

Triangle

June 1992

Ohiopyle Hostel Workers: Thanks!

by Linda Smithyman

Thanks to those people who helped out at the Ohiopyle Hostel work party on April 17th. John Truckley, Jim Rumbaugh, Cindy somebody and Nick Broskovich showed up as usual out of the blue. We got the bathroom painted and some cleaning done. The hostellers really appreciate your help. Me too.

The next work party is Sunday, June 14th. Volunteers can meet at headquarters at 9:00 am and should be back by 6:00 pm. I would like to get the men's bunk room painted and some doors/doorways and, if YOU don't like to paint but want to help out, I can find something else that needs to be done like cleaning out the gutters or yard work. Volunteers get a free lunch and maybe a little driving money. We have lots of fun and usually go on a short hike in the afternoon.

We really need the help folks. Work parties are planned for once a month and if you can help out just once it would really be appreciated.

Last October six of us went hiking in the evening and stayed at the Hostel overnight and worked at the Hostel the next day. I would like to do this again since we all really enjoyed it. We can meet at 5:00 pm at headquarters on Saturday the 13th and take a hike at Spruce Bog and at Ohiopyle. Bring dinner money if you don't want to cook. I really need to know if you want to stay overnight to secure reservations. By the way, if you work you stay overnight free! If you would like to join me please call at 531-1868.

Featured in this Issue...

Bike!

We present the final installment recounting Glenn Oster's bicycle trip across the United States.

Page 9



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.

Page 10

Sail!

This is your last chance to sign up for some first-class sailing instruction with AYH. Classes in June and July, but hurry!

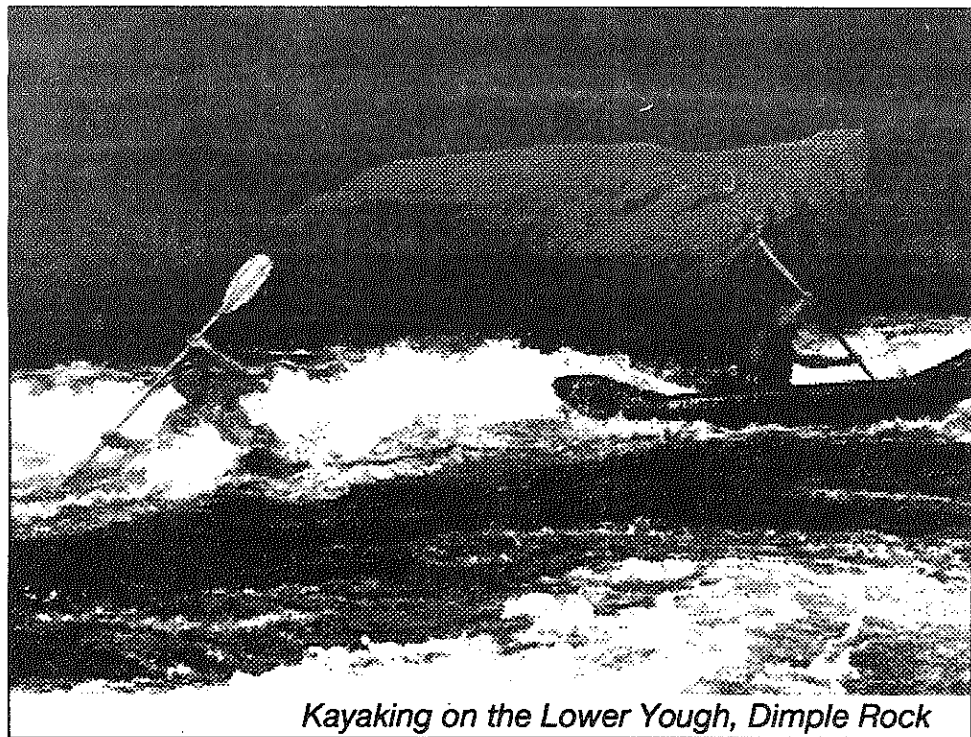
Page 12

Great Ride Volunteer Meeting

We need you to make the June 28, 1992 Great Ride a success. Yes, we will be needing volunteers before, during and after the Ride to help with:

- ☐ Entering registrations into the computer
- ☐ Sign painting
- ☐ Marking roads with directions
- ☐ Registration on the day of the Ride
- ☐ Corner marshals to keep riders on the course
- ☐ Handing out snacks and drinks at rest stops
- ☐ Set-up at Flagstaff and rest stops
- ☐ Sag wagon service
- ☐ Communications
- ☐ And many more!

Come to a meeting at the AYH office on June 2nd to hear about what needs to be done. (No obligation other than some gentle arm twisting; coffee and doughnuts provided.) The meeting will be in Room 205 of the Wightman School Building at 5604 Solway Street in Squirrel Hill; come anytime between 7 and 9 pm. Or, call Bill Eberle at 833-9732 for more information.



Kayaking on the Lower Yough, Dimple Rock

I N S I D E

Volunteer News and Opportunities	2
Activity Chairs	2
Small Boat Training School	3
Gettysburgh Bike Trip	3
Cycling Resources and Trails	4
Activity Listings and the Calendar	5-7
June Slide Shows and Open House	7
President's Corner	8
Biking Across the USA, Conclusion	9
The Great Ride '92	10
SABRE	11
Mon Valley Century	11
AYH Merchandise and Application	11
Sailing	12
Classified	Back cover

Pittsburgh Council has a weekly Open House at its activities headquarters in Mellon Park, Shadyside. For information about this month's slide shows and Open House activities, see page 5.

American Youth Hostels

Pittsburgh Council
6300 Fifth Avenue
Pittsburgh, PA 15232

NON-PROFIT
US POSTAGE
PAID
PERMIT #127
PITTSBURGH, PA

Dated material—please deliver promptly
Address correction requested
Return postage guaranteed



JOEL PLATT
AYH LIBRARIAN
1632 DENNISTON AVE
PITTSBURGH PA 15217-1458

June Deadlines

All Copy

June 11

Labeling and Mailing

June 25



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

Publisher/Editor
Ron Wodaski

Copy Editor
Donna Brown

Mailing Labels
Roy Weil
Joel Platt

Production
Don Hoecker

Advertising
Bill Eberle
(412-833-9732)

Council Officers

President
Larry Laude
(412-665-9554)

Vice Presidents
Linda Smithyman
Jon Maiman

Secretary
Marianne Kasica

Treasurer
Roy Weil

Address changes and mail regarding this newsletter should be addressed to:

The Golden Triangle
6300 Fifth Avenue
Pittsburgh, PA 15232
(412) 362-8181
Office: (412) 422-2282

Pittsburgh Council Activity Chairs

<i>Bicycling</i>	
Chuck Ejzak	466-6196
Bill Eberle	833-9732
<i>Canoeing</i>	
Royanne Mac	335-7326
<i>Climbing</i>	
Eric Bauer	687-0766
<i>Cross-County Skiing</i>	
Fred Parker	856-4713
<i>Family Activities</i>	
Barbara Hanusa	441-7205
<i>Hiking & Backpacking</i>	
Jim Ritchie	828-0210
Pat Tieman	561-3286
<i>Kayaking</i>	
John Gayler	366-4062
Ray Yutzy	341-5682
<i>Mid-Week Rambles</i>	
Cliff Ham	687-4520
<i>Rafting</i>	
Jon Maiman	441-2306
Linda Smithyman	531-1868
<i>Sailing</i>	
Bob Zavos	241-0659
<i>Sea Kayaking</i>	
Mark Mistrik	441-8293
<i>Volleyball</i>	
Jeff Marsh	384-7827
<i>Trips Coordinator</i>	
Janet Supowitz	

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

Newsletter Contributions

Contributions to the newsletter are welcome. You can submit them in three ways:

- ◆ Typed
- ◆ On diskette
- ◆ By email

Handwritten submissions can be difficult to read, so avoid them if at all possible.

There are several diskettes in the newsletter box at headquarters; please feel free to use these for submissions. To send by email, use the editor's Compuserve address:

75330,3711

Special Non-AYH Events

What's There to Do in Pittsburgh?

Three Rivers Arts Festival, June 5th - 21st, Point State Park and surrounding areas. Lots of free entertainment, art exhibits, food, special movies and more.

Mellon Jazz Festival, June 12th - 21st

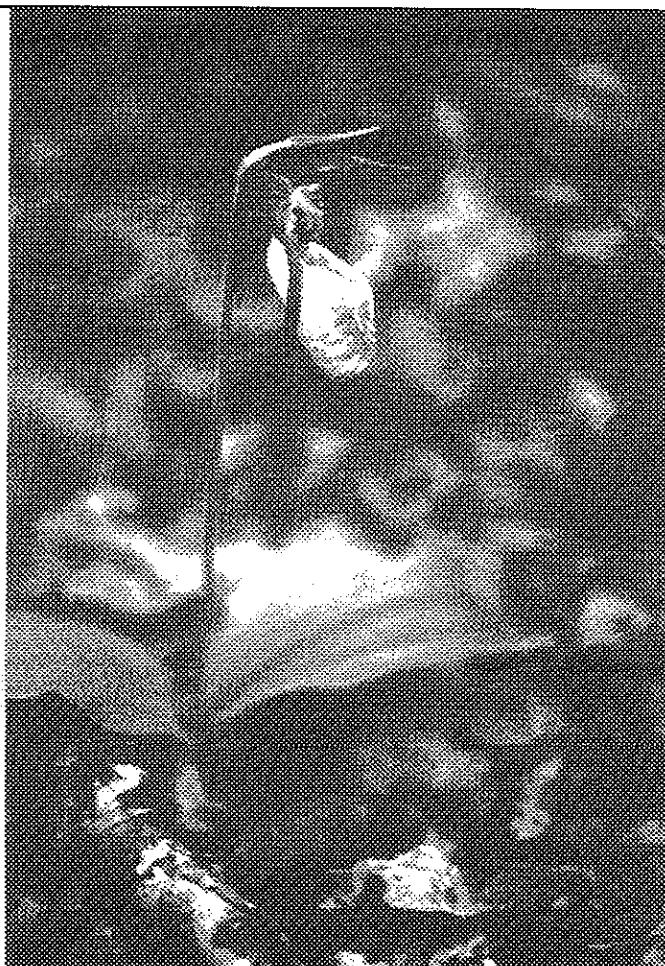
Friday, June 19th, 6:30 pm - FREE concert featuring Bobby McFerrin "Inside the Edge" performance at the Point State Park Symphony Stage. Other free concerts available.

Pirates Baseball, Friday, July 17th, 7:35 pm - Adult Bag Night.

We can meet to eat before the game.

call Linda at 531-1868 if you would like to join a group of AYH members on one or more of these events or if you have suggestions for future events.

*Pink Laddy
Slipper in the
wild at
Spruce Bog
near
Ohiopyle
Hostel*



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.]

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.

Thanks!

A special thank you to all of you who responded to the need for typists for the newsletter: Judith Miller, Diana Blocher, and Betty Deegan

The editor will be in touch with you in time for the July issue (that means early June!)

"Life is a succession of moments. To live each one is to succeed."

Corita Kent

Annual Picnic: Saturday, August 29, 1992

Mark your calendars!

Pittsburgh Council Hostels

Ohiopyle AYH Hostel

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

Little Hickory Home Hostel

East Hickory, PA
(814) 755-4908

Living Waters AYH Hostel

RD #1 (1 mile west on Route 30)
Schellsburg, PA 15559
(814) 733-4212

Charleroi Youth Hostel (SA)

Rego's Hotel and Restaurant
601 McKean Avenue
Charleroi, PA 15022
(412) 483-6200



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.

Ohiopyle Hiking

On Saturday, June 13th, Linda Smithyman will lead a beginners hike at Ohiopyle. Meet at headquarters at 5:00 pm. Yes, 5 pm. We are going to Spruce Bog and Ohiopyle to walk in the early evening and get some moon rays (moonshine?) too. Stay overnight at Ohiopyle Hostel if you want or just go for the hiking and drive back that evening.

June 5, 6, and 7

WAG '92 Bicycle Rally

The Western Pennsylvania Wheelmen's 21st annual WAG weekend will be headquartered on the campus of Slippery Rock University in scenic western Pennsylvania. 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.

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

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

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.

Student/Faculty
DISCOUNT
AIRFARES
TO
EUROPE

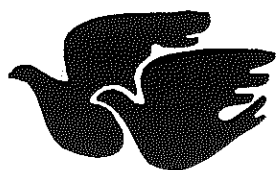
via British Airways

**Forbes
Travel**

521-7300

FORUM TRAVEL

Convenient Location:
4608 Winthrop St.
(Off South Craig St. in Oakland)



681-4099

*Lowest Student and Faculty Fares to International Destinations!
Discount Rates on Domestic Fares!*

AYH Passes • Eurail Passes

Experienced and Friendly Service

Hours: 9-5 Mon.-Fri. 10am-Noon Sat.

Don't Drink from Springs

This should go without saying, but ... Think before you drink from any spring, no matter how clean or clear the water may appear.

The Allegheny County Health Department warns that springs, in urban as well as rural areas, are an unprotected water supply vulnerable to all sorts of contamination, including sewage, runoff, industrial discharges and animal wastes. These contaminants can cause illness and may be present even if the water looks, smells and tastes good.

The popular image of spring water as fresh and pure may be especially alluring this time of year to campers, hikers and others that might come across a spring along the road or trail.

"Springs are not always posted with warning signs and when they are vandals sometimes remove them, so the public and particularly children need to know that drinking from any spring may be hazardous to their health", said Gerald M. Barron, Deputy Director of Environmental Health.

June 12-14

Gettysburgh Bicycle Trip

This is the annual Gettysburg bicycling weekend. Class C, 25-35 miles. Two overnights at Gettysburg College, leisure bicycle tour and sightseeing of the historic sites and exhibits in the National Military Park on Saturday and ride through the surrounding rural countryside on Sunday. Plenty of free time Saturday late afternoon and evening to see the town, go swimming, have dinner and just relax. Trip is appropriate for mountain and road bikes and hybrids. Call for more information and to reserve.

The trip lasts from Friday evening, 12 June, to Sunday night, 14 June. Meet 6:30 pm Friday at Headquarters. Call Mark Mistrik at 441-8293 (home) for more information or to reserve.

SPIRIT OF ADVENTURE, INC. YOUR QUALITY OUTFITTING SOURCE



Products by:
**NORTH FACE
SIERRA DESIGNS
MERRIL
VASQUE
CLIMB HIGH
KELTY**

**TENTS • BACKPACKS • CAMPING
EQUIPMENT • YEAR ROUND OUTERWEAR
HIKING BOOTS • CLIMBING SUPPLIES
CROSS COUNTRY SKIS • DRIED FOODS**

**COMPETITIVE PRICES
LARGE SELECTIONS**

341-3111

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

Small Boat Training School

Pittsburgh AYH will be joining the Pittsburgh Safe Boating Committee in putting on a Small Boat Training School to celebrate National Safe Boating Week. The school will be held at the Three Rivers Rowing Association on Washington's Landing on Sunday June 7, 1992. The school will offer students 8 hours of instruction in one of the following: kayaking, canoeing, rowing or Pennsylvania Safe Power Boating. Pittsburgh Council will be providing the kayaking course under the direction of our own Ray Yutzy.

The emphasis of the day is SAFETY. In addition, students in the non-power boats will get on the water practice. Cost for one class is \$20. For information or registration, call Kim Metheny at 322-4524.

Resources for Bicycling Information

Local Bicycling Organizations

American Youth Hostels (AYH) 6300 Fifth Ave Pittsburgh PA 15232
Local rides and touring, national and international cycling trips, American and international hostels. Sponsors Mon Valley Century and SABRE.

Western Pennsylvania Wheelmen PO Box 6952 Pittsburgh PA 15212
Sport riding, some touring. Safety education and bicycle advocacy. Weekly rides and rallies. Sponsor WAG.

Allegheny Cycling Association 884 Flemington St Pittsburgh PA 15217
Nationally sanctioned racing. Meets for races Wednesdays during season in Pittsburgh Zoo parking lot.

State Organizations

Bicycling Federation of Pennsylvania (BikeFed) 413 Appletree Rd Camp Hill PA 17011.
Statewide information clearinghouse and listing of club rallies.

National Organizations

League of American Wheelmen 190 W Ostend St Suite 120 Baltimore MD 21230 410-539-3399. National Bicycling organization. Wealth of information. Yearly Almanac lists names and addresses of every bicycling organization in the U.S.

Bikecentennial PO Box 8308, Missoula Montana 59807. Touring information, excellent maps, advocacy, safety.

International Mountain Biking Association (IMBA) Route 2 PO Box 303 Bishop CA 93514 415-528-2453. Off-road advocacy and safety.

Rails-to-Trails Conservancy (RTC) 1400 Sixteenth ST NW Washington DC 20036. Advocates conversion of abandoned railroad lines into multi-use trails.

AYH in Pittsburgh

A Song by Ron Boone

AYH in Pittsburgh
Has things for everyone
Hike the Laurel Mountain
Go sailing in the sun
Raft the Gauley River
Kayak on the sea
AYH in Pittsburgh
Is here for you and me.

Slide shows every Thursday
Tell where people go
Take you to the desert
Cross country in the snow
Climbing rock cathedrals
Spelunk where you can't see
AYH in Pittsburgh
Is here for you and me.

Ride your bike forever
Passing farms that gleam
Stop and have a bite to eat
By a bubbling mountain stream
Ride your bike all day long
Enjoy the things you see
AYH in Pittsburgh
Is here for you and me.

Canoe majestic rivers
Kayak mountain streams
Sit by camp fires glowing
Add memories to your dreams
Ask a friend to join us
They will surely see
AYH in Pittsburgh
Is here for you and me.

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.

"All I could see from
where I stood,
Was three long
mountains and
a wood."

Edna St. Vincent Millay

Western Pennsylvania Bicycle Trails

Existing Trails

Ohiopyle State Park 11 miles from Ohiopyle to Confluence plus 7 miles from Ohiopyle to Bruner Run. Trail to be completed to Connellsville in 1992.

Oil Creek State Park 9 miles from Oil City to Drake Well at Titusville. Allegheny Valley Trail Association.

Stavich Brother's Trail New Castle. 9 miles west into Ohio.

Roaring Run Vandergrift, Armstrong County; 1.5 miles.

Moraine State Park 7 miles of narrow, dangerous paved asphalt. Not recommended.

North and South Parks Allegheny County. South Park's "Bike Trail" consists of two narrow asphalt trails. Too crowded. Not recommended. North Park's is an excellent loop around the lake, but there is severe competition with walkers and joggers for space. Both trails *must* be used by cyclists.

Trails under Construction

Allegheny Highlands Trail - Confluence to Cumberland MD. Will join with existing C&O Canal Towpath Trail from Cumberland to Washington DC. Somerset County Rail-Trail, 829 N Center Ave, Somerset PA 15501.

Montour Trail Clairton to Coraopolis. Will connect Pittsburgh Airport to regional trail system. Work to begin near Cecil in 1992. Montour Trail Council, PO Box 11866, Pittsburgh PA 15228, 412-831-2030.

Yough River Trail McKeesport to Connellsville. Right-of-way has been bought by the Regional Trails Corporation formed by Allegheny, Fayette and Westmoreland Counties. Development should be complete in 3 years. Three organizations have formed to promote development and maintenance of the trail:

- Mon/Yough Trail Council, PO Box 14, McKeesport PA 15136
- Downtown West Newton Inc., PO Box 56, West Newton PA 15089
- Yough River Trail Council, Connellsville PA

Three Rivers Heritage Trail Homestead to West End to Washington's Landing in Pittsburgh. Friends of the Riverfront, 1739 E Carson St Suite 112, Pittsburgh PA 15203

Butler-Freeport Trail From Freeport on the Allegheny River to Butler. Butler-Freeport Community Trail Council, PO Box 533, Saxenburg PA 16056

Armstrong County Rail Trail Association Runs along the Allegheny River from Schenley to Millville. Armstrong County Tourist Bureau, 402 E Market St, Kittanning PA 16201, 412-548-3226

Proposed Trails

Harmony Trails Council Ingomar to Warrendale in Allegheny and Butler Counties. Bob Falkenberg, Pine Township Parks & Recreation Committee, 412-443-4483

National Pike Trail Washington PA to Wheeling WV. National Pike Trail Council, 126 Wisebecker Lane, Monongahela PA 15063.

Mon River Trail Morgantown WV to Fairmont. Monongahela River Trails Conservancy Ltd., PO Box 1355, Morgantown WV 26507.

Others

Let us know if we've missed anyone or need to update any of this information and well pass it on to our readers.

Sea Kayaking Basics

Sea Kayaks are the direct descendents 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 sprayskirt 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.

In June and July, the Evening Intro trips will be continued, but with longer intermediate-level trips to Sandusky in June and Down East Maine in July. There is a possible nine day trip to Lake Powell in Arizona, at the end of the Grand Canyon, in late September or early October. We would be paddling on flatwater at the bottom of deep canyons, under stone arches, and surrounded by some of the best scenery in the Southwest. Call if you're interested in any of these trip or want more information.

M A O C R T E I V I T I E S



Hiking Trip Leaders...

Lead a Hike in July; July is Beach Month

Hey!! July is a really hot month. Give people a break and be a hero. Hike close to a beach. At the end of the hike, everyone can jump in the water, cool off, and sponge off the trail dust. Call Jim Ritchie at 828-0210 (h) or 624-1220 (w) and volunteer to lead a beach hike. Suggested beaches areas include:

Raccoon Creek SP	Laurel Hill SP
Kooser SP	Crooked Creek Park
Moraine SP (N and S)	Ryerson Station (Pool)
Cook Forest SP	Rainbow Lake (betcha can't find this one)

The trip listing submission deadline for the July Triangle is June 4.

July Cycling at the Ironmaster's Hostel

Larry Laude and Marianne Kasica are leading this year's cycling trip to the Ironmaster's Mansion Hostel in central Pennsylvania the third weekend of July (July 17-19). Primarily a cycling trip, but hiking, swimming and hot-tubbing are also available. Reservations and a \$10 deposit required; sign up early since only 10 spaces are reserved at the hostel. Leaving headquarters at 6 pm Friday and returning Sunday evening. Total cost of \$40-45 will cover overnights, two breakfasts, Saturday dinner and a share of car-pooling expenses. Friday and Sunday dinner not included. Call Larry at 412-665-9554. (Cycling helmets required.)

Climbing

- June 6**
Saturday
BEG Beginner Trip Coopers Rocks W Va
Eric Bauer 687-0766
Meets 8:00 am at HQ
- June 13,14**
Sat.-Sun.
INT Gettysburg weekend
Eric Bauer 687-0766
Gettysburg Weekend is for experienced climbers who want to try a different climbing area. Contact Eric Bauer for more details.
- June 27**
Saturday
NOV Seneca Prep Trip
Eric Bauer 687-0766
High Rocks, Derry, Pa. Meets 8:00 am at HQ. This trip is for people who have been on a beginner climb (or two) and want to learn about multi-pitch climbing. You must attend the Seneca Prep Trip in order to be eligible for the Seneca Rocks trip on July 11th and 12th (the week-end after July 4th.)
- June 28**
Sunday
BEG Beginner Trip
Eric Bauer 687-0766
High Rocks, Derry, Pa. Meets 8:00 am at HQ Beginner trips teach basic rock climbing skills to people that have never climbed. 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.

Sea Kayaking

Tuesday evening 9 June 1992

Tuesday evening 23 June 1992

Tuesday evening 7 July 1992

Mark Mistrik 441-8293 (h)
Introductory level sea-kayaking trips to North Park or Crooked Creek Lakes. 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're interested in one of the longer trips. Call to reserve.
6:30 pm Tuesday at Headquarters

Saturday 6 June 1992

Mark Mistrik 441-8293 (h)
Sea-kayaking daytrip to Hartstown Swamp, northwestern Pennsylvania. Paddle into an extensive wetlands area with diversified bird and plant life. Bald Eagles inhabit the swamp. Easy trip for beginners, with breaks for birdwatching and plant identification; or intermediates can paddle ahead to their own ability. Trip will conclude with a short hike in the area and probably dinner on the way home.
8:30 am at Headquarters

Friday evening 19 June to Sunday night 21 June 1992

Mark Mistrik 441-8293 (h)
Weekend sea-kayaking roadtrip to Sandusky, Ohio. Luxury (car) camping at full-service campgrounds, swimming, eating at better restaurants, and paddling on the most scenic stretch of Lake Erie's western basin. See East Harbor and Catawba State Parks, Kelly's Island, and Marblehead Lighthouse. Paddle along cliffs, eat lunch on an island, see glacial grooves and other remnants of the last ice age, and lots of general sightseeing. Intermediate level sea-kayaking may include small waves on the open lake and paddling several miles offshore to the islands. Easy hiking or sightseeing on any day(s) too rough to paddle. Call for more information. **EARLY RESERVATIONS ESSENTIAL.**
6:30 pm Friday at Headquarters

Friday evening 10 July to Sunday night 12 July 1992

Mark Mistrik 441-8293 (h)
Annual Atlantic Coast Sea-Kayaking Symposium in Castine, Maine. This is THE trip of the year for intermediate sea-kayakers. Weekend of every kind of sea-kayaking instruction, demonstration and paddling imaginable. Paddle almost every kind of sea-kayak available around Frenchman's bay, eat great lobster and seafood (or whatever). Week following the Symposium, we visit Acadia National Park, paddle around the islands and fishing villages of Stonington Maine, some sightseeing, hiking, and a stop in the Freeport Maine home of L.L. Bean. Acadia has an exceptional variety of botanical and animal life, and some of the finest paddling in North America. **If you are interested in this trip, you must reserve by early to mid June in order to get reservations for the symposium.**
Departure time to be announced, probably Thursday evening

RYCON Construction, Inc.	Commercial General Contractors
1569 McFarland Road Pittsburgh, PA 15216 Telephone: 412/572-8100 Fax: 412/572-8107	

Hiking & Backpacking

- June 5-7 Appalachian Trail/Jeremy's Run, Shenandoah National Park**
 Fri.-Sun. Bill Lindgren/Clare Bunker 244-9788
 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). Car camping. Meet at HQ at 5:45 pm on Friday.
- June 6 Baker Trail, Garver's Ferry to Cook's Summit**
 Saturday Jim Ritchie 828-0210 (h) 624-1220 (w)
 Intermediate hike on overland trails and along rural roads through the villages of Schenley, Alladin, Godfrey, and Kelly Station; also the new rail-trail on the Allegheny River in Armstrong County; 12 miles
- June 6 Somewhere in the Hills, Out There**
 Saturday Steve Tubbs 279-4866
 This is Steve's specialty, the intermediate bushwack hike, probably in the direction of Chestnut Ridge. 8:30 am at HQ.
- June 13-19 Appalach. Trail, Springer Mountain-Unicol Gap, Georgia**
 Sat.-Fri. Glenn Oster 364-2864
 This is a weeklong backpacking trip starting at the southernmost point of the Appalachian Trail and hiking north. Total distance is 55 miles with 8,800 feet of climbing (64 energy equivalent miles). Option to continue for the next two weeks. Call for information and reservations.2
- June 14 Bear Run**
 Sunday Maynard Hanson 751-7615
 An 11-mile intermediate level hike within the Bear Run Nature Preserve of the Western Pennsylvania Conservancy. This hike will take you to several outstanding vistas over the Youghiogheny River. Meet at the Burger King at the junction of Rt. 30 and Rt. 48 in N. Versailles at 8:30 am.
- June 20-27 Appalachian Trail, Unicol Gap, GA to Wesser, North Carolina**
 Sat.-Sat. Glenn Oster 364-2864
 This is a second weeklong backpacking trip continuing north from last week's terminus and hiking. Total distance is 85 miles with 13,900 feet of climbing (99 energy equivalent miles). Option to continue next week. Call for information and reservations.
- June 20 Baker Trail, Mahoning Creek Area**
 Saturday Pete Srin 921-1238
 This is a maintenance hike, most likely along the cool, shaded banks of Mahoning Creek in Armstrong County. The jobs to be done will include removing brush, cutting back the briars, refreshing the blazes and clearing the footway. 8:00 am at HQ.
- June 28 Beginner Hike**
 Sunday Ron Boone 222-0906
 Meets 9 am at Headquarters A 6-mile hike on the undeveloped portion of the Montour Trail from Lawrence to Hendersonville.
- June 28-July 4 Appalachian Trail, Wesser, NC Newfound Gap**
 Sat.-Sat. Glenn Oster 364-2864
 Join us for the third weeklong backpacking trip on the AT. See Fontana Dam, the highest point east of the Mississippi, and Clingman's Dome, the highest point in the Great Smokey Mountain National Park. Total distance is 69 miles with 16,900 feet of climbing (86 energy equivalent miles). Call for information and reservations.

White-Water Kayaking

- June 6 Introductory Watercraft School (non-AYH)**
 Saturday Ray Yutzy for info 341-5682
 At the Three Rivers Rowing Association on Washington's Landing / Herr's Island in the Allegheny River. **Not an AYH School.**
- June 13-14 Slippery Rock Clinic (non-AYH)**
 Sat.-Sun. Ray Yutzy for info 341-5682
 Three Rivers Paddling Club. Instruction for kayak or canoe. Basic through advanced. **Not an AYH School.** Call Ray Yutzy at 341-5682 for information or to reserve AYH kayaks.
- June 20 Class I or II or III**
 Saturday Ray Yutzy 341-5682
 Kayaking trip. Class I or II or III. Let's see if we can find water. Call Ray Yutzy to reserve. 341-5682.
- June 27-28 AYH Beginning Kayaking School**
 Sat.-Sun. John Gayler 366-4062.
 For total or practical beginners. At Yough Lake and Middle Yough. Overnight at Ohiopyle Hostel.

Canoeing

- June 6 Whitewater I School**
 Saturday Gordon Bugby 371-4233
 Practice strokes on moving water. Downstream and upstream ferrying, river reading, safety, rescue, etiquette and scouting procedures. Headquarters at 8:00 am.
- June 7 Class I-II**
 Sunday Don Hoecker 243-8298
 Run the Red Bank. A good workout to strengthen your arms. Leaves headquarters at 8:00 am.
- June 7 Solo School**
 Sunday Mary Shaw & Roy Weil 681-5131
 This school designed for paddlers with some solo canoe experience. Leaves headquarters 8:00 am. Call to qualify and to reserve space.
- June 14 Class I-II**
 Sunday George Schnackenberg 731-3046
 Meet at headquarters 8:00 am.
- June 20 Basic School**
 Saturday Jim Porcelli 271-4776
 Basic instruction on moving water. Practice your skills.
- June 21 Class I-II**
 Sunday Millard Underwood 561-0871
 Call to reserve.
- June 27 Basic School**
 Saturday Jim Porcelli 271-4776
 Spend a day on an interesting stream. Upgrade your skills. Reserve early for your favorite canoe. Consider going solo.
- June 28 Class I-II**
 Sunday Mort Kurman 621-1062
 Headquarters at 8:00 am. Call Mort for more information.

Cycling


You might notice that there are not many Pittsburgh council cycle trips listed in this newsletter. That is because there are gobs of other trips this month. The MS 150 (North Park to Erie), The Wheelmen's Annual Gathering (Slippery Rock), and the Marietta River Rendezvous are all scheduled for the first weekend of June! On the second weekend, there is our ever popular Gettysburg trip. The Bob Evans Farms Great Ohio Bicycle Adventure, otherwise known as GOBA goes from Sunday June 21 to Saturday June 27. The month closes with The Great Ride which is being run by Pittsburgh Citiparks and Pittsburgh AYH. Just like last year, The Great Ride a great tour of our fair city with a great bike ride. A feature on the 50 mile ride is the unique opportunity to cycle on the HOV lane on I-279. You won't want to miss it!

- May 31 C Mon Valley, 35 miles**
 Sunday Chuck Ejzak 466-6196
 Meet in Elizabeth under the Rt 51 bridge at 10:00 am. Ride on the gentle terrain along the river. Ride includes a tour of Ripepi's Winery just outside of the city of Mongahela. Bring money for lunch. Call to reserve.
- June 12 - 14 FSS C Gettysburg, 35 miles**
 Fri.-Sun. Mark Mistrik 441-8293
 Leave from HQ. A perennial favorite. Tour the battlefield and see many famous sites. Stay at Gettysburg College in dorm rooms. Eat at local diners. There is a traditional Sunday morning ride which is another highlight. Reserve early.
- June 14 C Ride to Brush Creek Park, 32 miles**
 Sunday Ober Rooney 364-3956
 Meet 10:00 am at Warrendale Schwinn. A ride along a reasonably level route. Warrendale Schwinn is on Rt 19 North of Pittsburgh. Call Ober for more details and to reserve.
- June 28 A-C The Great Ride**
 Sunday 8:00 at Schenley Park, 15 to 50 miles. Rides ranging from 15 to 50 miles. All rides start at Flagstaff Hill in Schenley Park, (near CMU and Phipp's Conservatory). Look for more info on page 10 of the newsletter.
- July 3 - 6 F-M All Presque Isle, 0 to 200 miles Erie Weekend**
 Fri.-Mon. Chuck Ejzak 466-6196
 Car Camping at a campground just south of Erie, PA near Presque Isle. This is an unstructured trip. Ride as much or as little as you wish. You don't even have to stay the entire weekend. Call for info and to reserve

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.

May Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Mid-week Ramble Rusky Valley 687-4520 Sailing school begins 371-4986	4 HQ Slide Show Australia	5 WAG Bike Rally begins Appalachian Trail: 244-9788 Sailing: Shore School	6 WAG Bike Rally MS-150 Beginner Climbing Trip 687-0766 Sea Kayaking: 441-8293 Whitewater I School: 371-4233 Hike Baker Trail: 828-0210 Sailing: Water class #1
7 WAG Bike Rally Small Boat School 322-4524 MS 150 Bike Ride Canoe: class I-II 243-8298 Canoe: solo school 681-5131 Sailing: Water class #2	8	9 Hiking North Park Helen Coyne 776-0678 Sea Kayaking: Intro Class 441-8293	10 Mid-week Ramble River walk 687-4520 Sailing: Shore School	11 HQ Slide Show Sports Medicine	12 Mellon Jazz Festival begins Gettysburg Bike Trip 441-8293 (See page 3)	13 Ohiopyle Night Hike 531-1868 Gettysburg Climbing Weekend 687-0766 Appalachian Trail, one week trip: 364-2864 Sailing: Water class #1
14 Ohiopyle work party (See page 2) Canoe: class I-II 731-3046 Cycle Brush Creek Park 364-3956 Hike Bear Run 751-7615 Family picnic 441-7205 Sailing: Water class #2	15	16 Hiking North Park Helen Coyne 776-0678	17 Mid-week Ramble Strawberry picking 687-4520 AYH Baseball Night (See page 2)	18 HQ Slide Show New Zealand	19 Free Concert: Bobby McFerrin (See page 2) Weekend Sea Kayaking 441-8293	20 Weekend Sea Kayaking Canoe: Basic School 271-4776 Appalachian Trail: another one- week trip 364-2864 Hike Baker Trail: 921-1238 Kayak: class I-II-III 341-5682 Sailing: Lake Arthur 241-0659
21 Mellon Jazz Festival ends Weekend Seak Kayaking Canoe: class I-II 561-0871	22	23 Hiking North Park Helen Coyne 776-0678 Sea Kayaking: Intro Class 441-8293	24 Mid-week Ramble South Park 687-4520	25 HQ Slide Show Endangered plants in PA	26	27 Seneca Rocks Climb 687-0766 Canoe: Basic School 271-4776 Kayak: Beginner school 366-4062
28 Beginner Climb: 687-0766 Canoe: class I-II 621-1062 Beginner Hike: 222-0906 Appalachian Trail: 364-2864 Sailing: Lake Arthur 241-0659 	29	30 Hiking North Park Helen Coyne 776-0678	July 1 Mid-week Ramble Blackridge area: 687-4520	July 2 HQ Slide Show To be announced	July 3 Presque Isle Cycle Trip 466-6196 Family Cabin Camping 241-7494 Sailing: La Due Reservoir 241-0659	July 4 Presque Isle Cycle Trip 466-6196 Family Cabin Camping 241-7494 Sailing: La Due Reservoir 241-0659

Mid-Week Rambles

June 3	Rusky Valley, south of Oakland.	
Wednesday	Cliff and Marilyn Ham	687-4520
June 10	River walk, thru Frick Park to Duck Hollow	
Wednesday	Marilyn and Cliff Ham	687-4520
June 17	Strawberry Picking, Plum borough.	
Wednesday	Marilyn and Cliff Ham	687-4520
	This date subject to change, depending on weather and ripeness of berries.	
June 24	South Park; nature walk	
Wednesday	John Doyle (hopefully)	687-4520
July 1	Blackridge area	
Wednesday	John and Alberta Hartman	
	Lunch at their home afterward, to celebrate Independence Day.	

All Trips: Meet in upper parking lot, Fifth and Shady Avenues, by ten o'clock each Wednesday A.M. or make alternative arrangements.

Trips are subject to change because of the weather, conflicts of schedule, and the will of the group. We will walk in all kinds of weather. Be prepared.

Please share expenses of transportation when trips exceed ten miles. Suggested: one dollar for each passenger.

Pardon the Changes...

We hope you'll excuse the differing looks on the Activities pages lately. The editor has been trying to find a format that is both easy to put together and easy to read and use. If you have any troubles with the format, or find one that is particularly suitable to use, we'd love to hear about it. Drop a note in the editor's box at HQ, or write to The Golden Triangle, 6300 Fifth Ave., Pittsburgh, PA 15232.

June Slide Shows

Pittsburgh Council has a weekly Open House from 8 to 10 pm each Thursday evening at its activities headquarters at 6300 Fifth Avenue (near Fifth and Shady). We're in the building next to the Pittsburgh Center for the Arts in Mellon Park in Shadyside. A slide show on hosting, travel, or activities starts at 8:15 pm and is followed by announcements for the weekend's activities. Memberships and publications are also available at the membership desk.

June 4 Australia Steve Poprocky	June 18 New Zealand Steve Poprocky
June 11 Sports Medicine U of P, Dept. of Sports Medicine	June 25 Endangered Plants in PA Paul Weigman

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

Family Activities

June 14 Sunday	Day Outing Hike & Picnic Leader needed. Contact Barbara Hanusa 441-7205
July 3-5 Fri.-Sun.	Cabin Camping Blue Knob State Park Jim Lenkner 241-7494

A complete schedule of summer outings is available from Barbara Hanusa.

President's Corner

Yany Foubt

Compuserve: 73467,3201
412-665-9554

Well, I hope you all enjoyed our special issue of the newsletter last month. It included just about all the news there was about cycling in the tri-state area. Including of course, news about the 3 major cycling events Pittsburgh AYH is involved with each year: The Great Ride (June 28), the Mon Valley Century (August 23) and SABRE (October 4). Our next task for these rides is to gather together as volunteers to make them happen. It's work of course, but it's also fun and rewarding to be part of the planning and production for thousands of cyclists. Check this issue for the Great Ride volunteer meeting and watch future issues for announcements for MVC and SABRE.

For those of you interested in a different sort of thing, consider helping with the newsletter. We need typists, proof-readers and reporters to continue the Golden Triangle success story. Reporters? Well, we don't need people to go to City Hall or to fires or to political rallies. But we would like persons to write articles on hostels, activities, trip leaders, board members, parks and trails. Perhaps even a Seen column or a Dossier column? Interested? Come talk to me or to Ron Wodaski our editor.

On a Sad Note...

On April 30, 1992 Pittsburgh Council AYH lost a longtime friend and volunteer, Clara Eileen Hull. Eileen, as we all knew her, was generous with her time and skill to AYH, Alzheimer's victims and autistic children as well as several other activities. The Officers and Board of AYH offer Fred and the rest of her family our deepest sympathy. She will be missed.

International Exchange

The Pittsburgh/Donetsk Ukrainian Sister City Council is hosting 15 citizens from the Ukraine from June 21st to July 1st in Pittsburgh. For the past 4 years we have exchanged over 60 interested and concerned individuals. We hope to continue this cultural diffusion for many more years to come.

These are the four main objectives of the exchange:

1. Re-establishment of cultural and social ties.
2. Development of commercial and economic relationships.
3. Help establish awareness and solutions for environmental problems using Pittsburgh as a model city.
4. Re-introduction and strengthening of religious ties.

We are looking for families who have an interest in hosting individual members. There is a full schedule of events planned for the group while they are in our wonderful city of Pittsburgh. This includes a Pirate game and tours of the city's sights.

To be a special host you do not need to speak Ukrainian or Russian. If you have an interest in this very special event by being a host please contact Mr. Eric John at 563-0463 or write to Mr. Rush Howe at the above address.

Easier Advance Booking

Advance bookings can currently be made at USA gateway hostels by international reservation systems. *Fax-bed*, the Pacific Rim countries' reservation system, allows hostellers to make onward reservations between London, USA gateway hostels on the east and west coasts and Honolulu, and Australia and New Zealand.

The New York International AYH-Hostel is also linked with Europe as a participant in the *Eurofax* reservation system. All systems can be accessed by visiting any participating hostel. *Fax-a-bed* requires a Visa or MasterCard credit card to guarantee the reservation. *Eurofax* requires a cash deposit.

This May, New York, Boston, Washington D.C., Seattle, San Francisco, and Los Angeles will be participants in the computer-based IYHF International Booking Network (IBN) reservation system, linking hostels around the world to one user-friendly system.

Many hostels in the USA will also accept telephone reservations, at least one or two days in advance, with a Visa or MasterCard credit card to guarantee the reservation.

Second Hostel Opens in San Francisco

San Francisco, one of America's most popular cities, will have a second hostel to serve travellers this spring. To be opened by AYH's Golden Gate Council in early April, the AYH-Hostel at Union Square has 175 beds to accommodate hostellers.

The new hostel is located in the theater district, only a block from exciting Union Square. It features double and triple bed rooms, self-service kitchen, laundry facilities, lockers and baggage storage.

Right outside the front door are a variety of restaurants, shops, and art galleries. Just two blocks away, at Powell and Market Streets, are San Francisco's world-famous cable cars which will give you a breathtaking ride to Fisherman's Wharf, and San Francisco Bay.

Reservations may be made by phone with credit card confirmation, or by FAX with credit card confirmation. Both methods require 48-hour notice. The hostel also accepts advance booking vouchers.

AYH-Hostel at Union Square

312 Mason Street
San Francisco, CA 94102
USA
Phone: (415) 788-5604
FAX: (415) 788-3023

Where is AYH Headquarters?

Trips listed as meeting at Headquarters meet at the AYH building in Mellon Park in Shadyside. It's next to the Pittsburgh Center for the Arts at Fifth and Shady Avenues.

An unidentified (and that's probably for the best, all things considered) rafter having lunch on a sunny day.

Photo by Linda Smithyman



Bicycling Across the USA (Conclusion)

by Glenn Oster

[AYH member and trip leader Glenn Oster took a 5,400-mile bike tour in 1991. This is the last article in a series describing his adventures on the trip. At the of part 4, Glenn had just finished his visit to the Grand Canyon.]

Now comes the time to speed up this tome - we abandoned the Southwest America Bicycle Route, rode back to Flagstaff and, travelling east, visited cliff dweller ruins at Walnut Canyon and continued on to see the Painted Desert and Petrified National Forest.

Of all the improbable places to run into rain, we had a good bit off and on through the state of New Mexico, although the day on which we took in the state fair in Albuquerque was great. Unfortunately, and not so great at Albuquerque, were all the tire punctures I got from goathead thorns. The puncture resistant tubes on the bike failed; don't remember how many thorns I pulled out of my back bicycle tire. I simply discarded that tube and installed a spare. When it came to my two flat trailer tires, I put on all the tube patches I had - eight - and still there were more leaks. I bought and installed new puncture resistant trailer tubes the next day.

Now comes the story of wind. As we headed north in Texas, away from Amarillo, we encountered headwinds so strong that I used the lowest gear of my 21, pumped as hard as I could and only made 4 miles an hour for long stretches. My average for the day was 5.8 mph, and we stopped at the first town we could - only 31 miles for the day. We were bushed.

A day or so later, the winds were more favorable, and we had ridden 64 miles by 2:30 pm—better than 14 mph average. That took us to Dodge City, Kansas, where we were bonafide tourists. There, we visited Boot Hill, the Long Branch Saloon and all the other establishments made popular in the TV series, "Gunsmoke." (No we didn't tie one on at the Long Branch. They only serve sarsaparilla. Better days—)

Moving right along—we delayed going back to BikeCentennial routing and rode larger highways to pick up time, travelling through Wichita and Pittsburg, Kansas and then to Missouri and the foothills of the Ozark Mountains. By this time, we were back on Bikecentennial routing. However, their recommended back roads were rollercoasters—one after another, mile after mile with no respite. You'd drop down a hill in thirty seconds and climb the next one for five to ten minutes. Man, were they steep! We finally had to abandon them near Springfield and use major highways that filled in some of the valleys and made cuts through some of the hills.

Our miles per day picked up then and we soon reached the Mississippi River, which we crossed and immediately following crossed the Ohio River JUST south of Cairo. Surely seemed unusual that we encountered two such major rivers within an hour when we had been in such hot, arid country so recently. Most rivers out west didn't amount to much - often bone dry. Before leaving Missouri, I want to mention a "revoltin development". We camped in the little town of Mansfield - a couple hundred yards from the home of Laura Ingalls Wilder, author of the TV series "Little House on the Prairie." We didn't bother touring it, (that wasn't the revoltin development) but upon my return home I remembered that an old war buddy of mine had moved to Missouri, but where? Upon checking the town he moved to you guessed it - Mansfield. I'm going to drive all the way back there to see him one day soon. Why didn't I remember that?

We rode into Kentucky on October 14 and the tree leaves were just beginning to change color. As we travelled east the leaves became prettier, and the hills became more difficult, but, by the time we reached the

really tough hills of eastern Kentucky, the leaves were all down. Speaking of the tough hills of Kentucky, I pumped up some that were so steep that I had to maintain a balance between on the one hand - peddling with enough force to pull the trailer up the mountain and on the other - spinning my back wheel. When standing on the pedals during the climbs, I had less weight over the back wheel, which became a real problem on wet days.

We stayed at an interesting state park that I now recommend to campers (has cabins and a nice restaurant, too, for those who go in for the creature comforts) called Breaks Interstate Park on the border of Kentucky and Virginia on State Route 80. It takes its name "Break's" from the break in the mountains carved by the Russell Fork River.

The park has a number of overlooks, accessible by car that afford views of a most impressive gorge referred to as the "Grand Canyon of the South." Rafters can put in and enjoy the river's whitewater runs, and hikers can take easy or challenging day hikes. Campsites with clean, modern restrooms with hot showers cost only \$5 per night. And, as I mentioned, they have a really nice restaurant with very good dinner meals, some under \$7. Their season runs from April 1 thru October 31. Their charges are likely to be higher next season, but I'll bet they remain relatively reasonable. I plan to take my family there for our next camping week-end.

At this point we began to feel a bit melancholy. It would be great to return to family and friends whom we missed, but the end of our bike tour was soon to be upon us. Yet, even though the end was in sight, we still had some serious mountains to climb, and we headed north to U.S. Route 460 to smooth out the hills and valleys a bit, making the trip a good deal easier. The eastern part of the nation was undergoing a cold snap, and we experienced it, too, with morning temperatures in the low 20s. That's great for backpacking, but a mite rough for bicyclists. At times like that we welcomed hill climbing, it warmed our shivering bodies.

The end of this story is in sight, take heart.

As we continued east we noticed an interesting phenomenon. It looked like we were going back in time - at first the tree leaves began to look as they had a week earlier before they all dropped; then they looked progressively greener until our final day, November 8, when we reached Yorktown, Virginia. Many trees were at the peak of their beauty - a marvellous setting for the end of a marvelous tour, 5400 miles of bicycling the USA, truly a dream fulfilled.

I have been asked what I liked best about the trip. Overwhelmingly, it was the niceness of the people with whom we came in contact. Everywhere we went, they would see the trailer with its orange Burley Flag flying and our loaded bicycles, and their curiosity would burst forth. With many, they couldn't do enough for us once they learned the scope of our tour. Often their interest was vicarious - we were doing something they clearly would have liked to do, but circumstances, the need to earn a living or fear of the unknown, prevented. Younger people said over and over that we were an inspiration. It took me an entire day upon my return home to write post cards to the most notable of the people who befriended us. If I were writing a book, I could devote an entire chapter to the unselfish, generous things people did for us with no expectation of financial reward.

I mentioned the interest that people had in us as we rode along. We were interviewed by the press and our pictures were taken for the newspapers. We were on a television program in California, in a movie docu-

mentary in Oregon and on the video tapes of families who talked with us while recording the conversation via their camcorders. A couple times they asked us to ride by and wave as they "preserved the moment for posterity".

I can only say that the tour has raised my opinion of humanity by a quantum leap. Nice people living normally do not make news. So most of what we usually see, hear or read is about criminals, greed and corruption. There are a great many good people out there, and we can attest to it.

On the other hand did people give us a bad time, curse at us, run us off the road? Yes, some of that, but to a limited extent. In Girard, Kansas, a couple of teen-agers threw fire crackers near our tents and screamed, hoping to startle us as they ran

away. We didn't stir; so they will never know if they actually disturbed anyone. As a result, they had to feel uncertain and disappointed. This demonstrates the cruel side of my nature.

About once a month someone having a bad day would yell out the window for us to get off the good road, and less often than once a day we would get an unfriendly horn blast if there were no shoulders on the road and we were inconveniencing the drivers. But all those people kept on the move; no one stopped to debate the issue. By and large, the drivers of 18 wheelers were very considerate - even the reportedly notorious timber haulers of the Pacific Northwest. And as to horn blasts, the obviously encouraging toot toots far outnumbered those who blasted. You just couldn't help feeling better about America.

Now, for those of you who like details—

- ✓ I replaced my chain and freewheel cluster twice as preventive maintenance.
- ✓ I was forever adjusting my SunTour Accushift Plus derailleur.
- ✓ I replaced my bicycle tires after 4000 miles and my trailer tires about every week, or so it seemed (actually about every 1000 miles).
- ✓ I had nine flats on my bicycle—one in the front tire and eight back ones—and I'm poor at removing and re-installing back wheels. I had bought Kevlar belted tires and puncture resistant tubes—how can you win?
- ✓ I replaced both shifter cables—one broke on the road.
- ✓ I broke no spokes—other than for destroying my back wheel in the accident in Santa Cruz.
- ✓ I'm definitely not a macho rider and my snail pace with the trailer usually averaged about 10 mph, but adverse winds and hills could drop it to 8 mph (5.8 mph on one day of head winds). If the winds were favorable, my average might exceed 14 mph.
- ✓ On the days when we rode all day, we tended to average something close to 50 miles. We had days in the 70s, but we also had days below 30 miles.
- ✓ We had low temperatures of 24, 26 and 30f and highs of 106, 112 and 118f.
- ✓ We ran interstate highways where no other parallel road was available, and the state police overlooked us (even though signs prohibited bicycles). One New Mexico state policeman did stop us and in a very nice manner explained where there would be a frontage road ahead at Tucumcari and instructed us to use it. Incidentally, most of my flat tires were on interstates - fine wires that may have come from the tire belts that big truck seem to throw off with regularity.
- ✓ What did we see along the highway shoulders?
 - We could have gone into business if we had picked up every black rubber lashing strap that we saw intact—often new. We would see one or more each mile at times.
 - Truck tire belts created an obstacle course for us everywhere as did bark from the trees being hauled in the Pacific Northwest.
 - Nuts and bolts of all sizes—many of them shiny new.
 - Pennies—probably 20 or more—some found quarters—but I only saw a couple pennies.
 - Baby diapers—Pamper type; this set back by faith in humanity a notch.
 - Wrenches—I picked up several of these up and gave them away to other bike riders or to our benefactors if they could use them. I found a crescent wrench just large enough for my freewheel extractor. That one I kept. I had forgotten to bring such a wrench and hadn't gotten around to buying one.
- ✓ What were my worst annoyances?
 - Dogs in Kentucky.
 - Loud pick up truck exhausts.
 - Large knobby truck tires that scream as they go by.
 - Frequently changing shoulder conditions that force you back onto the highway.
 - People too timid to pass where conditions were acceptable.
 - The never ending sounds of 18 wheelers when we were near major highways.
 - Trying to talk loud enough while riding to be heard over the highway noise by the nearest bicyclist. You would sound as though you were angry and screaming at them when you were merely frustrated to distraction trying in vain to make a point.
- ✓ Any close calls?
 - One pick-up truck driver, without using his turn signals, cut in front of me at a freeway exit ramp missing me by inches.
 - One pick-up truck with very wide mirrors came close enough that I could sense the mirrors going over my head as the truck passed by.
 - Helen was brushed by tree branches protruding from the side of a pick-up truck - possibly on purpose. Fortunately, she wasn't injured.
 - In Tijuana, a Mexican driver cut me off at an intersection - probably on purpose - but I was able to avoid an accident.
- ✓ How did I keep a current supply of money? Money access machines—but sometimes the small towns didn't have them and sometimes I ran low. Later, I discovered that for a larger fee, I could get an advance on my VISA card—no problems after that.
- ✓ I've been asked if I would be able to make a trip like this alone. Considering the basic niceness of most of the people we met and the low level of annoyance by those few who were actually complaining, I would have no hesitancy to make a long trip alone. However, it surely is nice to have company. It's safer when someone else knows where you are at all times, and it surely is easier to buy food and cook when two or more are sharing the meal. And most significant, a beautiful scene is even prettier when you have someone with whom to share it.
- ✓ Would I like to repeat this trip? No, not the same trip. As much as I enjoyed it, I like variety. I'd surely like to do a follow-up tour in some other interesting part of the world. I'm thinking of signing up for a tour of Europe in 1993. I've (still) got the wanderlust, but my wife deserves a bit of my time. In 1992, I'll probably settle for hiking a few hundred miles of the Appalachian Trail.



Sunday, June 28, 1992

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.

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 the lovely East End and 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. 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. You'll return to Flagstaff Hill for the finish of the ride.

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 a ride down the H.O.V. car-pool lane on I-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!! 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.

Registration

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.

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.

Great Ride Volunteer List

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

Phone: _____ Phone: _____

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

Your bicycle also needs to be in good condition. 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. Riders are expected to wear approved bicycle helmets for their own safety and protection. All riders should be back at Flagstaff Hill by 1 pm and must in any case return by 2 pm.

All rides are on streets open to traffic, so riders under 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.

For additional information or to volunteer, call Bill Eberle at 412-833-9732.

The Pittsburgh International Hostel

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

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.



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: _____

SABRE

Southwestern Autumn Breeze Bicycle Tour

Sunday, October 4, 1992

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. 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. SABRE costs \$8 on or before September 26, 1992 (\$10 thereafter and day of Tour registration). This includes 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 at the Cayuga Picnic Shelter. The Pittsburgh Council AYH requires you to wear a helmet. 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). Questions, concerns, suggestions, or if you wish to volunteer, please contact Bill Eberle at (412) 833-9732 (phones answered 24 hours).

August 23, 1992

Mon Valley Century

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. 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. 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.) The Mon Valley Century costs \$8 if you register on or before Aug 2, 1992, and \$10 thereafter. Please note that T-shirts are not included in the basic price. 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 at (412) 466-6196 if you have any questions. Please note that the Pittsburgh Council AYH requires all cyclists to wear an approved bicycle helmet for this event. Net proceeds from the MVC benefit the Pittsburgh Hostel Fund which will be used to help establish a full-service hostel in the city.

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.
- ☐ Let's Go Europe \$15.95
- ☐ Let's Go USA \$15.95
- ☐ Let's Go Britain \$14.95
- ☐ 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
- ☐ Cotton Sheet Sack Comfortable cotton blend \$13.00
- ☐ Nylon Sheet Sack Lightweight nylon \$12.00
- ☐ Advance Booking Voucher worth \$5 as deposit for reservation \$6.00
- ☐ Advance Booking Postcards Set of 10 \$1.00
- ☐ Hostel Stamp Book Use to record your hostel visits \$0.50
- ☐ Hostel Pass Cover Plastic cover for your membership card \$0.50
- ☐ 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.
- ☐ Adult \$25.00
- ☐ Adult Renewal \$20.00
- ☐ Youth (17 and under) \$10.00
- ☐ Senior Citizen (55 and over) \$15.00
- ☐ Family \$35.00
- ☐ Family Renewal \$25.00
- ☐ 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. Credit cards accepted but require two-day delivery. Cash or money order required for immediate delivery.
- ☐ Eurail Pass 1 month unlimited (youth) \$470.00
- ☐ Eurail Flexipass 5 days travel in 15 days \$280.00
- ☐ Eurail Flexipass 9 days travel in 21 days \$450.00
- ☐ Eurail Flexipass 15 days travel in 2 months (youth) \$420.00
- ☐ Eurail Saverpass 15 days travel with 2/3 friends \$340.00

Mail to: AYH Room 204
5604 Solway Street
Pittsburgh, PA 15217

The AYH office is open from 9 am to 2 pm on Mondays, Wednesdays, and Fridays, and from 12:30 to 5:30 pm on Tuesdays. Call 412-422-2282 for more information.

Name: _____

Address: _____

Phone: _____

Birthdate: _____ M _____ F _____

Introductory Sailing Classes

Our introductory classes are filling up fast so call Joel Hough (371-4986) or Bob Zavos (241-0659) to see if space is still available. Classes are open to AYH members, at least 16 years old, in good physical condition, and who know how to swim.

	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, and includes 3 evening classroom sessions and two full days at Lake Arthur and textbook. The Lake Arthur lessons will be on two consecutive Saturdays or Sundays depending on the class you select.

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 14-foot Flying Junior sloops for 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 extended 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! Guests will be welcome if space is available (\$12.50 non-member fee).

1992 Sailing Trips

- June 20 Day Sailing on Lake Arthur. See the Moraine Sailing Club's Catamaran Regatta up close.
- June 28 Day Sailing on Lake Arthur.
- 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

All trips and products listed here are private and are not sponsored or endorsed by American Youth Hostels.

WANTED: to buy a Yakama or Thule race-ready side-mount for standard load bars. Bill 412-833-9732

HUGE MAP COLLECTION containing many of the Western Hemisphere's best hidden nooks. Useful for canoeists, hikers, escapists. Never get lost again, or found. SASE for details. Owen Cecil, Box 634, Oscoda MI 48750

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

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.

ADVERTISE! Classified ad space available for \$5 per month. Non-commercial ads for trips, travel, and outdoor equipment are free to AYH members. Ads normally are run for two consecutive months. Send your ad copy (preferably typed!) and AYH pass number to:

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

Sailing Classes: Registration

Name: _____

Address: _____

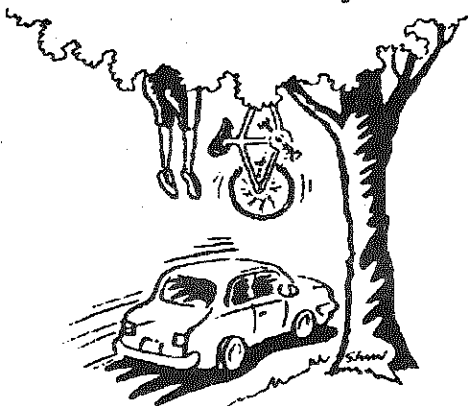
Phone: _____

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

Mail to: AYH Sailing Classes, 6300 Fifth Ave., Pittsburgh, PA 15232

Cycling Accident?

If you have suffered injury or damage in a cycling accident, contact our law offices to discuss your legal rights with a fellow cyclist.



Marc S. Reisman
Attorney at Law

412-456-2005
800-548-6267

There is no charge for legal services on injury claims unless benefits are obtained

Take The High Road Off-Road.



For your convenience, TRM has 2 locations:

703 Washington Road
2 miles north of South Hills
Village on Route 19
Mt. Lebanon

Bill Green Shopping
Center
Across from Pool City
Pleasant Hills

343-6885

653-6022

TREK USA
American Bicycle Technology