorado Rockies we find Fran Klemencic relating her adventures to us.
July 24 Hiking in western Canada with Jerry Finger.
July 31 The final canoeing adventure in our series.

ACTIVITIES BOARD MEETING
Tue, July 8 at the home of Don Hoecker

INTERESTED IN FAMILY PLANNING?

Help Pittsburgh Council to fulfill the needs of outdoor-oriented families by volunteering to lead "family" trips or by bringing to our attention the names of members who would participate in such affairs if given the opportunity.

If interested, contact the respective activities chairpersons for the trips you will lead and notify Barry Govenor (421-6656, 481-3300 X373) or Jane Toben (466-7885, 462-5000 X6586) of persons who would like to see "family" programs expanded.

Many thanks go to Barry Govenor and Barb Murock for their participation in organizing Morgantown Weekend, a great success!



Pittsburgh Council American Youth Hostels, Inc.

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

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

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

DEADLINES FOR JULY

Articles: July 10
Trips, everything else: July 17
Production Party: July 24

CHANGE OF ADDRESS: Tell us. (Pgh. Council, attn. Don Hoecker)

ADVERTISING: Rates are \$7.50/ $\frac{1}{4}$ page, camera-ready. Mail it to Ad Chairman or Editor several weeks before deadline.

"MAN OVERBOARD!"

Now what??? Seminar - Re:
BASIC RAFTING SAFETY PROCEDURES

Council Headquarters
Wednesday, July 16
7:00 pm

Barry Govenor
421-6656
481-3300 X373

Cindy Bukauskas is well and living in Colorado. She would love hearing from her AYH friends. You may write her at:
801 Logan Street
Denver, Colorado 80203

Phone (303)831-9963

HOSTEL OF THE MONTH By Joe H.

Laurelville Mennonite Church Center Youth Hostel has served the Western PA area for 5 years and was the first hostel chartered in PA for the Pgh. Council. Listed in the AYH Handbook under their P.O. location of Mt. Pleasant, the hostel is about 3 mi. east of there, about 1 mi. north of Rt. 31. You should write ahead for reservations, describe your group and accommodations required. They have the ability to house singles, couples, families or even busloads of hostellers -- just give them enough warning!

You can bicycle there from Pgh. via a mapped route developed in 1978. Unfortunately it might need updating due to reconstruction work on several turnpike overpasses. See one of the cycling chairpeople for a route copy. Hiking can be done on the site via several marked trails. You can also use the hostel for an overnight before heading out to the Rt. 31 trailhead of the Laurel Highlands Hiking Trail.

Laurelville Hostel is best known around the council as the location for the annual winter weekend. With its adjacency to many ridge-top state parks, cross-country skiing conditions are usually great. For more info check your handbook or call (412)423-2056.

Next month: Camp Harmony Youth Hostel.

TIPS & TALES By Joe H.

If you are visiting any hostels this summer see Joe first. The Pgh. Council's hostel development chairperson will give you a supply of brochures of W. PA hostels to drop off there. If you ever have any complaints about hostels please let Joe know.

For those of you who keep asking about ski-diving -- yes, we don't do it. The people who do are the "Mon-Yough Sky Divers" 341-7157 or the "Beaver Valley Sky-Divers" 774-9644. If you want some info about hang gliding call 295-2015.

The Annual Clarion River Canoe Float will be held this year on Saturday, Sept. 20. For more info call (814)226-9161 or write to Clarion C of C, 517 Main St., Clarion, PA 16214.

Hostel Storekeeper Joe Hoechner has a new supply of sheet sleeping sacks (\$7.25) and fanny bumpers (\$3) in stock. All are guaranteed one-size-fits-all! See Joe any Thursday night. If you want one mailed to you call Joe at 828-5399 evenings, keep trying!

If you're a hard-core bike racer (or think you are) you may want to check out the "Three Rivers Bicycle Club", P.O. Box 308, Bradford Woods, PA 15015, or call 935-3613.

There's a good chance that you may have already received the Metro - NY - AYH Hostel Store Outdoors Catalog. Some good gear in there! If you don't have a copy see Joe Hoechner, he may have a "desk copy" to loan you.

Wanted: Letter folding machine for standard 8½" x 11" sheets. Also National Zip Code Directory. Both in good/used condition. Call Joe at 828-5399.

Get your money's worth when you buy gas this summer. Buy your gas during the cool morning hours when the gas is denser. You'll get more for your dollar.

Of course, don't fill your tank to the brim -- as it expands in the heat of the day, it'll overflow out!

Speaking of gas, have you been tempted to buy one of those gas additives that promises "10-12 more miles per tank"? Realize that this is not per gallon, but per your (say) 20 gallon gas tank.

Why pay 99¢ for a 6 oz. can of this, when you can buy a full gallon of gas for about \$1.25?

WHITEWATER SAFETY

Whitewater canoeing can be very enjoyable when one approaches it reasonably. The following gives information on whitewater safety, whitewater hazards and cautions that are important. Since boating-related deaths are now highest in the whitewater category, we urge you to read carefully and exercise your best judgement about each river and your ability to handle its challenge.

WHITewater SAFETY (cont.)

Canoeing Safety Rules

1. Wear a life-jacket.
2. Never canoe alone (pref. min. - 3 boats).
3. Never get ahead of the lead canoe.
4. Never lag behind the sweep canoe.
5. Keep the canoe behind in view.
6. When spilled, keep upstream of the canoe.
7. Do not "ride the tail" of the canoe in front of you, especially in rapids!
8. Wear woolen long Johns or a wet suit when the water is cold.
9. Be sure that someone in the group has a throwing line and first-aid kit.
10. Know how to swim; don't expect to fight the river.
11. Check the water level of the river you intend to run to be sure it is in the O.K. range.
12. Know the difficulty of the river you intend to run.

Equipment Checklist (1-10 essen; 11-20 desir)

1. Three paddles per canoe.
2. Life preserver for each person.
3. Throwing line, 3/8", 60-80' long.
4. First Aid kit (in waterproof box).
5. Light string to tie in spare paddle (also to tie on glasses).
6. Heavy plastic or aluminum tape. (for patching rips, leaks in canoe)
7. Painter ropes, 17-20' long.
8. Spare sweater and a poncho.
9. Helmet recommended for canoeists.
10. Floatation.
11. Two rubber knee pads per person.
12. Wetpack (waterproof container).
13. Topographic maps.
14. Matches (in waterproof container).
15. Pocket knife.
16. Cap or hat with brim.
17. Sunburn ointment.
18. Sunglasses.
19. Bailing buckets (plastic and cord).
20. Lunch and a canteen.

There should be three paddles per canoe and there must be one life jacket per person on the trip. On whitewater trips tie the third paddle to a thwart with light string so that the stern man can reach it and break it free easily. All other gear should be tied in securely. Waterproof ammo cases are handy for lunches, cameras, etc. All canoes should have a 17-20 ft. painter on each end. All canoes should stay within sight of each other. The most convenient way to do this is to

WHITewater SAFETY (cont.)

appoint one canoe (with experienced canoeists) as the lead canoe and another canoe as the sweep canoe. All other canoes should stay between these two canoes. Both lead and sweep canoes should carry throwing lines. On whitewater tri throw lines are as essential as paddles.

PADDLING SAFETY ALERT

Recently an AYH boat, used no more than six times, was severely damaged on a flatwater trip. Had floatation been used, damage may have been prevented.

The more submerged a swamped boat is, the more difficult it is to rescue. The use of addition floatation material can make rescue easier. Commercial canoe and kayak floatation air bags, polyethylene foam, styrofoam, or even inner tubes securely fastened can enable an upset boat to float high upside down, facilitating a rescue.

Trip leaders, please assure that all hostel boats contain inflated inner tubes or a floatation air bag. Private canoes are advised to use floatation on all trips; private canoes on AYH Class III trips and all kayaks on any trip must have floatation. Floatation is cheap insurance considering that kayaks and canoes cost between \$400-\$800 and up.

Painters can be crucial in the rescue of boats. In an upset they are the best means of pulling a boat to shore or into an eddy. (They are also useful in securing a boat at shore). A painter is a 3/8" diameter 15-17 foot (8-12 foot for kayaks) length of line fastened to the bow or stern of a boat. All non AYH canoes on hostel trips must have both bow and stern painters; kayaks must have bow and stern grab loops and stern painter. All AYH canoes and kayaks have painters; if any of these are found to be missing, please advise the appropriate activity chairperson.

A.Y.H. Activities Board

June 3, 1980

The meeting was called to order at 8:25 P.M. at the Point Park Hostel. Jim Gogots presiding.

1. Minutes of the May meeting were corrected by deleting the word "meeting" from Item 12.
2. Jim Gogots made a motion to buy bunkbeds for the Point Park Hostel. Passed.
3. Jim Gogots reported on National Board Meeting held at Point Park Hostel.
4. Gus Hughes is replacing Bob Rudland as hiking chairperson.
5. Jim Gogots reported on state of house for proposed hostel in McConnells Mills.
6. John and Yamina Lichter moved into Ohioyle Hostel as new houseparents for the summer.
7. Discussed possibility of buying cast iron stove from old houseparents. Ray Yutzy made a motion to negotiate price. Passed.
8. Joe Hoechner reported on possibilities of chartering Camp Horseshoe, south of Morgantown, as an AYH Hostel.
9. Camp Silverlake has been rechartered and can now be used as a hostel.
10. Jim Gogots reported that Bill HR 7105 to pilot hostel programs passed the House and is now in the Senate.
11. Regional Meeting to be held in Philadelphia, September 27-28.
12. Joe Hoechner reported on search for new HQ. sites. Schools being closed, such as Wightman and Park Place, were suggested.
13. Jane Toben is working on rewriting the Leadership Manual.
14. Discussion of day fees on family trips. Need to list all persons on trip (children and adults) for insurance purposes. Motion made to reduce registration fees from 50¢ to 10¢ for children under 12 at the discretion of the leader. Passed.
15. Jane Toben made a motion to eliminate the differential in boat rental fees. All boat rentals would now be \$4.00. Passed.
16. Joe Hoechner discussed feasibility of having poster printed. Motion to recommend presenting poster to Board of Directors for approval on printing. Passed.
17. Motion to make the poster project a moneymaking one if approved by Board of Directors. Passed.
18. Next Activities Board Meeting July 8 at the home of Don Hoecker.
19. Move to adjourn at 10:15 P.M. Passed.

Respectfully submitted,

Sue Miller

July Trips and Trails

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

Backpacking Chair: Steve Martin (W462-5000 X6185)

Due to the lack of volunteers, there will be no trips for July.

Join Norm Snyder on a 2-wk. trip to the Grand Canyon area. Last week in Sept.- first week in Oct.

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

Make sure your bike is in working condition. Bring a spare tube, raingear and enough money to cover trip fees. A HELMET IS REQUIRED. They are available for rent. We urge all cyclists to buy a helmet. Bell Bicycle Helmets are available from local bike shops and also from Bike Warehouse. Call one of the chairpeople for location of a bike shop that has them.

- thu jul 3- GEAR '80 If you need or can offer a ride, call Joe Hoechner 828-5399. Plan to
sun jul 6 leave HQ @ 6:30 pm. You must have confirmed reservations to go.
ECONOMICAL ENERGY SAVING TRIPS: Low on cash? Tired of shelling out large driver fees which in turn go to a filling station attendant? Want to be back early? C sick? If you answered "yes" to any of these questions, try an EEST. These rides start from HQ. Trips vary in length, difficulty and duration. Check with leader:
sat jul 5 BEGIN trip. Kevin Hughes (614) 537-4923
sat jul 12 FIFTY mi. Leave HQ at 8:30. Ben Humphries 829-2497.
sun jul 13 INTER 40 mi. Leave HQ at 11:00. Art Greif (h)363-2475, (w)565-7977.
sat jul 19 INTER 30-40 mi. Leave at 10:00am. Ed Sieger 561-4790.
sun jul 20 BEGIN 20-30 mi. Alan Frit 795-1919.
sat jul 26 BEGIN 25 mi. Leave at 9:30. Chuck Ejzak 327-5031.
BIKE CLINICS
wed jul 9 INTRO to bike camping. Find out what Panniers are, what is the best kind of rack for carrying gear, etc. For those who have never done it 7:00 pm at HQ
Chuck Ejzak 327-5031.
tue jul 15 TIRE Repair. Bring your flat tire and we will show you how to fix it. Bring your own patch kit and tire irons if you have them; otherwise, bring \$3. Starts at 8:00 pm. Ed Sieger 561-4790.
tue jul 22 CHAIN Care. Bring your bike, rags and an old toothbrush. We will show you how to clean and lubricate your chain. 8:00 pm. Chuck Ejzak 327-5031.
tue jul 29 BEGIN. How to ride a ten speed. 7:00 pm at HQ. Joe Hoechner 828-5399.
sun jul 6 INTER 35 mi. near Hickory, PA in Washington County. Meet at HQ before 8:30. Mark Zibritosky 947-4838.
sat jul 12- RIDE from Murrys ville to Laurelville. Return Sunday. Carry camping gear.
jul 13
sun jul 13 INTER 40 mi. Steve Tubbs 751-2158.
fri jul 18- MILL CREEK Park Tour. Near Youngstown, Ohio. Rides for all levels of ability.
sun jul 20 Register ahead of time. Applications on EB at HQ. Chuck Ejzak 327-5031.
sat jul 19 INTER 30-40 mi. either Ligoneer or North Park area. Ray Rossi 363-1708.
sat jul 26 NOVICE bike clinic. Learn to ride a ten speed. HQ at 2:00pm. Chuck Ejzak 327-5031.
sun jul 27 RIDE from HQ to Moraine State Park, picnic & swimming. Reserve by Friday, July 2 Fred Parker 824-2638 or Chuck Ejzak 327-5031. This will be coordinated with a hike. Return by car.
sat jul 26- BEGIN bike camping trip to Fombel Camp Siler Lake. Chuck Ejzak 327-5031.
jul 27
fri jul 25- ANTIETAM Battlefield bike and hike. Warren Kennedy 682-0255. INTER 48 mi.
sun jul 27
thu jul 17- BEGIN bike camping trip. Fred Parker 824-2638.
fri jul 18

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

Tuesday

Jul 8 - Lou Conley 681-8321

Jul 15 - Harriet Ann Seiner 681-1189

Jul 22 - Alan Frit 795-1919

Jul 29 - Ruth Gabel 661-9707

Thursday

Jul 10 - Sally Brunson 231-6074

Jul 17 - Larry Cole 823-1026

Jul 24 - Fred Parker 824-2638

Jul 31 - Joe Hoechner 828-5399

FUTURE TRIPS NEOC - A 25, 60, 100, or 120 mi. ride from Youngstown, OH towards Lake Erie, Sat., Sept. 20. Write for application: NEOC VII, 25 Scott Lane, Girard, OH 44420. Plan to go up Friday night & use accommodations available at starting point. Return to Pgh. Sat night. Details in Sept. Triangle.

Canoeing

Chair: Jane Toben (462-5000 X6585 or 466-7885)

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

SCHOOLS AND TRIPS meet promptly at 8am at HQ.

CLASS I-II camping trip. INTER. Jane Toben (h)466-7885, (w)462-5000 X6585.

thu jul 3-

sun jul 6

thu jul 3-

sun jul 6

fri jul 4-

sun jul 6

fri jul 4

sat jul 5

sun jul 6

sat jul 12

sat jul 12

sun jul 13

sun jul 13

wed jul 16

sat jul 19

sat jul 19

sun jul 20

sun jul 20

sun jul 20

fri jul 25-

sun jul 27

sat jul 26

sat jul 26

sun jul 27

sun jul 27

fri aug 1-

sun aug 17

sat aug 2

sat aug 2

sun aug 3

sun aug 3

CLASS II-III camping trip for experienced paddlers. Ray Yutzy 929-4443.

FAMILY camping trip. Leader needed. Call Jane Toben to volunteer.

CLASS I trip. Bob Strong 327-6267.

FLATWATER trip. Leader needed. Call Jane Toben to volunteer.

CLASS I trip. Bob Buck 793-1480.

WHITEWATER I School. Whitewater skills on Class I streams. Frank Bruns 561-8579.

FLATWATER trip. Steve Tubbs 751-2158.

WHITEWATER II School. Class II streams. Prerequisite: Whitewater I School plus two Class I trips. Chris Reid/Jane Toben. Call Jane (h)466-7885, (w)462-5000 x6585.

CLASS II-III trip. Ray Yutzy 929-4443.

CANOEING Seminar I. Prepares paddler for Whitewater I School. HQ at 7pm. Jim Roberts 539-3854 before 9:30pm.

BASIC Canoeing School. Basic skills on flat & moving water. Oscar Meyer/Ed Schultz. Call Oscar 422-8216.

CLASS I trip. Millard Underwood 561-0871.

CLASS II-III trip. Ray Yutzy 929-4443.

WHITEWATER I School. Class I streams. Call Jane Toben.

FAMILY CLASS I trip. Joe McKenna 531-2697.

CLASS II trip. Jerry Marsh (h)922-8572, (w)928-1122.

ACA INSTRUCTOR TRAINING Workshop at the Ohiopyle Hostel. Demonstrates to prospective ACA instructors the skills (teaching, leadership, and paddling). Sponsored by ACA. Approx. cost: ACA members \$25, non-members \$46. Bring your AYH pass. For info and application, call Jane Toben 466-7885, 462-5000 X6585.

FLATWATER trip. Jim Porcelli 731-9176.

CLASS I-II trip. Jim Komosinski 371-9476.

BASIC Canoeing School. Flat & moving water. Mark Schneider 421-1119.

CLASS II-III trip. Ray Yutzy 929-4443.

CANADIAN WHITEWATER Canoe camping trip. Tent. schedule is 1 wk. on Riviere de Chochocovane & 1 wk. on Riviere de Capitalnovcine, both in Quebec, Canada.

INTER experience necessary. Trip size limited. Camping out of the boats. To reserve for 1 wk. or both call Ray Yutzy 929-4443 or Dave Marschik.

FLATWATER trip. Leader needed. To volunteer call Jane Toben.

CLASS I-II trip. Dick Nugent 487-5549.

CLASS I trip. Leader needed. To volunteer call Jane Toben.

CLASS II trip. To volunteer call Jane Toben.

Caving Chair: Norm Snyder (351-4068)
 sat jul 5- JOIN Norm on a cave trip to West Virginia. See miles of cave. Call 351-4068.
 jul 6
 mon jul 14 CAVE trip with Norm and his 10 yr. old daughter. Call 351-4068.

Climbing Chair: Woj (322-4524), Bill Skallo (921-5695)
 sun jul 13 BEGIN ROCK Climbing. Leaving sun from AYH at 7:00 am. The summer is slipping by fast. Don't lose out. Call Woj at 322-4524 or Bill at 921-5693.
 sun jul 27 BEGIN ROCK Climbing. Leaving HQ at 7:00 am. Call Woj or Bill to reserve.

Hiking Chair: Gus Hughes (421-4066)
 sat jul 12 INTER hike. Bear Run. Carrie Duffy 244-9792.
 sun jul 13 BEGIN hike. Laurel Highlands Trail. Gus Hughes 421-4066. Leave 9:00 am.
 sat jul 19 BEGIN hike. Baker Trail. Jerry Finger 362-5290. Leave 9:00 am.
 sun jul 20 INTER hike. TBA. Marilyn Ham 687-4960. Leave 8:30 am.
 sat jul 26 INTER hike. TBA. Eric Bauer 687-0766.

Kayaking Chair: Ray Yutzy (929-4443)
 Basics: Similar to canoeing
 Rentals: Limited number of kayaks reserved through trip leader.
 sat jul 12 BASIC Kayaking School. Flat and moving water. Ray Yutzy 929-4443.
 sat jul 26 WHITEWATER I School. On Class I streams. Ray Yutzy 929-4443.
 Qualified kayak paddlers are welcomed to paddle kayaks on any of the canoeing trips with the trip leader's permission.

Rafting Chair: Paul Kammer (843-5152)
 Bring lunch, dry clothes, and tennis shoes.
 sat jul 5 Gus Hughes 421-4066.
 sat jul 12 YOUGH. Joe Hoechner 828-5399.
 sun jul 13 Barry Govenor 421-6656, (w) 481-3300 X373.
 sat jul 19 YOUGH. Norm Snyder 351-4068.
 sun jul 20 YOUGH. Paul Kammer 843-5152.
 sat jul 26 YOUGH. Gus Hughes 421-4066.
 sun jul 27 YOUGH. Jerry Marsh 928-1122 (work 8-5).

THE AYH FIRST ANNUAL "ANYTHING THAT FLOATS" CONTEST

At long last, a chance to rival CMU's "Concrete Canoe Race". The Explorers Club WPEZ FM, and the City of Pittsburgh are sponsoring The First Annual floatable, non-boatable race. It will take place on August 9 & 10 during the Three Rivers Regatta.

This is a time when AYH river rats can demonstrate their unequalled ability to design and expertly propel the fastest most creative floatable non-boat ever! The basic idea of this bizarre event is to select a subject & theme, & then design & build a floatable craft that can be carried overland, gingerly placed in the Allegheny River & propelled down the Allegheny River, around the Point & up the Mon while dressed in full elaborate costume to compliment the theme of the craft.

People, ideas, & materials are needed to give Pittsburgh the most exciting Regatta ever. If you're interested or want further details, call Alice Lange (h)381-3472, (w)255-2357.

RAFTING with Joe Hoechner Saturday, July 12 on the YOUGH. Meet at HQ at 9:15 am. Bring change of clothes, snack & lunch and about \$15. Put-in time at 1:45 pm. Call Joe at 828-5399 to reserve

***BICYCLE FUEL** By Nancy Clark, Nutritionist

Getting out on your bike and cycling around is important for increasing your physical fitness, but remember that what you eat also affects your condition. Are you eating right for optimal performance? Try this nutrition quiz:

1. T F A high protein diet is important for building strong muscles.
2. T F Salt tablets are necessary to replace the sodium lost through sweating.
3. T F Steak and eggs for breakfast will enhance your cycling performance that day.
4. T F Honey is better than sugar for quick energy.

If you answered FALSE to all the questions, your eating patterns are probably as asset rather than a liability. Here are the explanations:

1. Training, not protein, builds muscles. A high carbohydrate diet is more efficient and healthier. Try lasagna, pizza, bread, etc. the night before a big bike ride. They will provide you with energy for the next day. So the wiser food choices upon which to focus are starches, not proteins. (Ed. note: Yes, you do need some protein, but the typical American diet provides much more than enough.)
2. Salt replacement through food is adequate unless you lose more than 6 pounds of sweat during a ride. Salt tablets have a dehydrating effect, since they draw water from the body tissues to dilute the high concentration of salt in the stomach.
3. Toast with jelly, muffins with honey, juice, and fruit are much better choices for the pre-ride meal. If eaten 2-3 hrs. before a strenuous ride, these high carbo foods will be sufficiently digested to provide energy, not cause cramps, and prevent hunger.
4. Honey and sugar are similar in that both break down into fructose and glucose, and both have very little nutritional value. They do supply quick energy, but fruits and juices will supply the same energy.

*FootNotes, Vol. 32, No. 3

What's In It For You???

How American Youth Hostels Can Help You

Long to see the world, or travel the U.S.A.? That special trip you'd like to take could almost cost less than staying at home, depending on how you go.

Many young people, and some who are not so young, find that hosteling—traveling out-of-doors by canoe, backpack, skis, bicycle and other gasless modes of transportation—can be pretty inexpensive, especially when they lodge in hostels along the way.

If you like people and don't mind sleeping dormitory-style—most likely in a double-deck bunk—the adventure and colorful advantage of staying in a hostel that could be a mountain lodge, a church or converted lifeguard station in the U.S. or Canada, might be for you.

Elsewhere in the world, you'll find hostels located in medieval castles, former railway stations, old mills, charming Swiss chalets, and even a three-masted sailing vessel moored in a harbor.

Some hostels have family quarters available, but most offer fully equipped kitchens where members of American Youth Hostels can prepare their own meals. A common room, much like the lobby of a mountain lodge, encourages hostellers to meet at the end of a busy day.



The youth hostel movement began in Germany in 1909 with elementary school teacher, Richard Schirrmann, who loved to take pupils on excursions to the country.

Overnight charges range from about \$2 to \$5. The maximum stay without special arrangements with the resident houseparents may be three days. Only members are allowed to stay.

Various types of memberships—junior, senior, family and others—give you a decided economic advantage when it comes to travel. For free booklets write Department P, American Youth Hostels, Inc., Delaplane, VA 22025 or call toll free, 800-336-6019.

With a network of some 5,000 low-cost travel accommodations in 50 countries, this organization can have something of value for everyone.

HOSTELING

the High Road to Adventure

Join American Youth Hostels and experience the world for yourself. Use your AYH Pass as your key to inexpensive travel accommodations around the world — over 5000 hostels in 50 countries.

For membership, send \$14.00 (\$7.00 if under 18) with your name, address, and date of birth to the address below. Or, for FREE details on AYH, just send us your name and address.



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

AYH MEMBERSHIP APPLICATION

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

Name _____ Phone _____
 Address _____ Occupation _____
 _____ Zip _____ New?/Renewal? _____
 Social Security # _____ Birthdate _____

Check one:

_____ \$7.00 Youth (under 18) _____ \$35.00 Three-year Senior
 _____ \$7.00 Senior Citizen (60+) _____ \$35.00 Organization (non-profit)
 _____ \$14.00 Senior (18-59) _____ \$140.00 Life
 _____ \$21.00 Family (not valid abroad, includes youths under 18) (Note: Membership sells International Hostel Guide to Europe for \$5.00.)

Please Circle one or more:

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

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

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

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