

Pittsburgh Council AYH GOLDEN TRIANGLE

HOSTEL EUROPE WITH AYH THIS SUMMER !

Visit England & Wales,
Germany, Ireland, Holland,
Switzerland, France, Spain,
Scotland, Belgium, etc.
with your AYH card !

JULY 1988 VOLUME 39 NUMBER 7

AMERICAN YOUTH HOSTELS INC.

PITTSBURGH COUNCIL

6300 FIFTH AVE.

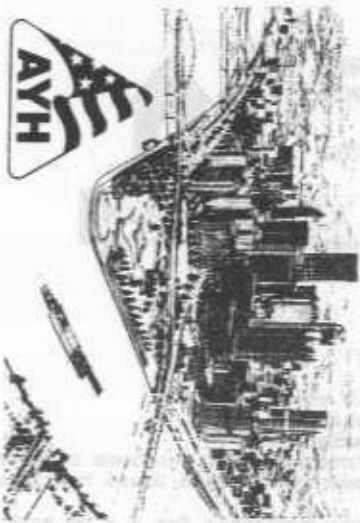
PGH. PA.15232

NON-PROFIT
U.S. POSTAGE PAID
PERMIT #127
PGH. PA. 15232

DATED MATERIAL.

ADDRESS CORRECTION REQUESTED

RETURN POSTAGE GUARANTEED



PLATT, JOEL
1632 DENNISTON AVE.
PITTSBURGH, PA 15217

LIFE



PITTSBURGH Council AYH member
GREATER PITTSBURGH
CONVENTION &
VISITORS BUREAU, INC.

AMERICAN YOUTH HOSTELS
Pittsburgh Council
6300 Fifth Avenue
Pittsburgh, PA 15232
Phone (412) 362-8181



Pittsburgh Council of American Youth Hostels is a non-profit, volunteer organization dedicated to hostelling, outdoor education and self-powered recreation. We have many activities. The council has some rental equipment available for use on council trips. A full range of skill levels are offered, and we also offer courses in our activities so that everyone may upgrade their skills. Pittsburgh Council AYH maintains about 200 miles of trail in western Pennsylvania, writes and publishes several guides for people interested in outdoor activities and maintains the Ohio State Park Youth Hostel.

Our headquarters is located near the corner of Fifth and Shady Avenues in Mellon Park. We are nestled between the Pittsburgh Center for the Arts and the Pittsburgh Civic Garden Center. Meetings are held every Thursday evening. The building opens at about 8 pm and the program starts around 8:15. Weekly trip announcements are made immediately following the program. Thursday evenings are the only time when you can be sure that a real person will answer the phone. A machine will answer at all other times; leave your name and address and you will receive a response to your message.

Pittsburgh Council AYH trips are listed in the center of this issue. AYH trips are led by competent people who volunteer their time and receive no financial reimbursement. If you'd like to go on an AYH trip, carefully peruse the trip calendar, then look under the activity notes, where you may find more information. After you have read over everything call the trip leader to reserve space on a trip.

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

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



AMERICAN YOUTH HOSTELS INC.
PITTSBURGH COUNCIL
6300 FIFTH AVE.
PITTSBURGH, PA. 15232



OFFICIAL MEMBERSHIP APPLICATION

Amount and Membership Types Available:

- \$ 10.00 Youth (17 years and under).
 - \$ 20.00 Adult (18 years to 54).
 - \$ 10.00 Senior Citizen (55 years and over).
 - \$ 30.00 2 Yr. Adult (18 years to 54).
 - \$ 30.00 Family (Includes children under 18 years).
 - \$200.00 Life (Individual lifetime membership).
 - \$ 18.00 Foreign Nationals (Including Canadians).
 - \$ 1.00 Postage (for each Membership or International Handbook ordered)
- (You can save postage by purchasing these items at our Open House Meetings)

NOTE: International Hostel Handbooks are available for \$ 8.00 each at Pittsburgh Council Headquarters (Thursday nights 8-10 PM) Volume I (Europe and the Mediterranean) and Volume II (Africa, America, Asia and Australia). Make all checks payable to "Pittsburgh AYH"

NAME: _____ (Last) _____ (First) _____ (Middle)

STREET: _____ (Permanent Address Only)

CITY: _____ State _____ Zip Code _____

BIRTHDATE: Month _____ Day _____ Year _____ Phone # _____

Were you a member of AYH this past year? ☐ Yes ☐ No

When do you need card? _____ (Signature of Applicant)

If you wish Membership Card sent to a temporary address, give same below:

CARE OF: _____ STREET _____

CITY: _____ STATE _____ ZIP CODE _____

AYH MEMBERSHIP BENEFITS:

International Hostel Membership Card plus Council I.D. Card good for discounts at local bike shops and outfitters.

U.S.A. Hostel Handbook.

"The Knapsack", National A.Y.H. Travel Newsletter.

"The Golden Triangle", Pittsburgh Council's Newsletter of Trips and Activities.

Open House Thursday nights 8:00 p.m. at Council Headquarters.

Access to National travel programs and Leadership Training Courses.

(NOTE: Memberships valid from Sept. 1 to Dec. 31 of the following year.)



AMERICAN YOUTH HOSTELS, INC.

Pittsburgh Council
6308 Fifth Ave.
Pittsburgh, PA 15232



ACTIVITIES MEMBERSHIP APPLICATION

Membership Types Available (does not provide access to AVH hostels)

- ☐ \$ 5.00 Youth (17 years and under)
- ☐ \$ 5.00 Senior Citizens (55 years and over)
- ☐ \$ 10.00 Adult (18 years to 54)
- ☐ \$ 15.00 Family (includes children under 18 years)
- ☒ \$ 1.00 Postage and Handling (for each membership ordered)

Note: A full AVH membership or a hotel guest membership is required for access to AVH and international hostels. An AVH membership also includes the current U.S. Hostel Handbook.

Make all checks payable to "Pittsburgh AVH" (include \$1.00 postage). Thank you!



NAME: _____ (Last) _____ (First) _____ (Middle)

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

BIRTHDAY: Month _____ Day _____ Year _____ PHONE: _____

Were you a full member of AVH this past year? Yes _____ No _____

SIGNATURE: _____

Pittsburgh AVH Activities Membership Benefits

Council Membership Card good for discounts at local bike shops and outdoors.
Ability to appeal to full hostel membership at any time for difference in fee.
Access to local Pittsburgh AVH host without paying non-member fees.
The *Knapwood*, National AVH Travel Newsletter, available at council headquarters.
Ability to qualify to lead Pittsburgh Council trips.
The *Golden Triangle*, Pittsburgh's monthly newsletter of trips and activities.
Open House Thursday night 8:00 p.m. at Council Headquarters.
Access to National travel programs and Leadership Training Courses.

(Note: Memberships valid from Sept. 1st to Dec. 31st of the following year. All candidates for the Pittsburgh Council Activities Board or Board of Directors must hold full AVH memberships to qualify for these positions.)

You've got a friend in Pennsylvania

AVH PROGRAMS FOR JULY

- July 7 -- Hank Park promises to discuss "Rails to Trails" tonight. The proposed Connellsville to Cumberland hiking trail.
- July 14 -- Mountain Biking in Western Pennsylvania with Michael Chikiris.
- July 21 -- Let's go hostelling in New Zealand with Virginia and George Hait.
- July 28 -- "Arizona Byways" by Eileen and Fred Hull.

ATTENTION ALL ARTISTS!!!

The Mon Valley Century Committee is looking for a T-shirt design for this year's MVC. The design would be used for the silk screen pattern and will be printed in one color on one side of the T-shirt. It is intended that the print will go across the chest and should be able to be photo reduced or enlarged to fit. Beyond that, almost any pattern which could be printed on a T-shirt will be considered. The committee may be partial to patterns which include one or more of the sights which are part of the MVC. (Hint: the river, shutdown steel mills, bridges, quiet roads, rural countryside, and covered bridges) The prize is a free T-shirt and a pass to ride the MVC. Submit your design to Chuck Ejzak, 6858 Wilson St., West Mifflin, PA 15122. Deadline is August 1, 1988.

ATTENTION CYCLISTS!!!

Mark Sunday, August 28 on your calendar. That is the day of this year's Mon Valley Century. The MVC has rides for cyclists of all abilities. For the more experienced cyclist there is the classic 100 mile ride which combines flat riding, hills, and rolling terrain into one really neat ride. For the more casual rider we have a 100 km (about 65 miles) ride which is actually flat. (Yes, that is correct, it really is flat!). For the beginner or very casual rider, there is a 50 km (about 35 miles) ride over reasonably flat terrain. All of the rides feature lunch, map, road markers and a T-shirt. The registration fee is \$10 before (and including) August 14, and \$12 afterward. Pick up a registration form at HQ or send a self addressed stamped envelope to MVC, c/o Chuck Ejzak, 6858 Wilson St, West Mifflin, PA 15122. In addition to riders we can use volunteers to help with the food stops and registration. If you can not ride this year's MVC, why not volunteer to help? Call Chuck Ejzak at 466-6196 if you have any questions or if you would like to volunteer.

AYR PRACTISING WEEKEND - AUGUST 12-14

BASIC SAILING CLASS

OR

BICYCLE
AND/OR

SEA-KAYAK at the
AMERICAN RED CROSS
SMALL CRAFT BASE

- * **SAILING:** a 2 day basic sailing course will be conducted for a maximum of 16 people. Students must be over 10 years old and be able to maintain themselves unaided for five minutes in deep water. Reserve with \$20 below.
- * **SEA-KAYAKING:** Both days or kayak one and bicycle the other. Reserve below with \$10 plus \$7 for each day's kayak rental.
- * **BICYCLING:** Rides of several lengths and diversions will be offered. Reserve below with \$10.

- * Lakeshore tenting near the parking area, well water, outhouses, and washhouse (no showers). Group picnic dinner Saturday of salad, beans, burgers, and fresh corn on the cob. Breakfasts at 7AM with cold cereal, juice, fruit, bagels, and hot beverages.
- * The cost is \$20 for sailing and \$10 for bicycling and sea-kayaking, plus any rentals. Transportation costs for 240 miles are paid directly to the driver. Group carpooling will leave HQ at 6:30PM on Friday.
- * Bring: 2 lunches, sleeping bag and pad, tent, swimsuit, towel, sneakers (for all water activities including swimming), eyeglass strap, sunscreen, insect repellent, and rainwear.
- * Questions??? Call Fred at 856-4713.

RESERVATION FORM

Give or mail to FRED PARKER, 331 SENECA DRIVE, MORESVILLE, VA 15145

NAME				
ADDRESS				
PHONE	(HOME)	(WORK)		
SAILING	both days	SUN		
SEA-KAYAKING	SAT	SUN	LENGTH OF RIDES DESIRED	
BICYCLING	SAT	SUN	# of passengers	
Can Drive?	YES	NO		

THE DEVIL MADE US DO IT continued

rappeil anchors so we would know where to go on the descent. We also checked out the Weisner route a couple of columns to the right for a possible route to climb the next day.

The climb proved to be a pretty straight forward, solid 5.6 or 5.6+. Because the morning was cloudy the temperature wasn't a factor until noon when we were near the summit and the clouds had pretty well dispersed. But by this time we were more concerned about not breaking our arms from patting ourselves on the back for successfully completing this climb which we had been anticipating for months.

The summit register contained a number of quotes from previous climbers including:

"Just in from the Needles, the Tower has been great, and are now heading to the Wind River Range. Will the fun ever stop? We're reading red on the fun meter."

"I'm having a rap attack"

This last one reminded us we weren't through yet. We still had to find the rappeil route and negotiate the four 150 foot rappells, which we did without incident, and we were back at the parking lot at 2:30 in the afternoon.

We did the Pseudo Weisner route on the Tower the following day and then returned to the cooler confines of the Black Hills and a couple of more days of climbing and hiking in the Needles before heading South to Estes Park and Lumpy Ridge in Colorado.

THE GOLDEN TRIANGLE

The Golden Triangle is the monthly publication of the Pittsburgh Council of American Youth Hostels. Contents are at the discretion of the editor.

CO-EDITORS Joy Layton, 421-3975

Veronica Riegel, 681-6569

ADVERTISING Sarah DiMatteo

MAILING Marta Hurwitz, Roy Weil

PRODUCTION Don Hoecker

COVER Joe Boedner

Deadlines for the August issue: July 7 all articles, etc.

July 28 Production

EDITOR'S NOTE: I apologize to everyone who turned in things that did not get included in this issue of the Triangle. It's been a rough month for me, and it was more than I could handle to type the Triangle while I've been sick with the flu. Thanks to help from Pat Tienan, this issue was put together. Next month, make my life easier by turning things in by the deadline, PLEASE! JULY 7 is deadline! Thanks for your patience, and try to ignore the typos!

THE DEVIL MADE US DO IT

By Bill Johnston

Leaving Pittsburgh after work on a Friday evening last July, John Popp and I drove straight thru the night to Wisconsin where we caught a couple of predawn hours of sleep along the Wisconsin River before embarking on a short ferry trip across the river to Devils Lake State Park. There we spent the day climbing (top roping) beautiful purple cliffs high above Devils Lake — sparkling beneath a sunny blue sky.

Lounging at lakeside as the sun set that evening, we opted for getting to bed early so we could get an early start for the second leg of the trip to the Needles in the Black Hills of Southwestern South Dakota and Devil's Tower in Northeastern Wyoming.

The alarm aroused us at 5 AM for a hot traverse of the central plains. After a long day's drive, a quick pass through the Badlands and the obligatory stop at Wall Drug, we pulled, after dark, into the Needles' Sylvan Lake campground with its Full, No Vacancy sign, and found an empty tent site near a couple of cross country cyclers from New York heading to Oregon. Collapsing into our tents we didn't stir until the sun started to filter through the pine needles, inaugurating one of those "It's Great to be Alive" days. The other needles were granite ones and seemed to be everywhere — short ones, skinny ones, fat ones, tall ones. A giant playground with the only drawback being the surface of the granite was very coarse and sharp. Something like being in an outhouse and reaching for the Sears catalog but finding only sandpaper. A great place to climb, but I wouldn't want to take a fall there.

We picked a spire to our liking and climbed it, exhilarating in the view from the top in crystal clear pine scented air. But our minds were on Devil's Tower, 125 miles to the north, and after rappelling off, we packed up and headed for the "Tower". The afternoon heat on the plains around Sioux City was running at 100° plus and the Tower sits in the middle of the plain. Devil's tower is the core of some ancient volcano which has long since eroded away, leaving behind only this giant monolith sitting 1000 feet above the plain surrounding it.

We arrived early enough in the evening to check out the location of our climb and to get acquainted with the approach to the route we had selected. With the logistics out of the way, we ate supper and went to bed early with visions of this giant tower dancing in our heads. With 100° temperatures we weren't interested in being on this South facing route in the afternoon, so the next morning we were in the parking lot and ready to go at 6 AM. The closer we got to our climb the less intimidating this monolith became; as we were able to check out the specifics of our particular line up its face, rather than just contemplating its intimidating whole.

The Durrance Route, a 5.6 climb, is the easiest route up the Tower, but one which we found challenging, with a lot of off-width cracks, chimneys and stemming. As we climbed, we kept our eyes peeled for the

continued on the next page

PICNIC!

PICNIC!

PICNIC!

August 7 at 1:00 pm

Erie Shelter at North Park

Join us for a great day in the sun at North Park near the lake. Activities available include: sea-kayaking, cycling (rentals available at the park), walking around the lake, swimming in the pool (admission charged), play volleyball and other games, soak up some sun or snooze under the trees.

Bring your own picnic lunch (or share a basket with some friends). Grills and charcoal will be provided. Charge is 50¢. For more information and if you would be interested in carpooling, call Linda Smithyman at 531-1868 or Carla Steele at 921-2069.



NOT TOO LATE!!!!!!

...to sign up for a WORLD ADVENTURE trip! 60 trips to choose from: around the U.S. or around the world. Catalogs are available at AYH headquarters, or send four first class postage stamps and we'll send you one. Questions??? Call Bill Johnston at 243-1945.

THE OLYMPIC THREE PARK

FUN-D RIDE

A 17 Mile bicycle ride through
Schenley, Frick and Highland Parks

also

A day of FUN and ENTERTAINMENT

*Meet the Olympic Athletes

*Live Band

*Y-97's Jimmy & Steve

*Steeler Gary Anderson

*The Pirate Parrot

*Free Refreshments

*BMX demonstration

SUNDAY, JULY 10th

12 noon at the Schenley Oval

Registration is a tax-deductible donation of \$15.00
(\$20.00 on the day of the ride)

Free T-shirt and prizes for sponsorship.

contact Marianne Kasica at 921-5272.

Volunteers are needed for:

*Registration

*Ride Marshals

*Refreshment Tables

*AYH Table

**SCHOLLS
BICYCLE CENTER**
West View 931-6711

ANNOUNCES IT'S GRANDOPENING
OF

WARRENDALE SCHWINN

located at the corner of
Rt. 19 and the red belt

ACTIVITY NOTES continued

FAMILIES GROUP

The Family Activity Group organizes outdoor activities designed for young children and their families. Walks and camping trips are designed to be enjoyed by the children. As the children get older they can participate in longer walks and more strenuous activities. Any non-family person is welcome to attend as long as he/she can enjoy the chaos that comes when children play and live together.

KAYAKING

AYH beginning kayaking schools are held once a month, June through September, each summer. These schools provide an introduction to the exciting sport of white water kayaking. They are open to complete beginners (those who have never been in a kayak before) and to those who have never kayaked on white water before. The schools last an entire weekend and include an overnight stay at a youth hostel. The first day of the school is spent learning the basic skills of kayak paddling on a nice, calm lake. The second is spent developing those skills on a very easy (Class I-II) white water river. The tentative dates for the 1988 beginner schools are: July 9-10, August 13-14, and September 10-11. Space is very limited and preference will be given to AYH members, so sign up early. Call Lou Conley at 681-8321 for further information.

PADDLING EQUIPMENT FOR SALE The AYH kayaking program is currently selling some used equipment. Remaining for sale are a Norse kayak paddle, several kayak split flotation bags, and several nylon spray skirts. The prices for these items will be based on their condition. Call Lou Conley at 681-8321 for more details.

RAPTING

Volunteers are needed to lead trips for the months of July and August. Anyone interested can contact Linda at 531-1868 or Cindy at 561-7631.

What to wear for Spring whitewater -- prepare for the weather and be prepared to get wet! A wet suit or layers of wool clothing are essential. Do not wear cotton clothing! Wool has the ability to keep you warm even when it's wet, and it's wicking ability causes it to dry from the inside out. In cold weather, if you don't have wool, contact the trip leader.

If the weather is cool, you can layer wool for your upper torso, but may not have wool knickers or trousers, you will be warmer with an acrylic swimsuit and no slacks than if you would wear jeans; as jeans would tend to retain any moisture once they got wet.

Suggested attire: Cool weather - beat up sneakers, wool hat, poncho windbreaker, bandana, glasses strap, gloves, wool sweater, 2 pr. socks, complete change of clothes to put on after the trip. Don't forget to bring your lunch and ice cream money.

ACTIVITY NOTES

BICYCLING

WHAT TO BRING ON A BIKE TRIP: Bring a spare tube and a patch kit and an emergency 25¢ for a telephone call. You should have at least one water bottle and a frame mounted tire pump. Bring a rain jacket and rain pants in case the weather is wet or cold. Also good ideas to bring along: folding spare tire, freewheel remover and spare spokes, plastic tire levers and tools (screwdriver, 5 mm and 6mm hex wrenches, and 6 inch adjustable wrench).

A bicycle helmet is mandatory on all AYH rides. We strongly urge you to use one for all your cycling; however, rentals are available for AYH trips. Cycling gloves (available from the council store and bike shops) are good to wear if you like your hands. Sunglasses or other eye protection is recommended.

EVENING CYCLES

6/30/88 Thurs Cheryl Arnold, 242-0781, Mountain Bike
7/7/88 Thurs Judy Menosky, 242-1573
7/12/88 Tues Bill Johnston, 243-1945, Mountain Bike
7/14/88 Thurs Cliff & Marilyn Ham, 687-4520
7/19/88 Tues Sam Ruff, 731-5485
7/21/88 Thurs Judy Menosky, 242-1573
7/26/88 Maintenance Clinic, Chuck Ryzak, 466-6196
7/28/88 Thurs Cheryl Arnold, 242-0781, mountain Bike

CANOEING

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

CLIMBING

Beginner trips are open to everyone. No previous rock climbing experience is necessary. Bring a bag lunch, water, tennis shoes, and leather gloves if you have them. Trips leave HQ at 7 am and usually return around 9 pm (we stop for dinner on the way home). Call Garry Simmons, 327-8338 or Eric Bauer, 687-0766 for more info.

PITTSBURGH COUNCIL AYH ACTIVITY CHAIRPERSONS

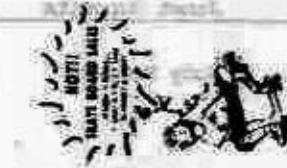
ACKPACKING	Ben Brumann	730-2751
CYCLING	Cheryl Arnold	242-0781
ANDERSON	Judy Menosky	242-1573
AYH	Rick Tamlinson	661-0910
AYH	Bill Whitehead	361-0365
AYH	Paul Harris	661-0365
AYH	John Papp	815-1111
AYH	Garry Simmons	327-8338
AYH	Eric Bauer	687-0766
AYH	Rick Olney	822-0840
AYH	Fred Parker	851-4711
AYH	Cindy Rupert	851-4711
AYH	Linda Smithman	531-1818
AYH	Jack Peth	921-7214
AYH	Veronica Riegel	687-0569
AYH	Don Conley	881-8121
AYH	Ray Yutzy	341-5682
AYH	Ted Self	795-6286
AYH	Cathy Lynch	361-1707
AYH	Joel Platt	571-5244
AYH	Neil Lien	731-4874
AYH	Barbara Harman	431-7205
AYH	Larry Lande	865-9554

Bikes and more...

at

Baker's Bicycle Centers, Inc.

SCHWINN 10 speeds & Mountain Bikes



BMX Bikes by Schwinn Redline GT, Dyno Diamond Back, Cyclocross

• Complete BMX Pro Service

• Largest stock of Pro equipment in Pittsburgh

• Skateboarding, BMX & Freestyle

— Also in Stock —

Schwinn repair & training equipment

• Specialty Performance Sports Apparel
• Nice Cycling Clothing & Cycling Shoes

Bakers Bicycle Center, Inc.

2121 Liberty Avenue
Pittsburgh, PA 15216
330-4828

HIO

4275 Liberty Road
Pittsburgh, PA 15212
835-2442

PITTSBURGH AYH TRIPS FOR JULY, PAGE 2

ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
<u>Saturday, July 16</u>					
Bike	C/D	George Schmidt	521-1538	10:00	Bike Trail, 20 miles. A joint ride between the Western PA Wheelmen and AYH to show support for rails to trails. Actually, that is just an excuse to have a ride on this beautiful bike path. The ride is from Ohiopyle to Confluence and return. Meet at 10 a.m. at HQ or at noon in Confluence. Bring a picnic lunch.
Canoe	Basic School	Jim Porcelli	271-4776	8:00	This school is designed for those who do not have canoe experience. The basic strokes and concepts which lead to white water canoeing are covered.
<u>Sunday, July 17</u>					
Bike		John Gaylor	766-6238	8:00	Ligonier, 25 miles. Call to reserve.
Bike	Mtn	Bill Johnston	243-1945		Mountain Bike, call for info.
Canoe	Class I	Janet Supowitz	421-7326	8:00	Nice enjoyable trip
<u>Friday, July 22</u>					
Bike	B/C	Judy Menosky	242-1573		Schellsburg Hostel Weekend. A weekend of cycling, swimming, and whatever. The hostel is near Shawnee State Park, and not very far from Bedford. The terrain is gently rolling for the most part and rural. The hostel is very nice, as well. Call Judy to reserve by July 15.
Cave	Int	Norm Snyder	351-4068	7:00pm	Join Norm on a cave trip to Bone Norman Cave in West Virginia. Returning Saturday.
Families	All	Barbara Hanusa	441-7205		Families can get together for camping at Cooks Forest. Call for info.
<u>Saturday, July 23</u>					
Canoe	WWII School	Gordon Bugby	371-4233	8:00	Experience instruction in more advanced white water.
Climb	Begin	Chairmen	see list	7:00	Beginner climbing trip to Cooper's Rocks. See climbing writeup for details.
<u>Sunday, July 24</u>					
Canoe	Class I-II	Millard Underwood	561-0871	8:00	Intermediate level white water.
Hike	Easy/Int	Ben Brugnans	736-2751	8:00	Charles F. Lewis Natural Area.
Rafting	All	Linda Smithyman	531-1868	11:00	Raft the lower Yough at Ohiopyle
			434-6093		
<u>Tuesday, July 26</u>					
Raft	All	Norm Snyder	351-4068	9:00	Lower Yough
<u>Saturday, July 30</u>					
Bike	C	Jeff Weiss	661-2507	9:00	Keystone Lake, 25 miles. Swimming afterward.
Canoe	Class I	Susan Whitehead	363-0365	8:00	Nice, enjoyable trip.
Hike	Inter	Glenn Oster	364-2864h 234-3967w	7:30	Climb the mountain at Ohiopyle to reach Bachman's Rock and return via the new hiking/biking trail along the Yough. About 12 miles. Call for info and reservations.
<u>Sunday, July 31</u>					
Bike	B	John LeBlanc	233-0588	9:00	Mon Valley, 60 miles. A gently rolling to flat ride along the river. Lunch stop in Roscoe. An easy 60 mile ride. Meet at 9 at Clairton Bridge. Call for directions.
Canoe	Class II	Jim Goguts	731-9433	8:00	Nice, enjoyable trip.
Hike	Int	Bruce Sundquist	327-8737	8:00	Inner tube/hike in Yough River valley. Johnson Run to Camp Carnalt. Equipment is supplied. Get wet and be cool!
Rafting	All	Judy Menosky	242-1573	8:00	Lower yough at Ohiopyle



JULY 4th WEEKEND



TRIP A: Car camping near Presque Isle State Park in Erie, PA with bike rides, sea-kayaking, the beaches, other tourist attractions. Leader: Lynn Ejzak, 466-6196.

OR

TRIP B: 150 to 200 mile bike ride from Pittsburgh on Saturday, July 2 and join the trip above. Gear is sagged up on Friday by car. Leader: Chuck Ejzak, 466-6196.

OR

TRIP C: Pittsburgh to Lake Erie bicycle camping trip leaving Saturday, July 2 and joining the group above on Monday, July 4. Carry your camping gear on your bike. Leader: Terry Gossard, 321-2382.

COST: Camping near Presque Isle is about \$10/night per tent, the rest of the trip should be around \$50 depending on how much you eat out. For more details contact the trip leaders.

JULY 4th WEEKEND

NAME _____

PHONE _____

TRIP (circle): A B C

Return this form with a \$5 deposit made out to Pittsburgh AYH to Chuck Ejzak, 6858 Wilson St., West Mifflin, PA 15122. Deadline is 6/23/88.



The Athlete's Foot In Shadyside

Now offering a 15% discount to
all AYH members

on our entire regularly priced selection
of cycling clothes, shoes, and accessories

The Athlete's Foot In Shadyside

S. Siken near Walnut
Shadyside
Pittsburgh, PA 15232
621-2997

PITTSBURGH AYH TRIPS FOR JULY 1988

ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
<u>Friday, July 1</u>					
Bike	All	Lynn & Chuck Ejzak	466-6196		Presque Isle, 0-200 miles. A trip for just about anyone. One group drive up to Presque Isle on Friday to secure a campsite for the weekend. Another will leave Sat. morning for a challenging 150 mile ride to Presque Isle from Pittsburgh (and add a 50 mile optional spur to get the total to 200). At Presque Isle, there are early morning bike rides on the peninsula, later morning rides elsewhere, sea-kayaking and just general goofing off (e.g. sunbathing, swimming, sand castles, bathing suit evaluations, etc.). You don't even have to bicycle! Reserve by 6/23
<u>Saturday, July 2</u>					
Backpack	Int	Joy Layton	421-3975	8:00	Joy's annual July 4th trip to Queshanna Trail in Northcentral PA. Lots of blueberries and great wildlife. Experienced backpackers only, please!
Bike	B	Terry Gossard	321-2382		P to L E, 150 total miles. Bicycle camping trip from Pittsburgh to Presque Isle. Join Terry on the first P to L E ride offered in this decade. Check with Terry on the precise starting location. Ride about 60 miles/day carrying all camping gear. Join other group on Monday at Presque Isle for return trip. Call Terry for details. Reserve by 6/23.
Hike	Easy	Linda Smithyman	531-1868	8:30	Destination to be announced.
<u>Friday, July 8</u>					
Sea-Kayak	All	Ted Self	795-6286	6:00 pm	Meet at HQ for weekend sea-kayak camping trip on the Allegheny Reservoir. Return Sunday evening.
<u>Friday, July 8</u>					
Rafting	All	Linda Smithyman	531-1868 434-6093	9:00	Lower Yough trip. Please call to make reservations ASAP.
<u>Saturday, July 9</u>					
Bike	C	Judy Menosky	242-1573		North Hills, 25 miles. Call Judy for details.
Canoe	Poling School	Mary Shaw Roy Weil	681-5131	8:00	Learn how to pole a canoe - an interesting variation to the sport. Call for details.
Canoe	Class I-II	Alice Fraser	538-5518	8:00	Nice intermediate level trip
Climb	Int	Chairmen	see list		Seneca Rocks, West Virginia.
Kayak	Begin	Lou Conley	681-8321		Beginner Kayaking School. See write-up under kayaking.
<u>Sunday, July 10</u>					
Bike	C			12:00	Flagstaff Hill, 3 park Fun-D Ride, 17 miles. Fundraiser to benefit the U.S.A. Olympic Athletes. The ride takes in Schenley, Frick, and Highland parks. Lots of activities. See write-up in this issue.
Canoe	WWI School	Rick Tomlinson	963-8910	8:00	Learn Whitewater canoeing skills.
Canoe	Class II	Karen Lukas Bill Whitehead	661-4835 363-0365	8:00	Great chance to enjoy class II rapids
<u>Tuesday, July 12</u>					
Raft	All	Norm Snyder	351-4068	9:00	Lower Yough
<u>Friday, July 15</u>					
Backpack	Easy	Glenn Oster	364-2864h 234-3967w	6:00pm	Believe it or not, Glenn's planned a "goof off" backpack trip to Otter Creek. Hike in a few miles, set up camp and then do what you want for the next day and a half - hike, swim or snooze. Call for info and reservations.