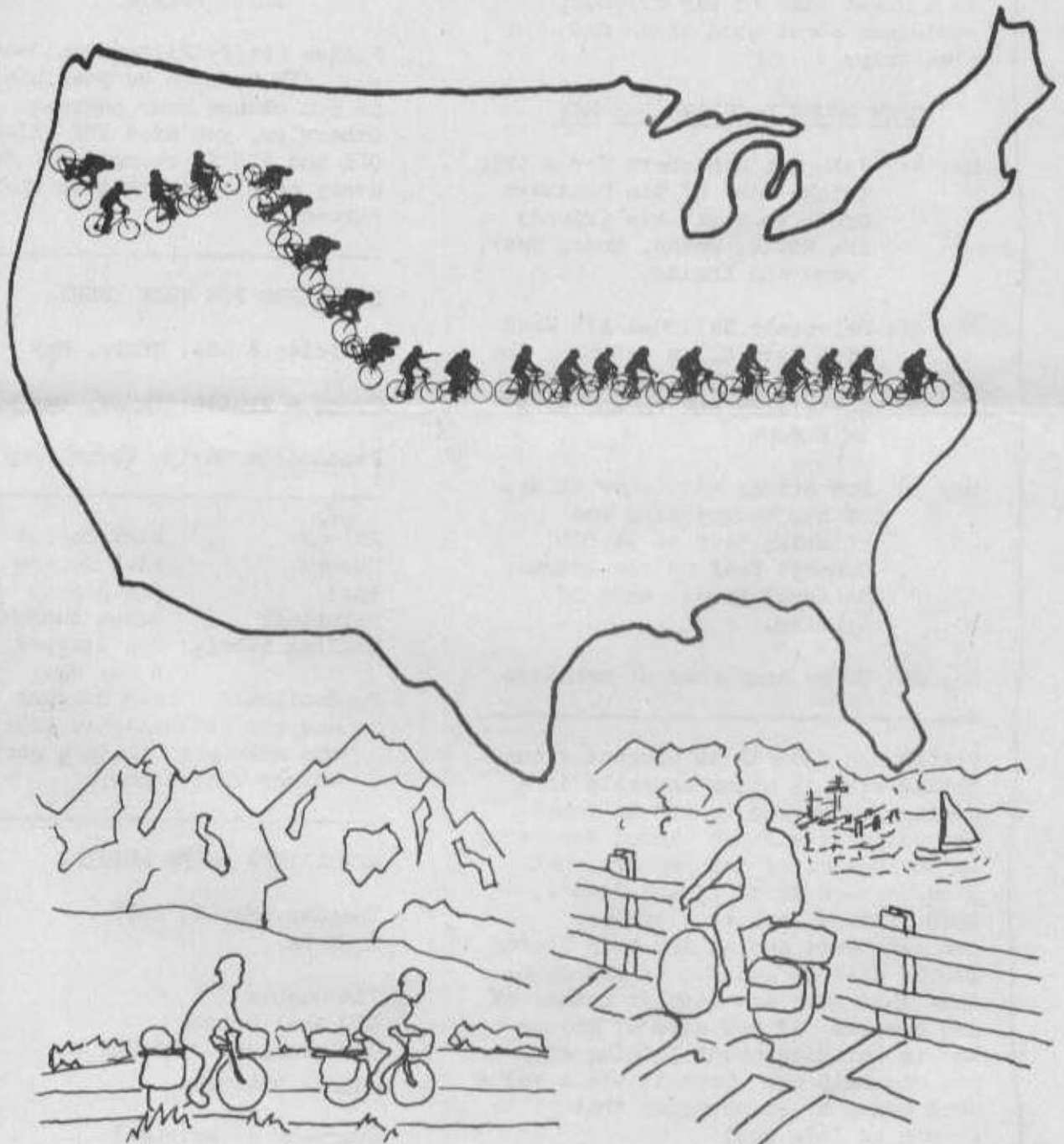


GOLDEN TRIANGLE

Pittsburgh Council, AYH

May, 1978

vol. 29, no. 5



open house

Every Thursday Night

Doors Open: 7:45

Slide Program: 8:45

Our Thursday night Open House is for members as well as non-members. This is a great time to see friends, reminisce about good times and plan trips.

OPEN HOUSE PROGRAMS FOR MAY

May 4: Join Rob McEachern for a trip to the Land of the Southern Cross to visit his friends the Kiwis, Wekas, Emus, Keas, 'roos and Kcalas.

May 11: Celebrate National AYH Week with Mary Ellen McBride. She will be showing slides on Hostelling and Backpacking in Europe.

May 18: Bob Strong will show slides of his backpacking and climbing trip to 14,000' Gannett Peak in the Bridger National Forest area of Wyoming.

May 25: To be announced at meetings.

Pittsburgh Council is presently competing with 13 other councils in a contest sponsored by AYH-National. The councils will be ranked according to the number of new members that join between March 13 and June 1, 1978. Prizes such as bicycles, canoes, tents and an AYH trip (worth \$1000) will be awarded to the councils that have the largest number of new members. If you know of anyone who is thinking about joining AYH, you can help Pgh. Council win a valuable prize by encouraging that person to join now!

THE GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of American Youth Hostels, Inc. 6300 Fifth Ave. Pittsburgh, Pa. 15232

Phone: 362-8181 Thursday evenings between 7:45 and 10:30 only.

Please notify Pittsburgh Council, AYH as soon as possible if you change your address. Otherwise, you miss THE TRIANGLE and AYH is charged 25¢ for every newsletter that is returned.

DEADLINES FOR JUNE ISSUE:

Articles & Ads: Thurs, May 11

Trips & Trails: Thurs, May 18

Production Party: Thurs, May 25

Editor: Rick Caplan
Cover: Rick Caplan
Ads: Jim Gogots
Printing: Bruce Sundquist
Mailing Labels: Don Hoecker & Roy Weil
Production: Don Hoecker and the enthusiastic AYHers who make production a party rather than a chore.

ACTIVITIES BOARD MEETING

Tuesday, May 2, 1978
8:00 PM

Jim Gogots
109 Abel Drive
Clairton, Pa. 15025
phone: 384-9149

Everyone is welcome!

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Sat 10-9

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Mon, Wed, Fri 12:30 - 5:30

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For Sale: Two K-1's and One C-1.
One K-1 is moulded plastic with 4
air bags, spray skirt & wood spoon
paddle (on white water twice). Second
K-1 is lower profile, for people
under 160 pounds. It has been in
Class V water, but it's in good
shape; has spray skirt, two air bags
& glass paddle. The C-1 has little
service but is stern heavy (was hit
by car) - two air bags, spray skirt
and 2 paddles. Included are two air
suspended helmets, Lief jackets and
other extras. All for \$400. Will not
sell separately. Can be seen in
Wash., Pa. 228-8218 during day or
663-5344.

Hair styles for outgoing people. call
Doris Grant at Ladies & Gentlemen
Hair Stylists, 621-7556, next to the
Mountain Trail Shop.

For Sale: unused X-C equipment:
195 cm, foam core, fiberglass wrapped
P-Tex base skis with unattached
bindings - \$53; Tonkin poles, 135 cm
\$7.50. Call Gale at 681-3797 eves.

For Sale: GMC 35 foot motor coach.
Individually converted to a well
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Asking \$10,000. Telephone 621-0688.

ALMOST HEAVEN?

At the end of your rope and looking for some place to go? Then join us at Morgantown, West Virginia, June 2-4!

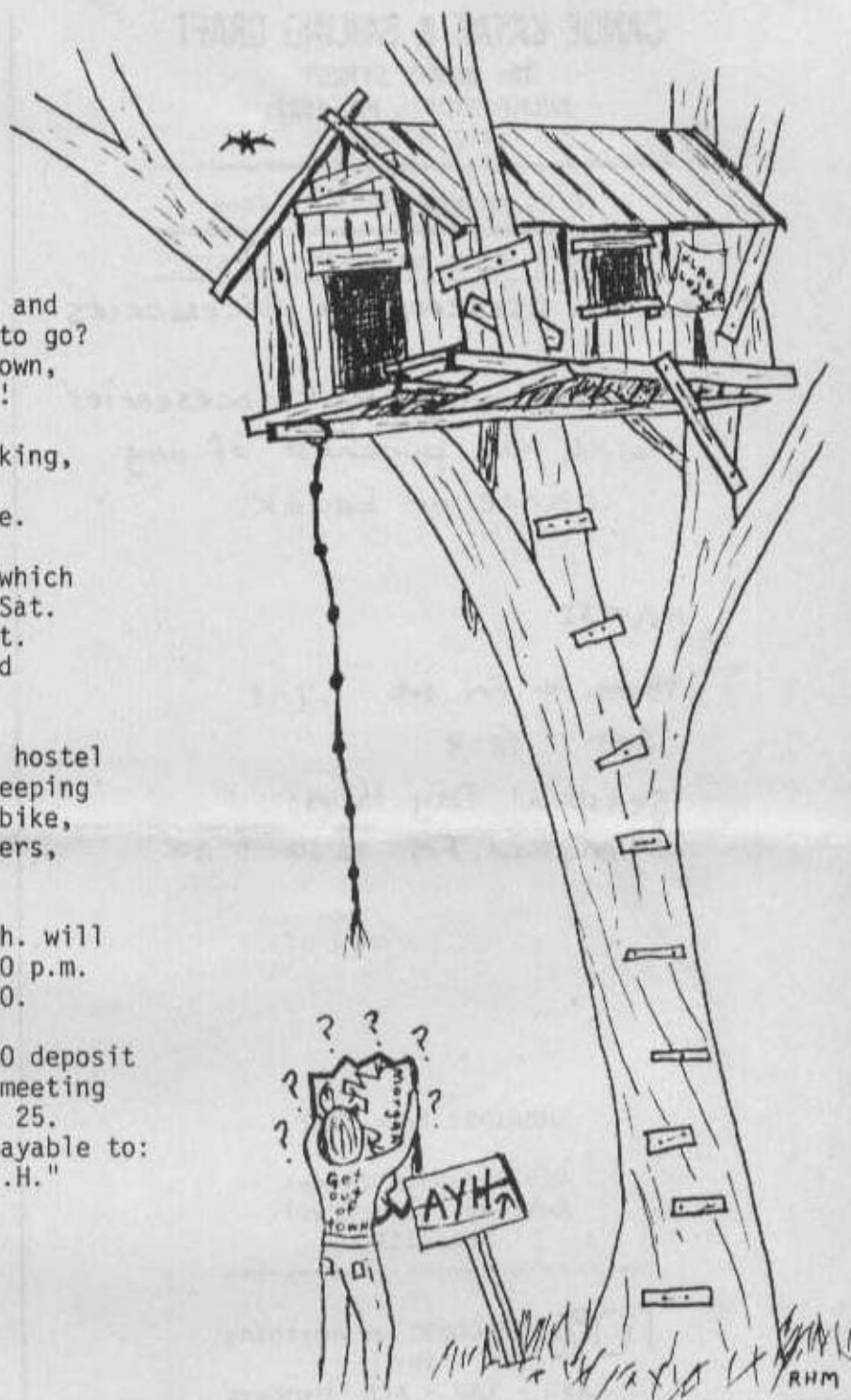
There'll be hiking & biking, climbing & rafting, and lots of fun for everyone.

Cost will be about \$12 which covers transportation, Sat. and Sun. Breakfasts, Sat. Dinner, Registration and Hostel Fee.

Bring your own lunches, hostel pass (with picture), sleeping bag or blanket, boots, bike, poncho, guitars, recorders, etc.

Group departure from Pgh. will be Friday June 2 at 7:00 p.m. Be at the hostel by 6:30.

Reservations and a \$5.00 deposit should be brought to a meeting or mailed to Rob by May 25. Checks should be made payable to: "Pittsburgh Council A.Y.H."



Name _____

Res. _____

Phone _____

Amount Enclosed _____

If driving, how many others can you take? _____

If not driving, how many will require rides? _____

If you would like to help plan a meal, please check _____

Rob McEachern
2514 Wenzel Dr.
Pgh., PA. 15238
(828-2635)

TRIP INFORMATION FOR THE COMING SEASON

The Activities Board is busy preparing schedules, equipment and people for the coming season's trip program. Part of this preparation is a new leadership manual, which should be available in May. This article contains information from the manual that will be of interest to all AYHers. To give trippers a better idea of what to expect on outings, trips will be classified as Introductory, Beginner, Intermediate, and Advanced. Activity Chairpeople assembled definitions for these terms for each activity.

Backpacking: Steve Martin, Chairman

Beginner: A beginning backpacking trip is suitable for a person that has had some hiking experience, is in reasonable physical condition, but has had no backpacking experience. The trips usually follow well maintained trails with minimal elevation changes. Beginner trips cover less than 10 miles a day. Each member needs a backpack, sleeping bag, good boots, rugged clothes, rain gear and personal toilet items. The leader will try to arrange the sharing of tents and cooking gear to reduce pack weight. The leader will instruct members in the safe use of stoves, the pitching of tents, and camp procedures that are environmentally safe. Meal planning may be individual or a group affair at the discretion of the leader. These trips are usually limited to one night.

Intermediate: Intermediate backpacks usually maintain a moderate pace over moderate terrain. The trails are not hazardous, but they may be in less than ideal condition. Elevation changes will be greater than those on a beginners trip. Equipment requirements are the same as the beginning trips, but the tripper is expected to know how to operate his stove and set up his tent. Meal planning may be individual or a group affair at the discretion of the leader. Intermediate trips are usually scheduled over long holiday weekends.

Advanced: Advanced backpacks may be off trail, cover long distances and can go out in any weather. Members of an advanced backpacking trip should be in good physical condition and have considerable hiking and backpacking experience. Advanced trips are out from 2 days to 2 weeks.

Canoeing: Tom Vogel, Chairman

Introductory: An introductory canoe trip usually occurs on a weekday night at a nearby lake. These trips are designed to introduce members to canoeing. No previous knowledge of canoeing is required. Members must help carry canoes and dress to get wet. The only equipment needed is a complete change of clothes and some type of kneeling pad.

Beginner: Beginner canoe trips require that the member have some canoeing experience. The member must be able to get into and out of a canoe and paddle the canoe in a straight line from the stern. Beginning trips include lake trips, flat water trips and Canoe School I (white water). Equipment needed consists of lunch, rain gear, drinking water, knee pads and a change of clothes.

Intermediate: Intermediate canoe trips include Class I and Class II whitewater and Canoe School II (whitewater). Members should have attended Canoe School I and must be able to do the 4 basic canoe strokes and ferry a canoe from the stern. Equipment includes lunch, drinking water, knee pads and a change of clothes.

Advanced: Members of advanced trips should have attended canoe school II and must have a thorough knowledge of ferries, eddy turns, peel-outs, and rescue procedures. Advanced trips paddle Class III rivers (hostel canoes can not be used on rivers rated above Class III). Any trip going out in the winter is classified Advanced. Equipment includes lunch, drinking water, throw rope, wet pack, knee pads, change of clothes, and (in season) wool or wetsuit.

Climbing: Jim Wojciechowski, Chairman

Introductory/Beginner: Members of beginning trips need no special skills. They must be in good health. The hiking distance to the climbing area is usually less than 3 miles with no great elevation changes encountered. Equipment needed consists of a pair of leather gloves, hiking boots or tennis shoes, a day pack, lunch, drinking water, and rain gear.

Intermediate: An intermediate trip requires that a climber have at least one year's climbing experience, know the 6 basic knots (bowline, fisherman, figure 8, water knot, and overhand) and how to use them. An intermediate climber will be limited to top roping and do no lead work.

Advanced: An advanced trip requires that a climber have a minimum of three years climbing experience, have a working knowledge of the 6 basic knots and the use of chocks as they apply to lead work.

Cycling: Ed Sieger, Chairman

Introductory: An introductory trip is a trip that combines instruction with a short tour. The terrain cycled is easy. The only requirement is that a member be able to ride a bicycle. Each tripper will learn the basic skills needed to ride a 10 speed cycle safely and courteously. Skills taught include stopping, shifting gears, hand signals, courteous riding and minor repairs. Participants need a 5 or 10 speed cycle.

Beginner: A beginner trip is usually less than 20 miles over flat terrain. The roads cycled are wide with light traffic. The hillier the trip, the shorter the distance. Skills needed for a beginner trip are those taught on the introductory trips.

Intermediate: The intermediate trip usually ranges from 20 to 50 miles with hills determining the distance. A 35 mile ride over moderately hilly Pittsburgh terrain can be considered an average trip for this class. The cyclist is expected to know how to make minor repairs on his cycle.

Advanced: An advanced trip is 50 miles or longer and often encounters steep hills.

Equipment needed for introductory and beginner trips include:

5 or 10 speed cycle, rain gear, helmet and flag or fanny bumper, water bottle, head or leg light (if night riding is possible), spare inner tube

For intermediate and advanced trips add to the list:

air pump, bike lock, metric wrench set, 6" adjustable wrench, screw driver, patch kit, tire irons

Hiking: Steve Martin, Chairman

Introductory: Introductory hikes are often afternoon strolls in one of the city or county parks. These hikes are on well defined trails and avoid long steep hills. Often these hikes are combined with some other event taking place in the park. The only equipment needed are good walking shoes and comfortable clothes. Optional equipment includes a canteen and a camera.

Beginner: Beginning hikes take place on well maintained trails that have minimal elevation changes. These hikes are usually less than 10 miles. The distance is reduced if the trail is hilly. Equipment should include comfortable walking shoes (preferably boots), comfortable rugged clothes, canteen, lunch, a bag or pack to carry the lunch and water, and rain gear. Optional equipment includes camera, small personal first-aid kit, and a snack.

Intermediate: An intermediate hike is one that is usually on marked trails, but these hikes may involve some off trail hiking (referred to as bushwacking). There are no distance limits on intermediate trips, but the tripper does need to be in reasonable physical condition. A moderate pace is maintained for the entire trip with the trip mileage balanced against the steepness of the terrain. Elevation

changes are greater than those on the beginner trips. Equipment needed includes good hiking boots (tennis shoes will not suffice), comfortable tested trail clothes, day pack, canteen, lunch, rain gear and personal first-aid kit. Optional equipment includes camera, change of socks, snack.

Advanced: An advanced hike often goes cross-country using a map and compass.

Terrain may be steep and trail conditions (if any) may be poor. Hikers on advanced trips must be in good physical condition and have considerable hiking experience. Hikes going out in winter are usually listed as advanced due to the weather extremes that may be encountered.

Rafting: John Orndorff, Chairman

Introductory/Beginner: These trips will emphasize paddling skills and safety.

Skills taught will include how to execute paddle strokes, riding the raft thru rapids safely, swimming rapids, maneuvering rafts in rapids, leaning, and throwing safety ropes. Each major rapid will be scouted and paddling routes explained. Maximum water level will be nothing above the Yough at summer level (class 3-4).

Intermediate: These trips will give a brief refresher session on paddling skills and safety procedures. Otherwise, the trip will be run with no special training. Members must have at least one Class III white water trip. Maximum river difficulty will be Class IV.

Advanced: Advanced trips will be mainly to explore new rivers or familiar rivers at unusually high levels. Advanced trip members must have paddled at least two Class III rivers in the last year. The maximum water level for advanced trips is Class V.

T.O.S.R.V. '78 TIPS

If you made the registration list, you know who you are. You're the person who has already done about 200 miles to get in shape.

If you need a ride or have car space to offer, call Joe Hoechner at 343-2465 or Ed Sieger at 621-2911 for car pool info. We hope to leave Headquarters by 6:30 PM Friday. Keep your baggage down to a minimum - a cheap sleeping bag & foam pad inside of a duffel bag with your change of clothes is all you should need. As most Pittsburgh riders will be staying at the Fairground Dorms on Friday night, you should bring along a breakfast snack to get you to the first food stop on Saturday. You can not depend on finding a restaurant open at 5:30 AM.

If you've never ridden in a large pack of riders before, here's your chance. Be Careful! Due to the number of people, most riding is done double file. Stick to the right side, along the edge of the road. In case of a pile-up, you'll land on the grass, not out in the pavement in front of traffic. Wear a Helmet! You can leave your bike flag at home.

Keep your load down to a minimum - you should carry tools, tube, water, pump and rain gear - not much more. You can use the shuttle to ship another spare tube, special tools, lubricant (for the bike's chain & for your seat - you'll need some Sunday morning).

You can depend on it being cold. Even if the winds are calm, when you are riding at 7:00 AM and the temperature is in the 40's, that's cold! So you ride faster to warm up, and you increase the wind chill factor and get even colder! Bring along a pair of gloves to wear in the early hours. If you forget, a pair of socks will do as makeshift mittens.

When you arrive in Portsmouth, you'll want to check into your dorm early, find your gear and spread out your sleeping bag somewhere away from the entrance and the john doors. Latecomers usually wind up sleeping in hallways, sinks, etc.

Keep in touch with the group you car pooled with. On the return ride, you should pace yourself so that your co-riders won't be delayed because of your saddle sores.

-- Joe Hoechner

CANOEISTS ! ! !

Your local AYH has a full program of canoeing activities during most weekends of the canoeing season. You can find a group heading to one of the many area streams on almost any weekend.

Knowledge of the sport certainly makes it a greater personal experience and leads to more productive group activity as well. For this reason we encourage interested parties to sign up for canoeing classes which we will schedule beginning this month.

Classes are scheduled in three groups:

- School 0: Beginners who have no knowledge of canoeing or limited experience.
- School 1: Introduction to the river and basic strokes used on the river including safety and reading a river.
- School 2: White water - This is for the more active canoeist, who wants to be able to handle most Class II and III white water streams.

By themselves the classes will not make you proficient. Practice on a wide experience of different kinds of rivers offers a maturing process.

Another development that has mushroomed in the last few years is Poling. With the aid of a 12 ft. aluminum pole as compared to the wooden ones of early canoeing, many AYHers are finding a unique challenge to increase their canoeing enjoyment. Poling enables one to move in shallow waters upstream as well as down stream. Some insists on doing it in heavy water as well. Poling classes will be available.

Our canowing schools will be held by individuals who have successfully taken all AYH classes and have proven their ability to instruct. They will be accompanied by other instructors in order to have a fair student/teacher ratio.

On regular trips the leader will have taken the AYH classes and be knowledgeable about safety techniques as well as meeting the general AYH guidelines for leaders.

Canoe trips are often announced at the regular Thursday night meetings. For more information about canoeing programs contact Tom Vogel at 731-4477.

If you are looking for a more advanced trip, Rich Bartoo is trying to arrange a week of Spring canoeing in the Pennsylvania Grand Canyon Area for wild-water enthusiasts. This will be Class I, II and III, suitable for soloing by experienced canoeists in open boats or closed. Some camping is required. Exact date not set, but will probably be mid May. Itinerary is open to suggestions, but Little Creek and the canyon section of Pine Creek are in, plus maybe Loyalsock, First Fork Sinnemahoning, Chest Creek, and others. If you are interested, discuss with Don Hoecker or call Rich at 833-8506 after 6:00 PM.

tips & tales

by Joe Hoechner

Watch for Pittsburgh Council's official Bike Route Map to the Fombell Hostel to be published soon. It will have both written directions and a marked map of the 40 mile route. It is the first step towards a much needed Western Pa. cycling guide.

Zip-Lock plastic bags are one of the handiest things to have on any outdoors trip. All boaters, bikers, hikers, etc. seem to share a common need of keeping things dry. They can be used for planning pre-measured meals for extended trips - once the food is eaten you have a reusable clothing bag. Some people use them at home for miniature "greenhouses" to start their Spring seedlings!

Did you know that June 5th to 11th is "Bicycle Week," June 5th is "World Environment Day," May 3rd is "Solar Day" and June 4th is Joe's Birthday.....?

A map of the Forbes State Forest is now available - Free. All you have to do is send a self-addressed stamped envelope & your request to:
Bureau of Forestry
132 W. Main Street
Ligonier, Pa. 15658

The Three Rivers Arts Festival will return as a regional show this year, from May 26 thru June 4 in Gateway Center, Downtown. Festival hours will run from noon to 10 PM throughout the ten-day period.

Interested in working in an outdoors profession? You can get a free booklet: "Service to Humanity" which outlines job opportunities & requirements in the Park/Recreation field. For a free copy write to:

Nat. Recreation & Park Assoc.
1601 North Kent St.
Arlington, Va. 22209

Are bicycles really solar-powered? After all you see more bikes out on nice sunny days than on cloudy, wet days. Hmmm?

If you'd like to clean your bike's chain without taking it off (lazy man's way) use some "S.T.P. Carb Cleaner" or "Liquid Wrench" in the spray cans. Use the little plastic straw thingee to "blast" away dirt & grime. It makes quite a mess so don't do it on your rug. Also try to keep the spray away from your rims & brake pads.

"Man on a bicycle can go 3 or 4 times faster than the pedestrian, but uses 5 times less energy in the process. Equipped with a bicycle, Man outstrips the efficiency of not only all machines, but all animals as well." (Women, too!)
-- Ivan Illich, Energy & Equity

Problems? Questions? Let Uncle Sam know! You can now use toll-free hot lines to contact Federal agencies to get answers to your hassles:

Consumer Product Safety Commission
800-638-2666

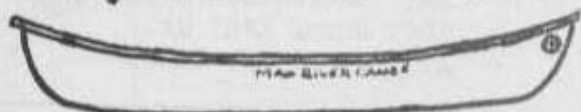
Interstate Commerce Commission
800-424-9312

National Highway Traffic Safety Admin.
800-424-9393

Nat. Solar Heating & Cooling Info. Cen.
800-462-4982

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hours: Sundays 1 'til 5 p.m.

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412/238-6246

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trips & trails

The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation costs and equipment rental. In addition to these fees, non-members are charged \$1.50 per day; one non-member fee can be deducted from the cost of membership if the tripper joins AYH within 30 days following the trip. Call the trip leader to reserve or cancel or to get information. Please call during normal hours (6:30-9:30 PM) unless otherwise noted. Make reservations as early as possible but in no case later than the Thursday before the trip.

ACTIVITIES BOARD CHAIRPEOPLE

Cycling: Ed Sieger 621-2911	Rafting: John Orndorff 362-5401
Canoeing: Tom Vogel 731-4477	Climbing: Wojie 322-2214
Hiking: Steve Martin 665-0634	

-
- Evenings Cycle Rides - Evening cycle rides will start officially in June. If you are interested in leading an evening ride in late May, contact the Cycling Chairman and arrange a ride. You can announce it at the Open House Meeting the preceeding Thursday.
- Sundays If you have nothing to do on any Sunday afternoon this summer, come down to the softball fields at Schenley Park next to the tennis courts around 1:00 for a rousing game of softball and/or volleyball.
- Sat May 6 Beginner Hike - Bob Schatz will lead a wildflower hike along Indian Creek. Bring a lunch and water. The trip will cost about \$3 and will leave Headquarters at 8:30 AM. To reserve or to obtain more information, call Bob at 242-1898.
- Sat May 6 Flat Water Canoe School 0 - Fthis school covers all the basics of flat water. The school involves instruction on land as well as on the water. Dress for the weather and remember it will be windier on the lake. Wear tennis shoes and shorts. Bring lunch, a change of clothes, an extra sweater (wool if possible), something to kneel on (a large towel or rug is okay). Extras: hat, gloves, suntan lotion. Meet at Hostel at 8:15. Cost under \$8. Reserve with Mike DeRoy 371-6943
- Sat May 6 Intermediate Cycle - Join John Alexander for a last minute TOSRV warm-up. This ride is from North Park to Evans City and back. (40 mi) Bring lunch, raingear, \$2. Call John at 486-3359. Leave AYH at 8:30.
- May 7
thru
May 14 National AYH Week - There will be talks and demonstrations this week at Hostel Headquarters. On Monday, Roy Weil and Mary Shaw discuss white water canoeing. On Tuesday, bicycling will be discussed by Joe Hoechner. On Wednesday, Marilyn and Cliff Ham talk about Backpacking. On Thursday, Mary Ellen McBride will show slides of Backpacking and hostelling in Europe. On Monday, Tuesday and Wednesday, be at the Hostel around 7:00 to participate. Bring a friend!!

MAY TRIPS AND TRAILS

- Sun May 7 Introductory Cycle - Learn all the basics including shifting, safety, minor bicycle adjustments. The trip ends with a ride on the city bike route and a stop at a DQ. Bring yourself and a multi-speed bike. Meet at the Hostel at 12:30. Cost is 50¢. Call Ed Sieger at 621-2911 for information or rentals.
- Sundays Climbing Class - Beginner II Climbing Class and Intermediate Climbers
May 7,21 welcome. We leave AYH at 7 AM. Cost is \$5. Call Jim @ 322-2214.
- Wed May 10 Canoe O - This school covers the basics of flat water. Learn the fundamentals of paddling in a straight line from the stern. Wear tennis shoes and dress for the weather. Bring a large towel or small rug to kneel on. We WILL be on the water. Reserve with Mike DeRoy at 371-6943. Meet at 6 PM. Cost \$1:00.
- Fri May 12 TOSRV - Join Joe Hoechner & Ed Sieger for the Annual TOSRV Ride.
thru Leave AYH at 6:30 PM. Let us know if you need or can offer rides.
Sun May 14 Joe @ 343-2465. Ed @ 621-2911.
- Sat May 13 Canoe - Depending on water levels, Jim Gogots will lead your average Class I river trip. Poling is always welcomed on his ventures. Jim can be reached at 384-9149.
- May 13-14 W. Pa. Whitewater School - It's too late to sign up now.
- Sun May 14 Beginner Hike - Marilyn Ham will lead a wildflower hike for all levels of hikers. Bring wildflower guides, lunch and comfortable walking shoes. Meet at the Hostel at 9 AM. For more information, call Marilyn at 687-4960.
- Sun May 14 Un-TOSRV Bike Ride - Around Pittsburgh, weather permitting. Tour the North Side, lunch at scenic Riverview Park, return in time to take Mom to dinner! Meet at Hostel at 10 AM. Bring the usual. About 30 miles. Call Sally at 231-6074.
- Sun May 14 Canoe - Joel Platt will lead a river trip for those with some river experience. This will be a good outing for those who have had basic instruction. Call Joel at 521-5244.
- Tuesdays CPR Classes - Standard CPR will be taught at the Hostel on two Tues.
May 16,23 nights at 7 PM. Spaces are limited. To reserve, call Wojie 322-2214.
- Wed May 17 Cycle Camping Seminar - If you're considering a vacation on your bike, stop in! Experienced AYH tourers will "show & tell" about bikes, gear, trips, conditioning, etc. Call Joe to offer help at 343-2465. Starts at 7:05 PM.
- Fri May 19 Backpacking - Paul Stratton and Rick Caplan will lead a combined to intermediate and beginner backpack trip in the Allegheny National
Sun May 20 Forest along the Allegheny Reservoir. On Sat., two groups will follow separate routes (12 mi & 6 mi) to the same camping area. On Sun., we will all hike a third trail (6 mi) together. We leave Hostel at 7 PM, return Sun nite. Paul: H-929-7923, W-462-5000 ext 7504.
Rick: H-521-4420, W-462-5000 ext 6557.

MAY TRIPS AND TRAILS

- Sat May 20 Inter Cycle - Craig Kaufman leads an intermediate ride to the Moraine Park area, with the exact route to be determined during the trip. Bring the usual equipment and \$4. Call Craig for reservations at 344-5189. Trip leaves at 8:30.
- Sat May 20 Young Family Hike - This easy hike is designed for people with young children (we are bringing our 2 month old daughter). The hike will cover 3-5 miles of trails at the wildflower reserve near Raccoon Creek State Park. Others who are not young families are also welcome to join us and enjoy a pleasant walk among beautiful wildflowers. The trip will leave the hostel at 8:30 AM. For more information, call Dick at 487-5549.
- Sat May 20 Canoe School - Chris Reid encourages interested parties to sign up for the first Class I school of the season. This will be for individuals who have taken the basic course or have had minimal experience and want to learn river canoeing. Course includes basic strokes, safety, reading the river. Call Chris at 731-0674.
- Sat May 20 Inter Rafting - We will head for one of the good running rivers in W. Pa. Prerequisite: at least one white water boating experience. Bring river clothes (including wool sweater and tie-on sneakers), a set of dry clothes, lunch and about 10 dollars. Call John Orndorff 362-5401.
- Sun May 21 Canoe - Don Hoecker will lead a river experience on the Little Beaver (no relation to Red Ryder). Call Don at 243-8298.
- Sun May 21 Beginners Hike - in Bear Run Nature Reserve with Joe Levine. Cost about \$3.00. Bring lunch & water. Meet at AYH at 8:30 Am. Call 422-8287.
- Fri May 26 Inter Backpack - Don Levenson will lead a 3-day backpacking trip to Hammersley Fork in Potter County, Pa. The trip will leave the Hostel Sun May 29 at 7 PM. Cost about \$10. To reserve, call Don at 421-0987.
- Fri May 26 Inter Backpack - Rob McEachern will attempt to do the 40 mile Black to Forest trail in 3 days. This will be a fairly strenuous trip and should be attempted only by persons in good physical condition. The trip will leave the Hostel at 7 PM. and cost about \$10. To reserve, call Rob at 828-2635.
- Fri May 26 Inter Backpack - Join Norm Snyder on a backpacking trip to the Adirondacks and some of the best mountains in the Appalachians. The trip will leave the Hostel at 7 PM on Fri and will cost \$15-\$20. Call Norm at 351-4068 between 6 & 7 PM, Sun - Thurs.
- Fri May 26 GEAR 78 - Joe Hoechner takes a van load of cyclists to GEAR. To enjoy 3 days of rides near Lancaster, you must reserve in advance. Request an application from "GEAR 78, PO Box 6215, Hellam Branch, York, Pa zip: 17406" Call Joe @ 343-2465 if you're going. Leave AYH 6:30 PM.
- May 27 to May 29 Inter Canoe - Challenge the Cacapon River, Maryland with Gordon Bugby. Camping Equipment required. We will take day trips from the base camp. To reserve, call Gordon at 371-4233 between 7 & 9 PM.

AYH Membership Application

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

Name _____ Phone _____
 Address _____ Occupation _____
 _____ (zip code) New/Renewal _____

_____ Youth membership (under 18)	\$5.00
_____ Senior memberships (18 and over)	\$11.00
_____ Family (valid in USA and Canada only)	\$12.00
_____ Organization membership	\$25.00
_____ LIFE	\$110.00
_____ FAMILY LIFE	\$220.00

Please Circle:

Service Interests: Newsletter, Hostel Development, Bicycling, Publicity, Trail Maintenance, Eq. Repair, Auditor Service, Typing, Art Work, Key Punch.

Leadership: Backpacking, Bicycling, Canoeing, Caving, Climbing, Cross-country skiing, Hiking, Rafting.

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