



Golden Triangle

Volume 43, Number 5

Summer
Cycling Issue!

Triangle

May 1992

AYH and Western Pennsylvania Cycling

by Larry Laude, President
Pittsburgh Council AYH

I'd like to welcome you all to our special cycling issue of our newsletter. Normally, the *Golden Triangle* is mailed primarily to American Youth Hostels (AYH) members in western Pennsylvania and the northern panhandle of West Virginia. This month we are also mailing the *Golden Triangle* to the 5,000 plus people on our cycling mailing list to introduce you to the 1992 Great Ride, the Mon Valley Century (MVC) and the Southwest Autumn Breeze (SABRE). We've included information on the explosion of rail trails in the tri-state area and on other cycling events this summer, such as WAG put on by our friends in the Western Pennsylvania Wheelmen. Pittsburgh Council also invites you to take a look at the other outdoor activities we offer that are listed throughout this issue. Most of our trips are introductory and intermediate level, and we also have frequent schools in our various activities. What better way to try out rafting, canoeing, climbing, etc than with Pittsburgh AYH? We even have our own equipment so that you don't have to buy your own before you start. If you see a trip in the schedule that sounds interesting, just call the trip leader for more information.

AYH also means hostelling, an inexpensive way of travelling this world and learning about its peoples and their cultures. Through our affiliation with Hostelling International, membership in AYH opens the door to over 5,000 hostels of every imaginable kind all around the world. From lighthouses on the west coast of the U.S., to a former jail in Canada, to castles and sailing ships in Europe, Hostelling International is a way of travelling that lets you find a home away from home wherever you go. While the buildings vary, the concept stays the same - separate dormitory style accommodations for men and women, a kitchen where you can cook your own meals or share with instant friends from around the world, and a "common room" or lounge where you can share stories and advice with other hostellers.

For more information on AYH and its programs, call or visit our office (call 412-422-2282) or stop by any Thursday at our weekly Open House next to the Pittsburgh Center for the Arts in Mellon Park in Pittsburgh's Shadyside. Addresses and phone numbers are listed on page 23 along with information on our guide books, travel books, AYH memberships and Eurail passes.

Compuserve: 73467,3201

AYH hikers
check out
the flora
at the
Jennings
Envion-
mental
Education
Center.



Featured in this Issue...



THE GREAT RIDE
PITTSBURGH
1 • 9 • 9 • 2

The Great Ride is set for Sunday, June 28th. Join 2,500 cyclists for one of the biggest cycling events in the tri-state area.



MVC

The Mon Valley Century features a one-hundred mile bike trip that is the main event of the season for many riders.

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SABRE
Southwestern Autumn Breeze

SABRE features a fun ride and the famous SABRE Feast afterwards. Best ride-and-food event you'll find anywhere!

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American Youth Hostels

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Volunteer News and Opportunities**Ohiopyle Hostel Work Parties**

We are about to begin spring cleaning at the Ohiopyle Hostel which includes painting and repair work. Our first trip was Friday, April 17th (which was Good Friday). It was lots of fun! Call Linda at 531-1868 if you would like to join in the work/fun. We provide the lunch! Stay tuned for future work party dates. The tentative schedule is:

Sunday, May 17th
Sunday, June 14th
Saturday, July 18th
Sunday, August 9th
Sunday, September 6th
Sunday, October 11th

Typing Help Needed

We need help getting the newsletter contents typed each month. If you can type and have access to a computer, please call the editor, Ron Wodaski, at 833-7765.

Thanks!

Shy? Join Us Anyway!

"These people are so much fun. What should we do next weekend?" said by Suzanne Kelly, who might shoot me for using her enthusiastic line. How do you know if you are going to enjoy an activity or meeting the AYH members if you don't come on out and meet some of us and risk having some fun?

So here's your invitation to join us either on a Thursday night Open House or any activity. Give us a chance. Give a trip leader a call and ask what you need to do to sign up for a trip.

Better yet, come out on a Thursday evening to our headquarters. We are located right next to the Pittsburgh Center for the Arts on the corner of Fifth and Shady Avenues in Shadyside. Use the parking lot right behind the Center. We are in the small white building that has the outside light on. In nice weather there are lots of people mingling outside. Every Thursday there is a slide show that starts about 8:15 pm. See the schedule elsewhere in this newsletter. If you can't get here in time for the show, don't worry. Show up at 9:00 pm. We will still be here. Some members are still here after 10:00 pm. It's our night to socialize. Ask the member at the front desk to point out someone who participates in an activity that you are interested in and introduce yourself. The one way to find out more about the various programs is to ask. I'm always happy to talk about the activities that I participate in and even the ones that I don't have time to participate in.

We also have volunteer opportunities on a variety of dates. These are trail maintenance, headquarters maintenance and

hostel work parties not to mention bike rides and special events. If you can spare just a few hours we can use the help. You'll make some new friends and help to get some much needed work done too.

So don't be shy. I am too. Well, maybe I used to be. It depends on who you ask. I had such a great time on the first trip that I took with AYH that my one regret is that I didn't join up sooner. Non-members can come on trips too. Just call to get some information from the trip leader. Give us a chance. You might decide to spend a few bucks and actually join up.

Call our office at 422-2282 for more information. Helen Coyne will be happy to put you in touch with the activity you are most interested in.

Linda Smithyman

Hiking Trip to Roaring Run

Pete Sini will be leading a hiking trip to Roaring Run on May 17th. This is an intermediate hike if the water is low, and an advanced hike if the water is high, so call Pete at 921-1238 to make a reservation and find out more information. It will be an eight-mile hike. The trip meets at 8:00 am at Council Headquarters in Shadyside.

Oops...**Corrections and Amplifications**

If you find an error, omission or anything else that isn't quite right, please notify the editor so the offending item can be corrected. See the address for the *Golden Triangle* at the left.

Letters...

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

Ohiopyle Hostel**Moving?**

If you move, or have any subscription problems, please notify us right away. Returned mail costs 52 cents for each piece, so we can save money if you let us know about any changes in your address.

You can also phone in changes to the office at (412) 422-2282.

About AYH

American Youth Hostels is a non-profit 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 the International Youth Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide—the largest network of accommodations in the world.

Pittsburgh Council Hostels**Ohiopyle AYH Hostel**

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

Charleroi Youth Hostel (SA)

Reg's Hotel and Restaurant
601 McKeen Avenue
Charleroi, PA 15622
(412) 483-6200

Little Hickory Home Hostel

East Hickory, PA
(814) 755-4908

Living Waters AYH Hostel

RD #1 (1 mile west on Route 30)
Schellsburg, PA 15859
(814) 733-4212



Plum Run Festival

The Plum Run Festival is a folk art marketplace featuring juried crafts of Eighteenth Century Colonial America. Crafts such as Pottery, Furniture, Blacksmithing, Tole Painting, Woodcarving, Basketweaving and many more are featured. The artisans represent the best of Colonial American folk art.

Food and refreshments will be available, as well as demonstrations of many crafts. In addition, there will be a prize awarded each day, such as a step-back cupboard valued at \$500.

Admission is \$5 for adults and \$1 for children under 12. Senior citizen admission is \$3. Parking is free.

The Festival is open from 10 am to 6 pm on Saturday and Sunday, May 23-24 and 30-31. For additional information, call the festival at 412-769-5939.

AYH Town Meetings

by Jack Peth

Headquarters—What Shall We Do?

Meetings on Thursdays - 14 May, 11 June and 9 July at Headquarters just after trip announcements.

We need to organize a Committee to plan and guide the restoration and/or replacement of our Mellon Park Headquarters building. But most important, we need to know what you the Pittsburgh Council members think should be done. There are many diverse requirements which must be considered to make the proper choice for our plan.,

So! In addition to people with just thoughts, we need to see how much "in house" talent we can organize to resolve the political, legal, financial planning,

construction, dogwork and paper shuffling problems associated with an improved Headquarters building.

The May and June meetings will be brainstorming type sessions trying to gather ideas and making a roster of the talent available.

During May each activity chair and the Activities Committee as a body will be requested to indicate storage and activity space requirements. This data will add to the data generated at the town meetings.

By the time of the July meeting, we hope to be able to form a five-member Headquarters Committee, a committee of the Board of Directors, to organize a plan of operations and make a recommendation to the Board at their July meeting. Subcommittees, as there is interest, may be formed

to deal with specialized areas. Follow-up town meetings will be scheduled as the Headquarters Committee sees fit, but all meetings will be open to the membership if these express an interest to be notified.

We need your help to make your Headquarters building be what you, the membership, would like Headquarters to be.

Jack Peth is now the Chair of the Headquarters Committee and will serve as Chair at least through the organizational process.

Your thoughts, suggestions, and availability may be presented at the town meetings, in note form would be helpful. Also, any data submitted to Jack Peth, in writing please, will become part of the town meeting record.

Jack Peth 125 Elmont St Pittsburgh PA 15205-3647 or through AYH letter box. Thanks!

P.S. One of the first and paramount talent requirements is for someone with political savvy and contacts to help us in our negotiations with City Hall.

A naturalist is where you find him:

"If you start throwing hedgehogs under me, I shall throw two porcupines under you."

Nikita Krushchev

Ohiopyle Hostel Contribution

- Yes, I want to help physically. Let me know when I am needed.
 Yes, I want to help financially. Here is my contribution of:

\$ _____ for _____ or _____

Name: _____

Address: _____

Phone: _____

Please clip and mail to: Pittsburgh AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232. Please make all checks payable to : Pittsburgh AYH.

Thank you for your contribution. A copy of the official registration and financial information for AYH, Pittsburgh Council, may be obtained from the PA Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

National Bike Ride

The National Bike Ride, sponsored by the Bicycle Institute of America, is an annual ride-anywhere, ride-any-distance event designed to get as many people as possible riding bikes at the same time.

Everyone is eligible to participate. All you need to do is ride any distance, for any purpose, on any of three days in 1992: May 15, 16, and/or 17. You are encouraged to wear a helmet, and to ride at your own pace. You can start wherever you like, at home or while on vacation. If you are riding in another organized bike event, you still qualify for participation. You can even ride to and from work, since May 15th is a Friday.

To receive an "I rode the National Bike Ride" pin, send \$3.00 with your name and address to: "I rode the National Bike Ride," PO Box 588, Middlebury, VT 05753. Allow 8 weeks for delivery.

MS 150 Bike Ride Set for June 6-7

The MS 150 Bike Tour to Presque Isle on Lake Erie will be held June 6-7, 1992. It is a two-day, one-way cycling event which is designed to raise funds for the National Multiple Sclerosis Society, Allegheny District chapter.

The ride is designed for cyclists of all ages and cycling ability. The youngest cyclist in 1991 was 6 years old, and the oldest cyclist was 72.

The ride begins at 8:00 am, and overnight accommodations are provided at Thiel College. There is music and entertainment on Saturday night, and a pancake breakfast on Sunday morning. Cyclists ride motor coaches from Erie back to North Park. Bicycles are transported back to Pittsburgh on trucks donated by Pitt Ohio Express, Inc.

The grand prize (which goes to the two top fundraisers) is a trip for two to Cancun, Mexico. Other great prizes include bicycle clothing, a Mega Watchman, Bike Shop gift certificates, and a stereo cassette player with CD.

For more information about the event, call 412-261-6347. Deadline for registration is May 22, 1992.

Trails Data

Hikers each year who travel the full length of the Appalachian Trail: 175

Number who try: 1,900

Percent who drop out in the first 200 miles: 50%

Fastest time claimed: 52 days, 9 hours, 41 minutes

Average time: 175 days

Times a man with multiple sclerosis hiked the trail on crutches: 3

Trail's highest point: 6,643 feet

Trail's lowest point: 124 feet

Murders on the trail since 1976: 7

Volunteers patrolling to deter crime: 20

Portion of the trail that they cover: 12%

Calories burned per hour from hill climbing: 600

Average weight lost by a "through hiker": 23 pounds

Life span of leather hiking boots: 1,200-1,600 miles

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THRIFT DRUG CLASSIC '92

GENERAL RACE INFORMATION

The 1992 Thrift Drug Classic is scheduled for Sunday May 24, and will again be a major part of Memorial Day weekend festivities in Pittsburgh. The Start/Finish Line is on Grant Street in front of the City-County Building. Pick up a souvenir program and t-shirt and watch over one hundred of the world's best cyclists ride the most challenging single day road race in North America. Watch the action from the sidewalk cafes in Station Square, with crowds on Mt. Washington, from a tailgate party position at Three Rivers Stadium, or on Grant Street.

For information call (412) 281-5455.

VOLUNTEER INFORMATION

Volunteers are needed and appreciated! Sign-up for one of many positions and experience the Thrift Drug Classic, up close and in person while helping to make the event a success! Breakfast, post-race party, and official race t-shirt will be provided!

For volunteer information, contact ICP/Pittsburgh, 281-8255.

CHILDREN'S BICYCLE SAFETY CLINICS SUNDAY, MAY 17 — FREE

From 1:00 - 4:00 pm area bike shops will conduct free bicycle inspections and provide safety information at the following Thrift Drug store locations:

- Southland Shopping Center conducted by TRM Cycles
- Pine Creek Plaza conducted by Scholl's Bicycle Center
- Allegheny River Boulevard, Oakmont, conducted by Gatto Cycle Shop
- Bloomfield Shopping Center, conducted by Bloomfield Mountain Bikes
- Moon Plaza, conducted by Ambridge Bike & Sports Center

Kids can register to win a new bike at each location courtesy of U. S. Playing Card Company! Also, "recycle-your-old cycles" by bringing them to any of the above Thrift Drug store locations during the bike safety clinics and they will be donated to Goodwill Industries.

THRIFT DRUG CLASSIC KICK-OFF BANQUET

Join the Thrift Drug Classic competitors the night before the big race! The kick-off banquet will be held at the Pittsburgh Hilton & Towers on Saturday, May 23, starting at 6:30 pm. For ticket information, call (412) 281-8255. Call early, limited seating!

THRIFT DRUG CLASSIC "PEDAL POWER" EXPO SATURDAY, MAY 23 - SUNDAY MAY 24

Visit the Thrift Drug Classic "Pedal Power" Expo in Station Square during race weekend. Meet members of the US Olympic Team on Saturday, May 23 from 1:00 - 4:00 pm at the Blue Cross of Western Pennsylvania and Pennsylvania Blue Shield booth. Also be sure to register to win a Cannondale racing bike!

FIRST ANNUAL SEMINAR ON CYCLING FRIDAY, MAY 22 — FREE!

From 7:30 - 9:30 pm a "seminar on cycling" will be presented at the Pittsburgh Hilton & Towers by the University of Pittsburgh Sports Medicine Institute. Distinguished presenters include Ed Burke, PhD, well-known author on cycling and the Director of the Masters program in Sports Physiology at the University of Colorado; Connie Carpenter, 1984 US Olympic Gold Medalist and a member of the US Cycling Federation; Jon J.P. Warner, MD, Assistant Professor of Orthopaedic Surgery, University of Pittsburgh School of Medicine; Ronald N.

Roth, MD, Assistant Professor of Medicine, Division of Emergency Medicine, University of Pittsburgh School of Medicine. The free seminar will cover:

- Injury prevention and management in the extremities, head and neck
- Performance enhancement
- Training and diet

All are welcome to attend! For more information, call (412) 578-3320



WEEKEND PACKAGES

The official headquarters hotel of the Thrift Drug Classic is the Pittsburgh Hilton & Towers. For special race week room rates and VIP packages call Chartrek Travel at (800) 228-9828 and ask about the "Thrift Drug Classic" Discount Travel Packages. The package includes a room for two at the Hilton, tickets to the pre-race banquet, race day breakfast with the competitors, and two VIP passes to the Thrift Drug Classic.

AMCOM SYCAMORE STREET CHALLENGE - SATURDAY, MAY 23

Back by popular demand, recreational cyclists will again race against the clock up Sycamore Street in the AMCOM Sycamore Street Challenge. Registration begins at Station Square at 8 am. For more information or to obtain an entry form, contact Gary Bywaters at the Allegheny Cycling Association (412) 266-8481.

Presque Isle Trail: New Stop on Seaway Trail

by M. Frances Stein

Presque Isle State Park's six-mile Multi-Purpose Trail joined two national trail systems in a ceremony at the park's Perry Monument last October - the 365 mile Seaway Trail, a system of roads following the shores of Lake Ontario and Lake Erie, and the National Recreation Trails. Started in 1968, the National Recreation Trails program was created to recognize trails that are accessible to urban residents and have been available to the public for 10 consecutive years.

Presque Isle's Multi-Purpose Trail lies just beyond Erie's city limits and is used by bikers, walkers, joggers, roller blade enthusiasts and others. The 365 mile Seaway Trail connects existing roads along the shores of the St. Lawrence River, Lake Ontario, the Niagara River and Lake Erie. Its purpose is to promote public access to outdoor areas and historic and cultural resources. The existing trail links more than 79 public park and recreation sites along its route.

Before the ceremony in October, the trail connected Massena, a town at New York's northernmost border, with Niagara Falls. With the dedication last October, 46 miles in Pennsylvania on State Routes 5 and 20 between the New York and Ohio borders were added. By extending the Seaway Trail, local groups hope to enhance the Lake Erie region, known as "Pennsylvania's North Coast."

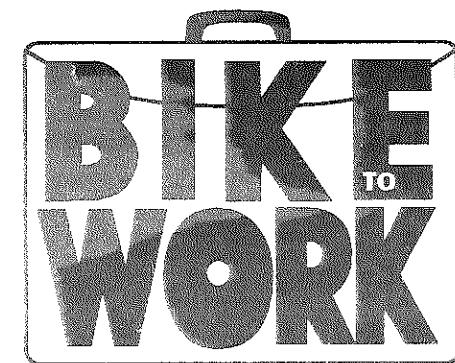
Reprinted from Pennsylvania State Parks Magazine, Spring 1992

Heritage Trail Bike to Work Day!

It started as a dream of the North Side State Representative Tom Murphy: to convert the miles of Pittsburgh's waterfront property into a continuous nature/heritage trail. Access to the rivers, formerly commanded by industrial plants and railways for over 100 years, is now being transformed into more than just a dream. The Three Rivers Heritage Trail, a proposed 11.5 mile walking/running/biking trail, will become a reality within the next four years.

Friends of the Riverfront, a grass-roots organization formed out of Tom Murphy's grand design in the summer of 1990, includes the Sierra Club, The Carnegie, the University of Pittsburgh, Western Pennsylvania Wheelmen cycling club, the Pittsburgh History & Landmarks Foundation, and other community groups along the riverfronts. Its goal is to work with various community groups, private landowners, and large corporations, as well as with city and county governments, to make the Heritage Trail possible. The proposed trail will extend from Herr's Island (Washington's Landing) on the Allegheny River, past Three Rivers Stadium, across the West End Bridge, through Station Square, to Sandcastle Waterpark in West Homestead.

Wednesday, May 20, 1992



On May 20th all bike routes lead to the City-County Building on Grant Street in Pittsburgh. AYH is planning to join with the Western Pennsylvania Wheelmen, Allegheny County, City of Pittsburgh to promote bicycle commuting. Foremost, we need a design for a spiffy bike commuter T-shirt that we can give out and/or sell at the event. Last year, on the first try, the City and County provided refreshments for the seventy-some riders who showed up. We need to bury them with hundreds of bicyclists if we are going to show them that bicycling is a serious mode of commuter transportation that deserves their attention. To help with organization, or more information, call George Schmidt at 521-1538 and give him your t-shirt design.

Currently, Station Square is the headquarters for Friends of the Riverfront. A main office has been established in the Express House, adjacent to Bessemer Court, to provide information about the trail. Station Square's contribution to the Heritage Trail will be its Riverwalk of Industrial Artifacts: huge artifacts and plaques describing historic events and places at Station Square

will be displayed along a mile-and-a-half riverwalk.

Finally, Pittsburgh will join other waterfront projects, such as those in Baltimore, Seattle, New York, and Cincinnati, which have boosted their image and become attractive to tourists and residents alike.

Reprinted from the Pittsburgh History & Landmarks Foundation Newsletter.

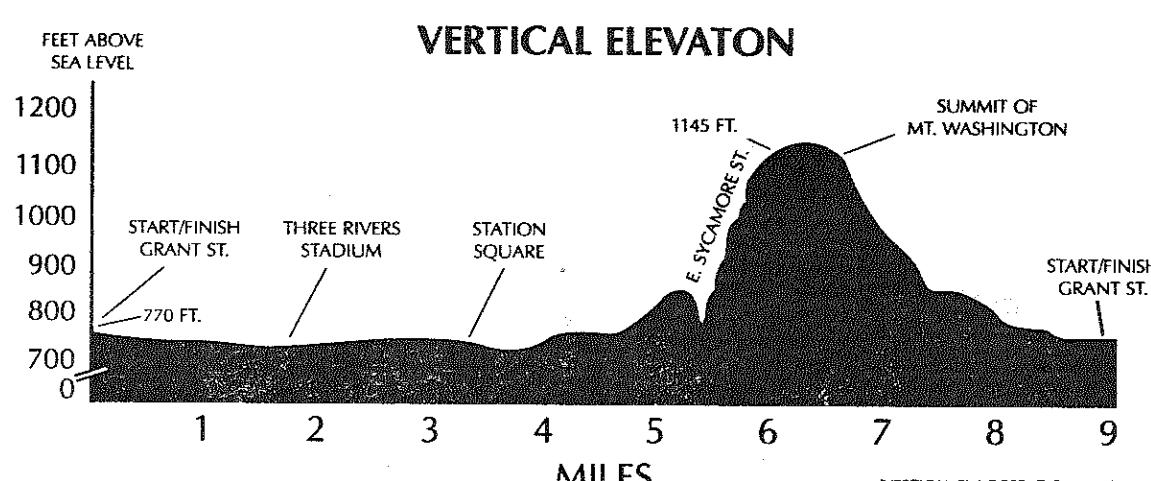
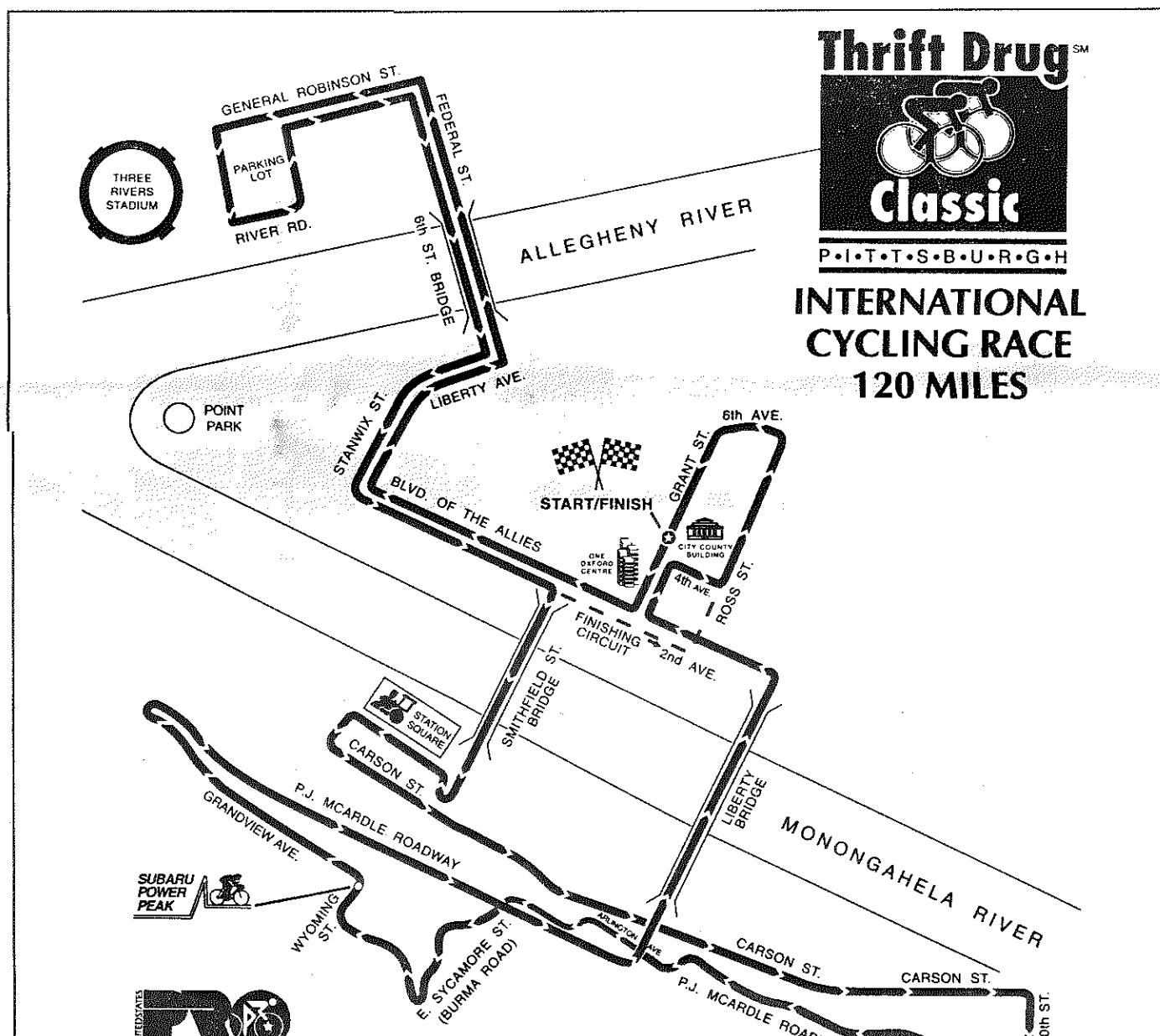
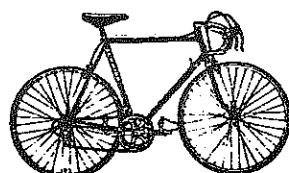
Beaver County Cycling Classic

"The Ride with Safety in Mind" is the slogan for the 3rd Annual Beaver County FOODLAND Cycling Classic, which will take place on Sunday, May 17 starting at Brady's Run Park for the benefit of Muscular Dystrophy Association.

The spring ride is fashioned as a leisurely ride through elegant countryside and is not a race. The various events are the metric century which is 62 miles, ride for the seasoned cyclist; the 50 and 25 mile challenge and the 5-10 miles ride throughout the park. The 5 and 10 mile event is designed to help create a family atmosphere -- a ride for everyone -- children, parents, grandparents, aunts, uncles and friends.

To enter all you need is a bicycle and \$10 Registration Fee for which you will receive a cycling packet which includes general instruction, map of how to get to the park, pledge sheets and prize information. Helmet use is urged.

To receive your packet with instructions, call (412) 774-0519 or write to MDA, 540 Reno Street, Rochester, PA 15074. All participants are required to secure a minimum of \$20 in pledges/donations plus the Registration Fee. There will be refreshments at designated check points, dinner and entertainment after the ride in the Park Lodge provided by Beaver County Foodland stores.



1992 Pittsburgh AYH Bicycle Trips

Gettysburg

June 12-14 B/C AYH Office 422-2282 or 362-8181

A great way to combine American History and cycling. Stay in the dorms at Gettysburg College and eat in nearby restaurants. Tour this famous battlefield in a way that is just not possible by car or tour bus. Tour as much or as little of the battlefield as you like. You do not have to be a civil war buff to enjoy this trip because the riding in the nearby countryside is beautiful. Space is limited, so reserve early. Deadline: May 28

The Great Ride

June 28 A/B/C AYH Office 422-2282 or 362-8181

The largest Tour of its kind in Pittsburgh. Run by Citiparks and AYH with the assistance of several other organizations, this tour attracts over 2000 riders. Rides range from 15 to 50 miles and give cyclists a great view of our great city. Registration forms available at various places throughout the city or call AYH for one. (See page 16!)

Presque Isle Weekend

July 3-6 All Lynn and Chuck Ejzak 466-6196

Relaxing weekend near Pennsylvania's coast. Car camp at a site which is far enough away from the congestion to enjoy the pleasant cycling but close enough for an easy early morning ride on Presque Isle. Chuck, Lynn, and Philip will be there all weekend, but this place is close enough for trippers to come and go as they wish. The schedule is very flexible on this trip - you don't even have to ride! Reserve by June 19.

C & O Canal

July 18-19 C Ober Rooney 364-3956

Ride along the canal towpath which is part of a 180 mile long trail. Terrain is flat (although bumpy in places) and the scenery is great. Carry camping gear on your bike. Mountain bikes are recommended to negotiate the bumpy surface. Reserve by July 3

Ironmaster's Mansion

July 18-19 B/C Larry Laude 665-9554

In Pine Grove Furnace State Park in central PA. Ride on rural roads or bike paths. Excellent hiking is available and swimming is just a short walk from the hostel. It would be hard to have a bad time on this trip. Space is limited so reserve by July 2 at the very latest.

Niagara Falls

August 1-2 B/C Ober Rooney 364-3956

A popular trip; Ride the scenic Niagara Parkway from Lake Erie to Lake Ontario or ride along the Welland Canal to watch the freighters negotiate the locks. These are just a couple to the rides available. Stay at the Canadian Hostel. Space is limited so reserve early. Deadline: July 17

Stanford House Hostel

August 15-16 B/C Joe and Cheryl Hoechner 242-0781

Stay at a restored farm house in the Cuyahoga National Recreation Area. The hostel is located in the midst of a great cycling area. Road and path riding available. Located near Cleveland Ohio's ring of parks known as the Emerald Necklace. Reserve by July 24.

Mon Valley Century Bicycle Tour

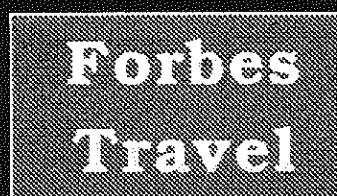
August 23 A/B/C Chuck and Lynn Ejzak 466-6196

Cycle some of the flattest, most scenic roads close to Pittsburgh. Choose from a challenging 100 miles, 100 km (65 miles) and 50 km (35 miles). Registration includes marked roads, snack stops, map, and cue sheet. T-shirt available for a small additional cost. Rides start in Elizabeth, PA. Call for an application or get one at AYH. Registration: \$8 by Aug 2, \$10 afterward. T-shirts are \$6 by Aug 2, \$8 afterward.

SABRE (Southwestern Autumn BREeze)

October 4 A/B/C Bill Eberle 833-9732

As the name suggests, this ride travels through southwestern Allegheny county and Washington county. 100 km (65 mile) and 50 km (35 mile) rides offered. Watch for more details in future issues.

<p>Student/Faculty DISCOUNT AIRFARES TO EUROPE</p> <p>via British Airways</p>	 <p>Forbes Travel</p> <p>521-7300</p>
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Cycling with Pittsburgh AYH

This schedule is a collection of some of the special bicycle trips for 1992. The majority of the trips listed are weekend trips. AYH also offers many single day trips as well.

Other Rides and Activities

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

\$ Trip Cost \$

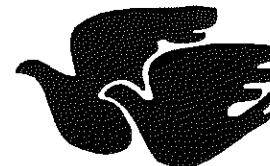
Actual trip costs will vary, depending on whether the trippers eat in restaurants or cook their own and the accommodations. (e.g., hostels, camping) Expect to spend about \$5 for a day trip and between \$30 and \$70 for a weekend trip to cover trip fees, overnights, food, transportation, and leader's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

Tips for First Timers

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

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May Cycling Trips

For All Trips: Approved bicycle helmets are REQUIRED (ANSI Z.90 or Snell standards) for all rides. Make sure your bike is in good working order and bring: spare inner tube and/or patch kit, water bottle, and rain jacket (depending on the weather). Call trip leader ahead of time to reserve.

5/03 Sun C+ Rodney Horner 339-0944 9:00 at Rodney's House, 15 miles Second Annual Buffalo Teleport Ride, Short but hilly ride, all uphill, Rodney's house (the starting point) is about a 25 min drive from HQ.

5/03 Sun A/B John LeBlanc 233-0588 10:00 at Clairton Park, 70 miles Long ride on easy terrain in the Mon Valley. The plan is to ride to Elco (just past Roscoe) for lunch at Tim's Bait Shop (don't worry, they have a very nice marina and restaurant). This is one of the last days left to get ready for TOSRV.

5/16 Sat C Terry Gossard 321-2382 10:00 at North Park, 25 miles Ride to Evans City and return. Scenic ride with reasonable hills. Meet at Olympia Grove near the skating rink. Call Terry for more details.

5/17 Sun C/D Jeff Marsh 384-7827 9:00 at Ohiopyle Bike Path, 20 miles Ride the bike path as much or as little as you want. Rentals available at Ohiopyle. Great trip for an easy scenic day of cycling. Call Jeff to reserve.

5/31 Sun C Chuck Ejzak 466-6196 10:00 at Mon Valley, 35 miles Meet in Elizabeth under the Rt 51 bridge. Ride on the gentle terrain along the river. Ride includes a tour of Rippepi's Winery just outside of the city of Monongahela. Bring money for lunch. Call to reserve.

Evening Trips Thursday May 14 and 28 Judy Menosky 242-0573 6:30 at AYH HQ
Evening rides of intermediate pace. Call Judy for more information and to reserve.

White Water Kayaking

The AYH kayaking program provides an opportunity for people to experience this exciting sport on the many scenic and sometimes challenging rivers in Western Pennsylvania. Despite the often dangerous *macho* image shown on TV, kayaking is an enjoyable and safe sport for both men and women of any age. We are lucky to have a wide variety of rivers available; from scenic ponds and quietly flowing rivers to other rivers geared to really pump up your adrenaline level.

We schedule several trips each month during the summer paddling season. Trips meet at the Pittsburgh Council headquarters in Mellon Park and carpool to the river of the day. A small fleet of kayaks (in many different sizes and shapes) are available for trippers (of many different sizes and shapes) to use on our trips. Day trips typically end with a dinner stop on the return to headquarters.

We offer basic instruction in the skills of white water kayaking at our beginning level schools. Beginning schools are usually scheduled as a weekend outing with the first day having an introduction to kayaking and practice on a nice flat lake. After an overnight hostel stay, the second day provides a chance to use your newly acquired skills on an easy white water river. Other schools and trips offer additional training.

To make your day more enjoyable, on all trips paddlers should bring: clothing and "river" shoes appropriate to the season and weather, lunch in a waterproof containers, a generous supply of drinking water, sunscreen, and a change of dry clothes.

Kayaking with a friendly group of fellow paddlers is an enjoyable way to see our Pennsylvania rivers from an entirely new perspective.

Helmets: Required for MVC and SABRE

Most avid cyclists would not even think about riding without a helmet, but there are still a surprising number who have yet to be convinced. On an increasing number of rides, the insurance companies which provide liability coverage are pushing the sponsoring organization to require helmets. As part of the revised National AYH trips policy, bicycle helmets are to be worn by all cyclists when they are riding. This year, approved bicycle helmets will be required on both of the major AYH rides (MVC and SABRE). Up until this year, helmets were strongly encouraged but not required on those two rides; although they have been required on all of the other AYH rides over the last 10 years.

Today, more than ever, there is little reason to ride bare headed. Virtually any bicycle helmet weighs one pound or less, and many weigh about half of a pound. Ventilation is good as long as you are moving. (Hint: In hot weather, remove your helmet at rest stops.) Many models are available for under \$35 and can be found in many stores which sell sporting goods or bikes. Just make sure that the helmet you buy is designed as a bicycling helmet and meets either the ANSI Z.90 or Snell standards. Read the instructions carefully to ensure that it is properly adjusted to fit you, take note of any special care required (like cleaning instructions), and wear it properly whenever you ride.

Generally, bicycling helmets can be divided to three categories: Hard Shell, Soft Shell, and MicroShell. While they all can be made to meet ANSI and Snell standards, there are some advantages and disadvantages of each.

Hard Shell

As the name implies, this helmet has a tough rigid shell. Its advantages are that it offers more protection in impacts against sharper objects which might tend to pierce the other two types, and that it tends to hold up better under rougher handling. The chief disadvantage is the weight. These tend to weigh about one pound each.

Soft Shell

After hard shell helmets were on the scene, some manufacturers found that they could meet the standards just as well by using a thick enough layer of styrofoam or other similar material. After all, the styrofoam is what really absorbs the shock in all of the helmet designs. An interesting feature of soft shell helmets is that they usually come with a cover, typically some combination of netting and lycra. Covers provide another opportunity for fashion because they can be made to match or coordinate with your other cycling clothes. For this reason some folks may think that the cover is just a plot by the bicycle clothing industry to make you purchase more stuff. While the covers may be part of a plot, they are important to the safety of many soft shell helmets. The cover helps to provide integrity in the event of a crash, so if you have a soft shell helmet, find out whether the cover is necessary before you ride without the cover. The advantage of soft shell helmets is sub half pound weight. The disadvantages are that they don't protect as well against penetrating type impacts as a hard shell and that they require more careful handling and storage to avoid damage.

Microshell

A more recent entry into the helmet choices, the microshell combines the light weight of the soft shell with the practicality of the hard shell. Most of the helmet designs fall into this category. Weights of the microshell are typically only a couple of ounces more than comparable soft shell design and the microshell helps to protect against minor bumps from handling. Its disadvantage is that it doesn't offer quite the same amount of protection against penetrating impacts as the hard shell.

There were several crashes that I know of that occurred on rides last year where helmets made a substantial difference. In one case, a cyclist ran into the side of a truck. Because she was wearing a helmet, her injuries amounted to a very mild concussion. She was able to ride the very next weekend. If she had not been wearing that helmet, her injuries could have been quite severe, if not fatal.

Pittsburgh VRC Hostel Closed

The Vocational Rehabilitation Center has closed to hostellers as of April 15, 1992. Pittsburgh Council is looking for new accommodations for hostellers, either by referral to other housing or, preferably, by opening or chartering a new hostel. Hostellers should contact the Pittsburgh Council office at 412-422-2282 for the latest information.

Whitewater Kayaking Trip Scheduled

There will be a whitewater kayaking trip on May 17th, led by Dave Casassa. It will be a Class II-III trip and will leave headquarters at 8:00 am. Call Dave at 963-1869 to make reservations. According to Dave, all paddlers are welcome—there will be no discrimination on the basis of boat preference. Weather permitting, he will shoot for a lesser-known small stream—not the Middle Yough! Massive carbo-loading afterward, Dave tells us.

Triangle
Computer Publishing

3301 PONOKA ROAD, PITTSBURGH, PA 15241

GRAPHIC DESIGN



TECHNICAL WRITING



PRODUCTION



(412) 833-7765

1991 MVC Statistics:

Registered Riders: Total (886), 100 Miles (231), 65 Miles(350), 35 Miles (250), No Shows (55)

Volunteers: (* indicates MVC Committee Member)

Registration: Lynn Ejzak*, Jacky Eberle, Chris and Fred Parker, Judy Menosky, Chris Kline

Parking: Chuck Ejzak*, Bill Luther,

Road Crew: John LeBlanc*, Jeff Marsh*

Publicity: Joe Hoechner*

Food: Marianne Kasica*, Larry Laude*

Ten Mile Creek: Terry Gossard, Steve and Carla Martin

Fayette City: Joel Platt*, Blanche and Jack Asherman, Royanne Mac

Mingo Park: Marianne Kasica, Larry Laude, Jack Peth, Steve Nydes, Carol Doman and her children,

Corner Marshals: Ron and Mary Jo Collins

Radio: George Jacob

Volunteers: Bill Eberle*

Special Thanks to Emma Williams, Dr. Solon, and the Fayette City Community Center for allowing us to use their facility again for the snack stop on both the 100 and 65 mile rides and to the Monnesson Amatuer Radio Club (first year) for setting up a communications network between Mingo Park and Elizabeth. We are sincerely sorry if we missed mentioning someone; (We had to reconstruct some of our records after our PC broke). We are grateful to all of you for making the 1991 Mon Valley Century, the best one to date.

Thanks goes out to everyone who registered and rode in the MVC. A total of over \$2500 has been added to the Pittsburgh Hostel Fund, with \$577 of that amount being in donations from 96 riders. We also want to acknowledge our sponsor TRM Cycles of Mt. Lebanon/Pleasant Hills and also Country Pedal's of Somerset who made a contribution.

For Runners

If you are interested in running, there are two groups you should know about:

South Park Road Runners

Mr. Norman Conway

Membership Chairman

1104 Braun Road

Bethel Park, PA 15102

831-0109

Pittsburgh Runners Association

Theordoe R. Vaux

President

Road Racing Consultant

PO Box 11120

Pittsburgh, PA 15237

1991 Mon Valley Century, Sunday August 18

In spite of light morning rain, over 850 cyclists headed south out of Elizabeth for the sixth MVC. Fortunately, the rain was never hard and cleared up by late morning. The rest of the day became quite pleasant. The riders were divided into 100, 65, and 35 mile rides. About 230 riders registered for the 100 mile ride, although we believe that a substantial number opted for the 65 miler instead because of the rain. Registrations for the 65 and 35 were roughly equal.

Route

The first 10 miles follow the river valley with short gentle hills and good views of the river. After crossing the Mon, the route begins a long gentle climb out of valley. Although much of the climbing is gentle, there are a couple of steep climbs in this stretch. The first challenging climb appears just outside of Bentleyville. After reaching the top, the roads gently roll to the town of Beallsville. Just after crossing US Route 40, we found a surprise. Some road crew concluded that the best time to tar and chip part of the route was the Wednesday before the MVC. Fortunately, the stretch was only a few miles long.

After getting back on good road, the route led to Ten Mile Creek County Park, and the Southern border of Washington County. Next, the route headed north toward Brownsville and the formidable Albany hill, the most challenging climb on the ride. After conquering Albany, the riders had a pleasant ride into Fayette City to the Senior Citizens' Center for another food stop, where they met up with the 350 riders on the 65 mile route. Both rides followed the flat terrain along the river north through the city of Monongahela where all three rides merged into a common route toward Mingo Creek County Park, for a sumptuous lunch.

After lunch, the 35 and 65 milers returned to Elizabeth by backtracking the 35 mile route, while the 100 milers added a fifteen mile loop heading west out of Mingo toward Eighty-Four, Thomas, and the Mingo meeting house before heading back through Monongahela and into Elizabeth.

Highlights

Lunch at Mingo Park, Food Stops, Flat 35 and 65 mile rides in Southwestern PA, Hills on the 100 mile ride, route markings, riders and the volunteers.

Lowlights

Stretch on the 100 mile ride which was recently tar and chipped, early morning showers, and the bridge expansion joints on the Mon City bridge.

"There is precious little in civilization to appeal to a Yeti."

Sir Edmund Hillary



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Road Bike Tours • Club Membership

Open evenings & Sundays

4931 Library Road
Bethel Park, PA 15102

(412) 854-4273

Mon Valley Century

August 23, 1992

Costs

The prices are going up a little, but pricing structure is being changed to make the MVC T-shirt an optional item. Early registration is \$8 with a T-shirt for \$6 more, total \$14. Early registration deadline: August 2. On August 3 or later including the day of the ride, registration will be \$10 and T-shirt will be \$8 for a total \$18.

Start

The MVC will start in Elizabeth, PA from the Bingo Hall. Pick up registration packets containing map, rider number and related items before starting your ride. Registration opens at 6:30am. The following starting times are recommended so you will not be too early or late for any of the rest stops or lunch. 100 miles: 6:30am-8:00am 65 miles: 7:30am-10:00am 35 miles: 9:00am-11:00am.

Route

Large sections of each ride follow the Monongahela River. The scenery varies from dying industrial towns to spectacular views of the river and wooded hillsides. Each ride breaks away from the Mon Valley along Mingo Creek to Mingo Park. Mingo Park features two well restored covered bridges and lunch. You will have a choice of 100 miles, 65 miles, or 35 miles. The 100 mile route is composed of equal portions of hilly, rolling, and flat terrain. The most challenging climb occurs just out of Brownsville and is nearly two miles long. (All of the other hills are much gentler). The 65 and 35 mile rides are flat to gently rolling and are well suited for intermediate and beginner riders. All routes will also be marked with arrows on the pavement.

Food

A lunch stop is included for all riders. 65 milers also receive a snack stop. Century riders receive 2 snacks, at 30 and 50 miles in addition to lunch. There are many convenience stores along the route.

Support

A sag will pick up those who can't finish due to bike problems or fatigue. (You and your bike are expected to be in good condition before the ride starts.)

Cost

\$8 on or before Aug 2, 1992: \$10 thereafter and the day of the ride. Please note that t-shirts are not included in the basic price.

T-Shirt

Only riders who prepay for a t-shirt with their registration by August 2 will receive their MVC t-shirt on the day of the ride; t-shirts will be mailed to those who register on August 3 or later (expect six weeks for delivery). Those who do not indicate a size will receive a Large.

Contact Lynn or Chuck Ejzak, (412) 466-6196

Helmets

The Pittsburgh Council AYH requires all cyclists to wear an approved bicycle helmet for this event.

Proceeds

Net proceeds from the MVC benefit the Pittsburgh Hostel Fund which will be used to help establish a full-service hostel in the city.

Call for Volunteers

Without volunteers, the MVC just could not go. Volunteers are needed for registration and check-out, the food stops, parking, and sag drivers. Although these jobs are not easy, it doesn't mean that they aren't fun. To help keep the MVC successful, we need more volunteers to keep up with the growing number of riders. If you have a nonriding partner who is looking for something to do that day or if you have already ridden the MVC a couple of times, why not volunteer? To help you make up your mind, consider this:

The MVC Volunteers' ride does the MVC route one week before the MVC happens. While this is mostly to have fun (we like to ride too, you know), it also helps to check out the route markings. This year we will provide a catered lunch. By the way, for some strange reason, over that last several years the weather has been better for the volunteers' ride than for the actual MVC. Of course, volunteers do not have to pay any registration fee and they do get a MVC T-shirt and lunch on the day of the MVC.

Each MVC volunteer is entitled to a free MVC registration (to give to someone else) or SABRE registration.

There is a catch to this offer; and that is that we reserve the right to limit the number of volunteers and free registrations we give. So call Chuck Ejzak (466-6196) or Bill Eberle (833-9732) well before the normal registration deadline.

Directions to Elizabeth

From Pittsburgh follow Rte. 51 South approximately 5 miles south of Century III Mall. Just after crossing the river, take the Elizabeth exit into the town. Turn right at the traffic light (one way street). Go three blocks and bear left. Hall will be straight ahead. Park at the hall or under the bridge in the public lots.

Barring any surprises like road construction, the 1992 Mon Valley Century route will be the same as last year. Additional good news is that we found another large parking area in Elizabeth, which will help to ease some of the parking problem.

Gatorade Controversy: Based on comments we received, the food will be very similar to last year's ride. The only significant change from last year's food will be the Gatorade. To date, we have mixed Gatorade at half strength because it usually goes down easier on a long ride. Many riders complained about "weak" Gatorade. Believe it or not, we mixed the Gatorade at half strength because we felt it would be better for you that way, not because we were that interested in saving money. This presents us with a little bit of a dilemma, because, if we mix it strong, then everyone who stands in line for Gatorade has to then get in line for water to cut it, if we mix it weak, however, then people who want it strong are stuck since there is no convenient way to make it stronger. As a compromise, (and because we do not want to appear cheap!) we will mix Gatorade full strength at lunch and perhaps one of the other foodstops. We will use half strength stuff at the first rest stop on the 100 mile ride.

Mon Valley Century Registration Form

Mail to: Pittsburgh AYH, Dept MVC, 6300 Fifth Ave., Pittsburgh PA 15232
Include a self-addressed, stamped envelope for confirmation.

One person per form, please. Copies accepted.

Make checks payable to: Pittsburgh AYH

Name: _____

Address: _____

Phone: _____

Emergency phone, day of ride: _____

100 mile 65 mile 35 mile

Age: Under 18 18 or older

T-shirt size: Small Medium Large XLarge

(If none marked, a Large will be provided.)

Registration

\$8 by August 2

\$10 after August 2

Official T-shirt

\$6 by August 2

\$8 after August 2

Donation to Pittsburgh AYH:

Total:

Make check payable to Pittsburgh AYH

Liability Release

Must be signed by all riders (or legal guardian if under 18)

I have read and understand this form and the bicycling event it describes, and I understand that the Pittsburgh Council American Youth Hostels REQUIRES me to WEAR a Snell or ANSI approved helmet during all of my bicycle riding on the Mon Valley Century. If I stop wearing an approved helmet, I understand that my participation in this ride is IMMEDIATELY TERMINATED. I do voluntarily request the right to participate in this bicycling event. In consideration of the Pittsburgh Council, AYH admitting me to this program and its administration of the same, I do hereby discharge, release, and hold harmless the American Youth Hostels, Inc., Pittsburgh Council, AYH, its officers, trip leaders, volunteers, and workers participating in this bicycling event, individually and collectively from any and all liability for damages of any kind or character resulting from any injury or condition I may suffer, or which may result from my participation in this bicycling event.

I do hereby request and consent to, and permit emergency treatment in the event of injury or illness.

I will abide by traffic laws and regulations and will practice courtesy and safety in bicycling. I acknowledge that collisions, falls and various types of injuries do occur when bicycling. I have trained sufficiently for participation in this bicycling event and have inspected my bicycle to assure that it is in good and safe condition.

Signature: _____ Date: _____

(parent or guardian if under 18)

WPW Bicycle Club

PO BOX 6952 Pittsburgh PA 15212

Fact Sheet

The Western Pennsylvania Wheelmen (WPW), founded in 1969, is one of the largest bicycle clubs in Pennsylvania with over 1,000 individual and family memberships. Our purpose is to promote the general interests of bicyclists, to educate bicyclists in safe riding methods in adherence to the State Vehicle Code, to defend the rights of bicyclists, and to advocate the use of bicycles for pleasure, health, and transportation.

"Wheelmen" is a traditional term for bicyclists dating back over 100 years and in no way is intended to exclude women, or children. Our members are of all ages. Our bicycling interest range from leisurely sport riding, to mountain biking, to ultra-endurance rides.

Our 1991 WPW ride season was a great success. We organized 214 bicycle rides with 2089 bicyclists riding a total of over 70,654 miles.

The WPW is affiliated with the League of American Wheelmen, the Bicycle Federation of Pennsylvania, the Rails-to-Trails Conservancy, Bikecentennial, and the International Mountain Biking Association.

WPW members financed half of the abandoned railroad assessment study that gave birth to the local rail-trail movement and WPW members are now helping to form the organizations to promote and develop new trails such as: the Montour Trail Council, the Mon/Yough Trail Council and many others.

Benefits of being a WPW member:

Members receive a monthly newsletter, the Cycling Circular, that lists the ride schedule, club activities, updates on legislation, and projects, and articles of general interest to bicyclists;

Many organized rides scheduled each weekend from April to November;

Access to the WPW Telephone Hotline for ride schedule updates and information;

Access to WPW Ride Map Publications listing rides throughout western Pennsylvania with maps and written directions;

Access to the WPW Bicycle Video Library of movies, scenic videos for stationary bike training, and instructional videos for safety and bicycle repair; and

Membership in the WPW supports the hundreds of other bicyclists in western Pennsylvania who are actively promoting bicycling for recreation and transportation, and demanding better facilities.

In addition to our regularly scheduled rides, WPW members get together frequently during the year for special events, such as the Icycle Bicycle Ride on New Year's Day, the WPW winter party in February, the WPW picnic in August, Century Saturday in September, and our biggest event of the year, the Wheelmen's Annual Gathering (WAG) in June.

For more information, contact:

Jack Phillips, Vice President, 782-1341 (daytime)

George Schmidt, President, 521-1538 (evenings)

Fish and Boat Commission Permits

Non-powered boats under 16' using launches and parking areas owned or controlled by the Fish and Boat Commission now require a permit which costs \$10 and is valid for two years. Numbers and the permit are issued from Harrisburg. My understanding is that the numbers do not have to be affixed to your boat but you must carry your permit.

More launches are being built including the Markleton area on the Clarion, the upper Allegheny and Pine Creek. If you are planning on utilizing these facilities you might consider purchasing a permit and avoiding a fine.

To apply you need: copy of original title or dealer's sales receipt or form PFC#734 5/91, Statement of Purchase; Plus the PFC #731 application. Bob Buck has a limited number of forms PFC 731 and 734. Applications area also available at:

The Allegheny County Courthouse in Pittsburgh

The Notary Shop 635 Butler St

Pittsburgh 782-1875

Outboard Haven Verona 828-4944

Once registered, you will receive renewal notices every two years. When you sell your boat, there are transfer costs. A bill of sale is required. As of now, this permit is being honored by the DER on state park waterways.

Royanne Mac, Canoe Chairman

Stages

Prologue, May 7
Wilmington, Del.
3 miles / Time Trial

Stage 1, May 8
Dover - Wilmington, Del.
57 miles / Road Race

Stage 2, May 8
Wilmington, Del.
16 miles / Team Time Trial

Stage 2, May 9
The Pocono Mountains, Pa.
120 miles / Circuit

Stage 3, May 10
The Poconos - Hershey, Pa.
130 miles / Road Race

Stage 4, May 11
Hershey, Pa. - Hagerstown, Md.
105 miles / Road Race

Stage 6, May 12
Hagerstown, Md. -
Masanutten Resort, Va.
152 miles / Road Race

Stage 7, May 13
Harrisonburg, Va. - The Homestead, Va.
86 miles / Road Race

Stage 8, May 16
The Homestead to Wintergreen Resort, Va.
95 miles / Road Race

Stage 9, May 17
Wintergreen - Richmond, Va.
105 miles / Road Race

Stage 10, May 18
Richmond, Va.
80 miles / Circuit

Stage 11, May 19
Washington, D.C.
16 miles / Time Trial
(Tentative)



Join the WPW!

Family membership: \$11.00 per year

Individual membership: \$10.00 per year

Persons under 16 years of age can be accepted in a family membership only. The membership year is March 1 through February.

Please sign the release form below and return it with your application. Make your check or money order payable to **Western Pennsylvania Wheelmen** and send it and this application to:

Western Pennsylvania Wheelmen

PO Box 6952

Pittsburgh, PA 15212

Please list your other bicycle affiliations:

LAW AYH IMBA Bikecentennial Other: _____

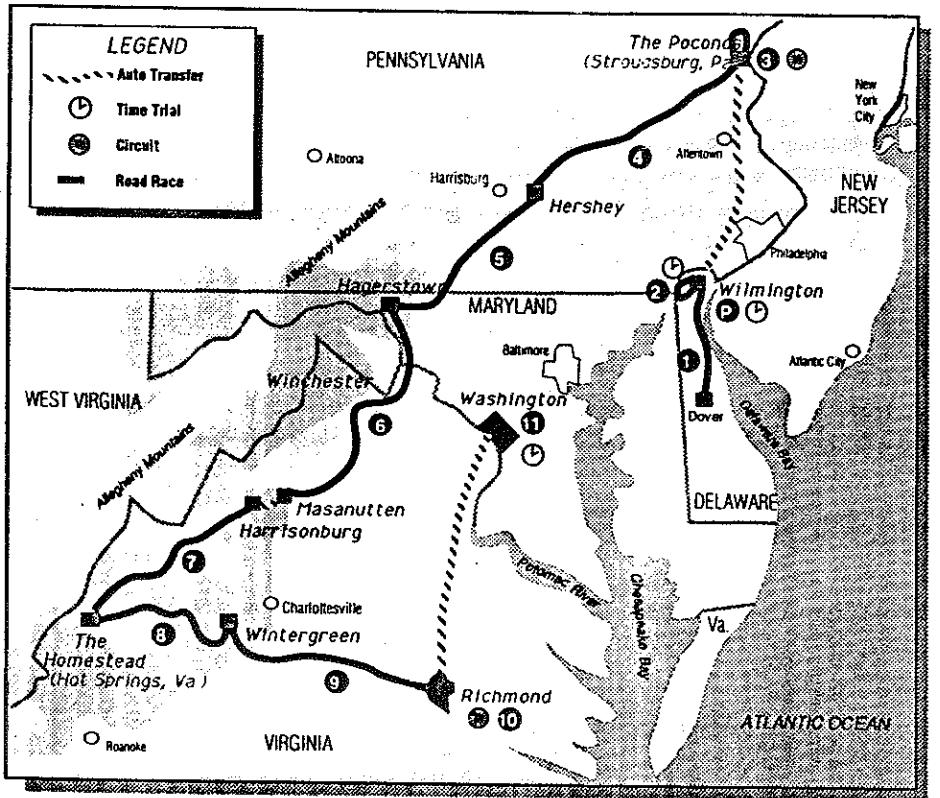
Release

In signing this release for myself and for the named person (if under 21) I understand the intent of this release and agree to above all of the officers, members and associated entities be they individuals or organizations singly and collectively of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in any activity associated with or related to the Western Pennsylvania Wheelmen.

Signed: _____

Each family member must sign.

1992 TOUR DU PONT



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WAG '92 Bicycle Rally

Registration Form

Name: _____

Address: _____

Roommate request: _____ Sex: M _____ F _____

Registration

\$10 (12-64 years of age) _____

\$8 (under 12 or over 64) _____

\$5 Sunday only _____

\$6 Official T-shirt (check size below) _____

\$53 Room/Meal package, Adult _____

\$36 Room/Meal package, 4-7 yrs _____

\$21 Room/Meal package, under 4 _____

\$28 Meal package for campers _____

\$16 Meal pkg for child campers 4-7
(under 4, no charge) _____\$13 Saturday banquet only (for those
not taking meal or room plans) _____**Total** _____T-Shirts available only by preorder;
must have payment in by May 15th.T-Shirt size: Small Medium Large XLargeOther: Meatless menu Bringing a tandem

Make check payable to: Western Pennsylvania Wheelmen

Room packages are for two nights; meal packages are for five meals. Packages do not include registration fees. The Banquet is included in meal packages.

Release of organization and sponsors:

I know that bicycling on public roads is a hazardous activity with risks of injury, and I assume the risks. I understand that the Western Pennsylvania Wheelmen, its ride leaders and other members, welcome my participation on this ride, but are not responsible for my safety or liable for any injury that might result. I will observe the rules of the road and ride carefully to ensure my own safety as well as the safety of those with whom I share the road.

Signature of participants: _____ Date: _____

Date: _____

Parent or guardian if under 18: _____

Name of responsible adult attending WAG: _____
(if participant is under 18)

WAG '92 Bicycle Rally

Sponsored by the Western Pennsylvania Wheelmen

June 5, 6, and 7, 1992

Slippery Rock University

Slippery Rock PA

The Western Pennsylvania Wheelmen's 21st annual WAG weekend will be headquartered on the campus of Slippery Rock University in scenic western Pennsylvania and will feature a variety of rides. The tours leaving from Slippery Rock are flat to rolling with hills in the WAG tradition. Friday night registration runs from 4 pm to 11 pm and includes a wine and cheese party. The rides start Saturday with distances of 16, 22, 38, 50, 68 or 104 miles. On Sunday, you can do 16, 35, 45, or 68 miles. All rides start outside of Founders Hall.

The WPW strongly recommends the use of helmets.

Facilities

Riders will be housed two per room in the dorms, with men's and women's restrooms on each floor. Bicycles can be kept in your room. Bring your own blankets, towels and pillows; bed linens will be provided.

Meals

Breakfast is served cafeteria style with all you can eat. Sandwich makings will be available to make your own sack lunches. The Saturday evening banquet will be served cafeteria style.

Registration

The deadline for registration is May 24 for rooms and/or meal packages. Single day participants can pre-register or register upon arrival. Please register early.

Camping

The University maintains a campground on campus. There is usually ample space, so reservations are not needed. In addition, there are several private campgrounds in the area. Campers can register for the campground at the check-in desk when arriving at WAG.

Emergency Phone Numbers

Campus Security can be reached at 412-794-7249. The Founders Hall number is 412-794-9015. Leave these numbers at home for emergencies only.

For additional information or registration confirmation, send a SASE to Western Pennsylvania Wheelmen * WAG '92 * PO Box 6952 * Pittsburgh PA 15212.

Sea Kayaking Basics

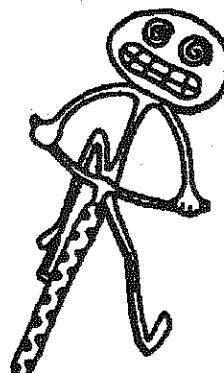
Sea Kayaks are the direct descendants of the Huntsman's boats or Eskimo kayaks and are now gaining popularity as versatile recreational craft. Structurally, they are longer than whitewater kayaks and they incorporate more stable hull designs with keels for straighter tracking. Sea kayaks are touring craft. You paddle them rather than relying on a river current for motion, and proper paddling technique is a good form of low-impact aerobic exercise.

The AYH sea kayaks have been used in local flatwater rivers and lakes, swamps rich in wildlife, exploring coastlines on the Great Lakes, and ocean touring in the Atlantic from the Outer Banks of North Carolina to the seacoast of Down East Maine. Spring is the best time to begin sea kayaking. The boat and spray skirt provide insulation to keep you warm even in cold weather and protect against the wind, water and waves. In cooler weather you will need layered clothing that can be adjusted for comfort, an old pair of shoes that might get wet or muddy, a hat, sun lotion and sunglasses, raingear, a water bottle and lunch. A complete change of clothes and a towel should be double wrapped in water-proof bags and brought along. Contact the trip leader about local conditions and details about a trip.

The AYH Program: If you are interested in learning sea kayaking, remember: easier trips are planned earlier in the season, then longer and more technical trips for later in the summer and autumn. Introductory trips are scheduled weekday evenings to small, local lakes where there is no destination, or a group to keep up with. You can learn to paddle straight and efficiently, carve turns, brace or roll the kayaks at your own pace.

Look for the current month's sea kayaking schedule in the centerfold.

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Cycling

For all trips: Approved bicycle helmets are required (ANSI Z.90 or Snell standards) for all rides. Make sure your bike is in good working order and bring: spare inner tube and/or patch kit, water bottle, and rain jacket (depending on the weather). Call trip leader ahead of time to reserve.

Date	Leader	Phone	Trip Description
May 3	Rodney Horner	339-0944	2nd Annual Buffalo Teleport [C+] A short but hilly ride, all uphill. Rodney's house (the starting point) is about a 25 minute drive from HQ.
May 3	John LeBlanc	233-0588	Clairton Park [A/B] A long, 70-mile ride on easy terrain in the Mon Valley. The plan is to ride to Elco (just past Roscoe) for lunch at Tim's bait shop (don't worry, they have a very nice marina and restaurant). This is one of the last days left to get ready for TOSRV.
May 14	Judy Menosky	242-0573	Evening ride A ride at an intermediate pace. Meets at AYH HQ at 6:30 pm. Call Judy for more information and to reserve.
May 16	Terry Gossard	321-2382	North Park/Evans City [C] Meets 10:00 am at North Park. A 25-mile ride to Evans City and return. Scenic ride with reasonable hills. Meet at Olympia Grove near the skating rink. Call Terry for more details.
May 17	Jeff Marsh	384-7827	Ohiopyle Bike Path [C/D] A 20-mile ride on the Ohiopyle bike path - ride as much or as little as you want. Rentals available at Ohiopyle. Great trip for an easy scenic day of cycling. Call Jeff to reserve.
May 28	Judy Menosky	242-0573	Evening ride A ride at an intermediate pace. Meets at AYH HQ at 6:30 pm. Call Judy for more information and to reserve.
May 31	Chuck Ejzak	466-6196	Mon Valley Trip [C] Meets 10:00 am at Elizabeth under the Rt. 51 bridge. 35 miles long trip on the gentle terrain along the river. Ride includes a tour of Rippepi's winery just outside of the city of Monongahela. Bring money for lunch. Call to reserve.

Sea Kayaking

See page 11 for background information on Sea Kayaking.

Date	Leader	Phone	Trip Description
May 5	Mark Mistrik	441-8293	Introductory Trips (North Park Lake)
May 19			
June 9			Introductory level Sea Kayaking trips to North Park Lake. Beginner instruction provided on a calm, flatwater lake, intermediate rescue instruction, sea kayak rolling, or come out and spend an evening on the water. This is a good way to become acquainted with sea kayaking if you are interested in one of the longer trips. Meets 6:30 pm at Shadyside HQ
May 16	Mark Mistrik	441-8293	Presque Isle State Park Easy sea kayaking daytrip to Presque Isle State Park on Lake Erie. The trip begins by winding through the backwaters of the Isle, around Perry's monument, and out Presque Isle Bay along the lakeside beaches into Lake Erie. Trip concludes with a short sunset hike to the Presque Isle lighthouse and dinner in Erie.
May 22-25	Mark Mistrik	441-8293	Assateaque Island National Seashore Three-day sea kayaking roadtrip to Assateaque Island National Seashore, Virginia and Maryland. Car camping right on the seashore. Morning paddling tours of the wildlife sanctuary in Chincoteague Bay and afternoons free for beach combing, swimming, surfing kayaks on the ocean, hiking, sunbathing, loafing, etc. The island is famous for its population of wild ponies. Easy to intermediate level kayaking ability suggested with a day or evening sea kayaking trip prerequisite. Call for more information. Early reservations required in order to reserve campsites. 5:30 pm at Shadyside HQ
May 29-31	Mark Mistrik	441-8293	The Annual Flotilla Sea Kayaking camping trip down a Pennsylvania flatwater river. Easy-level paddling. Ability to cook something decadent has always been greatly admired on this trip. Canoeists welcome. 6:30 pm at Shadyside HQ.
June 6 or June 7	Mark Mistrik	441-8293	Easy Day Trip Tentative easy sea kayaking daytrip somewhere interesting, possibly into a swamp. Pace will be a little slower to accommodate bird-watching (if any), and general exploring. Call if interested, tripper feedback will help determine the trip. Time TBA at HQ.

Tuesday Hikes

Hikers are welcome to join us on Tuesday evenings as we walk a 5-mile course up over Ridge Drive in North Park. We meet at the North Park Boat House at 7:00 pm. Good opportunity for backpackers to get a workout wearing their backpacks. For more information, call Helen Coyne at 776-0678.

Canoeing

Date	Leader	Phone	Trip Description
May 2	Jim Porcelli	271-4776	Icebreaker Class I-II The first trip of our paddling season. Dress appropriately. Meet at HQ at 8:00 am. Call to reserve space.
May 3	Katherine Lynch/Don Bowman	327-0529	Class II-III For the experienced. Call Katherine to qualify. 8:00 am
May 6	Katherine Lynch	327-0529	Basic School Taught by Frank Bruns, Katherine Lynch and Bob Buck. Call to reserve space. This course teaches basic canoe strokes and safety. Meet at HQ at 6:30 pm.
May 9	Janet Suppowitz	247-4016	Class II Meet at HQ at 8:30 am. Casselman.
May 10	Clare Bunker	244-9788	Class I Easy does it!
May 13	Katherine Lynch	327-0529	Basic School Taught by Frank Bruns, Katherine Lynch and Bob Buck. Call for reservations. Meets 6:30 pm at HQ.
May 16	Gordon Bugby	371-4233	Whitewater I School Practice strokes on moving water. Downstream and upstream ferrying, river reading, safety, rescue, etiquette and scouting procedures.
May 17	Frank Bruns	561-8579	Whitewater II Refresher Practice eddy turns, peel outs, surfing, rescue, safety, and tactics for river running.
May 20	Katherine Lynch	327-0529	Basic School Taught by Frank Bruns, Katherine Lynch and Bob Buck. Call for reservations. Meets 6:30 pm at HQ.
May 23-25	Bob Buck	793-1480	Class II Camping Trip Camping weekend to Pine Creek or the West Branch of the Susquehanna. Leave Saturday 6:00 am at HQ. Reserve early!
May 24	Dave Casassa	963-1869	Class I-II Meets at HQ at 8:00 am.
May 27	Katherine Lynch	327-0529	Basic School Taught by Frank Bruns, Katherine Lynch and Bob Buck. Call for reservations. Meets 6:30 pm at HQ.
May 30	Katherine Lynch /Don Bowman	327-0529	Class II-III For the experienced. Call Katherine to qualify. 8:00 am
May 30	Royanne Mac	335-7326	Conneaut Marsh Flatwater Trip. Bird Sanctuary. A peaceful day exploring. Leaves HQ at 8:00 am.
May 31	To be announced.		

Hiking/Backpacking

Date	Leader	Phone	Trip Description
May 1-3	Bill Lindgren (Clare Bunker)	244-9788	Cedar Run/Whiteoak Canyon Shenandoah National Park These are two of the deepest and steepest ravines in the SNP. Whiteoak Canyon is one of the scenic gems of SNP; both canyons have high falls, sheer cliffs, and deep pools (10 miles); Sunday: Lewis Spring Falls - Hawksbill (the highest mountain in SNP with excellent views) - 9 miles. Camping at Big Meadows.
May 16	Jim Ritchie	828-0210 (h) 624-1220 (w)	Baker Trail, Armstrong County This is another maintenance hike. This time we have a huge rottweiler with his doghouse on the trail. We want to bypass the doghouse. Also, a few miles away, a clearcut has removed many of our blazes. We'll go in and restore the route.
May 29-31	Glenn Oster	364-2864	Dolly Sods Intermediate backpack trip. Treat yourself to the wonder of Dolly Sods - a favorite among West Virginia's wild areas - 20 miles. Call for information and reservations.
May 30	Steve & Jenann Tubbs	279-4866	Bushwacking A 12 mile hike on Chestnut Ridge. Meets 8:30 am at HQ
June 5-7	Bill Lindgren (Clare Bunker)	244-9788	Appalachian Trail/Jeremy's Run Shenandoah National Park Saturday: 12 very gentle miles on the AT. Sunday: Jeremy's Run, one of the most beautiful streams in the Northern section of the park (10 miles). Camping at Matthew's Arm.
June 6	Jim Ritchie	828-0210 (h) 624-1220 (w)	Baker Trail, Garver's Ferry to Cook's Summit Intermediate hike on overland trails and along rural roads through villages of Schenley, Alladin, Godfrey, and Kelly Station; also the new rail-trail on the Allegheny River , Armstrong County; 12 miles

May Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hiking: Cedar Run 244-9788	2 Hiking: Cedar Run Canoe: Class II 271-4776 Climb: Cooper's Rocks Beg. trip: 687-0766
3 Hiking: Cedar Run Cycling: Buffalo Teleport 339-0944 Cycling: Clifton Park: 233-0588 Canoe: Class II-III: 327-0529	4 Sea Kayak: Intro trip: 441-8293 Hiking North Park Helen Coyne 776-0678	5 Mid-week Ramble McKees Rocks Churches 687-4520 Canoe: Basic School: 327-0529	6 HQ Slide Show Ecuador: the Andes, the Culture	7	8	9 Canoe: Class II: 247-4016
10 Canoe: Class I: 244-9788	11 Hiking North Park Helen Coyne 776-0678	12 Mid-week Ramble Ardmore Boulevard 687-4520 Canoe: Basic School: 327-0529	13 HQ Slide Show Wilderness Survival School Cycling: Evening Ride: 242-0573 AYH Town Meeting	14 National Bike Ride	15	16 National Bike Ride Hike: Baker Trail: 828-0210 Cycling: Evans City: 321-2382 Sea Kayak: Presque Isle: 441-8293 Canoe: Whitewater I School 371-4233
17 National Bike Ride Hike: Roaring Run Ohiopyle Work Party Cycling: Ohiopyle: 384-7827 Sea Kayak: Presque Isle Whitewater Kayak: Class II-II Canoe: Whitewater II Refresher 561-8579 Climbing: Cooper's Rocks Beg. trip: 687-0766	18 Hiking North Park Helen Coyne 776-0678	19 Mid-week Ramble Pittsburgh Zoo 687-4520 Canoe: Basic School: 327-0529 National Bike to Work Day	20 HQ Slide Show Open House—Party night!	21 Sea Kayak: Assateague 441-8293	22 Sea Kayak: Assateague 441-8293 Canoe: Class II camping trip 793-1480	23
24 Canoe: Class II camping trip Canoe: Class III: 963-1869	25 Canoe: Class II camping trip	26 Hiking North Park Helen Coyne 776-0678	27 Mid-week Ramble Boyce Park: 687-4520 Canoe: Basic School: 327-0529	28 HQ Slide Show Russia under Communism Cycling: Evening Ride: 242-0573	29 Hike: Dolly Sods: 364-2864 Sea Kayak: Annual Flotilla 441-8293	30 Hike: Dolly Sods Hike: Bushwacking: 279-4866 Canoe: Class II-III: 327-0529 Canoe: Conneaut Marsh: 335-7326
31 Cycling: Mon Valley 466-6196 Canoe: TBA						

Mid-Week Rambles

All mid-week rambles are on Wednesdays. They meet in the upper parking lot at HQ, Fifth and Shady Avenues, at 10:00 am. Trips are subject to change because of weather, conflicts of schedule, and choice of group. We will plan a walk in all kinds of weather; be prepared.

Please share expenses of transportation when trips exceed ten miles.

Suggested: one dollar per passenger.

Date	Leader	Phone	Trip Description
May 6	Marilyn & Cliff Ham	687-4520	McKees Rocks Churches
May 13	Marilyn & Cliff Ham	687-4520	Ardmore Boulevard Area
May 20	Marilyn & Cliff Ham	687-4520	Pittsburgh Zoo
May 27	Marilyn & Cliff Ham	687-4520	Boyce Park

Climbing

Date	Leader	Phone	Trip Description
May 2	Eric Bauer	687-0766	Beginner Trip at Coopers Rocks, WV
			Beginner trips are geared toward teaching basic rock climbing skills to people who have never climbed before. All you need to bring are tennis shoes and lunch. AYH supplies all climbing equipment. Space is limited so please call trip leader for reservation. Meets Saturday at 8:00 am at HQ.
May 17	Eric Bauer	687-0766	Beginner Trip at Coopers Rocks, WV
June 6	Eric Bauer	687-0766	Beginner Trip at Coopers Rocks, WV

Hiking Trip Leaders...

Lead a Hike in June—June is Bog Month

The hottest thing in hiking today is bog hiking. If you know the trails through a bog area, call Jim Ritchie at 828-0210 (h) or 624-1220 (w) and volunteer to lead a bog hike. Suggested bog areas include:

Conneaut Marsh	Hartstown Swamp
Schollard Wetlands	Geneva Swamp
Erie National Wildlife Refuge	Pine Swamp

The trip listing submission deadline for June is May 7.

May Shows

May 7
Ecuador: the Andes, the Culture
Karen Peterson

May 28
Russia Under Communism: the Pre-Lib Years
Art Papp

May 14
Wilderness Survival School
Ralph Moffat

May 21
Open House—Party Night
Join us!

To volunteer to do a show, call Tom Rodgers at 621-6310

Rails to Trails Hikes

Harmony Trails Council (North Hills)

The Harmony Trails Council was formed to promote, establish and maintain a multi-use public trail system following the old Harmony Interurban line from Warrendale to Ingomar for walkers, joggers, bicyclists, skiers, non-motorized traffic, horse riders, and physically challenged persons.

Harmony Trails Council * 9955 Grubbs Rd * Wexford PA 15090

Butler-Freeport Community Trail Council

The Butler-Freeport Trail will follow the 20-mile former Butler Branch Rail Line of Conrail. The Line ran from the Butler in Butler County to Freeport Borough in Armstrong County. The line passes through wooded areas, open farmland, small vilalges, deep valleys, and along scenic Littel Buffalo and Buffalo Creeks. This right-of-way is unmatched in the natural beauty it provides.

Butler Freeport Community Trail Council * PO Box 533 * Saxonburg PA 16056

Ohio to Erie Trail

A retired state bicycle coordinator's determination to "make everything available for bikes" provided the catalyst for the creation of an unusually broad-based coalition committed to planning a multi-recreational trail system from the Ohio River to Lake Erie. From the Horseman's Council to the National Park Service, and from American Youth Hostels (Columbus Council) to the Ohio and Erie Canal Society, this diverse group hopes to complete the 320-mile trail system connecting Ohio's three largest cities - Cleveland, Columbus and Cincinnati - by the year 2000.

West Virginia Seeks Rail-Trail Preeminence

Declaring that his state has "a unique opportunity to be the rails-to-trails capital of the United States", West Virginia Governor Gaston Caperton has approved the development of a master plan for trails and greenways throughout the Mountain State.

Caperton's action came in the wake of a statewide rails-to-trails meeting, and it closely followed the formation of the West Virginia Rails-to-Trails Council.

In making his announcement, the governor specifically noted that rail-trails provide not only recreation benefit but also "great opportunities for economic development in and around the adjacent communities."

Two Cheers--and Counting

The Rails-to-Trails Conservancy (RTC) is applauding the efforts of RTC member Judy Kovalchick, who's personally responsible for creating two rail-trails in western Pennsylvania.

Kovalchick, who has the advantageous position of vice president of Kovalchick Real Estate and Salvage Company, was introduced to the rails-to-trails concept in 1989 when the Roaring Run Watershed approached her about donating a four-mile corridor in Apollo.

Two years later, when her company acquired another route for salvage, she invited fellow RTC member Laurie LaFontaine to tour the line by mountain bike and horse. "After seeing the waterfalls and listening to the sounds of Black Lick Creek, I knew this had to become a trail", Kovalchick said.

She went home and discussed the idea of a donation with husband (and company president) Joseph. He agreed, and in September 1991, Kovalchick Co. deeded the 16-mile corridor to Indiana and Cambria Counties.

Dubbed the Ghost Town Trail because it traverses abandoned mining communities, the first section is scheduled to open late this year.

"Money can't buy friends, but you can get a better class of enemy."

Spike Milligan

From the looks on their faces, these two contestants from last year's Great Ride either haven't ridden yet, or they just finished!

Rails to Trails Festivities Planned for October 3

Whoever would have thought the idea of recycling abandoned rail corridors into trails would result in 500 rail trails throughout the country? That's what the first National Rail-Trail Celebration will commemorate on Saturday, Oct. 3, 1992, coinciding with the anticipated opening of the nation's 500th abandoned corridor conversion.

Under the slogan "500 Trails - One Great Idea," events around the country will feature politicians, celebrities and millions of trail supporters. Organizers hope that even President Bush will see advantage in sampling a rail-trail that day. Among the kinds of events expected on and around October 3 are trail related hikes, marathons, bicycle tours, horse rides, bird counts, ribbon cuttings, tree plantings, walkathons, skating demonstrations, wheelchair races, pony exhibitions and much more.

The celebration is being organized by the Rails-to-Trails Conservancy (RTC), a national non-profit organization created to foster the conversion of abandoned rail corridors into trails for public use. As of March 1992, RTC had files on 450 existing rail-trails and had been notified by the leaders of dozens of projects that they expected ribbon cutting on their trails sometime in 1992.

Rail-trails are recreational and transportation paths created for public use from former railroad corridors. RTC does not promote the abandonment of active railroad lines, but works to preserve abandoned or about-to-be abandoned corridors for public use. RTC is dedicated to developing an interconnected network of trails stretching across the country. The number of rail trails has grown tremendously in recent years. The first two rail-trails opened in the midwest during the mid 1960's. Today, a total of 4890 miles of rail-trails are open to the public in 42 states. RTC estimated that in 1990, 54 million American used rail-trails. For information on local rail-trail projects or a copy of the Ohiopyle Bike Trail guide stop in AYH headquarters during any Thursday night open house.

Backpacking on the Appalachian Trail

Ever want to see where the A.T. starts at Springer Mountain in Georgia? Here's your chance! Join me in backpacking the Southernmost portion of the A.T. The hiking has been divided into three segments of six to eight days with weekly car shuttling that will enable you to sign up for one, two or all three weeks. Here's how the dates, distances and climbs work out -

June 13-June 19, 6 days; Springer Mountain to Unicoll Gap, Georgia; 55 miles distance; 8,800 feet of climbs (64 energy equivalent miles)

June 20-June 27, 8 days; Unicoll Gap to Wesser, North Carolina; 85 miles distance; 113,900 feet of climbs (99 energy equivalent miles)

June 28-July 4, 7 days; Wesser to Newfound Gap; see Fontana Dam (highest east of the Mississippi) and Clingman's Dome (highest point in the Great Smokey Mountains National Park); 69 miles distance; 16,900 feet of climbs (86 energy equivalent miles).

Call for information and reservations. Glenn Oster, 364-2864



Hiking and Backpacking 1992

Battlefield Hikes, Appalachian Trail, CPR and First Aid Training Are Highlights

The Hiking/Backpacking Activity Committee of the Pittsburgh AYH held its annual meeting at Linda Smithyman's house on Monday, March 31, 1992. The meeting was unusually well-attended with all present contributing to lively discussions of the evening's business.

The 1992 goals and initiatives for Pittsburgh AYH Hiking/Backpacking include several theme-centered series of hiking and backpacking trips, cpr and first aid training, a series of trail maintenance outings on the Baker and the Rachel Carson Trails, and the First Annual AYH Fall Gala Hiking, Backpacking and Wilderness Fashion Show.

Among the exciting hiking/backpacking theme series, Clare Bunker and Bill Lindgren intend to continue their pursuit of the Appalachian Trail southward through Shenandoah National Park in Virginia at least into November. The jewel of their AT season will center on an eight-day camping and hiking trip centered at Sherando Lake in Virginia's George Washington National Forest. The hiking itinerary will include 72 miles on the AT with many optional side trips.

Glenn Oster announced his intention to lead three one-week backpacking trips on the Appalachian Trail over the summer starting at the AT's beginning (or end), Springer Mountain, Georgia and ending up at Newfound Gap in the Great Smokey Mountains National Park, the total distance equalling 249 energy-equivalent miles. Participants will be able to sign up for one, two or all three weeks.

Ron Boone wants to set his sights on the Laurel Highlands Hiking Trail this summer, covering the length of the trail in one hostel-based weekend, one backpack weekend, and four additional day hikes. As you know, the LHHT is the Rolls-Royce of Western Pennsylvania hiking trails. Jim Ritchie intends to begin a nearly-infinite series of 10-12 mile hikes on the Baker Trail, covering its 141 miles over the course of several years.

If we can tear Mark Mistrik away from his sea-kayaking once in a while, we discussed the rumor that Mark wants to cover the 84-mile Susquehannock Trail in Central PA with a series of backpacks. The Asherman's, Jack and Blanche, will be leading a series of four always physically challenging hikes on the Rachel Carson Trail this year as soon as Blanche is fully healed from her tumble out of the pear tree last fall.

Lastly, Clare and Bill, leaders of the AYH Slackpacers, have proposed a very innovative series of hikes on Civil War Battlefields, probably in the Fall when the days are cooler and the Fall colors begin their show. These would include Manassass, Gettysburg, Fredricksburg & Spotsylvania, and Antietam/Harper's Ferry.

The hiking/backpacking folks will also be arranging for several cpr and first aid seminars this year, available on a voluntary basis to all trip leaders who want to refresh their knowledge and skills. Diane Bialecki will conduct cpr training and we are contacting another current AYH member to see if he would be able to teach a first aid refresher course for us. In addition, we have proposed to purchase suction venom extractors, epinephrin pins for bee sting first aid treatment and we are looking into the feasibility of purchasing and learning how to use inflatable splints. Stacy is checking out prices for plastic first-aid reference cards that trip leaders can take on the trail and that possibly AYH can sell at the Headquarters Store.

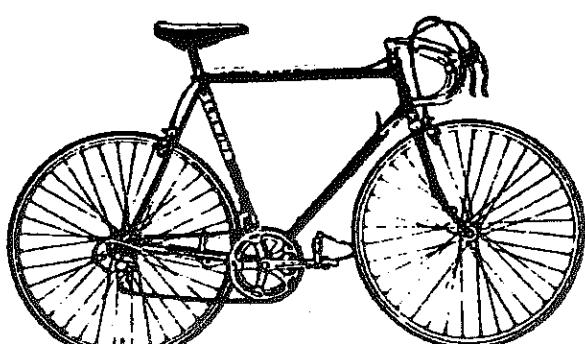
The First Annual Fall Gala Hiking and Backpacking Slide Show is planned for early this Fall with all your favorite leaders and trippers contributing their favorite 10-15 slides for an evening of fine entertainment. If you go on hikes, and you take pictures, you'll probably be contacted to contribute a few minutes to the big show this Fall.

On the serious side again, a trail maintenance initiative is planned to begin last month, April, and continue with at least one major maintenance project each month through October on the Baker and Rachel Carson Trails. The maintenance trips are planned to address specific problems, usually involving rerouting or serious brush-clearing. The group also discussed the possibility of providing t-shirts to maintenance workers both as a reward for giving their time as a volunteer but also to provide recognition and legitimacy to workers while on the trail.

Also, we plan to recruit two-person teams for trail blazing this year. The teams can work independently on an assigned section of the trail, refreshing old paint blazes on their own or participating in a group shuttle to points along the trail. For this, we seriously need the support of all the people who participate in our hiking and backpacking programs. You will probably be called over the next several months and be asked to donate one morning or afternoon of your time.

Bruce Sundquist, AYH Publications Chair, briefed the group on his efforts, extending over the next 18-24 months to update the AYH *Hiking Guide to Western Pennsylvania*. Bruce discussed the new format, similar to the Sierra Club *Allegheny National Forest Hiking Guide* format, desired in the next edition. Small areas, however, may be covered in a couple of short summary paragraphs. Bruce also said he is willing to accept already-published maps and descriptions of hiking trails and areas.

Other business included announcements regarding increases in activity fees to \$1 for members and \$3 for nonmembers per day and the imminent availability of new trail patches for the Rachel Carson and Baker Trails. The group discussed and reaffirmed the AYH policy of requesting trip leader permission to list their trips in outside media and to always offer the option of using the AYH Office or Answering Service telephone numbers for response.



Local Rails to Trails Information

Rather recently, rail to trail organizations started making their appearance in Western Pennsylvania. New ones seem to be forming at an amazing rate. While many of us know about the bike trail at Ohiopyle and perhaps one or two others, such as the Peters Creek Trail in Peters Township. Many of you may not be familiar with some exciting projects which may be ready very soon. Here is a sample of some local projects:

Friends of the Riverfront 471-7719 or 488-6835 The Friends of the Riverfront's mission is to promote, support, teach, implement and further a riverfront development scheme for the city of Pittsburgh which embraces linear greenways with public access and continuous connections, including a self-supporting, continuous hiker/jogger/biker trail connecting with minimal motorized interference, from Washington's Landing on the Allegheny River to Sandcastle on the Monongahela River (and points beyond).

Upcoming Events

May 17 5 mile walk on proposed trail as part of Land & Sea Celebration of the Riverfront.

May 23 12 mile bike ride from Washington Landing to South Side Riverfront Park and return.

Montour Run Railroad Rail line which connects Coraopolis to Clairton by following a route along the border between Allegheny and Washington Counties.

Yough River Trail Follows the P&LE rail line from McKeesport to Connellsville along the Yough. From Connellsville, the route connects with the current trail at Ohiopyle which is being extended down to Connellsville.

Butler Freeport Railroad line from Butler to Freeport.

If you are interested in any of these trails and do not know who to contact call the AYH office during normal business hours and we will tell you who to contact.

Wilderness River Cleanup

Volunteers are needed to clean up the Allegheny River in Warren County, PA during National River Clean-up week. Can you spare 3 to 4 hours on Saturday, June 20th and/or Sunday June 21st. The Sheffield Ranger District is looking for public assistance to keep the wilderness rivers clean and environmentally safe. Over 3,000 miles of rivers nationwide have been targeted for clean up. The Allegheny has several wilderness islands in this area that need some well deserved attention. The rangers are taking care of the details, they just need the volunteers!

There is free camping for volunteers including hook ups, a variety of resource seminars including field trip opportunities, slide shows or tour the Kinzua Dam. This section of the Allegheny River is part of the scenic area of the Allegheny National Forest. There are opportunities for canoeing and hiking and just enjoying the outdoors.

If anyone is interested in volunteering a few hours either Saturday and/or Sunday your help will be greatly appreciated.

Please call Tom Kollar at (814) 484-7333 or Linda Smithyman at 531-1868 for additional information.

Vaccination Tips for Overseas Travelers

Traveling overseas this summer? The Allegheny County Health Department can help you prepare for that trip abroad with any special vaccinations you may need.

"We vaccinate about 5,000 people a year for international travel, and travelers can call the Health Department at 412-578-8060 to find out which inoculations are needed in the countries they are visiting", said Joan E. McMahon, Chief of Disease Control. In general, vaccinations are recommended for travel into the smaller cities and rural sections of Third World nations but are sometimes also suggested in certain areas of developed countries due to local outbreaks.

The Health Department offers foreign travel vaccinations at two clinics:

- * **Oakland**, 3441 Forbes Avenue, 9 to 11 am and 1 to 3:30 pm, Monday through Friday, except Wednesday morning.
- * **Downtown Pittsburgh**, Investment Building, 239 Fourth Avenue, noon to 3 pm Wednesdays.

County residents can obtain cholera, typhoid and tetanus/diphtheria vaccines free of charge, although there is a \$1 cholera certification fee. The charges for other injections range from \$10 to \$32. Non-county residents are charged slightly higher fees.

Annual Picnic

Saturday

August 29, 1992

Mark your calendars!



Each Spring, over 2,000 bicycle riders meet in Schenley Park in Pittsburgh for a day of cycling. The Great Ride is an opportunity to tour the neighborhoods of Pittsburgh and several adjacent communities in the company of your friends and family. Rides of several levels are available so there should be one just right for you! The Great Ride is above all a tour and not a race and for the most part will be traveling on city roads open to traffic. All riders should be comfortable with riding in traffic. All rides begin and end at Flagstaff Hill.

The Great Ride will also feature the Celebrity Slow Race – a race featuring local celebrities who do their best to be the *slowest* rider around a short course without letting their feet touch the ground! Come and watch and cheer for your favorites.

The Great Ride is the largest cycling event in the tri-state area. Join your neighbors and bring your family and friends to one of these three Great Rides:

East End Ramble

A leisurely 17 mile ride through the East End neighbors of Pittsburgh, with one rest stop in Frick Park. "Short cuts" of 4 and 9 miles will be available. The Ramble is primarily a flat course and keeps to low traffic roads as much as possible.

The Tour of Pittsburgh

The 25 mile route is again the backbone of this year's event. The Tour will cover not only the East End including woodland views and a sun sparkling reservoir but also spectacular downtown Pittsburgh, Three Rivers Stadium and the South Side. At the rest stop at Clemente Park, you'll meet up with your friends on the 50 mile ride, so check out Art Rooney's statue or board the submarine at the Carnegie Science Center for a remembrance of World War II. Be sure to look for our "Extra Mileage Challenge" at this point if you have steam to spare as well as the 6-1/2 mile Mt Washington Challenge. Also available is a 1-1/2 mile option along the Riverfront Park for a waters edge view of Pittsburgh's Monongahela River. Two rest stops will be provided along this route, but don't let that keep you from stopping to rest at various points along the way such as the Doughboy Statue in Lawrenceville and the view of the city from high atop Mount Washington. You'll return to Flagstaff Hill for the finish of the ride. Why not ask your friends and family to join you there for a picnic lunch?

The 50 Mile Grand Tour

This tour will cover not only the 25 mile route but also will head out through the North Hills for an exciting ride down the H.O.V. car pool lane on Interstate 279 to the rest area at Three Rivers Stadium. The H.O.V. lane will be closed to automobile traffic for this event. The 50 milers will also travel down river to the McKees Rocks bridge for a return to the South Side where they will join the Mount Washington Challenge and the Riverfront Park Option, to add up to 50 incredible miles for an unforgettable experience!! Riders may also choose to follow the 25 mile route from Three Rivers Stadium or to skip the Mount Washington route for a less challenging route. Three rest areas will be provided, including two reserved just for the 50 mile riders.

How Do I Register?

Complete the entry form and mail it in with your check today! The 1992 Great Ride costs only \$9 if you pre-register by June 6, 1992. Registrations postmarked after June 6th and registrations on the day of the Great Ride are \$12.

What's Included?

The registration fee includes the 1992 Great Ride T-Shirt, route maps, route marshals to direct you, and rest areas with snacks and drinks. Lunch at Flagstaff Hill is *not* included, but feel free to bring your own or to buy lunch from our food concession. You should register by June 6 to be sure of getting a T-shirt the day of the ride; all other T-shirts will be mailed separately.

Schedule of Events

7:00 am	Registration Opens
8:00 am	50 Mile Ride Departs
9:00 am	15 and 25 mile Rides Depart
11 am to 1 pm .	Riders return to Flagstaff Hill
1 pm	Celebrity Slow Race
2 pm	Last Riders Return

Bring the Family and a picnic lunch and spend the morning with us.

Notice to All Riders

Please be sure that you are in condition for the ride you have chosen. The 50 mile ride is a challenging ride; you should have completed at least one 30 mile ride this year before attempting it.

Your bicycle also needs to be in good condition. If you're not sure about the condition of your bike, ask your local bike shop to check it out. In particular, make sure that the tires and brakes are in good condition, that the tires have enough pressure, and that all bolts and connections are tight.

All riders should be back at Flagstaff Hill by 1 pm and must in any case return by 2 pm.

Since all rides will be on city streets open to automobile traffic, riders under the age of 16 must be accompanied by an adult rider who will be responsible for their safety. Please

note that state law requires cyclists to follow all traffic laws. Riders are advised to do so for their own safety.

Riders are expected to wear approved bicycle helmets for their own safety and protection. For additional information or to volunteer, call Bill Eberle at 412-833-9732.

The Pittsburgh International Hostel

Proceeds from the 1992 Great Ride will help to establish an international youth hostel in Pittsburgh. The hostel will attract young visitors to Pittsburgh from countries around the world and give them an opportunity to experience the outstanding cultural, recreational, and educational resources of our area. Pittsburghers and American travelers will also be welcome at the Hostel to meet these young travelers and to participate in hostel programs.

New This Year — Great Ride Cycling Jerseys

This year the Great Ride is offering a Great Ride cycling jersey, a short sleeve zipper front jersey with the Great Ride logo. The jersey will also include the logo of US Olympic Cycling Team, and a portion of the cost of each jersey will be donated to the US Olympic Team. All jerseys must be ordered in advance for pickup on the day of the Great Ride; they will not be available for sale on the day of the event.



1 • 9 • 9 • 2

Registration Form

Mail to: Great Ride, c/o AYH, Room 204,
5604 Solway St., Pittsburgh PA 15217

Make checks payable to: Pittsburgh AYH

Name: _____

Address: _____

Phone: _____ Age: _____

Registration

\$9 (postmarked by June 6) _____

\$12 after June 6 _____

Official T-shirts and Jerseys

Free T-Shirt for riders _____

T-Shirt size: Small Medium Large XLarge

Additional T-Shirts \$7 each _____

T-Shirt size: Small Medium Large XLarge

Great Ride Cycling Jersey \$15 each* _____

Cycle jersey size: Small Medium Large XLarge

Donation to Pittsburgh AYH: _____

Total: _____

Make check payable to Pittsburgh AYH

* Cycle jerseys for early registrations only!

I want to help with the Great ride

I want to help with the Pittsburgh Hostel

Liability Release

Must be signed by all riders (or legal guardian if under 18)

It is expressly agreed and understood that the City of Pittsburgh, the Pittsburgh Council American Youth Hostels, and any and all individuals, organizations, or sponsors connected with this event shall not be held responsible for any loss or injury or accidents occurring before, during or after this event and are hereby released from any and all liability of any kind and nature. I understand that the Great Ride is a tour and not a race and agree to obey all traffic laws and signals. I acknowledge that I am expected to wear a cycling helmet for my own protection and safety. I acknowledge that this is a strenuous activity and certify that I am in good health. I acknowledge that there are inherent dangers and risks associated with cycling including but not limited to potholes, storm grates, motorists, sand and gravel, and physical strain, and I accept these risks. I understand that the entry fee paid by me is non-refundable. My signature below indicates my acceptance of these conditions.

Rider's signature: _____ Date: _____

Parent/Guardian if under 18 _____ Date: _____

Adult companion if under 16 _____ Date: _____

Great Ride Volunteer List

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

Do you have a non-riding spouse, friend or relative that will be "hanging around" Schenley Park waiting for your return? Pittsburgh AYH can use help at check-in or rest stops on the day of the ride, Sunday, June 28th. Let us know who they are (and tell them, too!) and we'll do the rest.

Best time: 7am to 11am 11am to 2pm 2pm to 4pm

Clip and mail before June 15, or call 412-422-2282

People-Powered Regatta

The first annual People-Powered Regatta will be held May 17, 1992 in the waters around Point Park. Almost 50 groups from three states will unite to celebrate our waters and waterfronts.

It is expected that about 600 boats using paddles, oars and sails, will be on hand.

The schedule for the event includes:

11:00 Registration and launching at Herr's Island, Allegheny River
 1:00 Begin Regatta
 1:45 Activities at Clemente Park
 2:30-3:00 Return to Herr's Island
 3:30-5:30 Catered Picnic

There will also be several simultaneous events on land, such as a Heritage Walk and a bicycle event.

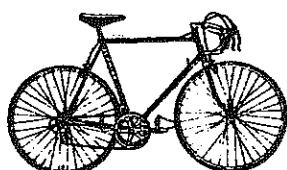
There is a Pirates game at Three Rivers Stadium at 1:30. Boats will converge on the point after the game begins and clear out before the game ends.

The registration deadline is Friday, May 8th. There is a fee of \$5 for those who register before May 8th, and a \$10 fee thereafter. For more information about this event, contact Don Gibbon at 412-241-4738 or write to

People-Powered Regatta
 c/o Three Rivers Rowing Association
 300 Waterfront Drive
 Washington's Landing
 Pittsburgh, PA 15222-4738



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Café hours: M-F 11-4, Sat 10-5, Sun 12-4

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10% Off to Non-Members with ad. Expires 8/1/92.

1992 Rafting Season

Rafting is a great way to have fun in the sun. The American Youth Hostels has an extensive rafting program. We have trips for all skill levels from first timers to experts. Our 1992 trip schedule is listed below. So, pick out a trip and sign up today. Don't miss out on the fun! For more information or to sign up for any trip, please call the trip leader or the AYH office at 422-2282.

Lower Yough, Ohiopyle, PA

Leader: Jon Maiman (h)441-2306	Put-In: 11:45 am	Dates: 6/28,7/26,8/29
Leader: Doug Bruce (h)561-5037	Put-In: 11:45 am*	Dates: 5/30,6/7,7/18,8/8
Leader: Jenny Suchin (h)486-8710	Put-In: 11:45 am	Dates: 7/12,8/2
Leader: Kevin Craig (h)486-8710	Put-In: 11:45 am	Dates: 7/11,8/1
Leader: Linda Smithyman (h)531-1868	Put-in: 11:45 am	Dates: 6/27,7/25,8/22

* Except 5/30 which is 12:15 pm

Cost is about \$25/person (including the deposit). The skill level is ALL

Ohiopyle State Park has started charging a non-refundable launch fee for each boater running the lower Yough. So we will be requiring a non-refundable deposit of \$5 per person to reserve a space for all of our lower Yough trips. If you sign up for a trip and can't go, and can't find someone else to take your place, you lose your deposit!

Description: The Lower Yough. is approx. 7 miles of Class III-IV water. We run it as a day trip and we usually use 4 man rafts. This is a good introductory trip for first time rafters. We frequently stop for dinner on the way home.

New River Gorge, Fayetteville, West Virginia

Leader: Jon Maiman (H)441-2306 Dates: 6/19-6/21,7/2-7/5,8/14-8/16,9/4-9/7

Cost is about \$65/person for 2-day trips, and about \$81/person for 3-day trips. The skill level is advanced beginner and up. Weekend Trips.

Description: The New River is one of the oldest rivers in the world. We run approx. 7 miles of Class IV water. The New is a high volume river with lots of big waves. Depending on the water level, we use 4 and/or 6 man rafts. Anyone who has been on the Lower Yough. at least once or would like a more aggressive introduction to rafting is welcome to come on New River trips. An optional group dinner is offered as part of the trip.

Gauley River, Summersville, West Virginia

Leader: Jon Maiman (H)441-2306 Dates: 9/18-9/20,10/2-10/4,10/16-10/18

Cost is about \$70/person. The skill level is advanced beginner and up. Weekend Trip.

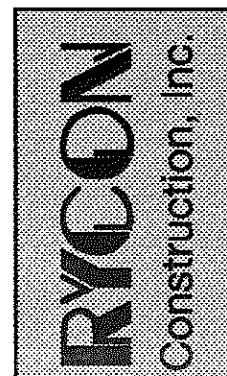
Description: The Gauley River is considered to be the classic run in the East. The scenery is spectacular and the water is great. The Gauley is generally only runnable in the fall when they drain Summersville lake in preparation for Winter. We usually run the lower section which is approx. 9 miles of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

"Power corrupts, but lack of power corrupts absolutely."

Adlai Stevenson

The Pittsburgh Council of AYH extends a special
Thank You!

to Ron Wodaski, Linda Smithyman, Larry Laude,
 Joe Hoechner, Bill Eberle and all of the others
 who contributed their time and energy to make
 this special issue possible.



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The Story of SABRE I

by William R. Eberle.

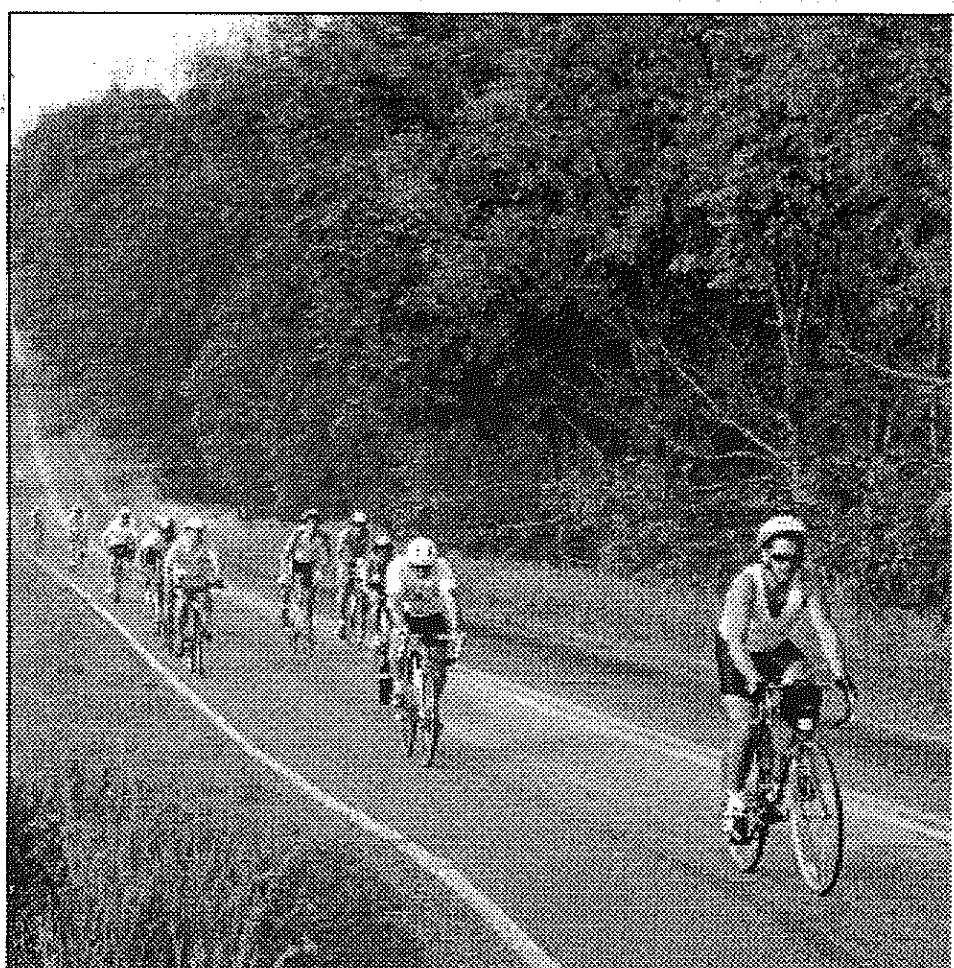
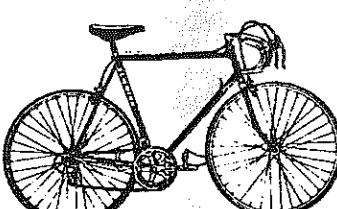
October 6, 1991 was the first year for a ride called SABRE (South Western Autumn Breeze). It was sponsored by Pittsburgh Council under the direction of Bill Eberle. The ride started at Settlers Cabin Park near the airport at the Canoga Grove. It was a chilly day that started at 7:00 am with a 15, 35 and 65 mile rides. There was a total of 704 participants who all enjoyed the crisp Autumn day and beautiful scenery as they cycled along with friends and family, for a total of 31,500 miles. The grove was decorated with pumpkins and corn stalks compliments of Trax Farms that really made the grove look warm and cozy. The first riders started returning around 11 am and the last riders were in around 2 pm and came back to a nice hot meal consisting of chicken noodle and vegetable soups, cold cuts, cheeses, cakes, cookies, hot apple cider, coffee, hot chocolate and lemonade. Each rider received a T-shirt and patch so that you were able to show off a job well done. This year we're expecting 1500 to 2000 riders who this year will receive a shirt and a pin. We hope you'll be joining us on a fun filled day of cycling and meeting new friends. This year's feast will not only see the return of the hundreds of gallons of hot Trax Farm's apple cider brought to you last year. The hot soups and cold cuts, cookies, and munchies ... oops!!! The only way you will know the full menu is to come on down to Settlers Cabin October 4, 1992 at 7:30 am. Make sure you mark the date on your calendar. And don't forget your bike, helmet, and a healthy appetite!!!

Special Thanks

I would like to take this time to thank all of the participants who came to ride SABRE. It was great seeing over 700 smiles as you rested and drank the hot cider; and also certainly deserving much thanks is my wife Jacky whom without her love, understanding, and hard work SABRE would not have been the huge success it was. Finally last and by no means least my thanks and gratitude goes to the members of the South Park Runners whose hard work kept up with the longest apple cider line I ever witnessed. Thank you Andrea (President of the South Park Runners) and Dennis Laughlin, I know you wanted to ride. Hope to see all of you October 4, 1992 for SABRE II.

Used Bicycles for Sale

Pittsburgh AYH is selling its small fleet of rental bikes. The bikes are made by Schwinn, they are touring style 10 or 12 speed drop handlebar models. All are equipped with quick release 27" wheels (front and back) with Aluminum alloy rims and diamond style (men's style) frame. Sizes: 19", 21", 22", and 24". They are being sold "as-is" which means that Pittsburgh AYH is not making any warranties about their condition. Contact Chuck Ejzak (ph:466-6196) for more information about purchasing one or more of these bikes.



Riders in last year's MS 150 are seen on their way to Presque Isle, destination of this tour. The MS 150 is a two-day cycling event; see the article on page 3 for more information.



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117 EAST SEVENTH AVE.
TARENTUM 224-9256

2 LOCATIONS

729 ALLEGHENY RIVER BLVD.
VERONA 826-1600

Directions to SABRE

From Pittsburgh, take I-279 west to the Campbells Run Road Exit. At the end of the exit ramp look for and follow signs to Settlers Cabin Park Wave Pool. (At the end of the ramp make a left then make the next left at Bishop's Ice Cream parlor. Follow that road under the interstate and up the hill. Make first right onto Ridge Road.) Pass the Wave Pool on your right and make the second left at a large wooden sign marked "Picnic Grove." Cayuga picnic grove is the second grove on the right.

If unsure, please call (412) 833-9732.

Bicycling Federation of Pennsylvania

The Bicycling Federation of Pennsylvania or BikeFed in the voice of Pennsylvania bicyclists. It actively advocates education, regulation and legislation to make bicycling easier and safer. It works to inform legislators, administrators and the public that cycling is an efficient and practical form of transportation, and to protect cyclists' rights in the overall transportation picture. For more information write BikeFed * 413 Appletree Road * Camp Hill PA 17011.

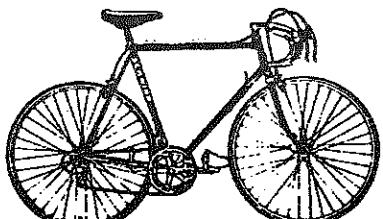
Five Borough Bike Tour

New York City's Five Borough Bike Tour is back! The Tour was cancelled last year due to lack of sponsors but will return on May 10. Thousands of riders will start at Battery Park and finish 4 hours and 42 miles later at Sailor's Snug Harbor on Staten Island. Between the start and finish, they will tour the length of Manhattan, a bit of the Bronx, stop for a rest in Queens, cycle through Brooklyn, and, after crossing the Verrazano-Narrows Bridge, find a celebratory ending on Staten Island. For an application, write The Tour of New York * c/o The New York AYH-Hostel * 891 Amsterdam Ave * New York NY 10025.

National Bike Maps

Today, BikeCentennial's National Bicycle Route Network comprises some 17,000 miles of low-traffic routes with a goal of 20,000 miles when several new routes are completed. After careful research, BikeCentennial cartographers produce three-color maps of the routes that include listings of services, weather and elevation information, and a written description of the route that details every turn. For a free map catalog, write to:

BikeCentennial
P.O. Box 8308-NA
Missoula MT 59807



Update on Pine Creek Bike Trail

Things are moving along slowly on the Pine Creek Bike Trail, which will run 62 miles from Wellsboro in Tioga County to Jersey Shore in Lycoming County, the longest rail-trail in the state so far when completed.

The Bureau of Forestry of the Department of Environmental Resources is in charge and is working on a final draft of the management plan which must be approved by its Advisory Committee, then submitted to two committees of the Legislature for review. After approval, construction can start (hopefully this summer) since \$500,000 of a \$1 million allocation is in place. Holding things up is engineering date on the 7 major (over 60') bridges and some of the dozens of smaller ones that dot the right-of-way. Completion of the entire trail may take 4 years.

For more information, contact:

Division of Forest Advisory Services
PO Box 8552
Harrisburg PA 17105
717-787-3444.

Western PA Wheelmen and WAG - June 6-7

The WPW is the largest club for touring (nonracing) cyclists in Western PA. One event that they are well known for is WAG, which stands for the Wheelmen's Annual Gathering. This year will be the 21st running of WAG which will be held again at Slippery Rock University of PA. WAG is a rally which includes a variety of rides ranging from about 5 miles to a challenging 100 mile ride called the "Bonkberry". In addition to riding, there are many other events going on ranging from an ice cream social to swimming. For those who are staying up there for the weekend, the accommodations range from dorm rooms to camping. If you can't stay for the entire weekend, you will find that Slippery Rock is close enough to drive there for just one day. Applications for WAG will be available at AYH on Thursday nights or else contact the WPW for an application (Jesse Cox 523-6743)

"I never hated a man enough to give him diamonds back."

Zsa Zsa Gabor

Working Abroad

Working Abroad! It's an adventure and it's unusual. It may be something you never thought of before. Although the idea is definitely appealing, students often become discouraged in pursuing the possibility because a permit is required to work in a foreign country.

Most countries will not grant you one unless you have a written job offer. But ... most employers will not consider your application unless you have a work permit. However, for U.S. college or university students, the Council on International Educational Exchange (CIEE) administers a unique program enabling you to work abroad legally on a temporary basis.

CIEE has negotiated a unique program with the United Kingdom, France, Ireland, Costa Rica, New Zealand, Germany, Jamaica and Canada enabling you to work abroad legally on a temporary basis.

In 1991, more than 6,000 students from over 1,000 U.S. colleges and universities took advantage of *Work Abroad*, traveled overseas, and found some type of employment within days of arrival.

CIEE is not an employment agency. However, you can rely on the various handbooks, orientations, and job leads provided by CIEE and its cooperating organizations.

You must apply through CIEE and there is a \$125 fee. A *Work Abroad* booklet is available from Pittsburgh Council or from:

CIEE
Work Abroad
205 E 42nd St
New York NY 10017.

Laurel Highlands Criterium

The Two Plus Two Velo Club and the Somerset County Chamber of Commerce are promoting the second annual "Laurel Highlands Criterium" bicycle race to be held Saturday May 2, 1992.

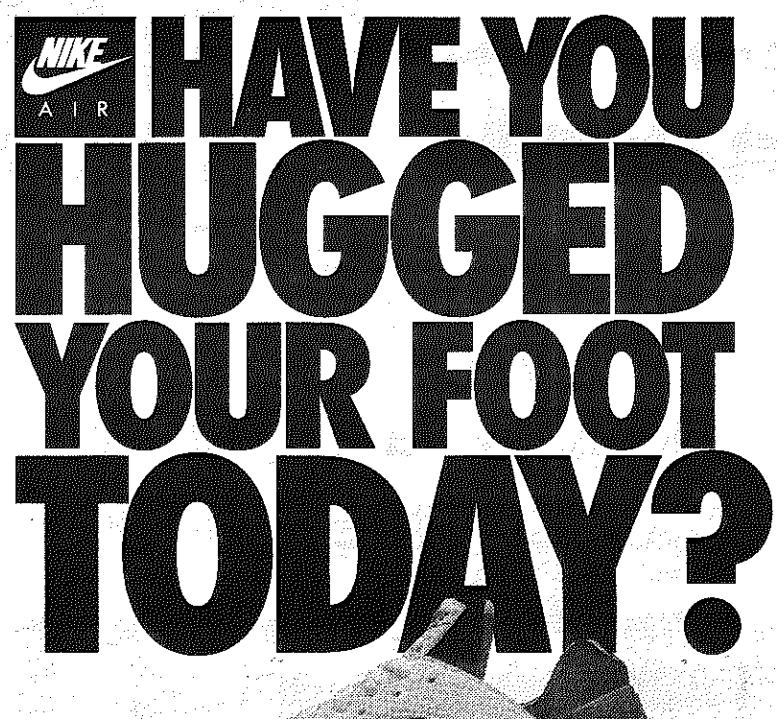
Over \$4,000 in cash and prizes will be awarded to participants in the following events: Novice, United States Cycling Federation Men, Women and Masters. A field of 180 riders from 10 states participated in the 1991 event. The field included former Olympians, current National Team Members and two National Champions.

The race is a "Criterium" style race where the racers will make a number of predetermined laps on a 1 mile course on Somerset Borough streets closed to normal motor traffic. The Union Street Playground will serve as the start/finish as well as the registration area. The first race starts at 10:30 am and the last race starts at 3 pm.

Additional information may be obtained from either the Somerset County Chamber of Commerce office at 412-445-6431 or the Berkebile Oil Company at 412-443-1656.

Kryptonite Discovered!

We have a Kryptonite Lock (without the key) belonging to rider 1596 or 1597 from the 1991 Great Ride. Call Larry Laude at 665-9554 to claim.



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SABRE

Southwestern Autumn Breeze Bicycle Tour Sunday, October 4, 1992

Presented by:

Pittsburgh Council · American Youth Hostels
Sister Tour to the Mon Valley Century

Start

SABRE starts in Settler's Cabin Park at the Cayuga Picnic Grove. Pick up Registration Packet before starting the tour. Registration opens at 7:30 am with the Metric Tour riders leaving at 8:30 am. The 25 and 15 milers depart at 9:30 and 10:30 am respectively.

Route

SABRE is a tour of southwestern Pennsylvania, and more specifically of the small rural and farming communities southwest of Pittsburgh. Cycle SABRE and see Western Pennsylvania's fading orchards and rolling fields filled with red, orange and fire yellow trees while the October skies are clear and a fresh breeze fills the air. We promise the route which during this Autumn period will be ablaze with colors, leaving you with memories that will easily carry you through the cold, slush-filled winter to come. SABRE consists of three routes for cyclists of all abilities: a challenging metric century (65 miles), as well as the 35 mile route and the 15 miler.

Food

65 milers receive two snack stops and 35 and 15 milers have 1 snack stop, but don't fill up too much because instead of finishing the Tour and simply going home like so many other rides, we will be waiting for you with an unforgettable, unsurpassable picnic lunch at the Cayuga Picnic Shelter. If the Autumn breeze is chilly, we promise to warm you up!!!

Cost, Registration Packet, Picnic

\$8 on or before September 26, 1992 (\$10 thereafter and day of Tour registration) will get you the official 1992 SABRE Pin (Guaranteed tour day to the first 1000 registered). In addition you will get a ride map and cue sheets, a rider number, sag support, and snack stops. When you finish the Tour, there will be the famous *SABRE Feast* picnic lunch awaiting you.

Helmet

The Pittsburgh Council AYH not only requires you to wear a helmet, but it is a wise investment in your own future!

Support

A sag will pick up those who can't finish due to bike problems or fatigue (you and your bike are expected to be in good condition before the ride starts).

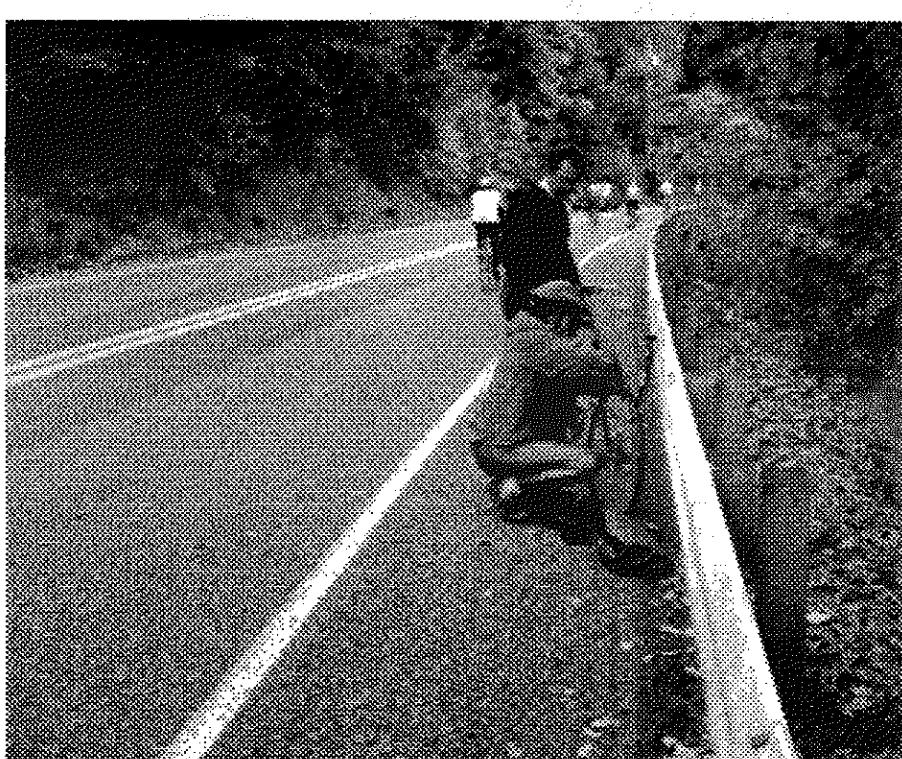
Extras, Official Shirt, Guest Picnic Tickets

With a great picnic like ours we knew you would want to bring Gram and Gramps, Friends, and Family. So for \$3, SABRE

Feast picnic tickets may be purchased for one and all. Unsure of the number of guests you'll bring? Don't worry, tickets will also be available at the picnic. We also offer the official SABRE Tour commemorative T-shirt for \$6 with preregistration before September 26 (it will be included in your packet on Tour day). Shirts will also be available September 27 through October 4 for \$8. This includes postage and the shirt will be mailed to you.

Ride Director

Questions, concerns, suggestions, or if you wish to volunteer, please contact Bill Eberle at (412) 833-9732 (phones answered 24 hours).



Get your bike in shape now for SABRE!

1992 Southwestern Autumn Breeze Bicycle Tour Registration Form

Mail to: SABRE, PO Box 113453, Pittsburgh, PA 15241

Make checks payable to: Pittsburgh AYH

Name: _____

Address: _____

Phone: _____

15 mile 35 mile 65 mile

Please contact me, I have a friend or family member interested in volunteering

How did you hear about SABRE? _____

Age: _____

Registration cost includes your picnic meal and official tour pin

Registration

\$8 before September 27

\$10 after September 26

Official commemorative T-shirt

\$6 before September 27

\$8 after September 26

Size (S, M, L, XL): _____

Guest picnic tickets

Quantity: _____ x \$3 = _____

Donation to Pittsburgh AYH

Total

Make check payable to Pittsburgh AYH

Disclaimer and Release

I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, in consideration of participating in the Pittsburgh Council American Youth Hostels' SABRE voluntarily assume all risks of accident or injury, UNDERSTAND THAT THE ROADS WILL BE OPEN TO ALL NORMAL VEHICULAR AND PEDESTRIAN TRAFFIC, waive all negligence and other duty of care, and release and discharge the Pittsburgh Council American Youth Hostels, Inc., and their trustees, officers, members, employees, and agents from any and all liability for injury, loss of life, or property damage, of any kind, sustained or arising as a direct or indirect proximate cause of said event.

I further agree and promise to INDEMNIFY AND HOLD HARMLESS the Pittsburgh Council American Youth Hostels, Inc., and their trustees, officers, members, employees, and agents from all loss and expense, including but not limited to damages, legal expenses or involvement in the Pittsburgh Council American Youth Hostels, Inc. SABRE.

I do hereby request and consent to, and permit emergency treatment in the event of injury or illness. I will abide by traffic laws and regulations and will practice courtesy and safety in bicycling. I acknowledge that collisions, falls, and various types of injuries do occur when bicycling.

I have trained sufficiently for participation in this bicycling event and have inspected my bicycle to insure that it is in good and safe condition.

Signature: _____ Date: _____

(parent or guardian if under 18)

Plum Run Festival

The Plum Run Festival is a folk art marketplace featuring juried crafts of Eighteenth Century Colonial America. Crafts such as Pottery, Furniture, Blacksmithing, Tole Painting, Woodcarving, Basketweaving and many more are featured. The artisans represent the best of Colonial American folk art.

Food and refreshments will be available, as well as demonstrations of many crafts. In addition, there will be a prize awarded each day, such as a step-back cupboard valued at \$500.

Admission is \$5 for adults and \$1 for children under 12. Senior citizen admission is \$3. Parking is free.

The Festival is open from 10 am to 6 pm on Saturday and Sunday, May 23-24 and 30-31. For additional information, call the festival at 412-769-5939.

National Bike Ride

The National Bike Ride, sponsored by the Bicycle Institute of America, is an annual ride-anywhere, ride-any-distance event designed to get as many people as possible riding bikes at the same time.

Everyone is eligible to participate. All you need to do is ride any distance, for any purpose, on any of three days in 1992: May 15, 16, and/or 17. You are encouraged to wear a helmet, and to ride at your own pace. You can start wherever you like, at home or while on vacation. If you are riding in another organized bike event, you still qualify for participation. You can even ride to and from work, since May 15th is a Friday.

To receive an "I rode the National Bike Ride" pin, send \$3.00 with your name and address to: "I rode the National Bike Ride," PO Box 588, Middlebury, VT 05753. Allow 8 weeks for delivery.

AYH Town Meetings

by Jack Peth

Headquarters—What Shall We Do?

Meetings on Thursdays - 14 May, 11 June and 9 July at Headquarters just after trip announcements.

We need to organize a Committee to plan and guide the restoration and/or replacement of our Mellon Park Headquarters building. But most important, we need to know what you the Pittsburgh Council members think should be done. There are many diverse requirements which must be considered to make the proper choice for our plan.

So! In addition to people with just thoughts, we need to see how much "in house" talent we can organize to resolve the political, legal, financial planning,

construction, dogwork and paper shuffling problems associated with an improved Headquarters building.

The May and June meetings will be brainstorming type sessions trying to gather ideas and making a roster of the talent available.

During May each activity chair and the Activities Committee as a body will be requested to indicate storage and activity space requirements. This data will add to the data generated at the town meetings.

By the time of the July meeting, we hope to be able to form a five-member Headquarters Committee, a committee of the Board of Directors, to organize a plan of operations and make a recommendation to the Board at their July meeting. Subcommittees, as there is interest, may be formed

to deal with specialized areas. Follow-up town meetings will be scheduled as the Headquarters Committee sees fit, but all meetings will be open to the membership if these express an interest to be notified.

We need your help to make your Headquarters building be what you, the membership, would like Headquarters to be.

Jack Peth is now the Chair of the Headquarters Committee and will serve as Chair at least through the organizational process.

Your thoughts, suggestions, and availability may be presented at the town meetings, in note form would be helpful. Also, any data submitted to Jack Peth, in writing please, will become part of the town meeting record.

Jack Peth 125 Elmont St Pittsburgh PA 15205-3647 or through AYH letter box.

Thanks!

P.S. One of the first and paramount talent requirements is for someone with political savvy and contacts to help us in our negotiations with City Hall.

A naturalist is where you find him:

"If you start throwing hedgehogs under me, I shall throw two porcupines under you."

Nikita Krushchev

MS 150 Bike Ride Set for June 6-7

The MS 150 Bike Tour to Presque Isle on Lake Erie will be held June 6-7, 1992. It is a two-day, one-way cycling event which is designed to raise funds for the National Multiple Sclerosis Society, Allegheny District chapter.

The ride is designed for cyclists of all ages and cycling ability. The youngest cyclist in 1991 was 6 years old, and the oldest cyclist was 72.

The ride begins at 8:00 am, and overnight accommodations are provided at Thiel College. There is music and entertainment on Saturday night, and a pancake breakfast on Sunday morning. Cyclists ride motor coaches from Erie back to North Park. Bicycles are transported back to Pittsburgh on trucks donated by Pitt Ohio Express, Inc.

The grand prize (which goes to the two top fundraisers) is a trip for two to Cancun, Mexico. Other great prizes include bicycle clothing, a Mega Watchman, Bike Shop gift certificates, and a stereo cassette player with CD.

For more information about the event, call 412-261-6347. Deadline for registration is May 22, 1992.

Trails Data

Hikers each year who travel the full length of the Appalachian Trail: 175

Number who try: 1,900

Percent who drop out in the first 200 miles: 50%

Fastest time claimed: 52 days, 9 hours, 41 minutes

Average time: 175 days

Times a man with multiple sclerosis hiked the trail on crutches: 3

Trail's highest point: 6,643 feet

Trail's lowest point: 124 feet

Murders on the trail since 1976: 7

Volunteers patrolling to deter crime: 20

Portion of the trail that they cover: 12%

Calories burned per hour from hill climbing: 600

Average weight lost by a "through hiker": 23 pounds

Life span of leather hiking boots: 1,200-1,600 miles

SPIRIT OF ADVENTURE, INC.

YOUR QUALITY OUTFITTING SOURCE



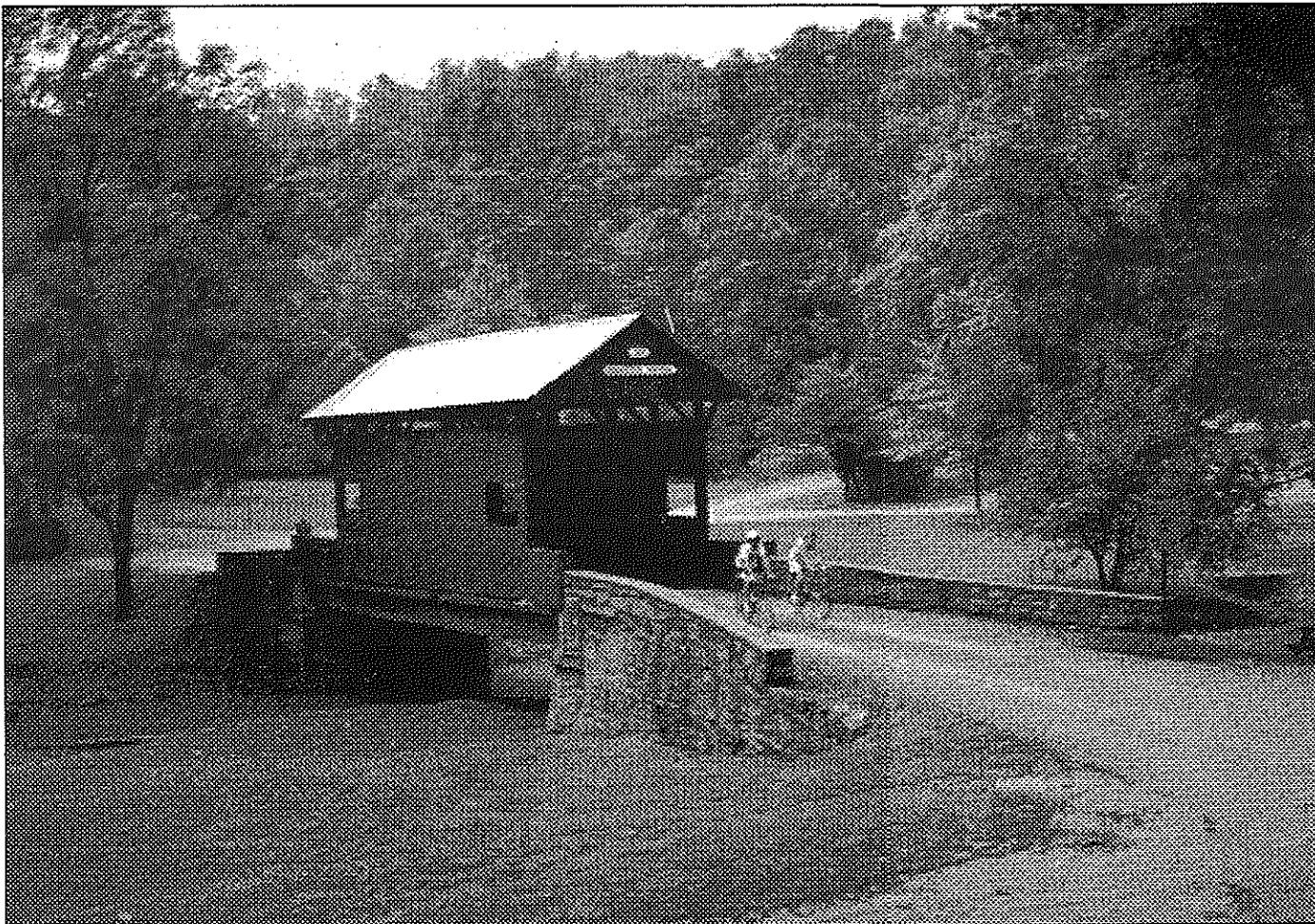
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LARGE SELECTIONS**

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

341-3111



Bicycling through rural Pennsylvania can be a lesson in history as well as good exercise!

Outdoor Recreation Books

- Allegheny National Forest Hiking Guide describes more than 250 miles of trails for hiking, backpacking and ski touring in the 800-square mile Allegheny National Forest. It also describes ski touring opportunities and points of scenic interest. Published by the Allegheny Group of the Sierra Club. 192 pages, 49 maps, 33 photos. Third Edition (1990) \$8.00
- AYH Outdoor Food Book contains menus, recipes, food preparation tips and food planning ideas for canoeists, bicyclists, backpackers, ski tourers and other outdoor-oriented people. 144 pages, 25 photos and illustrations. 1st Edition (1981) \$3.00
- Baker Trail Guide describes the 141 miles of the Baker Trail from Allegheny National Forest to Freeport PA. 38 pages with complete topographic maps. Published by AYH. 35th Anniversary Edition (1987) \$4.00
- Canoeing Guide to Western Pennsylvania and Northern West Virginia contains information of 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. Published by Backpacker Books. 1st Edition (1983) \$8.00
- Hiker's Guide to Laurel Highlands Trail describes the 70 miles of the Trail from Ohiopyle State 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 4th Edition (1992) \$5.00
- Hiking Guide to Western Pennsylvania describes over 2,000 miles of hiking trails and dozens of other areas for hiking in and near western Pennsylvania. Published by AYH. 290 pages, 53 pages of maps, 47 photos. 5th Edition (1986) \$7.00
- Monongahela National Forest Hiking Guide describes more than 160 Forest Service trails in 1,350 square miles of the Mon National Forest - one of the best areas for hiking, backpacking and ski touring in this part of the country. Published by the West Virginia Conservancy. 320 pages, 60 maps, 39 photos. 5th Edition (1988) \$9.95
- Pennsylvania Hiking Trails describes more than 290 trails and hiking areas throughout Pennsylvania. Published by Keystone Trails Association. 224 pages, 94 maps. 10th Edition (1987) \$5.65
- Rachel Carson Trail Guide describes the Rachel Carson trail from North Park to Freeport in Allegheny County. Published by AYH. (1991) \$4.00

Travel Books

- International Hostel Handbooks A complete listing of the Hostelling International youth hostels with descriptions, prices, addresses, and phone numbers.
- Volume I Europe and the Mediterranean \$10.95
- Volume II Asia, Africa, Americas, Pacific \$10.95

Ordering Information

Include 10% for postage (\$1 minimum). Pennsylvania residents must also include 6% sales tax. Postage and taxes not required for AYH memberships and Eurail Passes. Memberships and merchandise also available at AYH Headquarters and the AYH office. Cash or money orders required for Eurail Passes.

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

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

Let's Go	The famous series of books for the budget traveler published by Harvard Student Agencies.
<input type="checkbox"/>	Let's Go Europe \$15.95
<input type="checkbox"/>	Let's Go USA \$15.95
<input type="checkbox"/>	Let's Go Britain \$14.95
<input type="checkbox"/>	Work, Study, Travel Abroad Comprehensive guide on traveling and especially working abroad through the CIEE. (1992-1993 Edition) \$12.95

Travel Accessories

Sheet Sacks	Used in place of sheets at youth hostels
<input type="checkbox"/>	Cotton Sheet Sack Comfortable cotton blend \$13.00
<input type="checkbox"/>	Nylon Sheet Sack Lightweight nylon \$12.00
<input type="checkbox"/>	Advance Booking Voucher worth \$5 as deposit for reservation \$6.00
<input type="checkbox"/>	Advance Booking Postcards Set of 10 \$1.00
<input type="checkbox"/>	Hostel Stamp Book Use to record your hostel visits \$0.50
<input type="checkbox"/>	Hostel Pass Cover Plastic cover for your membership card \$0.50
<input type="checkbox"/>	Student ID Card \$14.00
	Universal student ID issued by CIEE. Good for worldwide student discounts. Send 1-1/8 x 1-3/8 photo, name of your country of citizenship and proof that you're a student. Or ask for a free brochure.

AYH Memberships

Valid for 12 months from date of purchase. Renewals valid for 12 months from expiration of current pass and include book of discount coupons for U.S. hostels. Provides access to 5,000 Hostelling International hostels around the world. Includes free handbook of North American hostels and 12 month subscription to Pittsburgh Council newsletter.

<input type="checkbox"/> Adult \$25.00
<input type="checkbox"/> Adult Renewal \$20.00
<input type="checkbox"/> Youth (17 and under) \$10.00
<input type="checkbox"/> Senior Citizen (55 and over) \$15.00
<input type="checkbox"/> Family \$35.00
<input type="checkbox"/> Family Renewal \$25.00
<input type="checkbox"/> Life (all ages) \$250.00

Eurail Passes

The economic solution to rail travel in Europe. Valid throughout all Europe except Britain. Available only in the U.S. The more popular passes are described below. Ask for a free brochure on other Eurail and Single Country passes.

<input type="checkbox"/> Eurail Pass	1 month unlimited (youth) \$470.00
<input type="checkbox"/> Eurail Flexipass	5 days travel in 15 days \$280.00
<input type="checkbox"/> Eurail Flexipass	9 days travel in 21 days \$450.00
<input type="checkbox"/> Eurail Flexipass	15 days travel in 2 months (youth) \$420.00
<input type="checkbox"/> Eurail Saverpass	15 days travel with 2/3 friends \$340.00

Join AYH Now!

Name: _____

Address: _____

Phone: _____

(day) _____ (eve) _____

Birthdate: _____ M _____ F _____

Introductory Sailing Classes

We will again offer introductory classes for those who have never sailed before or anyone who desires to brush up on their skills. Classes are open to AYH members, at least 16 years old, in good physical condition, and who know how to swim. Non AYH members will also be accepted if space permits. Additional classes on Racing and/or Sailing Instruction may be offered later in the season.

	Introduction	Shore School	On-Water Class
Location:	AYH HQ	AYH HQ	Lake Arthur
Class #1	Wed., June 3	Fri., June 5	Sat., June 6
		Wed., June 10	Sat., June 13
Class #2	Wed., June 3	Fri., June 5	Sun., June 7
		Wed., June 10	Sun., June 14
Class #3	Wed., July 8	Fri., July 10	Sat., July 11
		Wed., July 15	Sat., July 18
Class #4	Wed., July 8	Fri., July 10	Sun., July 12
		Wed., July 15	Sun., July 19

Course fee will be \$75 AYH members, \$85 non AYH members includes 3 evening classroom sessions and two full days at Lake Arthur and textbook; discount of \$10 each for additional people from same family sharing textbook.

Sailboat Rentals

Once you have completed a training clinic or have been verified as a competent sailor by one of the leaders, you may use the AYH sailboats for practice and recreation.

We have three 15-foot Flying Junior sloops for weekend rentals during the summer. These will normally be available for sailing Lake Arthur—one of the nicest lakes for small boat sailing in the area and only one hour north of Pittsburgh. Also, we will schedule overnight trips to other lakes in the area with camping and recreational facilities.

Our fees are very reasonable. AYH members pay only \$11 per person per day! We schedule up to 8 people for a day. This trip schedule allows time for meals, rest, and shore activities. You may want to bring a bike along and go for a ride on the bike trail at the park or laze around on the nearby sandy beaches.

1992 Weekend Trips

May 23-25	plan for a 3 day trip with Joel Hough
July 3-5	3 day trip to La Due reservoir
Aug 7-15	Crystal Lake, Michigan
Sep 4-7	Lake Chautauqua, New York

Additional activities may be added. Individuals with their own sailboats are also welcome to join us.

Classified

K-1 AIR BAG, never used, \$20 K-1 Paddle, never used, \$20 Quik-N-Easy Car Roof Gutter Clamps, \$2 each Fiberglass cloth and tape, free. Call 327-8737

IT'S A HOCKEY NIGHT IN PITTSBURGH! But I can't play without your old dek hockey equipment. I need the works. Call John Reid at 412-441-6493.

WORLD TRAVELERS: Listen to the world, direct, with a shortwave radio. Listen to broadcasts in English from Russia, Germany, Israel, Cuba, Australia, England, etc. Tabletop radio with a digital display. Will include station lists. \$250. 6-8 pm 339-0944.

CAMERA: Olympus OM-10 body. Olympus lenses 28mm, 50mm, 135mm, 35-70 zoom autofocus; all with 1A filters. T-20 flash. Foam padded case, instructions. Like new. \$325. 6-8 pm 339-0944

CONSERVATIONIST to serve for one week on a volunteer basis at Camp Twin Echo (Boy Scouts of America), located near Ligonier. Position would involve training camp counselors in conservation-related topics prior to the summer camp season. Week of June 21-26; meals and lodging provided. Contact Dave at 412-826-1569, evenings between 6 and 9.

BIKERS/CLIMBERS: I'm hoping to bike to the west coast this summer and do some climbing along the way. If you have any of the following that you could

part with at a reasonable \$\$\$, call Mike Varlotta at 362-2614: rear rack, paniers, one-man tent, climbing shoes (8-1/2), or other essentials (?). Also, if you have "must" information and/or tips I'd be glad to hear from you.

FOR SALE: North Face VE-24 Four Season Tent. Used 25 days. \$325. Greg 378-7103.

FAMILY VACATION CAMP June 21 - Aug 30. Deer Valley YMCA near Mt. Davis - camp, in cabins, supervised kids program age 3+, and Teen Program. Complete waterfront, horses, trails, fitness center. Call (814) 662-4005, or (412) 227-3830 for brochure.

WANTED: a 1-2 person backpack, canoe, or bicycle waterproof tent in good to excellent condition. We will buy it or trade for a Eureka cabin tent with canvas walls and ceiling and waterproof floor (7'X7") in excellent condition. We also need some child size 9-10 (small) downhill ski boots. Barbara Hanusa 441-7205

LOOKING for travel partner(s) for an adventurous trip to Europe this summer. Call Jackie at 412-761-5623.

ADVERTISE! If you are an AYH member, there is no charge for your ad. Send your ad and AYH pass number to:

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

Sailing Classes: Registration

Name: _____

Address: _____

Phone: _____

AYH member? _____ (If not, fill out membership form also)

Fee enclosed: \$75.00 Make checks payable to Pittsburgh AYH

Class: #1 #2 #3 #4

I need a ride: _____ or: I can take _____ passengers



*The 1991 Challanege Team,
Mannesman Demag, from the 1991 MS
150 Bike Ride to Presque Isle State
Park. Photo by Bob Abramson
Photography.*