

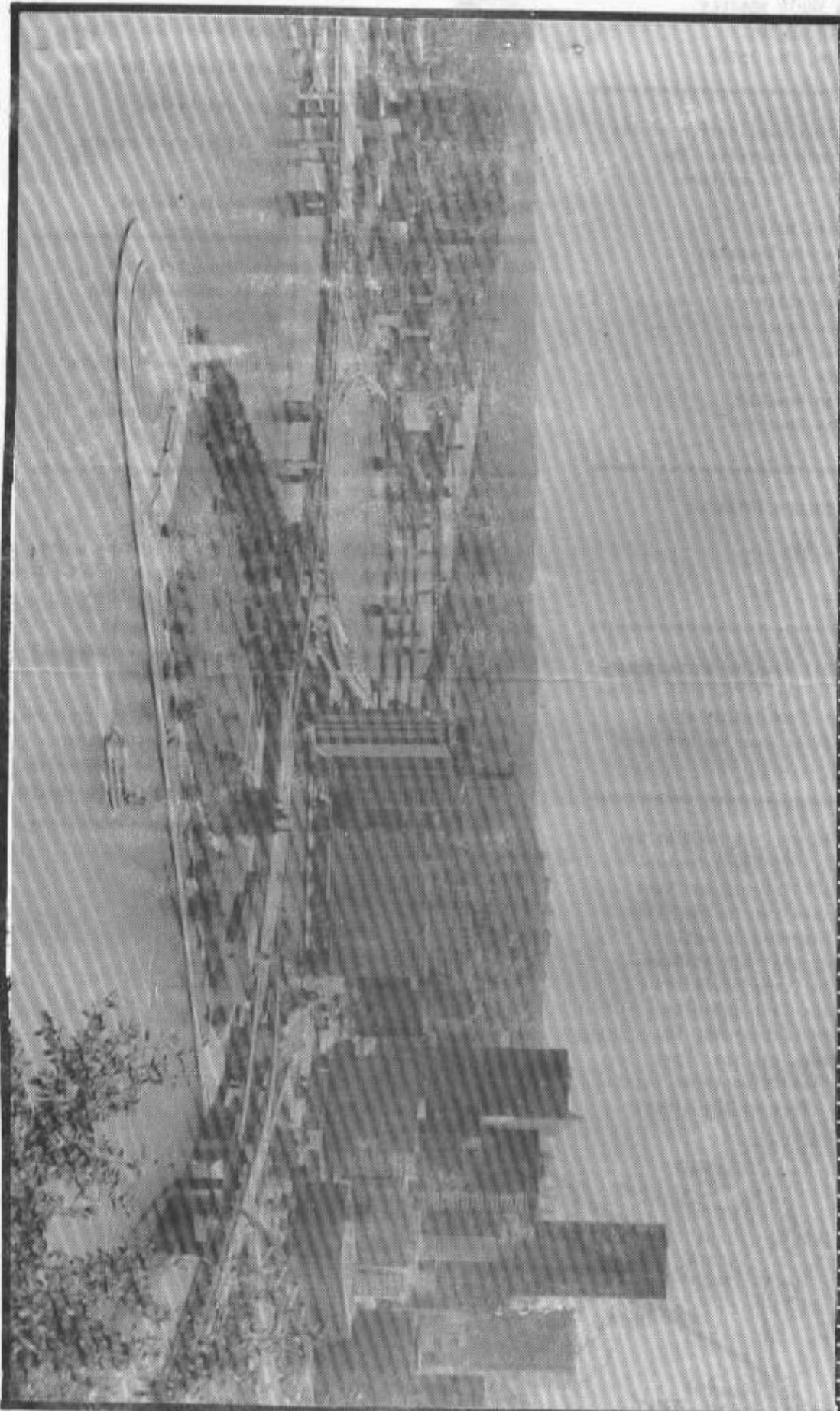
# GOLDEN TRIANGLE

VOLUME 33 NUMBER 9 SEPTEMBER, 1982

PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS 6300 FIFTH AVE., PITTSBURGH, PA. 15232

## EASTERN REGIONAL MEETING . . .

## . . . TO BE HELD HERE





PITTSBURGH COUNCIL  
AMERICAN YOUTH HOSTELS  
6300 FIFTH AVENUE  
PITTSBURGH, PA 15232

\*\*\*\*\*  
THE GOLDEN TRIANGLE is the monthly publication of the Pittsburgh Council, American Youth Hostels. The contents are the responsibility of the editors.

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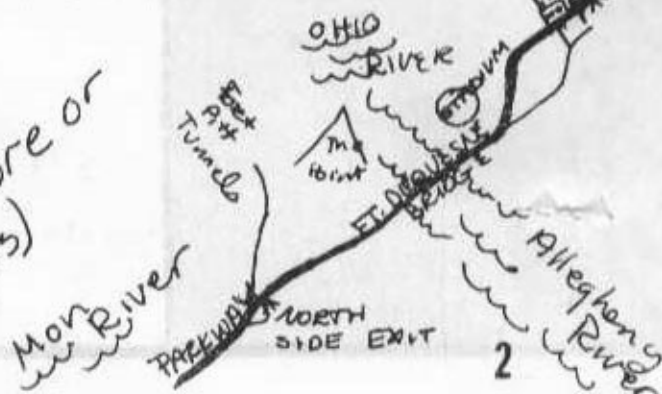
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DEADLINES FOR OCTOBER ISSUE, GOLDEN TRIANGLE

Oct 7.....Articles, Ads  
Oct 14.....Trios  
Oct 28.....Production

\*\*\*\*\*  
OPEN HOUSE IS HELD EVERY THURSDAY evening at Headquarters, 6300 Fifth Avenue, next to the Pittsburgh Center for the Arts. Doors open about 8 pm, slide show starts at 8:45. Bring a friend--or come on and make some new ones!!!

\*\*\*\*\*  
OCTOBER ACTIVITIES BOARD MEETING will be held at the home of Bob and Mary Ellen Goff, 972 Davis Avenue. Follow the Parkway to downtown Pittsburgh and take the Point Exit which does not take you to the Point but leads you across the Fort Duquesne Bridge. Stay in the leftmost lane and go past the Stadium. Follow that road as it bends and turns until you see the raised highway. take the lane going to Rt. 65 and then take the Wexford Exit or Rt. 19. You will be going up Marshall Ave. At the first light, turn left onto Brighton Road. Go three lights and turn right onto Davis Ave. Park on the street when you come to 972 Davis Ave.

How  
get to  
Goff's (more or  
less)



SLIDE SHOWS FOR SEPTEMBER

Sept 5 - Climbing highlights of Woi and friends.  
Sept 9 - Kayaking the Gauvey River by Rav Yutzy.  
Sept 16 - Israel revisited by Joe Levine  
Sept 23 - A night of music, slides, and poetry with Gene Albright.  
Sept 30 - An energetic color movie tonight.

\*\*\*\*\*  
FOR SALE Schwinn 20" Bantam boys/girls red  
2 years old- \$133.56 new today- \$65  
Call 243-4800 or 243-7355

FOR SALE Bike parts: Chain rings Campy triple  
36,42, 51; Campy derailleur rally  
touring; cuenman side pull brakes  
Call Paul at 412-446-3675

\*\*\*\*\*  
NUCLEAR WASTE DISPOSAL

The Sierra Club of Western Pa. will have a day long conference on Nuclear Waste Disposal on Oct. 2. For More information call local Sierra Club or Bruce Sacks at 421-7459

\*\*\*\*\*  
PHYSICIANS FOR SOCIAL RESPONSIBILITY

WILL HAVE A SPECIAL PROGRAM on Sept. 9, Thursday, in the evening at the University of Pittsburgh's Graduate School of Public Health, 5th and DeSoto Sts. For more information call the School of Public Health.

MAP NOT TO  
SCALE. ALSO WAY  
OUT OF PROPORTION!

## SEPTEMBER TIPS AND TALES

### HOSTEL ALERT!

The Nova Scotia Hostelling association has just informed us that the "Cape North Hostel" on Cape Breton Island, N. S. is no longer a hostel.

The Association has ended their affiliation with this hostel after receiving several complaints from the hostellers using the facility - so stay away from "Cape North Hostel."

\*\*\*\*\*

Pittsburgh Council will be hosting approximately 35 delegates for the Eastern Regional Meeting of AYH on September 24 to 26.

We need your help! See the detailed story and registration form in this issue.

\*\*\*\*\*

If all goes well Pittsburgh Council may have a new hostel near Slippery Rock opening in Spring of 83. Watch for possible work parties to go up there this October. For all those North Hills members that never went to an Ohiopyle Hostel work party (too far away!) now here's your opportunity! Watch for more details. P.S. - Save those hostel furnishing donations.

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### NOMINATIONS & ELECTIONS

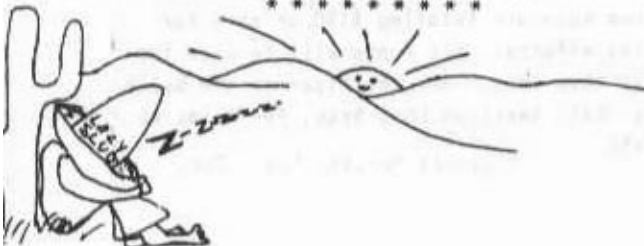
Say!!! Pittsburgh Council Elections are coming up this October - are you on the nominations list? If you have aspirations to power within the Council see Larry Laude to discuss the spots that are still available. If you are running, a good chance to see how AYH works is by attending the Eastern Regional Meeting set for Sept 24-26. STOP IN!!! See Barry Govenor for details.

\*\*\*\*\*

### CALLING ALL LAZY SLUGGARDS

I MEAN YOU!!! Join us on another of our live (more or less) appearances on WQED to help out with their pledge drive by answering phones and taking pledges. We need 15-20 people for the night of Wednesday, Sep. 15, from 8 to 12 pm. If you can only come part time, that's OK too. This will be the first week of the pledge period so things should be a little more active than last time. We get snacks, a tour of the station, and AYH gets some much needed publicity. If you can come, see or call Steve Martin at 462-500 ext. 6185 or 469-3153.

\*\*\*\*\*



### APRIL '83 BANQUET SURVEY - WHAT WOULD YOU LIKE?

We want to collect as many opinions as possible to please the most people. Please give us your vote and bring it to a Thursday open house by mid-October or Mail to:

Banquet Committee  
Pgh. Council AYH  
6300 Fifth Avenue  
Pgh., Pa., 15232

1. How much would you pay? (Choose one)
  - A. Up to \$12 is plenty.
  - B. \$12-15 per person.
  - C. Over \$15 if food, music, place is worth it. (Gateway Clipper?)
  - D. Suggested place \_\_\_\_\_
2. What kind of music/dancing? (Choose one)
  - A. Square Dancing
  - B. Folk dancing with the Merritts
  - C. Family (wedding) band
  - D. D.J. & records - oldies, etc.
  - E. Other \_\_\_\_\_
3. Food Service? (Choose one)
  - A. Buffet Service
  - B. Table Service of previously chosen entree.
  - C. No preference.
4. What choices would you like to be offered? (Rank according to preference)
  - A. \_\_\_\_\_ Beef
  - B. \_\_\_\_\_ Chicken
  - C. \_\_\_\_\_ Fish
  - D. \_\_\_\_\_ Vegetarian

### FALL PICNIC

### RIVERVIEW PARK

OCTOBER 24

Square dancing, volleyball, etc. We need people to prepare dishes (They will be reimbursed).

FRED PARKER 824-2638

ELAINE ROSENTHAL 421-1081



## IMPORTANT NOTICE ALL TRIP LEADERS

FROM JOE LEVINE, TRIPS & TRAILS CHAIR

1. Pick up new CLAIM FORMS at HQ, for reporting accidents. The Policy # should be 40 ETS 805203, and Policy Period is 7/1/82 to 7/1/83. Please discard any old forms. Each Leader must take a CLAIM FORM on each trip.
2. Note changes omitted from current Trip & Rental Reports: under ACCIDENTS, the last sentence should read "Trippers are covered by \$1000 maximum accident insurance on all activities and transportation."
3. A few trips led toward the end of some quarterly periods (Mar., Jun., etc.) are not given in time to be included in a Quarter's Insurance Audit. If there was an accidental injury on one of those trips, insurance coverage would be forfeited. In that case, the Leader could mail the Trip Report form to me (7407 Pennfield Ct., Pgh. Pa. 15208; phone: 241-3265) with the trip information and it will be included in the Audit. Quarterly audits are mailed to Hartford Ins. Co. on the 10th of each month following the quarter.
4. In event of an injury, Leader gives CLAIM FORM to attending physician, and contacts me to relate pertinent details: name, address of tripper, type of trip, date, and nature of injury.

THANK YOU FOR YOUR ATTENTION.

## BIKEPACKING INTO COUNTRYSIDES AND LIFESTYLES



**BikePress U.S.A.**  
P.O. Box 326  
Mars, PA 16046  
(412) 625-1180

*By Phil Norton*

Back roads led the author to unexpected discoveries on his seven-month bicycle tour of eastern North America.

Filled with photos, this is the documentary of Phil Norton's travel adventures, his encounters with wildlife, and his discovery of the simple lives and wisdom of country people from James Bay to the Gulf of Mexico.

**ALSO:** Equipment Checklist and bicycle-camping tips

## JULY ACTIVITIES BRD MTG MINUTES

**EDITORS-** People are encouraged to design covers for the Triangle

**P.R.-** In June, AYH received coverage in Pittsburgh magazine, the Pgh. Press, and Shadyside Voice.

**PUBLICATIONS-** New editions of Canoeing Guide, Hiking Guide to Mon. Nat. Forest, and Hiking Guide to Alleg. Nat. Forest are being prepared.

**RAFTING-** Individual trip leaders must get their permits from Chiopyle.

**TRAILS COORD.-** Penn Elec. is taking part of the Baker Trail and providing us with a different, satisfactory routing. AYHers are needed to take responsibility for sections of our trails, in order to have them in shape by fall.

**HOSTEL DEVEL.-** Physical plans and an insurance re-evaluation are proceeding for the Old Stone House.



### YOUTH FOR UNDERSTANDING

International Student Exc.

Youth for Understanding is a nonprofit student exchange program for teenagers between 15 & 19. Students from 25 countries are in our program, including American students who choose to go abroad in the summer or for a school year. In the past 30 years, Y for U has exchanged over 85,000 students. Y for U is committed to promoting world peace and understanding through teenage exchange.

We are seeking families that may be interested in hosting an international student for the upcoming school year. If you have any questions call us collect at our regional office in Blue Bell, PA at 215-646-5266.

(You may also contact Carole Shanahan at 362-8369 for information explaining Y for U programs and history.)

Margaret S. Reider, Reg. Dir.

\*\*\*\*\*

### BACKPACK TREK FOR LIFE AND BREATH

OCTOBER 15-17



The American Lung Association of Southwestern PA. is sponsoring its Third Annual "TREK FOR LIFE AND BREATH" on the Laurel Highlands Hiking Trail on Oct. 15, 16, & 17. This backpacking event is a fundraiser for the Lung Asso. in which Trekkers seek pledges from sponsors totaling \$150 or more for their hiking efforts. All funds will be used for programs in this area. See the flyer on the bulletin board. Call American Lung Asso. for forms at 412-834-7450.

Victoria Hersen, Exec. Dir.



## A. Y. H. EASTERN REGIONAL MEETING!



The Pittsburgh Council will host the Annual Meeting of Eastern U.S.-A.Y.H. Councils Friday, September 24 through Sunday, September 26. The site is at the Pittsburgh Theological Seminary in East Liberty.

Delegates will be coming from Syracuse, Albany, Malone (N.Y.), New York City, Boston, Washington, D.C., Philadelphia, and Hartford, Conn. Some will drive in, others will fly (by plane, we assume).

Our council will provide a get-together snack on Friday night at the Seminary, and then their staff handles the balance of the meals. We are working into a Gateway Clipper Cruise for Saturday night entertainment or just an evening stroll through the Freight House Shops or a ride up the incline.

### PLEASE KEEP THAT WEEKEND OPEN

We need people who can be at the airport to pick up arriving passengers from "back east" and bring them to the Seminary Friday night and then return them on Sunday. We will need a part-time typist, help with refreshments (keeping the coffee going), walking tour guides (to see our Council H.Q.) and more drivers for the Saturday night "fling." We may also need one or two people sitting at home Friday night by their phones to direct lost drivers to the meeting location.

We will have to put up with the Fort Pitt Bridge Tunnel being closed for repaving that weekend! Also the Squirrel Hill Parkway Exit will still be closed. We will urge drivers using the turnpike to use Exit 5 and follow Rt. 28 to the Highland Park Bridge.

SIGN UP NOW!

### SURE I WILL HELP . . . . . (CHECK SPACES)

_____ Pickup at airport Friday p.m.	_____ Sat./Sun. typist
_____ Drive to airport Sunday p.m.	_____ Coffee break helper
_____ Registration/greet Friday night	_____ Walking tour leader
_____ Friday night refreshments	_____ Saturday night driver
_____ Ask me I am willing to do almost anything.	

NAME \_\_\_\_\_

PHONE(S) \_\_\_\_\_ H \_\_\_\_\_ W \_\_\_\_\_

Return to President Barry Govenor 421-7114(H) 481-3300 X373(W) or Joe Hoechner 373-3403(H)  
243-4800 X89(W)

## APPALACHIAN TRAIL GUIDE AVAILABLE

Edition 5 (1982) of "Appalachian Trail Guide - Pennsylvania" is now available from our publications committee. This 160 page guide, with 2 maps, is published by the Keystone trails Association (KTA). The guide is handy pocket-sized (4½ x 6½) and is priced at \$2.75 + postage (63¢) plus sales tax (28¢). Make checks payable to American Youth Hostels, Pittsburgh Council, and send to Fran Czapiewski, 7303 Reynolds Avenue, Pittsburgh, Pa. 15208.

## 1 STAR AWARD

A report to the TRTBC, Unanticipated Trip Division. Recently Bill Weiner and I attended a concert at Harwood Acres. After, we tried a shortcut to the car we left on the other side of the park. The road deteriorated into a trail, then faded into trackless waste. We slogged on through knee deep mud, true to the slogan "never take a backward step." After eons, we broke out of the bush—a bird sang. Rough enough by foot, we did it with bicycles.

(Fred Mauk)

## EASTER SEALS-3WS BIKE-A-THON

Bikers in the Pgh. area are invited to "go the distance" on their bicycles for the benefit of the Easter Seal Society of Allegheny County. The Society and Radio Station 3WS are sponsoring a Bike-a-thon on Saturday, Sept. 11 starting at 9am at the North Park Boat House and bike riders of all ages may participate. Proceeds will support services to severely handicapped infants, children, and adults from this area. Riders may start any time before 4 pm. To obtain a sponsor form call 288-9455 or write the Easter Seal Society of Allegheny County, 110 Seventh Street, Pgh., Pa. 15222.

THE 1982 ELECTIONS FOR OFFICERS, COMMITTEE CHAIRPERSONS, AND DIRECTORS WILL BE held on October 21. Those elected will take office on November 1. In accord with the by-laws, a nominating committee has prepared a list of candidates based on their ability and willingness to serve. Several positions are still open. If you are interested or want to suggest potential candidates, please contact any member of the nominating committee as listed below. We would also like to hear from people who are interested in assisting the chairpersons in order to provide experience for potential 1983-84 chairpeople. Note that the by-laws also permit nominations to be made from the floor at the election meeting.

## ELECTIONS

## ELECTIONS

## ELECTIONS

### NOMINATIONS (\*\* means chairperson is needed)

Pres. - Chuck Ejzak  
V.Pres. - to be elected from newly elected  
com. chairs at Nov. Act. Brd. mtg.  
Treas. - Fred Hull  
Asst. Treas. - Bill Johnston  
Sec. - \*\*

#### Committee Chairs

Headqtrs - Gary Ludwig  
Triangle Eds. - Jeri Walsh, C. Shanahan  
Hostel Devel. - Joe Hoechner  
Hostel Oper. - Jim Gogots  
Program - Bob Goff, \*\*  
Environmental Service - \*\*  
Franchise - Peggy Vanderbeck  
Service - \*\*  
Trips & Trails - Joe Levine  
Publications - Bruce Sundquist  
Membership - Blanche Asherman  
Special Projects - Wayne Albright  
Publicity - Joe Hoechner  
Trails Coordinator - \*\*  
Leadership Devel. - \*\*

#### Committee Chairs (Activities)

Backpacking - Steve Martin, Jack Peth  
Canoeing - Penny Smith  
Caving - John Popp, Vicki Lineback, Norm Snyder  
Climbing - Jim Wojciechowski, Barry Govenor, Karl  
Morner  
Cross country Skiing - Fred Parker, Steve Tubbs  
Cycling - Lynn Ejzak, Bob Schwartz  
Hiking - Shirley Sedmak  
Kayaking - Ray Yutzy, Lou Conley  
Rafting - Gus Hughes  
Volleyball - Jeff Marsh, Harriet Ann Seiner

#### NOMINATING COMMITTEE

Larry Laude 665-9554  
Mike Murwitz  
Fred Parker 824-2638  
Vicki Lineback 682-4087

(Every officer can use help of one sort or another at any given time. Join us and reap the rewards of confidence and self satisfaction from being part of AYH.)

## SIMPLE ACCOMMODATION FOR OVERSEAS VISITORS FOR WOMEN



## IN YOUR TRAVELS, IN TOKYO

九品AKUHOMBUTSU HOUSE  
6-13-12 OKUSAWA SETAGAYA-KU  
TOKYO 158 JAPAN  
☎ IN TOKYO: 703-5618  
[03] 703-5618

like a home hotel, has started through the own  
working experiences at Youth Hostels in San Diego,  
in Vancouver. 6 PEOPLE IN TWO  
ROOMS. ONE MINUTE FROM  
KUHOMBUTSU STATION



# TTTRIPS & TTTRAILS

The trips listed here are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 60¢ registration fee and insurance (\$1000 medical/ \$1000 accidental death or dismemberment) plus transportation and rentals. In addition, nonmembers are charged \$1.50 per day which is deducted from the cost of membership. Trips are classified BEGINner, INTERmediate or ADVanced, with the exception of water sports and cycling.

## BACKPACKING

Chair: Steve Martin 469-3153 Kevin Craig 488-7255

- sat sep 18- INTER Easy Intermediate trip. Join Jack Peth on an overnigher on the Laurel Highlands Trail  
sun sep 19 going south from Seward. Leave HQ at 8am on Sat. To reserve call Jack at 921-7214(H) or 777-5365(W).
- fri oct 1- INTER Trip to Dolly Sods, probably, in West Virginia. Leave HQ at 7 pm Friday. To reserve call  
sun oct 3 Steve Martin at 469-3153(H) or 462-5000 X6185.

## BICYCLING

Chair: Lynn and Chuck Ejzak 466-6196

- sat sep 4- Labor Day Weekend bike and tent camping on C & O Canal. Pleasant, al flat, scenic tree-  
mon sep 6 covered ride on the towpath of the Potomac River. Water & non-flush toilets available.  
Jack & Ann Kiehl 863-7658; call for time/place/car pooling.
- mon sep 6 Class D Beginner ride. 25 miles; Elizabeth to Donora. Leave HQ at 9am. C. Ejzak 466-6196.
- sat sep 11 Class B+. Cycling from Pymatuning to Geneva-on-the-Lake, Ohio, about 30 miles. Leaving  
rom Red Cross Base in PA at 8:30 am. Call Chuck at 466-6196. This is a semi-serious ride,  
i.e. we do allow talking and smiling on this ride but try to keep the laughing down to a  
minimum.
- sun sep 12 Class C. Easy trip to and from a fun ride on some waterslides. About 35 miles. Leave from  
Red Cross Base in PA at 10 am.
- sat sep 18 Class D. 20 miles. Beginners dream ride but enjoyable for anyone ; woodlands with falling  
river. All flat smooth paved path. Meet at Oil Creek State Park at 12:30 pm. Off U.S Rt.  
8, 4 miles past Oil City, PA; at Rousville turn right, follow signs to park office (approx.  
3 miles); ride 10 miles to Drake Well Museum. Return 10 miles for bring-your-own picnic  
supper. Jack & Ann Kiehl 863-7658.
- sun sep 19 Class B. 50 mile TASSLE training ride. Fairly flat. Leave HQ at 9:30. Call Lou Conley  
at 681-8321.
- sun sep 19 NEOC IX sponsored by the Outspokin Wheelmen. Choose either 100 miles, 100 kilometers, or  
50 kilometers in NE Ohio. See bulletin board or Chuck for more details.
- sat sep 25- TASSLE "82. Tour along the south shore of Lake Erie. Total of 210 or 105 miles for the  
sun sep 26 weekend. See bulletin board or Chuck for details.
- wed sep 15 \* \* \* \* BIKE MAINTENANCE CLINIC \* \* \* \*  
Bring your bike and learn to replace broken spokes and fix flats. 7 pm. Chuck or Lynn  
at 466-6196.

## CANOEING

Chair: Acting Chair-Gordon Bughy 371-4233 See Kayaking Basics for hints.

- sat sep 11 Canoe School II, Frank Bruns 561-8579.
- sun sep 12 Class I Don Hoecker 243-8298.
- sat sep 18 Class II Bob Buck 793-1480.
- sun sep 19 To be announced at Open House.
- sat sep 25 To be announced at Open House.
- sun sep 26 Class II-III Dave Marshak 327-2778.

sun oct 3 Class II Penny Smith 243-1387.  
 fri oct 8- Annual Harpers Ferry Trip Class II Penny Smith 243-1387.  
 sun oct 10  
 fri oct 1- Joel Platt will be in Atlantic City. He will be canoeing and biking. Call Joel for  
 thu oct 7 details. 521-5244.  
 \* \* \* \* \* NOTE Please return canoeing keys to Gordon Bugby at the Open House. \* \* \* \* \*

**CAVING** Chair: Norm Snyder 351-4068 Scott Hill 682-1270  
 sat sun 18 INTER Local trip to Lemon Hole Cave, 38 foot pit entrance. Easy introduction to vertical caving.  
 Call Scott 682-1270.  
 sun sep 19 BEGIN Looking for something different? Visit a local cave with Vicki Lineback, 687-4087.  
 sat oct 2 BEGIN Trip to Bear Cave. Nice hike on Laurel Ridge to an interesting cave. Call Vicki Lineback  
 at 687-4087.  
 sat oct 9 INTER Vertical - Copperhead Cave. Get your prusiking gear in shape for this 40 foot free pit.  
 Club Gibbs ascenders available. This trip is preparation for Hosterman's Pit (60 ft pit)  
 near State College. Call Scott for info.

**CLIMBING** Chair: Woj 322-4524 Scott Hill 682-1270  
 sat sep 11- ADV Seneca Rocks. Space is limited to qualified individuals. Call Woj.  
 sun sep 12  
 sun sep 26 BEGIN Last chance until next year. Call Woj, Scott, John Popp 653-6026 or Vicki Lineback 682-4087.

**HIKING** Chair: Shirley Sedmak 288-5147(W)  
 sat sep 18 BEG/ Call Cole Von Orner 683-7160(H) 624-5294(W). Destination to be announced. Meet at HQ  
 INTER at 8:45 am.  
 sun sep 19 ADV Rescheduled hike at Cheat Canyon. Call Dan Mant 343-5847.  
 sat sep 25 INTER Penn View Mt. 10 miles. Leave HQ at 8 am. Call Herb Appell 675-6060(W) 373-0535(H)  
 after 9 pm.

**KAYAKING** Chair: Ray Yutzy 561-3764 Lou Conley 681-8321  
 Basics: Lunch in a waterproof bag, water bottle, swimsuit and change of clothes, boat shoes (old tennies, etc.)  
 Nose plugs, strap for eyeglasses, towel, rain gear for upper body and/or wool sweater, money for trans-  
 portation and rental fees and dinner.  
 RENTALS: A limited number of kayaks are available and can be reserved through the trip leaders.

sat sep 11 INTRODUCTORY KAYAKING SCHOOL: This school is for people who have never been kayaking before  
 and would like to try it. Learn all of the basics of kayaking on a nice calm lake. Reserva-  
 tions are required so reserve early as there are a limited number of boats available. Call  
 Lou Conley at 681-8321 for information and reservations.  
 sun sep 12 WWI KAYAKING SCHOOL: A school on easy white water for the beginning kayaker. The Intro-  
 ductory Kayaking School is a prerequisite for this school. Reservations are required so  
 RESERVE EARLY AS THERE ARE A LIMITED NUMBER OF BOATS AVAILABLE. Call Lou Conley at 681-  
 8321 for information and reservations.

**RAFTING** Chair: Gus Hughes 421-4066

Basics: Get some hints from Kayaking basics.

sat sep 11 Yough. Norm Snyder 351-4068.



sat sep 18 Yough. John Orndorff 244-0746  
 sun sep 19 Try for Cheat Canyon. Gus Hughes 421-4066.  
 sun sep 26 Yough, if warm enough. Bob VAN 833-8486 or Shilly 788-5147(W).  
 sat oct 2 Cheat Canyon. Gus Hughes 421-4066.  
 sat oct 9 Yough. John Orndorff 244-0746.

VOLLEYBALL Chair: Larry Laude 462-5000 X6171 (W) 665-9554 (H)

Outdoor volleyball on Tuesday and Thursday evenings from six o'clock till dark at the top of the hill near AYH headquarters. There is a 35¢ fee for equipment maintenance on Tuesday night only. Thursday night volleyball is brought to you without charge courtesy of AYH.

## RIDING THE FLATS

Chuck Ejzak

September marks the climax of the cycling season. Most of the folks who crowd the roads and parks in the summer are now glued to the boob tube watching football. The oppressive heat of July and August are over and the days are usually sunny with cool mornings and evenings. An added plus is that you should be in pretty good shape from a summer's worth of activities. This is probably why we have 100 mile rides every weekend this mo.

If you have been reasonably active and can ride 25 continuous miles without feeling exhausted, you are probably ready for trying a century ride. If you have not yet sent your application for NEOC, TASSLE or the PYMATUNING weekend do so now.

In addition there are some things that are different about flat rides from riding around Pittsburgh. Flat terrain means that there are no uphill, but there aren't any downhill either. This means that your legs don't get much of a break, and bad habits can really show up. The most common problem is that many people ride in a gear that is too high. To check yourself, time your cadence. If you normally pedal at 60 revolutions per min. or better you're OK. If you are pedaling slower, shift into a lower gear. Gradually work up your pedaling speed until you can do 60 rpm or better. If you find yourself always riding in your highest gear, be prepared to have serious knee problems.

Another problem flat riding is the wind. Headwinds can be devastating. The wind is sneaky because you usually do not notice the tail wind you had until it is time to turn around and ride back. The only way to beat the wind is to form a paceline with about three other riders you know. There are a few key rules to obey for paceline riding:

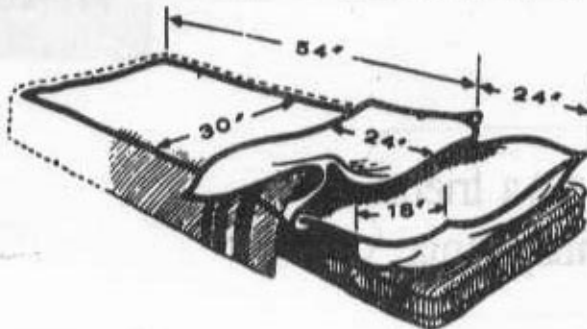
- Don't let your paceline get longer than 6 riders.
- Don't overlap the wheels of the rider in front of you.
- Call out when you are slowing down to wake up the rider behind you.
- Single file pacelines are safer than double file lines.
- Don't daydream while in a paceline.
- When the front rider tires he peels off to the left and tags on at the end of the line.

It is also important to make sure your bike is in good shape. Clean your chain, check tire pressure, make sure your brakes don't rub your wheels, and make sure your handlebars, seat, and derailleurs are adjusted.

Century rides are not just for serious riders. You will see a lot of people who talk, many smile, and some even laugh. So if you aren't a serious rider, you will still be allowed.

### Sheet Sleeping Sack

This can be made from unbleached muslin or old sheets. The bag should measure 78 in. long x 30 in. wide with a pocket to cover the pillow 18 in. deep. A flap of 24 in. is needed to protect the upper blanket, and a gusset each side of the bag adds roominess and prevents tearing. Many AYH councils sell ready-made nylon or muslin sheet sleeping sacks. Available at Thursday meetings for \$8.75, or add \$2.00 for mail orders.



# AYH MEMBERSHIP APPLICATION

FILL OUT THE FOLLOWING APPLICATION AND BRING/SEND IT WITH A CHECK PAYABLE TO 'PITTSBURGH COUNCIL, AYH' TO: 6300 FIFTH AVENUE, PITTSBURGH, PA. 15232. ALLOW 3-4 WEEKS FOR DELIVERY. IN ADDITION, MEMBERSHIP SELLS INTERNATIONAL HOSTEL GUIDE TO EUROPE FOR \$5.00 BY MAIL AND \$4.00 AT HEADQUARTERS.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_  
STREET CITY STATE ZIP

\_\_\_\_\_ NEW MEMBERSHIP \_\_\_\_\_ RENEWAL {CHECK ONE} BIRTHDATE \_\_\_\_\_

CHECK ONE OF THE FOLLOWING:

_____ \$7.00 YOUTH {UNDER 18}	_____ \$35.00 THREE-YEAR SENIOR
_____ \$7.00 SENIOR CITIZEN {60+}	_____ \$35.00 ORGANIZATION
_____ \$14.00 SENIOR {18-59}	_____ \$140.00 LIFE
_____ \$21.00 FAMILY	

PLEASE CIRCLE ONE OR MORE:

SERVICE: NEWSLETTER, HOSTEL DEVELOPMENT, BICYCLING, PUBLICITY, TRAIL MAINTENANCE, EQUIPMENT REPAIR, AUDITOR SERVICE, TYPING, ART WORK, MEMBERSHIP.

LEADERSHIP: BACKPACKING, CYCLING, CANOEING, CAVING, CLIMBING, HIKING, X-C SKIING, RAFTING, KAYAKING.

Pittsburgh Council

AMERICAN YOUTH HOSTELS INC.

6300 FIFTH AVENUE  
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