

GOLDEN TRIANGLE



Pittsburgh Council, American Youth Hostels, Inc.
Serving Western Pennsylvania & West Virginia Pan Handle
Since 1948, Incorporated 1955



VOLUME 43, NUMBER 6

JUNE 1993

1993 GREAT RIDE

July 18, 1993

Pittsburgh Citiparks has announced that this year's Great Ride will be held on Sunday, July 18th and will once again benefit the Pittsburgh hostel. The Great Ride is an annual tour of Pittsburgh that involves 1,500 bicyclists each year. There are a number of important changes this year. First of all, the Ride will be starting from Pittsburgh Zoo parking lot in Highland Park rather than Schenley Park. The ride will be somewhat shorter with two rides of approximately 20 and 35 miles. While details are still being worked out, we expect to be able to use the HOV lane of I-279 for a bicycle-only six mile downhill ride into the city from the North Hills. Finally, for safety's sake, bicycle helmets will be required for all riders in this year's event. For more information, see the story and registration form on page 7.

SEE PAGE 7



AYH OFFICE WISH LIST

After a few months of volunteer work at our Council Office (560 Solway St. Squirrel Hill 422-2282) Joe Hoechner would like to see a few donations to make his "job" easier.

Do you have a spare fax machine sitting around? In good working order, of reasonable age & speed would be nice.

Another good donation could be a small table top photocopy machine. Again in good working order, reasonable age with possible a cheap service contract thrown in! We'll supply the paper.

As these would be a donation to our non-profit we would send you a letter confirming the donation of the items so that you might take a tax deduction.

If possible call Joe at 422-2282. He might even be able to pick up the item! Thanks

P.S. - now that it's getting hot a fan would be nice too.

CONGRATULATIONS.....

Congratulations to Lance Armstrong, of Team Motorola, for Winning the Thrift Drug Classic on May 23, 1988, in Pittsburgh. Lance Set two records in the race ; One: To be the first rider in the Thrift Drug Classic to win back to back. and Second: To be the first rider with the potential of a one million dollar prize if he can win the other two races in the Thrift Drug Classic Triple Crown: The West Virginia Classic and Coorstates, in Philadelphia.

Pittsburgh AYH Has..... 1993 Eurail Passes

The Pittsburgh Council of the American Youth Hostels now has 1993 Eurail Passes, Student ID cards and International Youth Hostel Cards for those planning their summer travels.

The EURAIL pass is a deal at 15 days of travel for \$460, one month at \$728 or two months at \$998. The Eurail "Flexipass" allows those travelers who want to spend extra time sight-seeing to enjoy extra savings. For example, 5 days of travel within two months costs only \$298 or 15 days of travel within two months costs only \$676.

The Eurail "Youthpass" is a great deal for young travelers under 26; one month of travel at \$508 or two months at only \$698!

Pittsburgh AYH can also provide the International Student ID card at only \$15 and, of course, the International Youth Hostel card at \$25 for adults or just \$10 for those under 18.

For information on these travel items call AYH at 412-422-2282.

FEATURED IN THIS ISSUE

SAGA'S	THE GREAT RIDE	SAILING
The continuing stories of Glenn Oster and Paul Weiser PAGE 10	July 18th 1993 PAGE 7	Sailing Classes are filling Fast.... HURRY PAGE 9

INSIDE

Activity Chairs; Page 2
New Trip Report Form; Page 2
Hiking and Backpacking News; Page 3
Donations to the Firehouse Hostel; Page 4
Hiking; Page 5
Rockclimbing; Page 5
Mid-week Rambles; Page 5
Cycling; Page 6
Water Sports; Page 8 - Page 9
Classified and News Bits; Page 11
Council Travel and Book Store; Back Cover
.....And MORE!!!

AMERICAN YOUTH HOSTELS

PITTSBURGH COUNCIL
6300 FIFTH AVENUE
PITTSBURGH, PA 15232

Dated material --please deliver promptly
Address corection requested

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

PASS# SPECIAL- 1427

AYH

JOEL PLATT
AYH LIBRARIAN
1632 DENNISTON AVE
PITTSBURGH

PA 15217-1458

JULY Deadlines

All Copy
June 3

Binding and Mailing
June 24



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

Triangle Staff

Managing Editor
Wm. Eberle
(412-833-9732)

Copy Editor
Jacky Eberle

Mailing Labels
Roy Weil
Joel Platt

Production
Don Hoecker

Advertising
Wm. Eberle

Council Officers

President
Marianne Kasica
(412-665-9554)

Vice President
Linda Smithyman

Secretary
Larry Laude

Treasurer
Roy Weil

BOARD OF DIRECTORS

Lou Conley
Wm. Eberle
Joe Hoechner
Maribeth Hook
Marianne Kasica
Larry Laude
Jon Maiman
Dianne Porcelli
Linda Smithyman
Jane Swanson
Roy Weil
Ray wutzy

Office Staff
(412-422-2282)
Helen Coyne
Office Volunteers
Joe Hoechner

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

Chairman of the
Activities Committee
Jon Maiman 441-2306

Canoeing
Royanne Mac 355-7326

Cross Country Skiing
Steve Tubbs 279-4866

Cycling
Wm Eberle 833-9732
Chuck Ejzak 466-6196

Family Activities
Barbara Hanusa 441-7205

Hiking / Backpacking
Helen Coyne..... 776-0678
Jim Ritchie..... 828-0210

Kayaking
Dave Casassa 963-1869
Ray Yutzy..... 341-5682

Midweek Rambles
Cliff Ham 687-4520

Rafting
Doug Bruce 561-5037
Jon Maiman 441-2306

Rock Climbing
Eric Bauer 687-0766

Sailing
Joel Hough 371-4986
Bob Zavos 241-0659

Sea Kayaking
Mark Mistrik 441-8293
Barbara Peterson 371-2506

Trips Coordinator
Vicki Krug..... 361-4386

Trail Systems
Glenn Oster 364-2864
Jim Ritchie 828-0210

Headquarters Programs
Tom Rodgers 621-6310
Chris Kline 441-7335

Storekeeper
Wm Eberle 833-9732

The following positions are currently open and we are in need of responsible people to fill them. If you are interested please call Jon Maiman at 441-2306.

Caving

Volleyball coordinator

Ast. Store Keeper

HQ Volunteers

Revised Trip Report Form

Attention all trip leaders, as of June 1, 1993 we will be using a new trip report form. Thanks to Jeanette Tuttle for designing the new form. The form is available at headquarters. It is designed to be easier to use and contains updated schedules for equipment rentals fees as well as registration fees. Also, a revised "How to Fill Out A Trip Report" instruction sheet is available. PLEASE DISCARD ALL OLD TRIP REPORT FORMS!!!!!! After a one month transition period during the month of June, trip reports filed on old forms will no longer be accepted. If you have any questions concerning the new trip report form, please call Jon Maiman at 441-2306.

FOR A GOOD TIME CALL... THE TRIP LEADER

listed within these pages. He or she will tell you the details of a trip, what you need to bring, the level of expertise (because not all trips are for beginners), whether or not to include a lunch and approximately how much the trip will cost. Non-AYH members are welcome to come along but pay a slightly higher fee. We all do this for fun and exercise so come on along. Get involved and have some fun.

June Slide Shows

June 3rd Seattle to Virginia the Hard Way: Two wheels and Peddle Power. by Paul Weiser
June 10th TO BE ANNOUNCED
June 17 th Wheelchair Sports - from an active participant. by John Sikora, Director of Health + Sports Programs Harmarville Rehab. Institute
June 24th Canadian Summer: Hiking and Sea-kayaking in Georgian Bay, Ontario

To Schedule a show call TOM RODGERS 621-6310

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 Hostelling International (HI), (Formerly named International Youth Hostel Federation(IYHF)), which coordinates more than 5,400 hostels worldwide-the largest network of accommodations in the world.

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 52 cents for each piece, so we can save money if you let us know about any changes in your address. You can also phone in changes to the office at (412) 422-2282.



American Youth Hostels

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.]

Cops...

If you find an error, please notify the editor. See the address for the *Golden Triangle* at the left

Pittsburgh Council Hostels

Ohioyle AYH Hostel
Ohioyle State Park
PO Box 99
Ohioyle, PA 15470
(412) 329-4476

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



OHIO HOSTEL WORK PARTIES

Sunday, June 13th 8:30 am to 4 pm or so
Linda Smithyman 531-1868

Meet at HQ at 8:30 am or 10:00 am at the hostel. These are days when volunteers go to the Ohiopyle Hostel and do clean up work, maybe paint or do yard work. Lunch is provided and there is usually time to take a short hike or bike ride before returning to Pittsburgh.

On Sunday, June 13th I need at least 8 amazing volunteers to help paint the living room at the hostel. I know you are out there and this will be the biggest task of the year so, if you like to paint walls or window frames, have equipment, move furniture, etc. please help.

Other dates during the summer are tentatively scheduled for Sunday, July 11th, August 15 and October 17th.

AYH ANNUAL PICNIC

Sunday June 27th Settlers Cabin Park at the Apache shelter.

Be there for hiking, cycling, volleyball, badminton, twister, horse-shoes, food fights, frisbee, water balloon battles, skating and lots of laughter. Swim in the wave pool. All ages are welcome! Come as early as you want (but not before 11 am) and stay as late as the park permits.

How to get there?? Take the parkway west toward the airport and get off the Campbells Run Exit, it is only a few miles. Follow the signs to the park. The entrance is Ridge Road. To get to the Apache Grove take the second left onto Papoose Drive and a left onto Teepee Drive. Apache is on the right and you can park along the road or across the street in the parking area. We'll try to put up some AYH signs to let you know where we are.

This is a bring your own food picnic and just a little extra to share with a few others. Everyone knows the AYHers love to sample food and are always hungry. Please do not bring alcoholic beverages or anything. If you can bring a grill or a game or something please call Linda at 531-1868. Hope to see you there.

THANK-YOU

Thank you, Bill Eberle SR. for you consultant work on last months' Cover Photo. Your time was greatly appreciated.

-theaditor

"TRAVEL NEWS"

For listings of major events in Europe during 1993, write the European Travel Commission / Europe Events / Box 1754 / New York NY 10085. Also free from the same address is the commission's brochure *European Planner*, with tips on travel, sights, accommodations and major events.

Mexico now has a toll-free hotline for information on vacation possibilities. Specialized information can be provided with 24 hours and travelers can be put in touch with specialists on Mexican vacations. Call 800-44-MEXICO.

See Alaska on your own with AlaskaPass. It provides unlimited passage on a variety of means of transportation, from trains to buses to ferries. Call 800-248-7598 for more information.

Call 800-468-2665 for a copy of the *Trek New Zealand* guide and general New Zealand vacation information.

Tips for Today's Woman Traveler offers advice on safe travel and hotel security. It's free from Budgetel Inns by calling 800-4-BUDGET.

The Center for Disease Control offers an International Traveler's Hotline. Call 404-332-4559 for health-related information before traveling overseas.

United States citizens traveling among European Community countries no longer need to show their passports at most borders. Most of the 12 member countries have agreed to end passport and customs checks on their borders for people traveling between them. Travelers will have to show their passports only when arriving in one of these countries from a country other than those participating: Belgium, France, Germany, Greece, Italy, Luxembourg, the Netherlands, Portugal, and Spain. None of the European Community nations requires visas for U.S. citizens.

[FROM THE NORTH TEXAS COUNCIL NEWSLETTER, "THE TEXAS TRAVELER"]

FOOT NOTES

hiking and backpacking news

June 5 is National Trails Day. All over the United States, trail organizations will be showing off their wares to the general public. We think of trails most often as just hiking trails but in fact the "trails community" is much larger. There are at least 14 groups of interests relating to "trails": hiking trails, (touring) bicycle trails, all-terrain (mountain) bike trails, horse trails, dirt bike trails, 4x4 (four-wheel drive) truck trails, quad-runner (ATV) trails, jogging trails, snowmobile trails, ski-touring (cross-country ski) trails, rollerblade trails, motorcycle trails, canoe trails, automobile trails, and so forth. All these groups compete for the same limited space in our city, county, and state parks; in the National Parks and National Forests; in the state forests, and to a lesser extent in the State Game Lands, at least in Pennsylvania. These same groups compete for the same pots of government funding that you read about, including the ISTEA (Federal) money and the DER Trails Systems Development fund.

We at AYH will be celebrating by doing what we do best: offering a couple of choices of day hikes over the weekend to our membership and our friends. One hike will be in beautiful Mill Creek Park on the south side of Youngstown, Ohio. The other will be on AYH's own Rachel Carson Trail (19 years old and still going strong) along the Allegheny River. As usual, you get friendly, helpful hike leaders and good company from your fellow trippers. Enjoy the day with a gourmet bag lunch along the trail, sunshine, fresh air, and a touch of adventure.

For those of you seeking new places to hike, especially swamps, marshes or bogs, I've got a new one for you: Tinker's Creek near Aurora, Ohio. Go to Exit 13 on the Ohio Turnpike, and then follow the signs for Aurora-Hudson Road, going north. This takes you right past the entrance to Tinker's Creek State Park. Pull into the State Park and park in the first parking area. Be forewarned, however, that there are only about 2.5 miles of trails showing on the park map. To make it worth the trip, take your swim suits and plan to spend some time on the cute, little beach on a genuine kettle lake dating back to the Pleistocene Ice Age. In fact, the entire swamp area consists of partially filled kettle lakes. After parking your car, pick up a map to the park at the office or near the large bulletin board in front of the parking area. While hiking the loop trails around the swamp, watch for abundant wildlife. In one loop, I saw six snakes, one of which was a majestic queen snake, and two large turtles. If you want more, the back of your map alludes to another 1.5 miles of trail in the adjacent Tinker's

see NOTES, page 11

RILEY & DEFALICE
Attorneys At Law

Racing,
touring or
off-road
cycling.
Accidents
happen.
Here's what
to do.

If you're involved in a cycling accident:

- Get medical attention immediately.
- Record license numbers, makes, models, years and owners of all vehicles.
- Get names, addresses, phone numbers and insurance information from drivers, passengers and witnesses.
- Inform the police immediately and wait for their arrival.
- Record the weather and road conditions.
- Get an itemized repair estimate for your bike.
- Contact your insurance company.
- To protect your legal rights, consult your attorney.

For more information call: 1-800-883-1LAW

There is no charge for legal services on personal injury cases unless benefits are obtained.

MARC REISMAN
Attorney At Law

RILEY & DEFALICE, P.C.
Attorneys At Law

Liberty Center • Suite 1200
1001 Liberty Ave. • Pittsburgh, PA 15222
(412) 261-8300 • FAX: (412) 261-2872 • 1-800-883-1LAW

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)

FUNDRAISING FOR THE FIREHOUSE

Pittsburgh AYH is still accepting pledges and donations for the Firehouse Hostel. Although the Building, Located at 344 Boulevard of the Allies, is not Ours yet, we anticipate signing the contract shortly + being approved by City Council.

Our Fundraising efforts are escalating to foundations + will include corporations as well. If any member is involved or knows of someone involved with these groups we would appreciate it if you would take a few minutes to let us know. Having a contact person really helps to get some attention. We need to raise a ton of money for this building + we need all the help that we can get.

Thanks for your interest and help.
Clip out the coupon below and make your pledge today.

Yes, I would like to make a pledge of support for a Hostel in Pittsburgh in the amount of:

- ☐ \$2500
- ☐ \$1000
- ☐ \$500
- ☐ \$250
- ☐ \$100
- ☐ \$50
- ☐ Other: \$ _____

Yes, I can also volunteer my time for:

- ☐ Fundraising
- ☐ Architecture or Design
- ☐ Construction
- ☐ Public Relations
- ☐ Clerical help
- ☐ other: _____

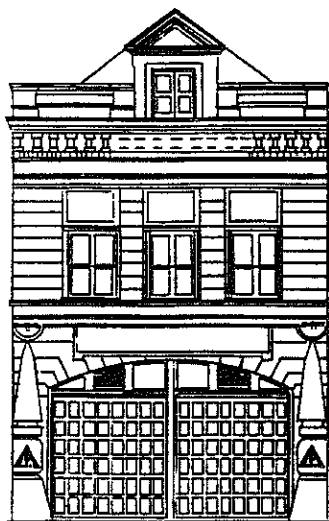
Name _____
Address _____
Telephone _____

Mail your Pledge to:

AYH
Pittsburgh Hostel Fund
5604 Solway St.
Pittsburgh, PA 15217
412-422-2282



American Youth Hostels



Front Elevation: Future Hostel
344 Blvd Of The Allies
Downtown Pittsburgh, PA

AIR FRANCE OFFERS EURO PASS

Air France has joined with three other European airlines to launch the Euro Flyer Pass, offering U.S. travelers an unusual opportunity to see more of Europe for less airfare.

Combining the European route networks of Air France, Air Inter, Czechoslovak Airlines (CSA) and Sabena, the Euro Flyer Pass affords greater flexibility and more stopover choices than ever before—more than 100 points in Europe. Passengers can travel within Europe without having to transit through the same city more than once.

An Air France passenger who arrives in Paris from the U.S., for example, can use the Euro Flyer Pass to go from Paris to Nice on Air Inter, from Nice to Rome on Air France, from Rome to Prague on CSA, Prague to Brussels to Paris. He returns to the U.S. from Paris.

The Euro Flyer Pass is sold as a coupon book containing a minimum of three and a maximum of nine coupons. Each coupon costs \$120 and is equal to a one-way economy ticket between two European points served by the competing airlines.

Take The High Road Off-Road.



For your convenience,
TRM has 2 locations:

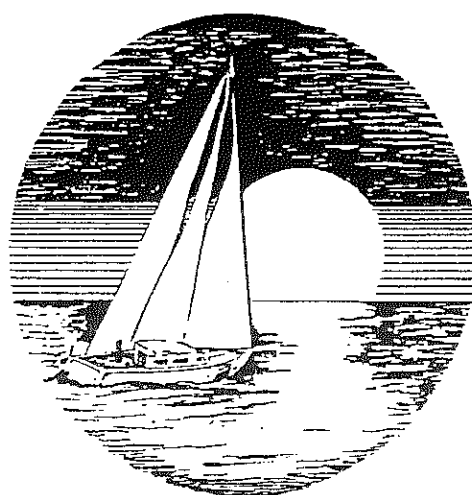
703 Washington Road
2 miles north of South Hills
Village on Route 19
Mt. Lebanon

343-6885

Bill Green Shopping
Center
Across from Pool City
Pleasant Hills

653-6022

TREK USA
American Bicycle Technology



SAILING SENSATIONS

Captain Robert A. Bell
U.S.C.G. Licensed

Sailing Charters

- on Lake Erie & Presque Isle Bay
It's so easy...you bring your swimsuit & lotion...
I'll bring the boat, food & beverage!
- New Sailors or Old Salts
 - Plan Your Customized Cruise for Private, Corporate or Club Sailing
 - Day, Evening or Overnight Cruises

Let's Go Sailing
412-364-6636

SAILING SENSATIONS
22 Doullton Road
Pittsburgh, PA 15219

MID-WEEK RAMBLES

June 2 Wed Cliff Ham 687-4520
Our perennial favorite - Duck Hollow.

June 9 Wed Cliff Ham 687-4520.
Another Ramble on the North Shore of the Allegheny River, probably a hike on the Boy Scout Reservation at Guyasuta.

June 16 Wed Leader to be announced.
Possible strawberry picking. Travel by car beyond Freeport. Bring lunch for a picnic at Freeport Community Park.

June 23 Wed Leader to be announced.
Visit to Lawrenceville and the Arsenal Site.

June 30 Wed Marilyn Ham 687-4520.
Possible blueberry picking at a farm near Deer Lakes.

Notes for all Rambles: Meet in the upper parking lot near Headquarters at Fifth and Shady Avenues by 10 am.

* Trips are subject to change because of weather, conflicts of schedule, and choice of group. We will plan a walk in all kinds of weather; be prepared.

* Please share expenses of transportation when trips exceed ten miles. One dollar per passenger is suggested.

* Call the leader for further information about a trip or to inform the leader that you plan to attend. Do not call after 10 pm.

Student/Faculty
DISCOUNT
AIRFARES
TO
EUROPE

via British Airways

**Forbes
Travel**

521-7300

HIKING / BACKPACKING

June 5 Sat Leader: Bill Lindgren Contact: Clare Bunker, 244-9788

Mill Creek Trail, Youngstown, Ohio. Celebrate National Trails Day hiking on the Mill Creek Trail in Youngstown, Ohio, 13.5 miles, intermediate/advanced. Meets at AYH Headquarters at 8:00 am. Call for info/reservations.

June 6 Sun Jim Ritchie 828-0210

Rachel Carson Trail, Allegheny Vistas. Celebrate the day after National Trails Day hiking on AYH's own Rachel Carson Trail. This is the section of the trail that runs along the top of the bluffs overlooking the Allegheny River between Springdale and Tarentum. Many steep hills; intermediate/advanced level hiking. Meets at 9:00 am at HQ. Call Jim for info/reservations.

June 6 Sun Linda Smithyman 531-1868

Meet at HQ at 10:00 am. Maybe go to Oglebay Park outside of Wheeling. Tour Waddington Gardens and Mansion Museum and do some hiking within the 1,500 acres too.

June 11-27 Fri-Sun Glenn Oster 364-2864

Yosemite National Park, Backpack trip to Yosemite National Park, California. Trip will feature sightseeing to greater extent than backpacking. See article elsewhere in this issue of the Golden Triangle.

June 13 Sun Tom Kaveney 276-8044

Bear Run. Hike at the Bear Run Nature Preserve of the Western Pennsylvania Conservancy. About 10 miles, intermediate. Meets at 8:30 am at Headquarters. Call Tom for info/reservations.

June 28-July 5 Tom Rodgers 621-6310

Rainbow Gathering - Southern Appalachian Mts. Join our Caravan to the 21st annual gathering of the tribes - the Rainbow Nation. Free Camping, much acoustic music, dozens of workshops daily, lots of skinny-dipping in creeks and ponds. Expect 5,000+ people camping in a remote area of the National Forest. This trip requires substantial preparation. Contact me ASAP (NOT A AYH EVENT).

YOSEMITE NATIONAL PARK TRIP

JUNE 11 - 27 1993
(leaving at 6:30 pm)

Some of the original group who signed up for this trip have had to cancel. There may be an opportunity for one or two persons to join in this super trip. Call Glen Oster 412-364-2864 for info and reservations.

Travel by van from Pittsburgh to California and back, camping along the way. The group will backpack the Tuolumne River Canyon, but we need one or two persons who would prefer to sightsee rather than backpack and help with shuttling in the process. So don't shy away because of the backpacking.

The trip will feature sightseeing to a greater extent than backpacking. On the way west, we will visit spectacular Maroon Bells Basin in Colorado, breathtaking Colorado National Monument, Great Basin National Park (newest national park) in Nevada, Lake Tahoe and (snow permitting) cross Tioga Pass into the granite domes of Yosemite's high country.

On the return trip, we will check out bristlecone pines in the Sierra Nevadas and tour Death Valley. After an evening in Las Vegas, we'll head on to the Grand Canyon, Glen Canyon Dam, Zion National Park, Cedar Breaks, Bryce Canyon of the Gunnison and the Garden of the Gods.

Costs have not yet been firmed, but they should approximate \$500 plus food and personal items.

HORSEBACK RIDING

Sunday June 20th. \$10 an hour at Rolling Hills Ranch in Bridgeville and brunch afterwards. Meet at HQ, 10am. Call Linda Smithyman for Info at 531-1868.

ROCK CLIMBING

June 6 Sun Beg Eric Bauer 687-0766
Beginner Trip to White Rocks, Fairchance, PA. Meet at HQ at 8am.

June 26 Sat Int Eric Bauer 687-0766
Seneca Prep White Rocks, Fairchance, PA. Meet at HQ at 8am.

June 27 Sun Beg Eric Bauer 687-0766
Beginner Trip to White Rocks, Fairchance, PA. Meet at HQ at 8am.

Beginner trips are geared towards teaching basic rock climbing skills to people that have never climbed before. All you need to bring are tennis shoes and lunch. AYH supplies all climbing equipment. Space is limited so please call trip leader for reservation.

If you are interested in climbing during the AYH Spring outing, don't forget to send in the reservation form for cabin or camp site and meals.

*Mountain
Dreams*

INTERNATIONAL, INC.

SALES - RENTALS - REPAIRS

Outdoor Clothing & Equipment

"Guided Climbs
Throughout
the World"



- *Rock Climbing Equipment
- *Tents
- *Mountaineering Equipment
- *Backpacks
- *Hiking & Backpacking Footwear
- *Sleeping Bags
- *Gore-tex Clothing
- *Books, Maps & Videos
- *Family Camping Equipment

Store Hours
M-F 10-9
Sat 10-8
Sun 12-4

Indoor Rock Climbing Wall

Phone: 412-276-8660

Fax: 412-276-8682

1121 Bower Hill Road
Mt. Lebanon, PA 15243

For People Who Live Their Dreams...

CYCLINGand the LAW

by Marc Reisman

With the ever-increasing number of bicycles on the roads and trails, there has been a concurrent increase in public concern over helmet use as a way to minimize head injuries. A number of educational campaigns have been mounted, many aimed at children. Local TV station WTAE and the Rehabilitation Institute of Pittsburgh have one such campaign running now. Six states, including Pennsylvania, have adopted some form of a mandatory helmet law; legislation is pending in several others. A number of cities and counties across the country have also enacted helmet laws.

Pennsylvania's law is a weak one in that it only applies to children aged 5 and under who are passengers on a bicycle.

At the County level, members of the Allegheny County Safe Kids Coalition are developing legislation. The proposed law would apply to all cyclists on roads, bike paths, rights of way or facilities under the County's jurisdiction. Still in draft form, it now includes the following provisions:

-Every cyclist must wear a helmet meeting ANSI or Snell standards.

-The guardian of a person under the age of 18 "shall not knowingly allow, or fail to take reasonable steps to prevent" such a person from riding a bicycle without a helmet.

-Bicycle rental facilities must have a helmet on display.

-Violators can be assessed a penalty of \$30.00, plus court costs. The court has discretion as to whether or not to impose the penalty. If a violator buys a helmet after being ticketed and presents proof of purchase to the court, the court must dismiss the charges.

This proposed legislation contains an introduction which notes that 75% of the approximately 1,000 deaths per year in the United States due to bicycle-related injuries are due to head injuries. It goes on to cite a 1989 study (which appeared in the New England Journal of Medicine) which concluded that helmets could reduce the number of head injuries by 85%. Interestingly, the bill cites local emergency department data for the years 1991-1992 which indicates that 75% of the head injuries requiring hospitalization did not involve a motor vehicle (but most bicycle fatalities do involve crashes with motor vehicles).

At the federal level, a bill known as the Children's Bicycle Helmet Safety Act of 1993 is pending in the Senate. The bill passed the Senate during its last session, so it has a good chance of passage again. The purpose of the bill is to encourage the use of helmets by children through the distribution of grant money to state or local "programs which require or encourage individuals under the age of 16 to wear approved bicycle helmets." The bill also requires the Consumer Product Safety Commission (CPSC) to establish a national standard for helmets.

see LAW, on page 11

Cycling with Pittsburgh AYH

This schedule is a collection of some of the special bicycle trips for 1993. The majority of the trips listed are weekend trips. AYH also offers many single day trips as well.

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

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

Tips for First Timers

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

1993 Pittsburgh AYH Bicycle Trips

- Thursdays in June.** All Judy Menosky 242-1573 Judy will be leading evening rides in May from headquarters at 6:30 pm.
- June 10** D. All Bill Eberle 833-9732 **Arrowhead Trail.** We will meet at South Hills Village at 6:30 Pm and drive to the Arrowhead section of the Montour Trail less than 5 minutes away. You can visit Hike-n-Bike Bike shop to rent a Beach Cruiser if you like for \$4.00, get a cone or a hot dog right at the trail and enjoy the 3.5 miles of paved trail. This is an excellent time to bring the children and introduce them to trail riding or even let them brush up on their bike handling skills after a winter's rest, we all get rusty. Little 12" and 16" Bikes for children are great, as my daughters will tell you. Call for Reservation.
- June 13** B/C Bill Eberle 833-9732 **Montour trail Fat-tire ride.** Mountain Bikes a Plus, if not sure if your bike is right Give me a call. We will park at Cecil Park and take a Ride on the Montour Trail, enjoy Lunch and generally Take an easy day of it. (nothing Like my Southpark Evening Hill Search rides!!! I promise this is flat....) Aprox. 27 miles.
- Call for date B/C Lynn and Chuck Ejzak 466-6196 Mon River Valley & Winery Tour.** The ride starts in Elizabeth and follows gentle terrain along the river. The minimum distance for this ride is about 30 miles although we can add an additional 20 miles. Features tour of the Ripepi winery.
- June 5-6** C/B Rodney Horner 339-0944 **Sportsburg Camp** (North Central PA). Bicycling among pristine mountains and scenic countryside. Easy, 25-30 mile, rides on fairly level valley roads with minimal traffic. We will probably do an easy hike too. Lodging will be "Hostel like" at the Sportsburg Camp near the town of Wharton in Potter County. Call for details.
- July 3-7** B/C Mark Mistrik 441-8293 (h) or Helen Coyne 422-2282 (AYH Office) **Mountain-bike tour of the C and O Canal trail** from Cumberland, Maryland to Washington D.C. We'll average about 50 miles a day along what was once a canal towpath, camp and stay at a hostel, and visit historical sites. Trip concludes with a visit to the National Monuments at the Mall in Washington D.C. and lunch in Georgetown before returning home.
- July 9-11** C Ober Rooney 364-3956 **C&O Canal Ride along the can towpath** which is part of a 180 mile long trail. Terrain is flat (although bumpy in places) and the scenery is great. Carry camping gear on your bike. Mountain bikes are recommended.
- July 23-25** B/C Larry Laude 665-9554 **Ironmaster's Mansion** In Pine Grove Furnace State Park in central PA. Ride on rural roads or bike paths. Excellent hiking is available and swimming is just a short walk from the hostel. It would be hard to have a bad time on this trip.
- Aug 6-8** B/C Ober Rooney 364-3956 **Niagara Falls** A popular trip; Ride the scenic Niagara Parkway or ride along the Welland Canal to watch the freighters negotiate the locks. Stay at the Canadian Hostel.
- Aug 14-15** B/C Judy Menosky 242-1573 **Schellsburg Hostel** Weekend Camp Living Waters Hostel, the area features rolling terrain on quiet roads. Swim at nearby Shawnee State Park.
- Aug 22** A/B/C Chuck and Lynn Ejzak 466-6196 **Mon Valley Century Bicycle Tour** Choose from a challenging 100 miles, 100 km (65 miles) and 50 km (35 miles) Registration includes marked roads, snack stops, map, and cue sheet. T-shirt extra. Rides start in Elizabeth, PA. Call for an application or get one at AYH. Registration: \$10 by July 31, \$13 afterward.
- Oct 3** A/B/C Bill Eberle 833-9732 **SABRE (Southwestern Autumn BREEze)** Southwestern Allegheny county and Washington county. 100 km (65 mile) and 50 km (35 mile) rides offered. Rides start at Settler's Cabin Park. Registration includes marked roads, map, snack stops and a picnic lunch at the end. Registration: \$10 by Sept 4 \$13 afterward.

Ride Class: A - Adv. 60+ miles at a faster pace. (tend to be between ages 18 and 70). B - Intermediate, 30-60 miles, at a more aggressive pace. C - Easy, 15-30+ miles at an easy pace. D - Beginner. Short, easy rides for the family. AYH Members are given priority over non-members, hurry limited space. Bicycle Helmets, ANSI or Snell approved are required on all rides. NO EXCEPTIONS. Participants are responsible for their own equipment. To become a member, sign up at one our weekly Thursday (8:00 pm- 9:30 p.m.) open houses, or call or write for an application; Pittsburgh AYH - 6300 Fifth Ave, Pittsburgh, PA. 15232 (412) 422-2282.

ambridge bike shop

518 merchant street,
ambridge, pa.

phone : 266 - 1111

Trek - Specialized - Cannondale
Klein - Diamond Back - Frames
Burley Tandems and Trailers

very complete selection of parts, accessories, helmets, and clothing
Fit Kit sizing - Wheelsmith spoke computer - complete frame prep
with over 20 years experience serving Western Pa. cyclists

* 10% off all non-sale items to A.Y.H. membership *

■ It's worth the drive to the Ambridge Bike Shop ■

The GREAT RIDE, see cover**Sunday July 18, 1993**

Join 1,500 bicyclists from Pittsburgh and the tri-state area for a day of cycling through the neighborhoods of Pittsburgh and several adjacent communities with your friends and family.

This year, the Great Ride will start in the Pittsburgh Zoo parking lot in Highland Park. Choose between a 20 mile ride that follows Butler Street, crosses the Allegheny River to the North Side, crosses back to downtown and then out to Oakland, Schenley Park and the East End before returning to Highland Park. The 35 mile ride follows the same course with the addition of a side trip up through the North Hills for a unique bicycle-only 6-mile ride down the HOV lane on I-279 (subject to final Penn DOT approval).

Both rides will start between 8 and 9 am in order to get as much riding in before traffic builds up and the temperatures begin to climb. Rest stops and light refreshments will be provided along the way.

Please realize that, with the exception of the HOV lane, the course will remain open to car traffic and that bicyclists must obey all vehicular traffic laws. Younger people all welcome on the ride; however, they must be able to ride safely on roads with car traffic. Riders under 13 must be accompanied by a responsible adult.

All riders will get a Great Ride T-Shirt, maps of the route and a free copy of the new Pittsburgh Bicycle Map (retail value \$6.45) All this for only \$10 if you pre-register by July 5th or \$13 after the 5th and for the day of the event.

Finally, since the ride will be finishing up at the Zoo, why not visit the zoo with your family after the ride?

The Pittsburgh International Hostel

Proceeds from the 1993 Great Ride will help establish an international youth hostel in Pittsburgh. The hostel will attract visitors to Pittsburgh from around the world, giving them an opportunity to experience the outstanding cultural, recreational, and educational resources in our city. Pittsburghers and American travelers will also be welcome at the Hostel to meet these young travelers and to participate in hostel programs. Please consider an additional donation to the fund for the Pittsburgh Hostel. Separate donations are tax-deductible to the extent provided by law.

Registration:

Mail with your check payable to "AYH Great Ride" to:
The Great Ride; c/o AYH
5604 Solway St Room 204; Pittsburgh PA 15217

You must fill out an application for every rider. Please make copies as needed.

Name: _____

Address: _____

City/ST/Zip: _____

Phone: _____ Age: _____

Registration

\$10 postmarked by July 5th): _____

\$13 after July 5th): _____

One free T-shirt _____ free _____

Extra T-Shirts at \$8 each _____

Donation for the Hostel _____

Donation for the Hostel _____

Total: _____

Liability Release:

I have read and understand this form and the bicycling event it describes, and I understand that I am REQUIRED to WEAR a Snell or ANSI approved helmet during all of my bicycle riding on the 1993 Great Ride. If I stop wearing an approved helmet, I understand that my participation in this ride is IMMEDIATELY TERMINATED. I do voluntarily request the right to participate in this bicycling event. In consideration of being admitted to this event, I do hereby discharge, release, and hold harmless the City of Pittsburgh, American Youth Hostels, Inc., Pittsburgh Council, AYH, and any and all individuals, organizations, and sponsors connected with this event individually and collectively from any and all liability for damages of any kind or character resulting from any injury or condition I may suffer, or which may result from my participation in this bicycling event. I further release the above parties from any acts of negligence of whatsoever kind or nature.

I do hereby request and consent to and permit emergency treatment in the event of injury or illness. I do hereby release all rights to any photographs or other visual records taken of me at this event.

I will abide by traffic laws and regulations and will practice courtesy and safety in bicycling. I acknowledge that collisions, falls and various types of injuries do occur when bicycling. I acknowledge that bicycling is a strenuous activity which can be hazardous to people with heart conditions or other conditions of ill being. I hereby certify that I am in good health and good physical condition and that I have been approved by a medical doctor to participate in physical activities such as bicycling.

Signature _____

Date _____

Parent/Guardian (if under 18) _____

Date _____

1993 GREAT RIDE VOLUNTEERS

Volunteers are needed now! to help produce the 1993 Great Ride. Openings are available for course marshals to help guide the ride at critical corners, registration, rest stops, and setup. Please call Bill Eberle (833-9732) or Larry Laude (665-9554) or leave your name at the office (422-2282).

Cycling Accident?

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

**Steve Harris**

Attorney at Law

412-456-2000**800-548-6267**

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

I am interested in more information About the
AYH cycling program please send me the infor-
mation and applications I requested and add me
to your cycling mailing list.

Applications

- ☐ The Mon Valley Century
☐ The Southwestern Autumn Breeze

Information

- ☐ Weekend Tours
☐ Club Rides
☐ Being a Ride leader
☐ Volunteering at Cycling Events
☐ 1993 AYH RIDE BROCHURE

Name: _____

Address: _____

Phone: _____

Clip and mail to:

AYH Cycling
Atten. WM Eberle
6300 Fifth Avenue
Pittsburgh, Pa 15232

WHITEWATER RAFTING

Rafting is a great way to have fun in the sun. The American Youth Hostels has an extensive rafting program. We have trips for all skill levels from first timers to experts. Our 1993 trip schedule is listed below. So pickout a trip and signup today. Don't miss out on the fun! For more information or to sign up for any trip, please call the trip leader or the AYH Office at 422-2282.

River: Lower Yough; Ohiopyle, PA

June 5	11:45am	Doug Bruce	561-5037
June 19	11:15am	Linda Smithyman	531-1868
July 10	11:45am	Doug Bruce	561-5037
July 17	11:45am	Kevin Craig	487-1538
July 18	11:45am	Linda Smithyman	531-1868
July 24	11:15am	Jon Maiman	441-2306
July 31	11:45am	Karen Lukas	661-4835
Aug 7	11:45am	Doug Bruce	561-5037
Aug 8	11:45am	Jon Maiman	441-2306
Aug 21	11:45am	Kevin Craig	487-1538
Aug 22	11:45am	Linda Smithyman	531-1868
Aug 28	11:45am	Al Kepner	444-0971

The cost for these trips is approx. \$25/person (including deposit). Ohiopyle State Park charges us a NON-REFUNDABLE LAUNCH FEE for each boater running the Lower Yough. So we require a NON-REFUNDABLE DEPOSIT OF \$5/ PERSON to reserve a space for all of our Lower Yough. Trips. If you sign up for a trip and you can't go and can't find someone else to take you place, you loose your deposit! The lower Yough. is aprox 7 miles of class III-IV water. We run it as a day trip and we usually use 4 and 6 man rafts. This is a good introductory trip for first time rafters, all Skill levels welcome. We frequently stop for dinner on the way home.

River: New River George; Fayetteville, West Virginia

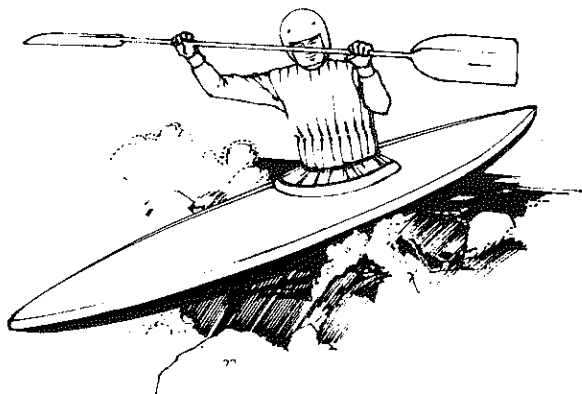
June 11-13	Jon Maiman	441-2306
July 2-5	Jon Maiman	441-2306
Aug 13-15	Jon Maiman	441-2306
Sept 3-6	Jon Maiman	441-2306

The New River is one of the oldest rivers in the world. We run aprox. 7 miles of class IV water. The new is a high volume river with lots of big waves. Depending on the water level, we use 4, 6, and or 8 man rafts. Anyone who has been on the Lower Yough. at least once or would like a more aggressive introduction to rafting is welcome to come on New River trips. This is a weekend trip open to Advanced Beginners and up. The cost of these trips are approx. \$70/person for 2 day trips and approx. \$87/person for 3 day trips. An optional group dinner is offered as part of the trip.

River: Gauley; Summersville, West Virginia

Sept 18-19	Jon Maiman	441-2306
Oct 1-3	Jon Maiman	441-2306
Oct 15-17	Jon Maiman	441-2306

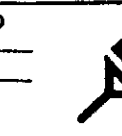
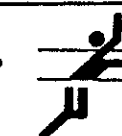
The Gauley River is considered to be the classic run in the East. The scenery is spectacular and the water is great. The Gauley is generally only runnable in the fall when the Army Corps of Engineers drains Summersville lake in preparation for Winter. We usually run the lower section which is aprox. 9 miles of Class IV water. Runs on this section are slightly more challenging than the New River and are suitable for anyone who has run the Lower Yough. or New at least once. This is an advanced beginner and up weekend trip and cost's aprox. \$75/person. We ran the upper section which is 13 miles of class V/VI water once last year. This section is only suitable for advanced rafters and space will be very limited if we run it again. We use both 4, 6, and 8 man rafts on the Gauley. An optional group dinner is offered as part of this trip.



THE ACTIVE LIFE
WITHOUT
ACTIVE PAIN



Larry Goyda, MsT
Professional Massage Therapist
Certified / Member ABMP
(412) 271-7464 or 734-8322



WHITEWATER KAYAKING

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

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

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

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

Kayaking with a friendly group of fellow paddlers is an enjoyable way to see our Pennsylvania rivers from an entirely new perspective. For more Information call the Kayaking Chairs: Ray Yutzy 341-5682, and Dave Casassa 963-1869

June 5 Sat - June 6 Three Rivers Paddling Club
Slippery Rock Clinic. Instruction in Canoeing & Kayaking (Beginning to Advanced) TRPC Membership & PreRegistration Required - Not a AYH event.
- to reserve an AYH Kayak call Ray Yutzy @ 341-5682

June 12 Sat. - June 13 Introductory Kayaking - Weekend at Ohiopyle State Park Instruction for total beginners on up. - No Experience Needed Saturday will be at Yough Lake for equipment review and basic flatwater paddling skills. Saturday Night may be reserved at the Ohiopyle Hostel. Sunday will be a easy white water stream. Call: Ray Yutzy @ 341 5682 to register. Meet Sat. at 8:30 AM at Headquarters.

June 19 Sat (AYH Canoe Trip - Class I-II - Middle Yough) Call canoe trip leader to reserve space. Call Ray Yutzy @ 341-5682 to reserve a Kayak.

June 20 Sun. Father's Day (AYH Canoe Trip - Class III - River to be selected based on water levels) Call canoe trip leader to reserve space. Call Ray Yutzy @ 341-5682 to reserve a Kayak.

June 26 Sat. (AYH Canoe Trip - Class I-II - River to be selected based on water levels) Call canoe trip leader to reserve space. Call Ray Yutzy @ 341-5682 to reserve a Kayak.

June 26 Sat. - June 27 Three Rivers Paddling Club - New River Gorge Weekend in West Virginia Flatwater through Class V Sections Available - Not an AYH event. TRPC Membership & PreRegistration Required Call Ray Yutzy @ 341-5692 to reserve a Kayak.

CANOEING

June 13 Sat Bob Buck 793-1480 8:00am at HQ
Class I,II. Follow an expert paddler thru waves and rocks

June 15 Wed Frank Bruns 561-8579 6:00pm at HQ
Basic instruction for a few hours in the evening. Fun with lots of help from trip leaders.

June 19 Sat Sam Duff 731-5485 9:00am at HQ
class I,II going to the Middle Yough

June 20 Sun Karen Lukas 661-4835 8:00am at HQ
Class III trip for experienced paddlers only. Call to reserve and qualify your skills.

June 26 Sat Mort Kurman 682-6157 8:00am at HQ
Class I,II trip.

June 27 Sun Frank Bruns 561-8579 7:45 am at HQ
Canoe School II. Learn whitewater paddling. Get to know the strokes and read the river. After Canoe School I try this School.

June 27 Sun Gordon Bugby 371-4233 8:00am at HQ
Canoe School II. Get to know the strokes and read the river. After Canoe School I try this School.

July 10 Sat Karen Lucas 661-4835 8:00am at HQ
Class II trip.

July 17 Sat Gerdon Bugby 371-4233 8:00 am at HQ
Class I School. From canoeing talk, getting in, 1 strokes and maneuvers to impressing your friends. You need lunch, drinking water, sun protection and a set of dry clothes.

July 24 Sat Janet Supowitz 247-40168:30am at HQ
Class I, II. Annual trip, middle of the summer, midday potluck. Bringing something to share is an option.

SEA-KAYAKING

General Information: 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 than relying on a river 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 DownEast. 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 doubled-wrapped in water-proof and brought along. Contact the trip leader about local conditions and details about the trip.

Paddling season 1993

Introductory sea-kayaking evening trips will begin in April and are usually scheduled weekday evenings to small local lakes. These trips are ideal for beginners since there is no destination and no group to keep up with- you may paddle straight and efficiently, carve turns, brace or roll the kayaks at your own pace. We paddle through sunset, and frequently see such wildlife as beaver, waterfowl, and deer and will return to the AYH by 11:00 p.m.

This year, we should have daytrips ranging from urban sea-kayaking around Pittsburgh to paddling to Pittsburgh along the beaches of Presque Isle on Lake Erie- with a barbecue at the end of the day. Two or three weekend trips planned for the Chesapeake Bay, the islands around Sandusky, Ohio and Assateague Island National Seashore, as well as joining two canoe camping trips this spring. Generally longer trips combine combine sea-kayaking with other activities, such as hiking, fishing, or sightseeing.

Sea-kayaking is at its best on the longer, more advanced trips. Paddling a sea-kayak allows you to work less, see more, and enjoy places that hikers, motorboats and even canoes cannot penetrate. Isle Royal National Park in Ontario are being planned. Finally, the lobster lovers special: We should be returning to Maine in July for the East Coast Sea-kayaking Symposium, followed by a week of paddling in Acadia National park and visiting the coaster towns of Downeast Maine.

To find out more, please call. Mark Mistrik 441-8293

June 1 Tue Eve (North Park)

June 29 Tue Eve (Glade Run)

July 13 Tue Eve (Glade Run)

Mark Mistrik 441-8293 (h) or 647-7609 (w)

Intro to Sea Kayaking evening trips to Glade Run or North Park Lake. Easy trip is a very good way to get acquainted with the sport, and actual paddling on the lake will be covered. You can learn sea-kayaking at your own pace and be better prepared for the longer day trips; Intro's are a prerequisite for some of the longer trips, and highly recommended for anyone who hasn't been in a sea kayak lately. call to reserve. 6:15 pm at HQ.

June 11-20 Mark Mistrik 441-8293 (h) or 647-7609 (w)

Sea-kayaking trip to the Outer Banks of North Carolina. Saltwater paddling on the Atlantic and in the Pamlico Sound, beach camping, sightseeing, sea-kayak surfing, lighthouses, eating and relaxing. Visit Ocracoke Island, Cape Hatteras, Cape Lookout, Beaufort and Morehead City and more. Trip includes open water crossings - intermediate level sea-kayaking skills required. Call for more information.

June 12 Sat Ted Self 733-7802.

June 13 Sun Barbara Peterson 371-2506.

Rescue practice at Youghiogheny Lake. NO experience required. Meet at Headquarters at 8 am Saturday or at the Yough Dam swimming area at 11 am (Confluence PA). If desired, stay overnight at the Ohiopyle Hostel on Friday and/or Saturday nights. Easy trip on Yough Lake on Sunday. Call now for reservations.

June 25 Fri Eve Mark Mistrik 441-8293 (h) or 647-7609(w)
Diane Bialecki 885-1074

"Cruise to Cruisers" evening sea-kayaking trip on the Tree Rivers Of Pittsburgh, dinner at Cruisers and an easy paddle back. Great views of the City, from the water, through the evening and at night. Reservations essential. Call for more info. 6:30pm at HQ.

June 27 Sun Barbara Peterson 371-2506

Loyalhanna Creek. Explore the source of Loyalhanna Lake. We'll paddle down the scenic tree-lined creek to the Lake. Minimal experience required. Meet at Headquarters at 9 am. Call for Info/Reservations.

July 15-25 Thur-Sun Mark Mistrik 441-8293(h) or 647-7609 (w)
East Coast Sea - Kayaking Symposium '93. The ultimate sea-kayaking trip offered by the AYH this year. Details of the trip will depend on the interests and abilities of those on the trip. Generally, we spend 3 days at the symposium, 4 days paddling and hiking in Acadia National Park, and have two remaining days for sightseeing, additional kayaking, hiking, etc. On past trips, we've stayed in Hostels, in Bed and Breakfasts, and camped. Anyone interested in this trip should begin preparing for it early in the paddling season. Leaving 5:00 pm. Thurs 15 at HQ in Shadyside.

Aug 27 Fri - Sept 6 Mon eve

Mark Mistrik 441-8293(h) or 647-7609(w)

Isle Royal National Park sea-kayaking and hiking. Spend a full week paddling around the Northeastern half of the island. Spend approximately three days in the island's, hiking on trails and fishing on the interior lakes, kayak camping, and paddling along rugged coastlines- Isle Royal's most spectacular scenery isn't reachable by trail. We will visit Mackinaw Island on the way home. Leaving: 5:00 p.m. from HQ Thursday Aug 26 in Shadyside.

SAILING

Introductory Classes

We offer introductory classes for those who have never sailed before or anyone who desires to brush up on their skills. Classes are open to AYH members, at least 16 years old, in good physical condition, who are comfortable in the water and know how to swim. Classes consist of three evening classroom sessions, and two full on the water sessions with instructors. A final free sailing day can be taken anytime during the remainder of the season. We use the Red Cross Start Sailing Right textbook and expect to offer Red Cross Certificates pending approval of our instructors and program. Classes are designed so you can pick either Saturdays or Sundays for your two on-the-water sessions. They will take place at Lake Arthur in Moraine State Park near Butler, PA. Classroom work is at the AYH HQ building in Pittsburgh. This class usually fills up so send in your application below as soon as possible to insure a space.

Racing Classes

Learn Advanced sailing techniques and how to race. This course will be offered in August. There will be classroom sessions on Wed. 18 and Friday 20. On the following weekend Saturday 21 and Sunday 22, classes will be on the water at Lake Arthur.

Introductory classes	Introduction AYH HQ 7pm-9pm	Shore School AYH HQ 7pm-9pm	On-water Class Lake Arthur 9am-5pm
Class 1	Tue., June 1	Fri., June 4 Tue., June 8	Sat., June 5 Sun., June 12
Class 2	Tue., June 1	Fri., June 4 Tue., June 8	Sat., June 6 Sun., June 13
Class 3	Tue., July 13	Fri., July 16 Tue., July 20	Sat., July 17 Sat., July 24
Class 4	Tue., July 13	Fri., July 16 Tue., July 20	Sun., July 18 Sun., July 25
Racing/Advanced Sailing	Wed., Aug 18	Fri., Aug 20	Sat 21 Sun 22

SAILING CLASS REGISTRATION

Name: _____

Address _____

Phone No. _____

(you may use this form for multiple registrations)

Check class(es) desired:

Intro. (\$80) Class 1____ Class 2____ Class 3____ Class 4____

Can you take an alternate class if one of the above is filled?

_____ or _____

Racing/Advanced Sailing (\$80)_____

Class fees:

Textbooks:(Intro. \$9;Instructor \$20) _____ x _____ = _____

TOTAL ENCLOSED _____

make check payable to Pittsburgh Council AYH

YOU MUST BE AN AYH MEMBER FOR ALL CLASSES - See membership info elsewhere in this issue or contact the AYH office for information.

Send registration and fee to: Joel Hough, AYH Sailing, 100 Bryn Mawr Ct. Apt. E113, Pittsburgh PA. 15221

1993 Sailing Schedule includes the following:

June 5 MSC Challenger Races

June 26-27 Detroit, Michigan: Lake St. Clair and inland lakes Bob Zavos

July 2-4 Great Blue Heron Music Festival/Chautauqua Sail.

Attend a weekend Music Festival and camp out on a farm in Western New York State near Lake Chautauqua. We will drive up Friday to Sherman, N.Y. with one or more sailboats. The music festival runs all weekend with about 15 different bands (Folk, Rock, Cajun, Reggae, zydeco, old-time, world beat and roots). We will take a few short trips over to Lake Chautauqua for a day or evening sail and will also visit the Chautauqua Institute on Sunday and return to Pgh in the Afternoon. Cost will be \$45 for the music festival, camping, two breakfasts and sailing. Transportation and other meals will be extra. Reservations and a deposit of \$25 is required by June 18. Contact Bob Zavos at 241-0659 for info/reservations

July 3-5 Lake Pymatuning, PA Contact Joel Hough

Aug. 14-22 Crystal Lake, Michigan Contact Joel Hough

Sep. 4-6 Lake Chautauqua, New York

Oct. 8-10 Annapolis Boat Show

Oct. 10-16 Chesapeake Bay Cruise. We will charter a 38 to 45 foot boat for 1 week in Annapolis and take a leisurely cruise on the Bay stopping at many historic and interesting ports.

RYCON
Construction, Inc.

**Commercial
General Contractors**

1569 McFarland Road Pittsburgh, PA 15216
Telephone: 412/572-8100 Fax: 412/572-8107

Continueing Saga's...

THE APPALACHIAN TRAIL A FEW OF ITS MANY FACES

By Glenn Oster

This is part three of a series by Glenn about his observations while hiking the Appalachian Trail last summer. In the first two parts, he described some of the interesting hikers he met on the trail, emphasizing their respective motivation and discussed organized groups of hikers and their lack of pre - backpacking education. His account continues -

Getting away from the people aspects of the hike, which were most enjoyable notwithstanding the matter just related, the trail itself is interesting and challenging. Before embarking on an AT hike, you can buy maps and trail guides from the Appalachian Trail Conference at Harpers Ferry, W. Va. They are a great help in planning each day's hike and camping location. They also help by providing a profile of the trail that shows the elevations of the peaks and gaps and everything in between. You take into consideration the climbs and descents when you are planning your daily hiking distance and campsites. In effect, you allocate your energy output. Paul Petzold, the father of American rock climbing and backpacking technique, writes that the energy output of a 1000 foot climb is the equivalent of walking a mile on the level. I'm ready to debate the accuracy of that principle. For a smaller guy like me who can't discipline himself to carry a light pack, I'm much less tired when I walk a mile on the level than when I climb 1000 feet with a forty - some pound backpack. Be that as it may, when allocating energy output based on the profiles shown on those maps, you can significantly underestimate. Most of the mountains had ups and downs that just don't show in the profiles. In fairness to the mapmakers, to keep the map size manageable the maps must be drawn to a scale that can't show roller coaster dips of less than 100 feet, but, as a practical matter, I don't think they worry much about elevation changes of a good deal more than 100 feet. The same casual approach to "minor" elevation variations applies to sections, rare though they be, at the crest of mountains shown on the map profiles as flat. Don't you believe it. Those "flat" sections can wear you to a nub.

Lest I beat out the mapmakers too hard, I must say that the basic maps are excellent. Only the mountain profiles gave me any trouble. And, except as I'll note a little later, the trail's walking surface was unbelievably good considering the rugged terrain. The blazes were mostly all fresh and close enough so that you should have no problem in following the trail. Nonetheless, unexplainable things can happen to good hikers, e.g., I was at a loss to understand how my new friends, Missy and Dave, managed to get off on a side trail, lost for a full day. Must have been caused by some major distraction. They can't explain it.

Over the years, I have read that the large amount of foot traffic with lug - type boot soles (for example, Vibram) has worn the trail excessively, and in Great Smoky Mountain National Park (I'll call it "The Park") there are high balds where the AT is rutted four feet deep. Happily, I found that to be quite an exaggeration. In the balds and meadows where this effect could be measured readily, the treadway was a good eight inches deep, but not four feet. And there was indeed the undesirable evidence of hikers walking parallel to these trenches, but nothing as severe as I'd been lead to believe.

Where I did see serious footpath problems were in areas of water erosion where trail maintenance efforts with water bars just couldn't measure up to the forces of rainstorm runoff. The proof was there, though, that trail maintainers had tried. Where trail crews tended to totally drop the ball was at swags of narrow ridges. Hikers might encounter 150 feet of wall to wall muck which deep enough ditches could have drained; the drains that were in place were often too shallow. Now, when it comes to tearing up the trail, Vibram soles take a distant back seat to horseshoes, especially in wet weather (Was there any other kind of weather in June and September 1992?). Horses not only make deep hoof prints, i.e., gouges in the trail surface, that are difficult to walk over, but they also break down the outer edges of shelves that trail builders laboriously carved out of the mountainsides with backbreaking pulaskis.

There probably are many responsible horseback riders, but there surely are many who aren't. For example, as I was crossing Max Patch Mountain, south of Hot Springs, N.C., there were a number of signs that no one could miss saying that the area, not just the trail, was off limits to horseback riding and to pack stock. I came within 100 feet of ten people on horseback there. Horses are permitted on certain sections of the AT and on other trails in The Park, and their riders must use the shelters, the same as thru hikers (you are required to obtain permits in advance and may not camp overnight anywhere other than in your approved shelter). Regulations require that horses be tethered well away from the shelters and are not permitted within 100 feet of water sources. Sounds reasonable. However, there exists in society a malaise characterized by certain types of people who hold that anything they want to do is okay as long as they aren't detected. Pretty safe considering The Park's limited resources for policing such activities. I was at one shelter where the front was a quagmire of hoofprints full of rainwater - a most unpleasant circumstance. And other hikers complained to me of pom de la rue di-

see TRAIL, page 11

SERENDIPITY in the SADDLE

(This is the part II of a series, as Paul Weiser crossed the Country on Bicycle)

From there to Denver, I would discover the West to be 90% arid desert under a blistering sun and beautiful skies. I had a week of introduction to irrigation and dehydration, coolies, cowboys and cramps from the heat. In crossing Oregon, I would see deer frequently on the high forested mountain passes and fossil beds in the desert near John Day. Once I rested from the sun in the blackened cells of a Chinese opium den set aside as a national treasure. One grocery store would keep bait worms next to the apples, and D-con with the dog food. Another store would have an active glassed in bee hive, and crafts such as canned spotted owls as novelties for the loggers and truckers. Strawberry Mountain, with a lingering patch of snow, also provided a mental shelter against the hot sun in eastern Oregon. I reached the Boise, Idaho area in scorching one hundred degree weather. It was late July at the height of the forest fire season. I rested at my brothers house and became acquainted with the area and job prospects.

Avoiding the forest fires, I took interstates and highways through southern Idaho. Temperatures were often in the nineties and hundreds. To make the riding bearable, I wore a well soaked long sleeve T shirt and wash rag on my head all day. After a hard day, I was caked with salt, dirt and grease. At night, leg cramps were convulsively severe. Every once in a while I would come to an oasis mountain peak, where the forests strained out whatever moisture was left over from the Pacific Ocean. My orderly sense of seasons was thrown out of whack every time I climbed from the hot desert to the cool mountain tops. On heading east, the days would shorten as the sun set earlier. Then I would hit a time zone.

The West is a land of contrasts. The economy is doing well in this seemingly barren land. Although a picture may portray a desert as stark, there is a constant background of dry, sweet sage and ponderosa pine the air. After a rare downpour, the aroma becomes almost as gaudy and unnatural as being downwind of a sugar beet refinery. The contrast winds have replaced the usual background noises of trains and aircraft. Once I was whistled at by a curious antelope. Cyclists will always moo at cows to relieve stress, but to talk with a different animal was very refreshing. My companions were taking on the other forms! Bicycling sensitized and exaggerated dealing with the western inhabitants. On one hand I met so much friendliness in people from day to day road survival. On the other hand, I saw more no trespassing signs and more camping restrictions here, than anywhere else, in this supposedly free spirited West. Of all the places that I traveled on my journey, it was here, in the West, that I felt that I would have needed my passport. I spent many forty mile or more stretches of exhilarated adventure without seeing a town or water stop. However, at Yellowstone, I found myself in a natural wonderland crowded with people of all races and nationalities. Pristine and wild as the Park is, it was as cosmopolitan as our Millcreek Mall! The highways out there are driven like an autobahn that would put Philadelphia or Boston drivers to shame! The West was won by dams, irrigation, cars, guns and machinery. Every pickup truck carries a rifle and there are ranchers who still carry revolvers when doing groceries! Freedom out here is a choice of a survival against drought and wide open spaces of wilderness, an American Siberia. Unfortunately the Freedom to choose a wasteland mentality is an all too pervasive choice made out here as well. Except for the Kentucky Appalachians, I never saw so much litter and disposable diapers along the roads. The original pioneer settlers, the ones I traced along the Oregon Trail, and to whom I can associate with, avoided the whole area and settled near the lush coastal areas to enjoy a less demanding Freedom.

However, the West can be a very beautiful land if you do not have to live there. From Yellowstone, I headed south to the most majestic mountain range, the Tetons. Pictures fall short of the mere experience of being there. Nature photographers never tell how many hours it takes to have an opportunity to sight large wild animals. When the animals do present themselves, there will be a traffic jam and hundreds of people. It reminded me of the 38th street bottleneck at the Erie Zoo! After well over a month on the road, I found myself heading further southeast, I kept climbing higher and passed through many continental divides. Remote as it is, the Great Divide Basin in Wyoming was so flat that I pretended to be riding on our Presque Isle. Climbing into Colorado was equally remote. After one 100 mile stretch between campgrounds, I was rewarded by a crisp frosty clear night, a sliver of moon and a coyote serenade. Soon I would be heading into Summit County.

Candle lanterns witness many a tale told by mountain climbers on the night before an ascent. Mine burnt low in the thin air at the Dillon, Colorado Reservoir Campground. As I ate in my tent, I watched threatening weather and wondered how my ascent to 11,990 feet would turn out. Loveland Pass would be notorious for inclement weather. The day broke promising and I headed up through the ski resort area. I was greeted by a few cyclists traveling light and I had to shed some sweaty clothes as it got up into the upper seventies. With a benign wind at my back, the road took me up into tall Robust pines and I chanced to see a lone cougar cross the road ahead. My lungs were racing in the thin air as I plodded along for miles. At ten thousand feet I hit the switchbacks, the winds became blustery head winds and the temperature dropped to the lower sixties. Soon my long dreamy state of labor awoke and I found myself on a rocky, tar and chip road and I gazed down at the timberline and patches of snow. As a motorist cheered me on, I arrived at the crest and was out of breath. In a motorist, cloudy and cool weather, many tourists were visiting and buying Indian jewelry set out on a blanket. A few cyclists who passed me up were there also. I had finally reached my highest peak on the trip, but instead of being contemplative, my mind had an excited fixation to climb above 12,000 feet, so I took to some open trails by foot to look at the moss, boulders and colorful lichens. Mountains cannot talk, can they? However, something else and yet something within me called out louder to

see SADDLE, page 11

FREE! AYH Discovery Tours Catalog Now Available

Hostelling International / American Youth Hostels' exciting low-cost Discovery Tours offer a variety of hiking, cycling and backpacking adventure trips in the USA, Canada and Europe.

Thirty different itineraries are listed in the 1993 Discovery Tours catalog, including 10 brand-new tours which feature hiking in Israel or Yosemite National Park, cycling down Austria's Danube River or through Pennsylvania Dutch Country, and backpacking in some of Switzerland's most famous mountains.

Discovery Tours are not just a vacation adventure, but an experience: an opportunity to come face to face with new peoples, cultures and environments - from the Canadian Rockies to Cape Cod, from the Matterhorn to rugged western Scotland.

Hiking and cycling tours are rated for all levels of skill, from beginners to the experienced. Discovery Tours feature small, friendly groups, usually nine plus a trained tour leader.

Tour departures are scheduled for all age groups from teens, 15 and older, to 50+ travelers. Several tours are available in the "open" category, perfect for a family, or grandparents and grandchildren.

Cycling tours range from a 10-day trip in Pennsylvania Dutch country for just \$460, to two weeks exploring France's Loire Valley for only \$850 (land cost).

Hiking tours by van are of the "day hike" variety, using a base camp to leave heavier gear. Hike in majestic Yosemite National Park on a nine-day tour for \$500, or trek through ancient Israel for 13 days for only \$800 (land cost).

Five backpacking tours are available in Europe, including eight days in James Herriot's Yorkshire Dales in England for \$600, and a seven-day exploration of the Swiss, French, and Italian sides of Mont Blanc for \$725. (Prices for European tours are land costs only).

European tours are led by local leaders and include an international roster of tour participants. North American tours are led by an AYH-trained leader.

All prices include overnight accommodations in hostels or campgrounds, group-prepared meals, an entertainment fund and tour leader. Hostels have dormitory-style accommodations with separate quarters for males and females, self-service kitchens, dining and common rooms. Hostels come in an infinite variety, from a lighthouse on the California coast to a castle in Switzerland.

The 22-page AYH Discovery Tours catalog is available free by contacting:



AYH Discovery Tours
Pittsburgh Council, Rm 204
5604 Solway Street
Pittsburgh PA 15217
412-422-2282

**LAW, from page 6**

Senator John Danforth (R-MO), in his remarks upon introducing the bill, cited an estimate by the CPSC that bicycle related deaths and injuries cost the country \$7.6 billion annually, a significant portion of which is attributable to the treatment of head injuries. He also cited figures which indicate that children under 15 years of age are especially at risk and that only 5% of children who ride bicycles wear helmets, hence the bill's focus on children. However, it must be noted each year many thousands of people over the age of 15 suffer head injuries as well. And it is estimated that less than 10% of all adults wear helmets.

The cost of bicycling-related head injuries both to society and on a personal level is huge. Use of a helmet can prevent the majority of head injuries. I urge you to contact your local and national elected representatives and support legislation mandating the use of helmets for all bicyclists. And don't forget to wear your helmet!

(Special thanks to Mary Jones and George Vrontos at the Allegheny County Health Department, Susan DeFrancesco at Injury Prevention Works, Cathy Elms and Mark O'Donnell at The Rehabilitation Institute of Pittsburgh and Joan Demes at the National Safe Kids Campaign for their assistance in the preparation of this column.)

(The writer is an attorney in Pittsburgh. If you have questions which you would like to see addressed in this column, you can write to him c/o Riley & DeFalco, P.C., Liberty Center, Suite 1200, 1001 Liberty Avenue, Pittsburgh, PA 15222, or call 1-800-883-1LAW.)

Copyright 1993 Marc Reisman

Two More Yosemite Hiker Trips!!!

We have added two more departures of the San Diego Sponsored Yosemite Hiker Trip (page 9 in the Discovery Tours Catalog) due to the demand of this trip by the Japanese Hostelling Association. (1; July 29 to Aug. 6) & (2; Aug. 16 to 24). If you have any questions contact (202) 783-6161.

SADDLE, from page 10

discipline the excitement and to get off the mountain. I felt an unbridled Freedom on that windy summit by looking at a horizon of mountain peaks and snow that went on forever. My lungs and legs had earned it, but I obeyed and hastened down. Had I arrived a few days later, I would have been in an August snow storm! After building altitude week after week, I rode the downhill of a lifetime! I spent hours at a brisk pace along I-70 without peddling. Rushing along with the traffic and Fall River, I was engulfed by a mountainous fjord type canyon. I visited towns with names like Silver Plume and Idaho Springs that cowered under mountain walls that crowded out the sky. At the end of the day the chasm opened up to land as flat the sea. I rode into Denver with a thunderstorm toying at my side. After an eighty mile ride through the mountains, I had arrived at my uncles in the rain and dark. I stayed there for a few days of rest and also found the economy to be quite well there.

Be sure to read next month's issue of the Golden Triangle, as we will run part III of Weiser's 4 part series "SERENDIPITY in the SADDLE"

TRAIL, from page 10

rectly in front of the shelter and in the water source, not an especially nice ambience in which to prepare and eat meals, to say nothing about the fragrance all night long while you sleep. Considering that you are not permitted to tent and must sleep in your reserved shelter, you're a prisoner of the stench. Further to this point, (Where did you get the idea that this is one of my hot buttons?) on a backpack trip a few years ago in the Pecos Wilderness in New Mexico, I hiked about thirty minutes behind a group on horseback for about ten miles and found at least one fresh beer can each mile. Admittedly, equestrians should have a right to enjoy what we hikers do, but they must earn that right by following the rules and not damaging the trails. If they can't do so, they should forfeit that right and be required to stick to dirt roads thru the woodlands.

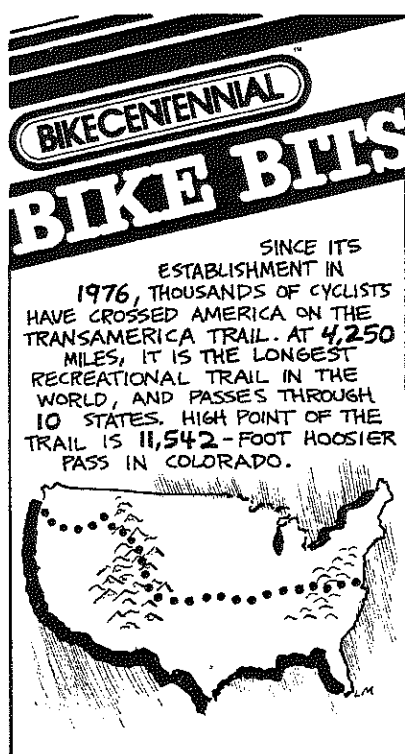
Be sure to read next month's issue of the Golden Triangle, as we will run part IV of Oster's 4 part series "The Appalachian Trail"

NOTES, from page 3

Creek Nature Reserve, accessed at the end of Old Mill Road. There is also an abandoned rail line from the Nature Reserve parking area going for about three miles (six miles round trip) parallel to Tinker's Creek itself.

We really miss Ben Brugmans this spring. Each Spring, Ben would lead repeated hikes into the Raccoon Creek Wildflower Reserve, often with 15-20 trippers. Ben's specialty were the "ephemeral" wildflowers, those very first wildflowers to come up and that last only a couple of days. Ben, as you probably know, has gone west. He goes back a long way in this organization, as attested by his slide show this past year on a backpacking trip he lead, all decked out in 1970's garb and 'do. Happy hunting, Ben.

—jim ritchie



Write for free touring information catalog: Bikecentennial, P.O. Box 6308NE, Missoula, MT 59807

Backpack The Appalachian Trail

Glenn's at it again! He's going to be backpacking the Appalachian Trail from July 14 thru August 8 covering approximately 250 miles from Hot Springs, North Carolina to Atkins, Virginia. He'd welcome your company; so sign up for as much of the time as you like. His pace will be slow, averaging about eleven miles per day (has two layover days tucked into the schedule). For info and reservations, phone Glenn Oster at (412) 364-2864

CLASSIFIED

All trips and products listed here are private and are not sponsored or endorsed by American Youth Hostels. Non-commercial ads are free for members. Contact the Editor for more info on Ads for Members and Non-members.

For Sale: Sailboat, "Bandit" 17' and trailer. Good Condition. Cabin, wide 6 foot beam, rollerjib. \$1,700 or BEST OFFER. Eileen 241-0421

Kayak Paddle: never used \$10. Bruce; 327-8737

Wanted to BUY: 26" wheels, with quick release hubs, contact Bill at 833-9732

For Sale: 16' Grumman Aluminum Canoe \$400.00. 16' Fiberglass Canoe (currently @ Tionesta) \$250.00. John McDonald 793-5817

For Sale: Centurian Dave Scott - Ironman SIS Shimano 105 components, 700x20c, CR-MO Tange Frame, 22" Equiv. size, Fushia & yellow, Minimal mileage - Excellent condition, asking \$400.00 Rich, 295 9858

For Sale: Woman's Blue Ross Eurosport Bicycle, Racing Style, 26", Good condition, \$75 or Best Offer, 571-1848.

HEALTH & FITNESS catalog. Hundreds of items: meals, snacks, desserts, exercise equipment, shoes, fashion clothes, etc. Items are ordered direct by 800 number with visa/mc. Call Rodney at 412 339-0944 for free catalog.

Anyone interested in traveling to AUSTRALIA for about 1 month in Sept 93 please contact Jan 921-3565(h) or 777-6478(w). Leave message on recorder after multiple beeps and clicks. Traveling in Melborn, Adalaide and Great Barrier Reef.

Camp Employment Opportunity: Custaloga Town Scout reservation, located in Carlton, PA. Hiring for instructors for rifle range, archery, waterfront, scoutcraft, aquatics, and ecology/ conservation. Camp dates are from June 20 through Aug. 14, 1993. Some positions may require council paid camp school for one week. Please request a camp staff application from The French Creek Council B.S.A., 1815 Robison rd. West, Erie, PA. 16509. 814-868-5517.

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

AYH Products and Membership Application

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 on 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
- ☐ **NEW! 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. 2nd Edition (1992)\$11.95
- ☐ **Hikers Guide to Laurel Highlands Trail** describes the 70 miles of the trail from Ohiopyle park to Conemaugh Gore 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 (10% discount for members)

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**\$17.95
- ☐ **Let's Go USA**\$17.95
- ☐ **Let's Go Britain**\$16.95
- ☐ **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 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**\$15.00

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 6,000 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**\$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)**\$508.00
- ☐ **Eurail Flexipass 5 days first class travel in 2 months NEW!**\$298.00
- ☐ **Eurail Flexipass 10 days first class travel in 2 months NEW!**\$496.00
- ☐ **Eurail Flexipass 5 days travel in 2 months (youth)**\$220.00
- ☐ **Eurail Flexipass 10 days travel in 2 months (youth)**\$348.00
- ☐ **Eurail Saver pass 15 days travel with 2 or 3 friends**\$390.00

For Fastest Service! Visit The AYH Travel Store!

Pittsburgh Council, AYH
Wightman School Building, room 204
5604 Solway St., Squirrel Hill
(412) 422 2282

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 1:00 to 6:00 pm on Tuesdays. Call 412-422-2282 for more information.

Name: _____

Address: _____

Phone: _____

(day)

(eve)

Birthdate: _____ **Sex (M/F):** _____

Please send me Additional info on: _____

AYH Weekly Open House

Pittsburgh Council has a weekly open house every Thursday evening from 8 pm to 10 pm at Fifth and Shady Avenues in Shadyside. Look for us next to Pittsburgh Center for the Arts. A slide show at 8:30 pm is followed by announcements of the weekend's trips. Hostel Passes, guide books and more available.

Council Office and Travel Store

The Pittsburgh Council office is open Monday, Wednesday, and Friday from 9:00 am to 2:00 pm, and Tuesdays from 1:00 pm to 6:00 pm. We're in Room 204 of the Wightman School Building at 5604 Solway St. in Squirrel Hill, near the intersection of Wilkins and South Negley. All passes, ID cards, Eurail Passes, and books are available. Call 422-2282.