

1948-1988, Celebrating 40 years of Community Service

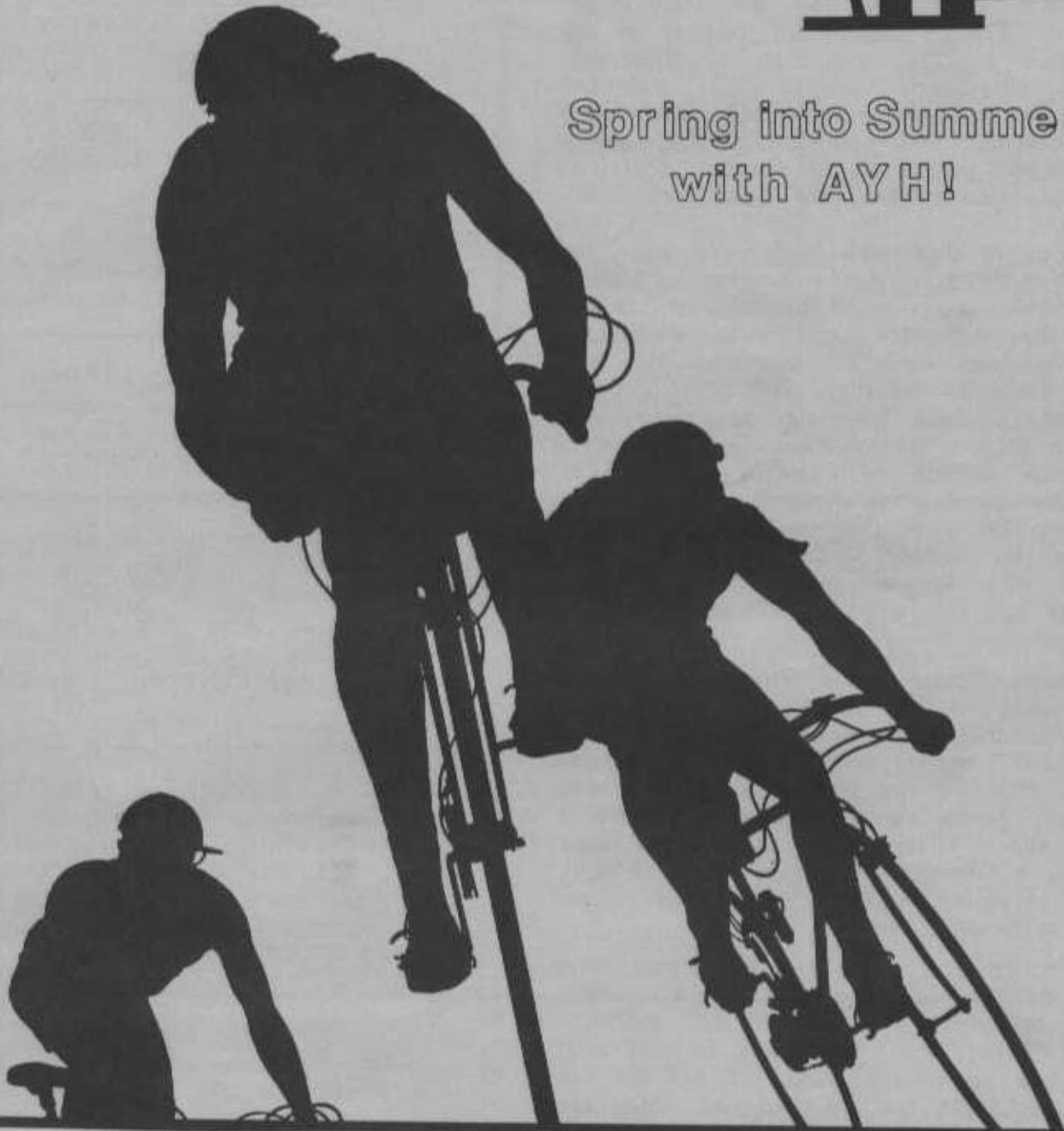
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GOLDEN TRIANGLE

MAY 1987



Spring into Summer
with AYH!



PITTSBURGH COUNCIL
AMERICAN YOUTH HOSTELS INC.
VOLUME 38 NUMBER 5



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

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

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

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

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

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

PROGRAMS FOR APRIL

- May 7 Join us at the Pittsburgh Civic Garden Center to see a 25,000 mile cruise by Herb Ferguson.
- May 14 "A Sense of Wonder" - Rachel Carson's writings and birthplace described by Betty Joe Warehan.
- May 21 Local weekend family camping with Frank Bruns.
- May 28 A visual history of the Sierra Club and the natural beauty it preserves.

NEWEST LIFE MEMBER

We welcome Fred Pollastini as our newest LIFE MEMBER. We wish you many years of happy hosteling Fred!

ACTIVITIES BOARD MEETING

The Activities Board will meet at Pat Tieman's house at 52 Greenbriar Drive in Greentree on May 6th. For information or directions, call Pat at 561-3286. All interested AYH members are welcome to attend.

WEEKEND HELP WANTED

The Potomac Area Council may need some weekend help to get the new Washington, D.C. hostel ready for its Grand Opening. Keep your ears open during May and June meetings for possible spontaneous trips down to D.C!

DO YOUR GOOD DEED...

Do you have Saturday, May 2nd free? How would you like to help promote AYH at a Boy Scout show? To be held in South Park (bring your bike) details to follow: check with Mark Chance or Joe Hoechner at any meeting.

THE GREAT RIDE SUNDAY, JUNE 21st

Pittsburgh Council is helping to support the City of Pittsburgh's GREAT RIDE, a family bicycling event that last year attracted over 2500 riders. The rides will range from 7 miles to 50 miles over marked routes with rest stops along the way. All rides leave from and return to Schenley Park near the skating rink. The proceeds from the ride will be donated to Children's Hospital.

Pittsburgh Council will be manning water stops and will be running the adult trike ride at the Schenley Oval. We will also be providing ride marshals and registration volunteers and also an AYH information table.

WE NEED YOUR HELP!!!

[] Water Stops (Jack Peth's in charge) - hand out juice, snacks, water, and provide encouragement, etc.

[] Harrison Hills Park

[] Frick Park

[] Oakmont's Riverview Park

[] Clemente Park (near the stadium)

[] Adult Trike Ride (we need a coordinator) limit the trikes to registered Great Riders, explain bicycling, call people in if others are waiting (kind of like the rowboats at Kennywood). From 9 am to 2 pm, full time or part time.

[] AYH Information Table (Joe Hoechner's in charge) -- hand out literature, answer questions, smile, be pleasant, etc.

[] Road Marking Painters -- help the Wheelmen mark the routes the week before the ride.

[] Ride Marshals -- Join the ride; encourage safe riding habits and keep the riders on course. NOTE: ride marshals will have to register along with everyone else.

[] Street Marshals -- we may need a few people for a short time at certain key intersections to help point out the route or try to slow down careless riders.

[] Registration Volunteers -- help sign in riders on the day of the ride.

All AYH volunteers will receive the famous AYH cycling cap and lots of gratitude. Questions? Call Chuck Ejzak (466-6196) or Larry Laude (665-9554).

EVER WONDER....

...where those terrific door prizes at the AYH Annual Banquet came from? Want to get one of those for yourself? We want to thank the following merchants who donated door prizes and encourage our members to patronize their stores:

Gatto Cycle Shop

Pittsburgh Pro Bicycle

Jim Snitger's Bicycle Stores

Ralph's Army Surplus

Exkursion

Baker's Bicycle Center

The Athlete's Foot

Outdoor Experience

Shadyside Ski Shop

We also would like to thank Barry Govenor.

THE PRESIDENT'S CORNER

Our Annual Banquet was held on March 21st at Poli's this year and enjoyed by all attending. Thanks go to Maryanne Frabotta, Judy Vanderbeck and Judy Turnage for all their work in making the banquet happen and to the area stores for the donated door prizes. Chuck Ejzak received the award this year for the most Council trips led. I must admit, however, to being disappointed in the turnout this year; price was apparently a factor. We'll do our best next year to keep it closer to \$10-\$12 per person. Next year will be our 40th anniversary banquet and will be a special occasion.

The Hostel Development committee met and developed a list of potential hostel sites. We need to prioritize these and develop a presentation package for prospective hostel operators. Thanks to Jean Sayre for her suggestions.

We have a good presentation lined up for our annual Spring Meeting during AYH Week (May 7th) with Herb Ferguson presenting a slide show on his travels and the annual AYH Flea Market. See you all there at the Civic Garden Center. Larry Laude (412) 665-9554.

TRAVEL BOUND BOOKSTORE HAS MOVED

Travel Bound has moved from the Strip District to their new store at 815 South Aiken in Shadyside; that's above the Aiken Market at the corner of Walnut and South Aiken. Stop by to browse their great selection of travel books. Say you read about them in the Triangle.

SWITZERLAND RHINE VALLEY

BICYCLE TRIP

Part III

(This is the last in a three-part series by Cheryl Arnold.)

We began the last section of our trip by taking the train from Freiburg, West Germany to Lucerne, Switzerland. We got off the train and were greeted by the deep, rich-sounding Alpine horn that a man in the train station was playing. We checked our baggage since the hostel wouldn't be open until later and went to see Lucerne. Cheryl B. and I strolled to a sidewalk cafe alongside the river that flowed through the city. As we sat there, I was struck by the deep turquoise hue of the water. The river was so clean that some children were swimming in it. That day we did some shopping with a break to try "Weissebier", a white German beer.

The next day was Sunday and very rainy. The leader suggested a side trip that several of us opted to take. First we cruised Lake Lucerne, finally docking at the cogwheel train station. Then we took the cog railway to the top of Mt. Pilatus. The grades up the mountain were often as much as 45%! At the top, we were met by a band of three Alpine horns. There were restaurants and gift shops there, but best of all were the hiking trails affording view of Lucerne through the clouds. Despite the constant drizzle, we stayed a few hours to hike. The excursion ended with a cable car down the side of Mt. Pilatus and a bus back to Lucerne. The entire trip cost only \$20!

The next day, the rain continued and we had to bike through a long mountain pass to Meirengen. It was very damp and cold. I learned to put plastic bags in my shoes to keep my socks dry. Several of the trippers didn't bring enough warm clothing and nearly got hypothermia. When we finally got into Meirengen, we were greeted by friendly hostel parents who led us to hot showers and fed us a home-cooked meal. The next morning the sun came out warm and bright and we all broke into a verse of "Blue Skies" as we left the hostel and headed towards Grindelwald.

Grindelwald was a real sports town complete with professional massieus and lots of sporting goods stores. Hikers and climbers were a common sight. Some trippers went into Jungfrau to see the glaciers and ice palace. Diane, another tripper, and I chose to take the longest chair-lift in Europe from Grindelwald to First, high in the Swiss Alps. We spent the day taking an "Alpine Ramble" back to the village. We

were followed by a tame goat, and wandered past glacier lakes and streams, wildflowers, and cows with tinkling bells. We were awed by snowcapped Kleineschedeg looming in the background.

Reluctant to leave Grindelwald, our next stop was Faulensee. There we stayed in a Swiss Chalet hostel on the shore of a glacial lake. After an afternoon of swimming and sunning, we ended the day with a leisurely stroll along the lake watching the sun set over the mountains.

The next morning we were off to Berne our last stop in Switzerland. We had a rest day in Berne, but had to depart at midnight on a train to Paris. Since we planned to have our farewell banquet that night, I decided to spend my last day getting a Swiss "Couture" (haircut) and finding a new dress for the banquet and flight home. Cheryl B. went to a nearby park to rest and read, while the others did some last minute shopping. The banquet was held at a beautiful restaurant where we got, of course, Swiss fondue! Awards were given out. (Cheryl B. and I got one for the "best detour" when we got lost in the Black Forest!)

Later, we walked through a neighborhood street fair in Berne. Cheryl B. and I decided to use our last several hours sitting at a sidewalk cafe. We were quite melancholy, listening to hushed voices and the deep solo of a lonely Alpine horn when suddenly all was silent. Then, far off, we began to hear the sound of a band. Suddenly a parade was in sight. There were people dressed in costumes from Renaissance times: soldiers, long-gowned ladies and two marching bands! The entourage marched right past us and continued down the main street past the clock tower. Finally all was quiet again. And, as if the parade had never happened, the solo horn began its melancholy tune.

It was time to go. Sadly we walked to the train station. At midnight, we left for Paris. In the morning we caught another train and ferry across the channel to England. We packed our bikes at the airport and headed home the next day.

It is true that you can make long, lasting friendships on AYH trips. Cheryl B. and I still correspond. She's planning to take another AYH trip this year to Europe. I hope to join her in two years to share another World Adventure. Until then I have my memories, my pictures and my dreams.



YOUR Place in the Country

Have you ever dreamed of your own little place tucked away in the mountains? Someplace where you could go to relax while watching Spring burst into bloom as the birds busily sing their way into a new season accompanied by a mountain stream? Someplace that doesn't require a mortgage, or an arm and a leg to rent?

Ohiopyle Hostel can provide all of those things and so much more. It is YOUR place in the mountains with no mortgage and you can leave all your limbs attached. In fact, four (4) hours of work will even provide you with one free overnight and twenty (20) hours to do with as you please (even work some more if so disposed). Not only will you be doing yourself a favor, but you will be helping Pittsburgh AYH fulfill its link in the worldwide chain of over 5000 hostels; providing low cost accommodations because of volunteer efforts such as yours.

Leonard Benson, 655-4195, is coordinating our volunteer efforts at Ohiopyle. Make his job easier, and do yourself a favor, by volunteering to help out there while enjoying Springtime in the Laurel Highlands.

If you can walk you can help: cleaning, painting, gardening, improving, and/or fixing. A little bit from a lot of people will go a long way towards helping keep our window to the world, Ohiopyle Hostel, clean and glistening. Thanks!

THE PERCENTAGE IN AYH MEMBERSHIP

As one of the continuing benefits of membership in Pittsburgh Council of AYH, we have been arranging with various stores and outfitters to offer our members a discount. The following have agreed so far. Bring them your business and bring your hostel pass or membership card with you.

Shadyside Ski Shop --- 10% on all purchases

Wind and Water Boatworks --- 10% on all cash accessory pur

A NEW MEMBERSHIP CARD!!

NEW! IMPROVED! For those times when you want to show that you're a member of Pittsburgh Council but don't want to carry the big hostel pass, your Council now has wallet size Pittsburgh Council membership cards. They can be used for Council trips and for discounts at selected area stores and outfitters. **THEY ARE NOT A SUBSTITUTE FOR THE HOSTEL PASS.** That is, they cannot be used to stay overnight at hostels. To get one, stop by at Headquarters with your hostel pass or mail a self-addressed, stamped envelope with your pass number to **MEMBERSHIP CARD**, Pittsburgh AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232.



Cross Country Ski Sale **ALL CROSS COUNTRY SKI GEAR**

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4123 William Penn Highway • Monroeville, PA 15146 • Phone: (412) 372-7030

For the entry level skier, a package at an affordable price with no compromise in quality.

REG. \$179.00

SALE \$94.50

\$79.95



LANDSEM SKIS

Touring 66 has a Glissade waxless base. This is a step-like pattern similar to the Ornitrak. It has a medium width and sidecut to produce a stable and easy ski. It has a full one year warranty.

Fiberglass Touring Pole features epoxy fiber-glass shaft. Resists shattering, adjustable nylon strap. Round basket. Also Rottefella aluminum bindings.

nortur



Nortur Drina is a 75mm boot with these features: Leather upper, lined, padded snow cuff reaches to ankle.

accessories including knickers, tops, cross country socks and hats will be

BAKER TRAIL

Almost forty years ago, some of the active members of Pittsburgh Council of American Youth Hostels decided to establish a hiking trail in Western Pennsylvania. These members had been on many extended backpacking trips in other parts of the country and decided to establish a hiking trail close to home. The trail was laid out to extend from Aspinwall to Cook Forest. It was named the Baker Trail in appreciation of the efforts of Horace Forbes Baker in establishing Pittsburgh Council AYH.

It was not enough that the trail be laid out on a map. It had to be developed and maintained. This required the efforts of many service-minded members. These volunteers have, over the years, donated a great deal of time and energy to blazing the trail and constructing a series of trailside shelters. Their reward has been the inner satisfaction that comes from a job well done and enjoying fellowship on work parties. It is a good feeling to return service to an organization that has served you!

A wooden plaque and a list of the workers will be displayed in headquarters as a testimony to the spirit of service that developed the Baker Trail. Let's keep on adding names to the roster! Additions and corrections can be given to Eileen Hull.

BAKER TRAIL FOUNDERS AND DEVELOPERS

Tony Pranses Wes Bunelle	Phil Ewald John Grable	Harry Rhule Betty Bierer	Martha Ellis Gloria Fisher	George Howe Joan Walczak
Hartley Saxon Fred Freuthal Ed Worrell June Merritt George Cohen Fred Mauk Grace Kriner Herb Buchwald Henry Fisher Jim Zimmerman Louise Pranses Walt Williams Jack Stein Ralph Kirchbaum Ben Dell	Walter Tereszkievicz Tess Henry John Henry Sue Cerminaro Barbara DiGregorio Vincent Roof George Hughes Warren Young Fred Monks Robert Snelshire Lloyd Geertz John J. Mathews Jack Jedruch Lee Hayden Pub Jewett	John Philbrick Victor Wise & BSA Troop 15 (Butler) Anilee Fitzgibbon Chuck Fitzgibbon Rich Bartoo Larry Giventer Jim Hurst George Bower Cathy Lynch Bob Fewkes Don Woodland Billie Woodland Winifred Roensch Bruce Sundquist	J. D. Myers Elinor Myers Diane Moll Eberhard Moll Gladys Schubert George Schubert Marilyn Ham Cliff Ham Joe Levine Jack Leary Morrie Oberg Fran Czapiewski Robert McGoff Glenn Oster Jack Peth	Terry Sickler Wendell Phillips Irene McGoff Blanche Asherman Jack Asherman Ben Brugmans Carol Burt Clyde Colledge Maya Fishkis Judy Flowers Flo Gaskill Marilyn Harbough Tom Kaveney Joy Layton Elsie Williams
				Royanne Mac Dan Martt Chuch Punzell Pat Tieman Pete Sirini Skip Toby Sommers Jim Utsig Marie Utsig Walter Vaux Dale Williams Bob Williams

WHAT THE BEST-DRESSED BACKPACKERS WEAR

May in the Appalachians is when backpackers start returning to the trail in large numbers. The best way to dress is to layer, anticipating the worst. You can always take some off, but you never have enough when you are standing still at night as the temperature drops.

My preferred lightweight method starts with shorts and a t-shirt for hiking. When moving, lots of excess body heat will warm you even on cool days. A long-sleeve shirt, wool or cotton chamois (1½ lbs.) will see you through the day.

The central body core heat is best retained with a down vest (1 lb.). A wool knit cap warms the head and ears (a few oz.).

A rainsuit (I prefer Gore-Tex - 2 lbs; if the budget allows) will keep you dry and will cut the ever-present, heat-robbing wind, especially at night. The parka over the cap, and your vest around the neck will keep you toasty. 6

For cold nights, long underwear bottoms, polypropylene (½ lb.) will really do. You can wear it under your rainsuit for standing around, or in the sleeping bag for really cold nights (some advocate a warm friend - 0 lbs.) Carry an extra pair of dry socks for sleeping - the feet are the hardest to keep warm. If your feet are still cold, put a hat and gloves on. What energy you do not lose up top becomes available for your cold extremities.

I eliminated jeans (save 1½ lbs.), which are cold when wet. Ponchos keep you dry (sometimes), but let the wind blow through.

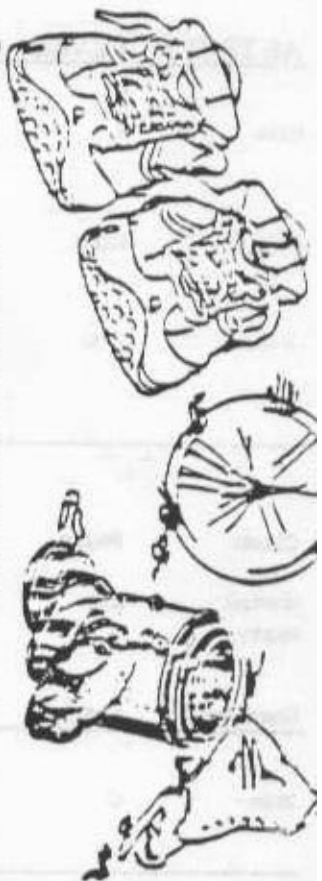
If you get cold easily, bring a light turtle neck sweater (¾ lb.), the energy saved at your neck will warm your cold extremities, as well as keeping the body core warm.

Total weight: 6 lbs. 8 oz. if you are 6'2"; 6 lbs. 8¼ oz. if your t-shirt bears an AYH logo.

Happy Backpacking, Ben Brugmans, AYH Backpacking Chair.

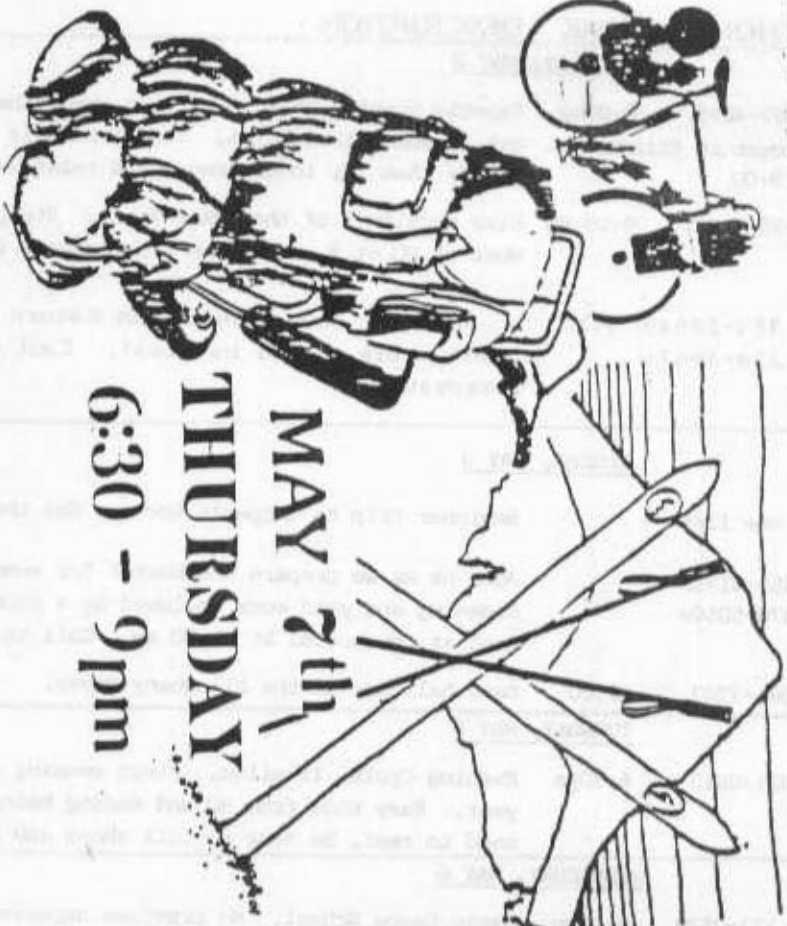
PITTSBURGH AYH TRIPS FOR MAY 1987

ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
<u>SATURDAY, MAY 2</u>					
Bike	A	Bill Johnston	687-4893	8:00HQ	Fayette County, 75 miles. Last chance before TOSRV to get in some vital miles. The terrain is very much like TOSRV; that is, long, scenic and relatively flat.
			or meet in Elizabeth at 9:00		
Hike	Easy	Pat Rossi	335-5067	9:00 HQ	Hike section I of the Baker Trail. Steep and scenic. Meet at HQ at 9, or at New Kensington Y at 9:30.
Hike	Int	Glenn Oster	364-2864h 234-3967w	7:30	Enjoy a day at Bear Run Nature Reserve. The wildflowers should be great. Call for info and reservations.
<u>SUNDAY, MAY 3</u>					
Climb	Begin	Chairmen	see list		Beginner trip to Cooper's Rocks. See the activity notes.
Hostel Party	All	Leonard Benson	655-4195h 476-5056w		Join us as we prepare the hostel for summer. Painting, cleaning and yard work followed by a picnic dinner. Meet at the hostel at 11:00 am. Call to arrange carpool
Sea-Kayak	Easy	Cathy Lynch	361-3707	12:00	Easy half-day on the Allegheny River.
<u>TUESDAY, MAY 5</u>					
Bike	C	Steve Horowitz	521-0810	6:30pm	Evening Cycle, 15 miles. First evening cycle of the year. Easy ride from HQ and ending before dark. If you need to rent, be sure to call ahead and be at HQ by 6:15
<u>WEDNESDAY, MAY 6</u>					
Canoe	Beginner	Katherine Lynch	327-0529	6:00pm	Basic Canoe School. No previous experience needed. call for details.
<u>FRIDAY, MAY 8</u>					
Bike	A				Columbus, Ohio, 210 miles. TOSRV for those lucky few (about 4500) who filled out their applications correctly and got them in on time.
<u>SATURDAY, MAY 9</u>					
Cave	Begin	Roy Provins	784-9127		Bear Cave, Westmoreland County. A complex maze of fissure passages. See activity notes.
Hike	Int/Adv	"Pete" Srini	683-3611h 343-8800w	8:30	Hike the southern end of the Laurel Highlands Trail. 11 miles, tough hike with good views.
Sea-Kayak	Int	Cathy Lynch	361-3707	8:00	Lake Arthur or Lake Erie.
<u>SUNDAY, MAY 10</u>					
Bike	C	Steve Horowitz	521-0810	9:00	Downtown, 20 miles. Bring your mother on this early morning ride through town. The trip will be over by noon, so she'll have plenty of time to prepare dinner. Sunday morning is the best time to cycle the Downtown area.
Hike	All	Wendell Phillips	831-2606	8:00	Maintenance hike on Baker Trail. No trip fees.
<u>TUESDAY, MAY 12</u>					
Bike	E	Chuck Ejzak	466-6196	6:30	Bike Series O, O miles. For those who would like an easy introduction to riding a multispeed bicycle. See article. Reservation is requested, especially if you have to rent.



SALES SPACE FREE!

AYH **Flea Market for Outdoor Gear!**



MAY 7th
THURSDAY
6:30 - 9pm

At: Civic Garden Center - Mellon Park
6300 Fifth Ave., Shadyside
Questions? 687-4893 Bill Johnston

MEMORIAL DAY WEEKEND TRIP

Get your summer cycling off to a pleasant start by joining us on a leisurely tour of the beautiful FA Dutch country around Lancaster. We will be staying in hostels; riding from one to the other (carrying our gear), thru the lovely countryside, covering about 35-40 miles a day. We have panniers and bikes to rent if you need them. The total cost should be about \$66. Call Chuck or Lynn @ 466-6196 for more information.

Ephrata
 &
 FA Farm
 Museum



Lititz
 &
 Pretzel
 factories
 &
 chocolate

Hopewell Village

FA DUTCH COUNTRY

May 22-25, 1987

Reservations are required.

Deposits of \$12.50 per person due by May 9, 1987.
 Send checks made out to Fittsburgh Council AYH to:
 Chuck Ertsh 6558 Wilson St. West Mifflin, PA 15121

Trip is limited in size so reserve early!!!

Name _____ I need to rent:

Address _____ panniers
 _____ bike

Phone _____

I can carry _____ more people and _____ more bikes
 in/on my car.
 I need a ride.

AYH TRIPS FOR MAY PAGE 2

ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
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WEDNESDAY, MAY 13

Bike	All	Chuck Ejzak	466-6196	7:00	Maintenance. Learn some basic maintenance with your bike. Topics include a basic bike inspection, changing a flat tire, and simple adjustments. Bring your bike, some rags if you have some, and 50 cents to cover materials. Session is over promptly at 9:00pm.
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Canoe	Beginner	Kathy Lynch	327-0529	6:00pm	Basic Canoe School. No experience needed. Call for details.
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THURSDAY, MAY 14

Bike	E	Judy Menosky	242-1573	6:30	Bike Series 0, 1 mile. For those who couldn't make it to Tuesday's session. Reservation requested.
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Friday, May 15

Sea-Kayak	Easy/Int	Mark Mistrik Cathy Lynch	362-4831 361-3707	7:30pm	Weekend trip down the Clarion River from Portland Mills to Clear Creek State Park. Camp out near Hallton. Joint trip with the Allegheny Canoe Club.
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Saturday, May 16

Backpack	Easy	Wendell Phillips	831-2606	7:00am	Dolly Sods
Bike	D	Judy Menosky	242-1573	8:00	Bike Series 1, 10 miles. For those who want to learn to ride their multispeed bicycle, here is a slow pace trip near HQ on some low traffic roads. See article. The trip should be over by 10:30.
Bike	B	Joel Hough	221-4093	8:30	Washington County, 45 miles. Join Joel on a morning ride through parts of Washington County and along the Mon. Trip should be over by early afternoon. The ride starts from Elizabeth, but if there is demand, a carpool may be arranged from HQ. Trip cost should be well under \$5 including food stops.
Canoe	WWI School	Frank Bruns	561-8579	8:00	Whitewater I school. Learn how to canoe on easy whitewater.
Canoe	Class 2	Bill Whitehead	363-0365	8:00	Whitewater II trip. Enjoy the rivers while the water is high.
Family	All	Diane Owen	521-2024		Oglebay Park, Wheeling, WV. Meet at 12:30 for activities 4:30 for potluck. Call by May 14 for details.

Sunday, May 17

Bike	D	Chuck Ejzak	466-6196	8:00	Bike Series 1, 10 miles. Here is a rerun of the previous day's ride for those who couldn't make it on Saturday. The early start will mean less traffic. See article.
Bike	C	Larry Laude	665-9554	6:30pm	Evening Cycle, 20 miles. Intermediate evening ride.
Canoe	Flat	Rick Tomlinson	963-8910	8:00	Easy trip. Excellent for beginners.
Canoe	Class I	Gordon Bugby	371-4233	8:00	Nice Whitewater I trip. Small rapids.
Cave	Begin	Jerry Munwell	663-5344h 228-8218w		Casparis Cave, Fayette county discovered during quarrying of limestone, approx. 1871. See writeup.
Hike	Easy	Marilyn Ham	687-4520	8:30	Bring your wildflower guide and join Marilyn for an easy hike. Bring lunch and comfortable shoes.

BIKE SERIES

Do you have a 10 speed bike that you would like to ride more or are you thinking about getting a bike in the near future? If so, then Bike Series may be for you. Bike Series is a package of rides intent on bringing the new cyclist from learning how to stop and shift gears to actually going on regular C type trips. The series kicks off with a bunch of trips offered in the last half of May. The series will continue into June. It is not necessary to make every trip; in fact, we repeat trips to accomodate all who are interested. In addition, you may start wherever you choose. For instance, many people do not need the bike series 0 ride since they already know (more or less) how to shift gears, get on and off the bike, and how to stop. For them, bike series 1 may be appropriate since they may not have ridden any further than one loop around the North Park bikeway. Also, the bike series are not exclusively for people who are learning, all are welcome. The only thing we ask is that you call ahead to reserve and that you show up. By the nature of this ride, the trip may be cancelled if no one calls ahead. Many of the trips start early in the morning to avoid heavy traffic. We do have a limited number of rentals available, but you should bring your own bike or borrow one if it is in good working order and fits.

Here is a description of the rides:

BS 0: This is not really a ride, but is more of an introduction to riding. The topics covered include getting on and off a bike, stopping, and shifting gears. Indeed, many riders can pick this information up on BS 1, especially if they are more or less comfortable on their bike.

BS 1: This is a 10 mile trip designed to get you out on the road and to review shifting and introduce group riding skills. These start early to avoid traffic. Many beginners could skip BS 0 and start on this one. The 10 mile distance is not as far as it may seem and will be suitable for almost any beginning rider. Don't forget to call ahead.

BS 2: This is a 15 to 20 mile ride designed to extend the range established by BS 1. Some beginners may find this an acceptable starting point on the BS series. Generally, these may be more interesting and may have more experienced riders along.

BS 3: 25 mile ride which is actually a C level ride. After completing this one you are ready for a large number of AYH rides.

BS 4: Visit a local bike shop. If there is interest, we will arrange to have a group visit to a local bike shop.



Schwinn Bicycles

KRAYNICK'S BIKE SHOP

EXPERT SERVICE

New, Used and Antique Bikes and Parts

For Sale or Trade

5003 Penn Ave., Pgh., PA 15224

(412) 621-6160



BICYCLING *Skills*



AYH TRIPS FOR MAY PAGE 3

ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
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Sunday, May 17 continued

Raft	Leader	Cindy Rupert	829-7528	7:00	Put-in at 10:45. Leader trip open to anyone interested in leading a raft trip this year, but really isn't sure what they'd be getting themselves into and any "seasoned" leaders who would like to come along.
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Tuesday, May 19

Bike	C	Larry Laude	665-9554	6:30pm	Evening cycle, 20 miles.
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Wednesday, May 20

Canoe	Begin	Frank Bruns	561-8579	6:00pm	Basic Canoe instruction. An ideal way to start.
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Thursday, May 21

Bike	C	Jeff Weiss		6:30pm	Evening Cycle, 15 miles. An easier evening ride which will be over in time for the meeting.
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Friday, May 22

Bike	C+	Chuck & Lynn Ejzak	466-6196		PA Dutch Country Stay in two hostels while touring the scenic area around Lancaster, PA. Leisurely cycling and lots of sightseeing will prevail. Must reserve by May 10. Total cost per person will be approximately \$65.00.
Cave	Int	Norm Snyder	351-4068		Join Norm on a trip to SpeloFest, a big cave convention with many cave trips to Kentucky and Tennessee. See a cave with 100' high sand dunes.

Saturday, May 23

Backpack	Int	Wendell Phillips	831-2606	7pm	Black Forest Trail. Leave Friday evening.
Canoe	Class 2	Katherine Lynch	327-0529	8:00	Whitewater II trip.
Hike	Easy/Int	Tom Kaveney	276-8044	8:30	Roaring Run Nature Area.
Sea-Kayak					Memorial Day weekend trip to be organized. Check with Thursday meeting announcements.
Raft	All	Shirley Ulaky	422-0849	9:00	Put in at 1:15. Call for info and reservations.

Sunday, May 24

Canoe	Class 1	Alice Fraser	538-5518	8:00	Nice trip on an easy stream. Some rapids to handle.
Hike	Easy	Linda Smithyman	531-1868h 434-6093w	8:15	Easy hike to Raccoon Creek Wildflower Reserve.

Tuesday, May 26

Bike	C	Steve Horowitz		6:30	Evening cycle, 20 miles. A beginner's ride starting through the eastern part of the city.
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Wednesday, May 27

Canoe	Begin	Katherine Lynch	327-0529	6:00pm	Basic Canoe School. No experience needed.
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Thursday, May 28

Bike	B	Fred Parker	856-4713	6:30pm	Evening Cycle, 20 miles. A little bit faster-paced evening ride. Intended for experienced riders.
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BACKPACKING

Ben Brugnans
736-2751

BICYCLING

Chuck Ejzak
466-6196
Judy Menosky
242-1573

CANOEING

Bill Whitehead
363-0365
Rick Tomlinson
963-8910
Steve Shafer
481-0507

CAVING

John Popp
885-2126

Paul Herre
653-7934
Roy Provins
784-9127

CLIMBING

Dale Vilsack
343-8379
Gary Simmons
Eric Bauer
687-0766

CROSS-COUNTRY SKIING

Rick Ulaky
422-0849
Fred Parker
824-4638
Steve Tubbs
751-2158

HIKING

Kathy Pacacha
363-2228
Dan Martt
921-4638

KAYAKING

Lou Conley
681-8321
Ray Yutzy
341-5682

RAFTING

Cindy Rupert
829-7528

SEA-KAYAKING

Cathy Lynch
361-3707
Ted Self
795-6286

VOLLEYBALL

Jeff Marsh
466-7841

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373-3403
Bill Johnston
687-4893

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Blanche Asherman
828-8158

BACKPACKING

Anyone interested in learning how to backpack should contact Joy Layton, 422-1995. If a few people are interested she will set up an evening session sometime toward the end of the month.

BICYCLING

Call the trip leader ahead of time to let them know that you plan to ride (especially if you need to rent a bike or a helmet) and to find out any last minute changes. Last minute riders (those who do not call the trip leader ahead of time) are often welcome, but be aware that you may be disappointed. Bring a spare innertube (patch kits are OK, but a spare is better), rain wear if the weather looks threatening, and money for food stops. Make sure that your bicycle is in proper working order before the trip (ask Chuck or Judy for advice if needed). Lastly and most important, wear your helmet. Hardshell helmets are required for use on all AYH rides. A brochure describing this year's major bicycle trips is available from Judy or Chuck. If you would like one mailed to you, send a self-address stamped envelope to: Chuck Ejzak, 6858 Wilson St., West Mifflin, PA 15122.

Classification of Bike Trips As you may have noticed, bike trips have an alphabetical classification instead of the more obvious beginner, easy, intermediate, and advanced. We do not do this to be difficult. We just want to be consistent with other bike clubs. This is good for riders from other clubs and it is good for us when we go on rides offered by other clubs.

Class A: 50 miles or more at a fast pace (15 mph). Sometimes shorter rides will also be called class A if they are to be ridden at a fast pace or if the terrain is particularly hilly.

Class B: 30 to 65 miles at a more moderate pace (12 mph). This will cover a large number of AYH trips. Again, sometimes shorter rides, in particular evening rides, may be called class B if the pace is to be a little faster.

Class C: 20 to 35 miles at a more leisurely pace (10 mph). This category covers a large number of AYH trips as well. These are more suitable to the occasional cyclist than B rides. Virtually all of our weekend trips will include C rides.

Class D: 5 to 20 miles at a slower pace (<10 mph). This category covers some of the bike series rides as well as other short beginners rides. These are suitable to the very occasional cyclist as well as the beginner.

Class E: 0 miles at a slow pace. These cover bike series 0 trips as well as other learn-to-rides.

CLIMBING

Beginner trips are open to everyone. No previous rock climbing experience is necessary. Bring a bag lunch, water, tennis shoes, and leather gloves if you have them. Trips leave from HQ at 7 am and usually return around 9 pm (we stop for dinner on the way home). Call the activity chairpeople for more information.

FAMILY ACTIVITIES

Upcoming outing dates:

May 16 - Oglebay Park, Wheeling, WV. Contact Diane Owen 521-2024.

June 12-14 - Laurel Hill State Park. Tent camping. Contact Ellen DeBenedetti, 242-6650 or Bill VanDiver 371-9260.

July 17-19 Blue Knob State Park, tent camping. Contact Barbara Hanusa, 441-7205.

AYH TRIPS FOR MAY PAGE 4

ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
<u>Saturday, May 30</u>					
Bike	D	Joe Hoechner Sally Brunson	242-0771 231-6074	9:00HQ	Bike Series 2, 20 miles. Ride on a low traffic scenic road along the Mon river. The terrain is flat to gently rolling and is a great ride to graduate to after BS 1. Bring snacks or money for snacks or lunch. Cost is less than \$5, not including food, but including transport from HQ. Or meet at 10 in Elizabeth.
Canoe	WNII School	Roy Weil	681-5131	8:00	Whitewater II school. Good chance to learn new skills.
Climb	Begin	Chairmen	see list		Beginner trip, probably to Cooper's Rocks.
Raft	All	Cindy Rupert	829-7528	10:30	Put in at 2:45
Kayak	Begin	Lou Conley	681-8321		Beginner Kayaking School. See write-up under kayaking.
<u>Sunday, May 31</u>					
Bike	C	Mike & Marta Hurwitz	422-9204	8:30	Ligonier, 25 miles. A scenic and leisurely ride through some gently rolling countryside on lightly traveled roads.
Canoe	Class 1	Rick Tomlinson	963-8910	8:00	Excellent opportunity for new canoeists to gain experience and enjoy the outdoors.
Canoe	Class 2	Bob Buck	793-1480	8:00	
<u>Saturday, June 6</u>					
Canoe	Class 1	Sue Kupsky	751-7896	8:00	
Hike	Adv	Glenn Oster	364-2864h 234-3967w	6:00	Want to try a longer than average hike? Try the Big Savage Mountain Trail with Glenn. It means getting up early and hiking 17-18 miles -- but it's worth it.
<u>Sunday, June 7</u>					
Canoe	Class 2	Claire Bunker	244-9788	8:00	

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ACTIVITY NOTES CONTINUED

CANOEING

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

CAVING

Join us for two exciting beginner level trips this month:

Bear Cave is located on the western flank of Chestnut Ridge and is reached after a nice hike. The cave consists of a complex maze of fissure passages totalling 3700 feet in length. This cave offers a wide variety of passages including Larimer's Tunnel, Serpent's Sanctum, Suicide Pass, and the infamous Key-hole Passage. Explore this cave with us on May 9th.

Casparis Cave also known as Opperman's cave is located outside of Connellsville, PA at one end of an abandoned quarry with a scenic view of the Youghiogheny River Valley. The cave is essentially a single passage 900 feet long containing a stream and 20 foot waterfall. The water passages are generally high and narrow, and sometimes require stooping and crawling to enter large rooms with formations. Explore this cave with us on May 17th and try to find the "1871" date and Indian carving (Good luck!).

KAYAKING

AYH beginning kayaking schools are held once a month, June through September, each summer. These schools provide an introduction to the exciting sport of white water kayaking. They are open to complete beginners (those who have never been in a kayak before) and to those who have never kayaked on white-water before. The schools last an entire weekend and include an overnight stay at a youth hostel. The first day of the school is spent learning the basic skills of kayak paddling on a nice, calm lake. The second is spent developing those skills on a very easy (Class I-II) white water river. The tentative dates for the 1987 beginner schools are: May 30-31, (June 20-21), July 11-12, August 15-16, and September 12-13. Space is very limited and preference will be given to AYH members, so sign up early. Call Lou Conley at 681-8321 for further information.

LOST AND FOUND

I still have a plastic "Thermoserv" container with a blue lid left over from the Christmas party. Call me if it's yours. Larry Laude 665-9554.

RAFTING

Volunteers are needed to lead trips for the months of July and August. Anyone interested can contact me at work 261-5300 or at home 829-7528. Call at work only if you are interested in leading a trip. Cindy Rupert.

What to wear for Spring white water -- Prepare for the weather and be prepared to get wet. A wet suit or layers of wool clothing are essential. DO NOT WEAR COTTON CLOTHING! Wool has the ability to keep you warm even when it is wet and it's "wicking ability" causes it to dry from the inside out. In cold weather, if you don't have wool, don't go on the trip.

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

Suggested attire: Cold weather -- wet suits only. Cool weather -- beat-up sneakers, wool hat, poncho, windbreaker, bandana, glasses strap, gloves, wool sweater, 2 pr. socks., complete change of clothes to put on after the trip.

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A RAAM for Marie

Post Office Box 9181
Pittsburgh, PA 15224
April 22, 1987



Dear Fellow Adventurer,

Have you ever watched a sports event on television and wished that you could have been part of it all? Have you ever heard about an athletic accomplishment of another person and wanted to meet them and find out more about it? As an individual with an interest in outdoor activities, we're sure thoughts like these have crossed your mind, especially as a resident of the Pittsburgh area, home to athletic achievements of many kinds. But your chance to contribute may never have been as good as this one.

"A RAAM for Marie" is a fund-raising drive organized by local sports-oriented people such as yourself to send Marie Costellic, ultramarathon cyclist from Mt. Pleasant, to the Race Across America, an annual event that challenges cyclists to ride a bicycle across the country, this year from San Francisco to Washington, D.C., in as short a time as possible. The present record stands at slightly over 9 days for approximately 3,100 miles. At a qualifying event in August, Marie set a new women's course record by completing the 700-mile distance in 55 hours and 40 minutes. We have similar hopes for her at RAAM.

However, as you can well appreciate, an effort such as this is not accomplished without a lot of preparation, sacrifice, and of course, money, which is the purpose of this letter. Can you help? YES! Your check in any amount, to be used to finance vehicle, food and traveling expenses, returned to us at the above address will be warmly appreciated and immediately acknowledged. Contributors of \$25.00 or more deposited with the first \$5,000 received will be thanked with a commemorative t-shirt; contributions received after the \$5,000 goal has been reached will also be acknowledged with a gift. Final results of your efforts and Marie's will appear in a summer newsletter. For more immediate information, we will be happy to talk to you about our campaign at 621-8884 or 321-2382.

Our target amount is \$15,000, so it won't be difficult for you to help us; there's lots of room in the account. But, time is short so the sooner we hear from you, the better. Before you take your next outing, or immediately if you want to be sure to receive a t-shirt, mail your check, payable to "Marie Costellic, RAAM" to "A RAAM for Marie," c/o Lyall, Post Office Box 9181, Pittsburgh, 15224. It may be the most sporting expenditure you make this year.

Thank you in advance for this contribution to adventure.

Gratefully,

Jacqueline P. Lyall, Chairperson
"A RAAM for Marie"
Sponsorship Committee

Sponsorship Committee Members:

Terry Gossard
Shelley Werner
Jeff Foster
Cathy Hoover
Don Lemmon
Linda Meinert

Vince Noe
Virginia Noe
Cathy Schnaubel
Dave Willard
and friends

THE GOLDEN TRIANGLE

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

EDITOR Joy Layton, 1048 Mirror St. Apt. 2, Pgh.,
PA 15217, (412) 422-1995

PRODUCTION Don Hoecker

MAILING Roy Weil

ADVERTISING Carol Burt

HOSTEL REPORTER Cheryl Arnold

DESIGN AND COVER Joe Hoechner

LAYOUT Kim Metheny

DEADLINES FOR THE JUNE ISSUE

May 7 -- All submissions.

May 28 -- Production

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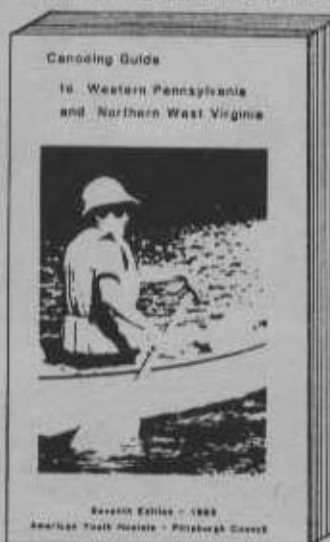
A NEW CANOEING GUIDE TO WESTERN PENNSYLVANIA & NORTHERN WEST VA.

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