



golden  
triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 25, Number 8

AUGUST 1974

9

SEPTEMBER



# FIRST AID TIPS FOR AYH TRIPS

The cycling and hiking chairmen have recently made up six first aid kits which are available to trip leaders. First aid kits are not required on hostel trips by current policy. However, most trip leaders do carry some type of first aid kit. These six kits are available at AYH from the activities chairmen. Canoe leaders can obtain a kit from the hiking chairman.

This first aid kit offers a minimum of supplies for accidents. It is for medical emergencies on PEOPLE, not bikes or packs. Report the use of any supplies to the hiking or bicycling chairmen so they may be replaced.

Each kit contains:

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 4 4x4 gauze sponges - 2 per packet | 4 2x2 gauze sponges - 1 per pack |
| 3 antiseptic towlettes             | 12 assorted band-aids            |
| 2 super-large bandaids             | 1 roll of adhesive tape          |
| 1 roll of "Kling" gauze bandages   | 1 pair scissors                  |
| 1 pack of Kleenex                  | 1 tube of first aid cream        |

## FOR MINOR CUTS OR ABRASIONS:

Wash wound off with water if available. Use large 4x4 if necessary. Then use antiseptic towlette. Abrasion must be covered to prevent infection. If a plain gauze bandage is applied to the abrasion, the fibers of the gauze will adhere to the clotted blood. This will cause considerable trauma when removed. Use the cream in the kit to prevent this and to prevent infection.

Tape and band-aids will not stick to moist surfaces. If the person is sweaty, wiping the area usually doesn't help. It may be necessary to hold the gauze sponge in place with the rolled gauze bandage. Use several wraps tight enough to prevent slipping but not tight enough to restrict circulation. Do NOT use Kleenex to wipe or clean the wound.

If the dressing remains intact do not redress the wound at the end of the trip. The tripper has emergency insurance to pay for hospital service. Legally, you are allowed to apply first aid in an emergency. However, redressing the wound might be considered beyond the realm of first aid.

## FOR SEVERE CUTS:

Direct pressure in severe cuts is the first step in stopping bleeding. This may take several minutes to work. Be patient and wait. Unless an artery or vein is severed, direct pressure usually works. If the cut is over a joint, movement can reopen the wound. If this is the case on a bike trip return someone for a car, put the tripper's bike on the rack and drive to a hospital. On a hike the joint may have to be immobilized (for example the knee) while the person walks out. If the bleeding is more severe, pressure points may be used if you are trained and know how to find them.

Tourniquets are a last resort. Bleeding must be severe enough that death could result if the tourniquet is not used. If it must be removed, do NOT remove it. The old rule of releasing pressure every 10-15 minutes is no longer true. The Emergency Room personnel will remove it at the hospital.

## FOR BROKEN BONES:

AYH has two inflatable splints - one full arm and one full leg. The splints are zippered for easy application. They can also help control bleeding if that occurs in the area of the break. The leader must clean and dry the splints and return them as soon as possible if they are used.

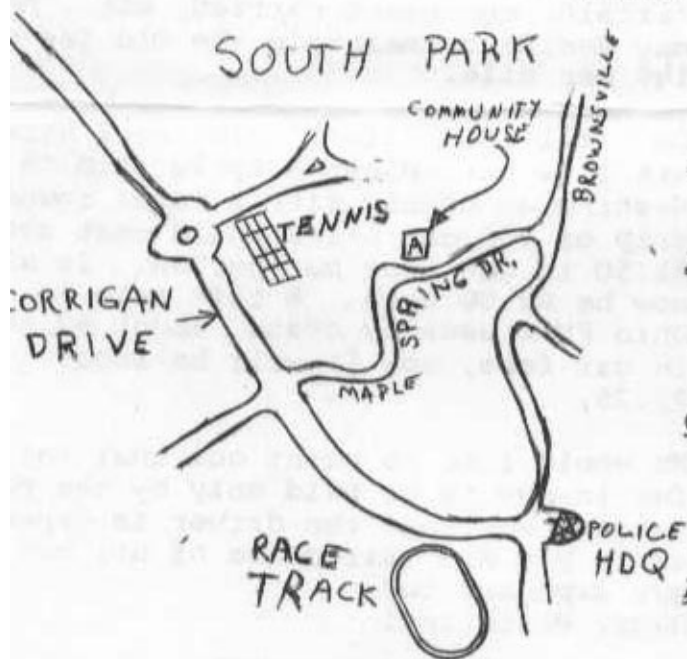
## THE LAW AND YOU

We recently reported to you how PennDOT had approved funds for bike-way construction.

If you were among the ones that attempted to secure details of this act, you were soon frustrated. Seems that PennDOT has yet to work out all the "details" of the funding and has not yet released their guidelines to the public.

If you are interested in pursuing this matter of state bikeway funding, you can try writing to your local PennDOT District Engineer. You may also want to send him suggestions, advice, etc. on possible bikeway routes. Write to:

Mr. Anthony J. Gaeta P.E.  
Four Parkway Center  
875 Greentree Road  
Pittsburgh, Pennsylvania,  
15220.



## CAUTION

If you have a 26" or 27" J.C. Penny bike "made in Austria", it may have a safety problem.

If it has a decal that says "made in Austria" and the front fork is not chrome plated, there is a potential problem. If you have such a bike take it in to J.C. Penny's as soon as possible and they will replace the front fork at no cost to you. It may be returned to the nearest JC Penny store selling bicycles or to the in-store catalog sales center where it was purchased.

These bikes were first sold in the fall of 1972. If you are at all uncertain whether or not your bike requires a new ~~center~~ fork please contact the store. This announcement was first made on May 12 and while a number of bikes have been returned Penny's wants to make certain they get yours if it needs replacement.

### 2nd ANNUAL AYH FALL PICNIC

at South Park's Community House, 1:00 PM  
Saturday - October 5th

ACTIVITIES: Games, Bike ride, Orienteering, hike, softball, Frisbee and other things. Bring your compass, running shoes, Bikes, softball equipment and other toys.

COSTS: Adult (with food) 3.50, without 1.50  
Child (under 12 with) 2.50, without 1.00

Fried chicken dinner for those who want it.  
Soft drinks provided.

ACTION: Fill out coupon and mail to:

Judy Hurst  
1261 Raven Drive  
Pittsburgh, PA. 15243

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
ADULT FOOD \_\_\_\_\_ ADULT NO-FOOD \_\_\_\_\_ CHILD FOOD \_\_\_\_\_ CHILD NO-FOOD \_\_\_\_\_

TOTAL AMOUNT \$ \_\_\_\_\_

Do you need transportation? \_\_\_\_\_ Can you take passengers from Hostel? \_\_\_\_\_

MEMBER \_\_\_\_\_ NON-MEMBER \_\_\_\_\_

Make checks payable to: Pgh. Council, American Youth Hostels, Inc.



## HEMISTOUR STILL UNDERWAY

Greg and June Siple, the Pittsburgh AYH members who left Pittsburgh in June of 1972 to bicycle from Alaska to Argentina, are still bicycling. Hemistour, as the ride is known, has covered 21,800 kilometers so far to Huancaayo, Peru. Twenty-five different cyclists have taken part in various parts of the trip. Hemistour was featured in the May 1973 issue of National Geographic Magazine.

Hemistour is to end in March 1975 when Greg and June will return to the United States for a series of slide shows and to begin work on a book, as well as to work on Bikecentennial '76. They indicate they want very much to include Pittsburgh AYH on their slide show circuit.

After a 3 week rest and refit in Lima, Peru the group recently cycled over the 15,850 foot Anticona Pass after a 129 kilometer uphill! Currently they are crossing the Andes on their way to Cuzco, Machu Pinchu, and La Paz, Bolivia. Oterres in the group include Tom Root, 24, a Columbus, Ohio elementary school teacher and William Marquardt, 58, a professor of linguistics from Hays, Kansas.

Larry Giventer received the above dispatch from Greg and June in early August. In an accompanying letter they said that they will soon reach La Paz, Bolivia - still 8000 Kilometers from their goal - Tierra del Fuego. If anyone can read Spanish, Larry has a newspaper clipping from the Lima paper La Prensa. Greg and June are asking their AYH friends for some financial aid to help them finish their trip. They will be writing a book soon after they return with pictures and stories of their travels. You can sign up to receive an advance copy - hot off the presses - if you can chip in \$10 now to help them out. Larry will coordinate taking book orders and gifts. See him Thursdays or call 422-9282.

## "Inflation Hits AYH Trips"

Trips this summer have had to face gasoline prices nearly double that of last year. Now Harrisburg has raised the tax by another penny.

This has to be the straw to break the camel's back.

The current Watergate hearings cannot match the debate that raged through the monthly AYH committee meetings. Pros and cons were heard from both sides and finally a voice vote was taken. This was so close that a hand count had to be taken.

As a result the gas trip fee will be raised from 1½¢ to 2¢ per person per mile!

Let us clarify that by stating that we are now allowing the trip leader to change up to that amount. Depending on the number of people, distance, terrain, equipment carried, etc., he may decide to maintain the old fee of 1½¢ per mile.

How will this affect trip fees? Here are a few examples: A cycle trip to Washington County with a total round trip of 100 car miles would cost about \$1.50 in gas fees per person. It will now be \$2.00 each. A raft trip to Ohio Pyle usually costs about \$2.50 in gas fees, now it will be about \$3.25.

We would like to point out that this fee is now to be paid only by the passengers but that the driver is expected to pay his fair share of his own gas expenses too.  
Happy Hosteling!

Mark Sunday Oct. 13th down on your calendar. This will be the Annual Heart Fund Bike Derby Day. A.Y.H. will be at Three Rivers Stadium with "25 in 3" or "75 in 7" qualification rides open to members only. See next month's Triangle for more details.

## Tips & Tales

Plan to cycle-tour through another state? Would you like to contact a bicycle club in the area you're visiting? The Bicycle Institute of America issues a free list of bike clubs in the U.S.A. They are listed by state & describe activities and membership fees. If you want one ask for a "Bicycle Clubs Directory" and write to:

Bicycle Institute of America  
122 East 42nd Street  
N.Y., N.Y. 10017

A velodrome in Pennsylvania? Yes, in eastern Pa. near Allentown. This will be the first bicycle race track built on the east coast. It will be a modern banked track built adjacent to Trexler-town Park & Playground. Hopefully the choice of the site will not discourage the serious cycle racer. If you're interested in more information on this track (now under construction) write to:

Rodale Press, Inc.  
Emmaus, Pa. 18049

As this country's relations with Red China improve, cyclists can expect to see new Chinese products on the American cycling market.

One of these products will be the hand-made bamboo-frame-bike (or B.F.B.). These will be made of ultra-lightweight bamboo, grown by the thoughts of Chairman Mao. The price is expected to be about \$19.95. The color range will be "natural" shades ranging from "Jungle Green" to "Mellow Yellow".

The tires will be a special mixture of Chinese silk and Ho-Chi-Minh sandal rubber. The spokes will be also of bamboo and for some reason faintly resemble modified chopsticks.

Test reports on the B.F.B. are very sketchy. Chairman Mao is reported to have ridden one a distance of 150 miles - in 2 hours!

Watch for this bike to arrive here soon! But remember - never get this bike wet. It is a known fact that very small amounts of water may stimulate the dormant growth factor that all bamboo has - then watch out!  
The People's Reporter

Where do you want bicycle parking racks, stands, or lockers in the Pittsburgh area?

Let's have YOUR suggestion.

AYH will send a letter to the appropriate business, agency, etc., requesting them to install bicycle parking facilities and report the result in the Triangle. Your suggestions should include:

1. The place
2. The name of the responsible person, firm or agency and their address if you know it
3. Your name and telephone number in case we need further information.

Send your suggestion to:

Larry Giventer, AYH President.

Does your bike have Shimano components? Most "American" bikes do. You may be interested in a free catalogue of Shimano parts. They do not list prices, but give information on part numbers, weights, materials, etc. They also show their new disc brakes. If you're interested write to:

Shimano-American Corp.  
1133 Ave. of the Americas  
N.Y., N.Y. 10036

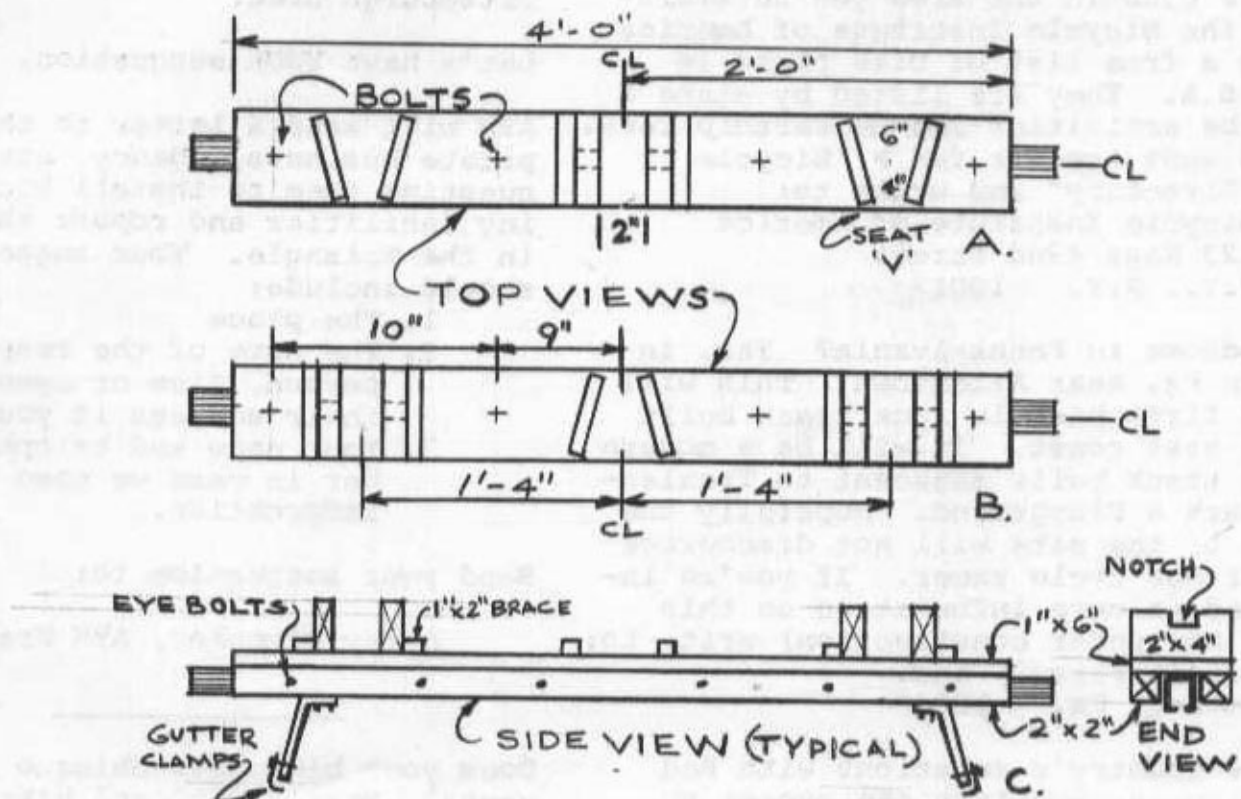
Are you a mature, adult cycle-tourer? Would you like to do cross-country tours with other "old-timers"? You may want to contact the following groups. Unlike National A.Y.H. trip they are aimed towards the adult cyclist who is out to enjoy the countryside. Please send a self-addressed stamped envelope to:

International Bicycle Touring Society

Dr. Clifford Graves  
846 Prospect Street  
LaJolla, Calif. 92037

Bicycle Touring League of America  
Dr. Roland Geist  
260 West 260 Street  
Bronx, New York 10471

# JOE'S BUG RACK



Here are the secret plans for the cycling chairman's roof top bike rack. It makes use of a compact car sized carrier bar rack, with standard size lumber. It does not overhang the car body, and therefore cuts down on the number of bashed heads.

Joe claims it can be built for about \$15.00. This may not include certain items "scrounged" up. This plan should be used as a basis for a rack for your car. Joe's rack carries 3 bikes, so if you want to carry more, bear in mind your sizes will increase along with the cost. Please read completely before starting. Here is your typical parts list:

- |   |                                |
|---|--------------------------------|
| 1 - set bar roof carriers                                 | 1 - 2" x 2" x 8' (cut in half) |
| 1 - 1" x 6" x 8' (cut in half)                            | 1 - 2" x 4" x 3'               |
| 1 - 1" x 2" x 6'  | Various nails                  |
| 28 - Screw in eye bolts about 3" long                     |                                |
| 8 - Hex bolts, 2-1/2" long with nuts, flat & lock washers |                                |

Tools needed include : hammer, handsaw, jig saw, pencil, ruler, electric drill.

As the actual sizes of your wood (1" x 6" = 3/4"-1/2") vary, most measurements should be done from centerlines (cl). Locate your cl on your 1"x6" & the bar rack, both sides, in both directions. Drill 8 holes along these cl's for your hex bolts (see A & B). DO NOT NAIL OR BOLT ANYTHING YET!

Using your 1"x2" and 2"x4" measure off pieces to match the width of the 1"x6" (5-1/2" approx.). Do not cut yet! Notch out the sections of 2"x4" (center 1-1/2" wide, 1" deep) for the bike's handlebars. Pre-drill nail holes in your 1"x2" (to prevent splitting) then cut all into your 5-1/2" pieces. Locate the seat sections as per the diagram. The handlebar 2"x4" should be 2" apart with optional 1"x2" side bracing. Use long nails on the 2"x4", nailing thru the bottom.



Now that all your topside wood is nailed (and possibly glued) down, the sections of 2"x2" can be nailed on (thru the top). Pre-drill as many starting holes as possible. See end view, you may vary their location depending on the bike width. Leave enough room for your gutter clamp arms to slide.

Now drill starting holes along the side of the 2"x2" for your eye-bolts. You will use these to lash the bikes (using giant inner tube, gum-bands and/or bungees). See side view "C". Now unbolt your bar from your wood carrier & varnish it. Use 2 coats, leave dry overnight between coats. This will prevent splitting & warping.

Now you will need some type of foam padding for seat & handlebar protection. Foam rubber will deteriorate in the sun & weather. Try using a closed cell type such as "ensolite" or some type of styrofoam. Joe also recommends 1 eye bolt at each end (into one end of 2"x2"). Use with a rope to get the bikes tied crossways to prevent sway.

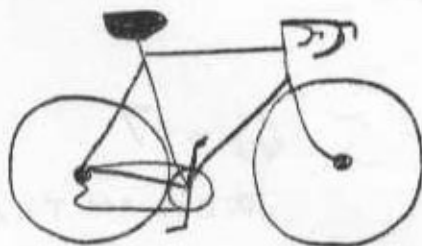
The designer does not claim this is the ultimate low-cost roof rack. You may want to make your own variations to the basic design. If you discover any improvements, let him know. He does disclaim any damage done to your person, car, bike and unborn heirs.

Also now that you are using it, please don't try driving into your garage with the bike on top!

PEUGEOT

RALEIGH

SCHWINN



SALES AND SERVICE

Floyd Newingham

Schwinn Bicycle Center  
740 Fifth Avenue

New Kensington, Pa. 15068

335-6464

The Golden Triangle is a monthly publication of the Pittsburgh Council, American Youth Hostels, Inc., located at 6300 Fifth Avenue Pittsburgh, Pennsylvania 15232. Phone 362-8181 on Thursday evenings only 8:00 PM - 10:30 PM.

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Luomo

Tour de Suisse

Chas. Roberts

Sean Sport

Flandria

Geoffrey Butler

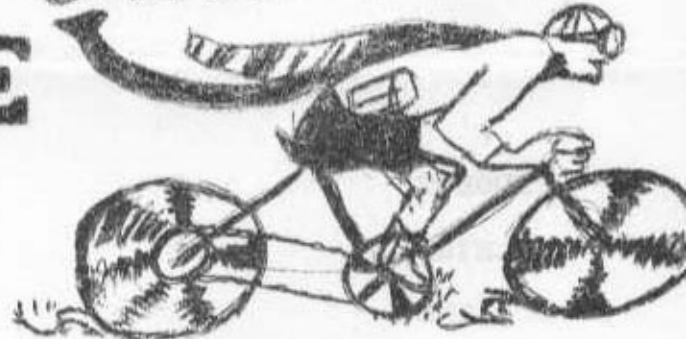
Rock

Campagnolo

Dura-Ace

S&W

and more!!





## TRIPS AND TRAILS

The trips below are open to the public except that AYH members have priority when the trip is of limited size. Trip costs include 40¢ for registration and insurance (\$500 medical) plus transportation costs, and equipment rental. Call the trip leader to reserve or to cancel or for more detailed information.

Please call the leader during normal hours unless otherwise stated- 6:30 to 9:00 P.M. Make reservations early but in no case should they be made later than the Thursday before the trip. The leader must plan transportation and equipment rental.

- Sat. Sept. 07 Hike Explore an abandoned railroad grade in Westmoreland County. Plan to hike about 8 miles. Leave AYH at 9:00 AM with lunch and day hike bag. Call Phil and Carolyn Slaugh at 466-5204 for details.
- Sat. Sept. 07 Intermediate canoe. Join Dave Grapes on some easy whitewater. Some experience necessary. Bring lunch, dry clothes, and about \$5. Call Dave at 863-6870 to reserve.
- Sunday Sept. 08 Canoeing. Easy white water; Kevin Feldkamp (941-8165) will lead experienced canoeists, probably on that dry weather, old faithful, the Middle Yough. Bring a lunch, dry clothes, and about \$5.
- Sun. Sept. 08 Bicycling. Dave Marcus leads a surprise bike ride - distance, time and place to be announced. Approximate cost \$3. For more information call Dave at 521-4409.
- Fri. Sept.13 Canoeing. The annual "staircase" white water trip on the Shenandoah-Potomac. Plan on two nights at a Hostel, cooking your own food on the stoves there or outside on your own. Two days of white water (we Hope). Phil Mason will lead, Joel Platt (521-5244) will take reservations. Cost about \$20.
- Sat. Sept.14
- Sun. Sept.15
- Fri. Sept.13 Backpack. Walt Smith leads a weekend backpack trip to Dolly Sods. Leave headquarters Friday night at 7 PM and return Sunday evening. Call Walt to reserve and for more information.(487-4458)
- Sat. Sept.14
- Sun. Sept.15
- Sat. Sept.14 Rafting. Joe Hoechner will lead "advanced Cyclists" on a raft trip.....Call 343-2465 to reserve a place for your bike.
- Sat. Sept.14 Bicycling. Those cyclists not on a raft can join Jim Metcalfe on a ride to Fox Chapel off 12 or 24 miles. Meet at headquarters at 9AM. Cost about \$1. Bring lunch. To reserve call Jim at 362-7454.
- Sun. Sept. 15 Bicycling. Join Joe Hoechner for a flat afternoon ride into Point Park to view the "new" fountain. Experience in traffic needed. Cost is 40¢ plus 50¢ for a stop at the park museum. Meet at hostel at 1 PM. For more information call Joe at 343-2465.

## MORE TRIPS AND TRAILS

- Sun Sept.15 Hike. Hike a section of the Laurel Ridge trail, probably one of the sections north of the turnpike. Plan on about 8 miles. Bring lunch and about \$3. Leave AYH at 8 AM. Call Mary Giventer to reserve 422-9282.
- Fri Sept.26 Backpack. Intermediate to advanced backpacking trip to Cranberry Backcountry with John Bohrer. Need full equipment.
- Sat Sept.21
- Sun Sept.22 Great scenery is promised. Call John at 561-6563.
- Sat Sept.21 Rafting. The Canoe chairman, under family pressure, will lead a Raft trip on the Yough. Call Gordon Bugby (371-4233). Cost about \$6. Bring lunch and dry clothes.
- Sat Sept.21 Bicycling. Explore the wilds of southern Butler County with George Schmidt. This is for the strong beginner to intermediate cyclist. Cover about 30 miles. Bring lunch and about \$3. Meet at 8:30 AM. To reserve call George at 521-1538.
- Sat. Sept.21 Work Party. Jobs to do: whitewashing and painting the exterior trim on hostel headquarters; burglar alarm and electrical system; new headquarters sign; - bring work gloves and tools. Call Larry Giventer at 422-9282 for details. Meet at the hostel at 9:30 AM.
- Sat Sept.21 Backpack. Anyone interested in a week long backpack trip thru to the Great Smoky Mountains contact Bohdan Hodiak, 661-8809 days, 263-1562 nights.
- Sat Sept.28
- Sun Sept.22 Bicycling. Travel with Chuck Weinstock on a beginner's 15 mile tour in Washington County. Trip includes possible swim and a stop at the historic Arden Trolley Museum. Leave hostel at 9 AM with lunch and \$3.50. To reserve call Chucky at 683-4799.
- Fri Sept.27
- Sat Sept.28
- Sun Sept.29 Cycle camping. Jack Batchelor and Warren (hardhat) Kennedy lead a weekend 130 mile cycle camping trip to the Drake oil well museum in Titusville, Pa. Bring 2 lunches, tent, sleeping bag, swimsuit(?) and about \$12. Leave AYH at 6 PM Friday. To reserve call Warren at 682-0255, or Jack at 963-7868.
- Sat Sept.28 Bicycling. Join Larry and Mary Giventer on the Washington County covered bridge tour. For intermediate riders. Cover about 30 lumpy miles - bring a spare tube. Cost approximately \$3.50. Leave at 8:30 AM. Call 422-9282.
- Sat Sept.28 RAFTING. Walt Smith leads this week's raft trip on the Yough. Bring drys, lunch, and about \$6. Call 487-4458 to reserve.
- Sun Sept.29 Cycling. Join Mike Hurwitz along the "Baker Bikeway" in the Plumville area. This will be a 25 mile intermediate trip, going through some Amish country. Leave at 8:30 with \$3.50 and lunch. For information call 731-1083.

## STILL MORE TRIPS AND TRAILS

- Sun Sept.29 Canoeing. A canoe school for the very beginner: Jim Roberts will instruct on all phases of river canoeing, from how to get those things down from the hostel ceiling to getting them back up. Reserve at 362-5792. You will need a lunch, "river shoes", some dry clothes and a swimsuit.
- Sun Sept.29 J.D. and Eleanor Myers lead a beginner's hike to somewhere in the east of Pittsburgh vicinity. Leave headquarters at 10 AM with lunch and about \$2. Call 372-7599 for more details.

There may be additional trips announced at Open Houses as trip leaders get back from their vacations. If you can lead a trip, please contact the appropriate Activity chairman. This group depends solely on volunteer effort, so do your share! LEAD A TRIP!

\*\*\*\*\*

## SEPTEMBER EVENING CYCLE TRIPS

Leave the headquarters parking lot each Tuesday and Thursday night at 6:30 PM and will return after dusk. We usually tour the parks following the bikeway route. There are a few bikes available for rental (50¢). Call the leader a few days in advance to reserve one. For fall trips all riders must have some manner of head/taillights/reflectors.

Tuesday	Thursday
3rd <sup>E</sup> George Zattler 431-1191	5th Joe Hoechner 343-2465
10 Jim Roberts 362-5792	12 John Bohrer 561-6563
17 Aileen Pastorek 521-4883	19 Rich Feder 343-2465
24 George Schmidt 521-1538	26 Joe Hoechner 343-2465

\*\*\*\*\*

Open house is held every Thursday evening. Everyone is welcome, member or not. Doors open about 7:45 with the program starting at 8:45. Come find out about us.

September 26 Jim Roberts and his wild Indian brigade have tonight's show featuring slides and tales of adventure in the Bridger Gap Wilderness Area.

\*\*\*\*\*

### Extended trip

September 15 Dave Marcus leads the group in a lively session on folk singing. Bring your voice and be prepared to sing.

Joe Hoechner is thinking (good) about leading a super cheap car cycle camping trip to Pymatuning Lake State Park. He would be using the "youth group" tent sites and would need about 75% teenagers on the weekend. The trip would leave Friday night and return Sunday night sometime in mid-October. Cost would be less than \$5 excluding food. See Joe at the hostel or call 343-2465 if you are interested.

September 12 Wilderness River Trail - One of the excellent Sierra Club films. This one portrays the Dinosaur National Monument and the conservation efforts to save it.

September 19 Backpacking Workshop. You have your boots and pack and you're ready to head for the wilderness, but so are thousands of others. Tonight we'll discuss ways to minimize our impact on the environment.



MON 30-31-1-2 BACKPACK	TUES 3 EVEN CYCLE	WED 4	THUR 5 DIE MARCUS SING- ARTICLES EVEN CYCLE	FRI 6	SAT 7 BEGIN HIKE INTER CANOE	SUN 8 INTER CANOE SURPRISE BIKE
9	10 BOARD MEETING EVEN CYCLE	11	12 SIERRA CLUB FILM TRIPS EVEN CYCLE	13	14 BIKE-RAFT BIKE TRIP	15 BICYCLING BEGIN HIKE
16	17 EVEN CYCLE	18	19 BACKPACK WORKSHOP EVEN CYCLE	20	21 WORK PARTY RAFTING BICYCLING	22 BICYCLING
23	24	25	26 SLIDES OF BRIDGER GAP EVEN CYCLE	27	28 RAFTING BICYCLING	29 HIKING CYCLING CANOEING
TRIP WITH BOHDAN HODIAK EVEN CYCLE				WEEKEND CYCLE CAMPING		
30 EVEN CYCLE				SEPTEMBER		

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