

Golden Triangle

American Youth Hostels, Pittsburgh Council

Hostelling International, is a nonprofit organization dedicated to helping all people, especially the young, gain a greater understanding of the world and its people through hostelling.



VOLUME 49, NUMBER 7

SEPTEMBER 1999



Hostelling - International Pittsburgh PA



Now Open

A 50 bed full service hostel in a commercial bank building. Free parking, travel store, handicapped accessible!



Be Sure To Visit:

- Andy Warhol Museum
- Station Square
- Nearby Southside
- The Downtown Cultural District
- Riverfront Bike Trails
- Nearby Universities
- The Carnegie Science Center
- The Zoo & National Aviary
- Phipps Conservatory
- Historic Point State Park
- Three Rivers Stadium

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....And MORE!!!

14th Annual Great Ride a Great Success

The Citipark's Great Ride was held Sunday July 25. There were some 1723 riders which generated about \$3500 for the Pittsburgh International Hostel. Pittsburgh HI-AYH provided some 31 volunteers as course marshals and the hostel hosted about 9 participants who traveled to the "Burgh to do the ride. On Saturday evening prior to the ride, volunteers gathered to get maps and shirts and joined with the hostellers to share a spaghetti dinner. I think George, Maribeth and I dished out about 30 servings of pasta and a good time was had by all.

Many thanks to the following for taking on the task of course marshal:

Maribeth Hook

Kevon Copeland

Dino Angelici

Jack Kowalski

Jeff Marsh

Yoshiko, from Oakland

Joel, Evan Ward, Dale Boehm, Jessica Hays, and Vanessa March from Southside

Bonnie, Elsa and Kirsten Swenson

Joan Roolf

Deborah Gussoni

Jim Ritchie

Chuck Ejzak

George Schmidt

Diane Lucas

George Nowack

Bernie Colligan

Vicki Sturrock and her father Dave

Ana Traversa from Argentia via IUP

Martie and Dale Main

Carolyn Madden

Joel Platt

Ben Rich

Larry Laude

-Marianne Kasica, GR volunteer coordinator

NEW 1999 MEMBER DISCOUNTS

HI members with valid membership cards are eligible for the following discounts. Full details can be found in the FREE 1999 North American Hostel Handbook.

Alamo Car Rental: Various Discounts. Contact your travel agent or Alamo and request Rate Code BY and I.D. Number 19998.

Andy Warhol Museum: \$1.00 off admission. (THIS DISCOUNT WAS NOT PUBLISHED IN THE 1999 HANDBOOK DUE TO A PRINTING ERROR, BUT IS AVAILABLE.)

Danny K's Diner: 10% discount off final bill. Two blocks from hostel. 412-431-1267

Gray Line Trolley Tours of Pittsburgh: \$2.00 off admission price on our daily scheduled Pittsburgh tours, April through October. 412-741-2720

La Prima Espresso Co.: \$0.50 off any espresso drink. Two locations. 412-471-4590

Mattress Factory (A museum of contemporary art): \$1.00 off admission; 10% off merchandise in museum shop. 412-231-3169

Nature's Design Holistic Health: 15% discount on therapeutic touch, Reiki, foot or body massages. By appointment. 10% discount on all health care products. 412-854-5409

Phipps Conservatory and Botanical Gardens: 10% off admission to conservatory and gardens all year. 412-622-6914

Rachel Carson Homestead: Buy one admission, get one free. 724-274-5459

Thoreau, NM - A Production Company: \$1.00 off



The Area Code for the Ohiopyle Hostel is incorrect in the recently-published 1999 North American Hostel Handbook. The correct phone number for the Ohiopyle Hostel is: 724-329-4476

1999 North American Hostel Handbooks can be picked up at the Travel Center, the Pittsburgh International Hostel, and the Activities Headquarters. Copies are free when picked up in person.

HOSTELLING INTERNATIONAL

PITTSBURGH COUNCIL-AYH
830 E. WARRINGTON AVE.
PITTSBURGH, PA 15210

Dated material- please deliver promptly
Change Service Requested

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Pittsburgh Council, American Youth Hostels, Inc.

Serving Western Pennsylvania & West Virginia Panhandle
Since 1948, Incorporated 1955

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NOTICE

Please note the deadlines for
future issues of the
GOLDEN TRIANGLE

AUGUST ISSUE
All copy, September 9
Binding/Mailing, September 23

If your work is on computer,
Please contact Joel Platt at

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 42 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) 431-1267.

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.



Submissions Policy: Golden Triangle

Classified Ads:

- Classified ads are free to Current members of HI-International
- All requests for classifieds must be made in writing via the Council Office. Request must include full name, address, phone number and membership number of member. Members are not permitted to place ads for non-members.
- Free ads may not be for commercial gain.
- Above rules apply in addition to general rules for submission

Trips

- All trips must be approved by authorized co-chair
- Trip leader must be a council approved leader
- Trips must be submitted through co-chair, for that activity. Trip leaders, are not to submit trips directly to editor or office, any trips improperly submitted will not be listed.
- Above rules apply in addition to general rules for submission

Articles

- Members are encouraged to write articles, about travel abroad and in the states, and about activities and outdoor sports in which the council has a program
- All Articles are to be, non-political and non-secular
- Above rules apply in addition to general rules for submission

General rules for submission

- No handwritten submissions
- Submissions Can be;
 - On computer disk (IBM / MAC), E-mail (Internet/compuserve), Direct Modem, Type written material double spaced, faxed. NO EXCEPTIONS. Call if you have questions.
- Submitted before the deadline of the issue that submission needs to be run in. (See Editors Golden Rule)
- All Submissions are on a first come first serve basis, The GT makes no promises to print material received and all material received becomes the property of the GT.
- Standing Deadline; Deadline for the GT, has always been, and will continue to be the First Thursday of the month, prior to the month of the issue.(See Editors Golden Rule)
- Please always check in advance with office, to confirm schedule.

Editors Golden Rule

- "Lack of planning on your part, does not constitute an emergency on my part"

Please note, the Golden Triangle frequency of publication for 1999.

Number 1 issue ->February / March: **Number 2** issue ->April: **Number 3** issue ->May:
Number 4 issue ->June: **Number 5** issue ->July: **Number 6** issue ->Aug.
Number 7 issue ->Sept: **Number 8** issue ->Oct: **Number 9** issue ->Nov:
and **Number 10** issue ->December

Editor...

UPCOMING SLIDE SHOWS

September 2: We show the 16 mm film "Everest North Wall". American expedition by untried northern route through China. First woman to reach top. Narrated by Robert Redford.

September 9: Terry Oden, "A Visit To The Works Of Frank Lloyd Wright". Includes tours of Fallingwater, and of the newly open Kentuck Knob near Ohiopyle. Also his famous houses and studios in Wisconsin, Illinois and Arizona.

September 16: Annual astro-festival. First quarter of Moon will show craters well. Also Jupiter moons and Saturn rings. This year, we may see Uranus,too. If cloudy, slides of planets and galaxies.

September 23: Cake and icecream party, if possible out of doors.

September 30: We show the 16 mm film "Chartres Cathedral". Greatest of medieval churches, in northern France. The work of many generations of artists.

October 7: Shelley and Eric Nilson, "Suwannee Sojourn--Canoeing With The Alligators". River trip from Georgia to Florida.

Slide shows start at 8:30 PM, at AYH Headquarters, Shady Avenue at Fifth Avenue. Doors open at 8:00 PM. If you want to give a show, call Luc Berger at 412-683-3131.

Pittsburgh Council Hostels

Ohiopyle AYH Hostel

Ohiopyle State Park
PO Box 99
Ohiopyle, PA 15470
(724) 329-4476

HI-Pittsburgh Hostel

830 E. Warrington Ave.
Pittsburgh, PA 15210
(412) 431-1267

Living Waters AYH Hostel

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



Oops...

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

Mail regarding the Newsletter should be addressed to:

American Youth Hostels
The Golden Triangle
830 Warrington Ave.
Pittsburgh, PA 15210

Office: (412) 431-4910
or

HI-Pgh on the information super Highway. Point your browser to :
<http://trfn.clpgh.org/ayh/>
or you can email us at
ayh@trfn.clpgh.org



HOSTEL HAPPENINGS

Seeking Volunteers!!!
For .Travel Workshops .Open House Guides . City Tours .Slide Shows
.Table at Travel Fairs
.Jobs Listing .Sunday Social .community day .Any Other Suggestions
You can help make HI Pittsburgh a HIP place to visit for international visitors, US visitors, as well as Pittsburgh residents!! Call or Stop by during our open hours!!We are in need of creative Positive feedback and suggestions, we look forward to hearing your input.

World Travel Photo and Craft Exhibit

Beginning August 1, 1999 a photo display will be in the front lobby of the Pittsburgh Hostel During our open hours for all to enjoy. It will feature Madagascar, and various other countries.
Bring your family and friends!! Its bound to spark the travel bug in everyone!! Call for Information on the grand opening.

Need a Job?
We are accepting applications for desk assistants, assistant manager, and travel desk assistants. Stop by during our open hours for an application and job description. An excellent opportunity for those with customer service/ public contact experience, as well as hostel, and/or independent travel experience.

Like to travel, But not sure where to go? Looking for inexpensive accommodation?

Stop by the hostel or the travel center for a free 1999 Traveler's Resource Guide, which includes the topics: Hostelling in North America(There are many places to explore without traveling overseas) Making Hostel reservations (in North America and Overseas); Getting Ready to Go; Planning Your Itinerary; Getting There; About your Money; and Packing!!

Also Available: 1999 North America Hostel Handbooks, USA Hostel Map, and lots of other helpful information for free when you pick them up in person at the Pittsburgh International Hostel during open hours. We also have available for sale Volume 1: European Hostel Guide and Volume II : America's, Africa, Asia, &the Pacific Hostel Guide for \$10.95 each plus tax. Members receive a 10% discount when you present your valid card at the time of purchase.

Don't go anywhere without your Hostelling International Membership Card!! The cost is \$25 for an adult year membership, \$15 for a senior year membership, \$250 for a lifetime Membership, and FREE youth membership. Stop by the hostel to get your card today!!

Mail order is available by calling the Council Office and Travel Center, located in the same building as the hostel, but with separate hours. Contact them directly at 412 431 4910. A Postage and handling Charge May apply to Mail Orders.

SEE YOU AT THE HOSTEL!!

The Pittsburgh International Hostel is open seven days a week, 8-10 a.m., and 5-10 p.m., except December 23-26, 1999. We are closed during the day. Conveniently, We are located at 830 East Warrington Avenue (at the corner of Arlington - in the Allentown neighborhood) We are 2 miles south of downtown, above the South Side, between MT. Oliver and Mt. Washington.
We are accessible by the 52 Allentown Light Rail Car, the 51A bus, and a 5 minute walk from 54C Route. Free Parking is available on the Arlington Avenue side of the hostel whether you are coming to stay overnight, attend a workshop, volunteer, or just to visit us!! We look Forward to your visit!!

AYH Sheet Sleeping Sack *DON'T LEAVE HOME WITHOUT ONE!*

Required in all youth hostels, the sleeping sack serves as your top & bottom sheets, with a built-in pillowcase. Regular sleeping bags are not allowed at hostels due to public health regulations. Our nylon sleep sack is especially light, compact, and dries extremely quickly (handy on trips). The cotton/polyester sleep sack is a little heavier and bulkier, but feels just like your bedsheets.
Order one today! See the order form on the back page for prices.

Rambles For Spring-1999

August

August 25 North Braddock/Cemetary and Golf Course. Lunch at the restaurant with a view. Joan Roolf. 351-2061

September

September 1 Bear Run Nature reserve. (All day trip). Bag lunch. Earl McCabe. 761-1844

September 8 Mt. Lebanon Cemetary. Billie Woodland. 886-1603

September 15 Point Breeze Ramble. Optional lunch at Food Co-op. Sid and Helen Sclarsky. 421-2692

September 22 Raccoon Creek Park. Bag lunch. Marilyn Ham 687-4520

September 29 North Side Heritage Trail from Carnegie Science Center to the Heinz Plant. Optional lunch in Heinz Cafeteria. Dick Fisher. 421-9235

Spring rambles begin at 10:00 AM. Meet in Mellon Park, upper parking lot at Fifth and Shady Avenues. Carpooling is encouraged. For trips over 10 miles, please pay driver \$2.00.

Call trip leader for more infromation, especially if you plan to meet us at the trail head.

REMINDER TO TRIP LEADERS

All trips and equipment usage must be approved by the appropriate activity chair or co-chair. Trip reports and fees should be turned in by the end of each month at either the AYH Activities Building or AYH Office or mailed to Pittsburgh Council, 830 Warrington Ave., Pittsburgh PA 15210

Act Now to Save Hiking Trails

Dear Hiker,
Eighteen state forest trails and two National Scenic Trails in PA are in serious jeopardy. D.C.N.R. and the Bureau of Forestry are permitting horse and mountain bike use on these trails: Baker, Black Forest, Bucktail Path, Chuck Kieper, Donut Hole, Golden Eagle, Loyalsock, Mid-State, Old Loggers Path, Pinchot, Quehanna, Susquehannock, Thunder Swamp, Tuscarora, West Rim, and others. Volunteers have maintained these trails for more than 45 years as footpaths. We don't have to open all trails to every use. We must protect the last best places in the forests and restore the rest. To enforce proper trail usage we recommend "Positive Posting" to designate trail use: If your mode of travel is not listed on a sign, you can't use the trail. ALL TRAILS ARE NOT SUITABLE FOR ALL USES. Please write a personal letter to:
John Oliver, Secretary, D.C.N.R., P.O.Box 8767, Harrisburg, PA 17105-8767 - ask for positive posting and hiker-only trails. Write for hiking trails!
Thank you!

Ed Beck, President, Keystone Trail Association. For more information call 717-258-5261 or 412-469-2588.

Forwarded by Jerry Blum, member BOLD, AYH, Sierra Club, & KTA

AYH ACTIVITIES WITH BEN

The activities in the Pittsburgh Ayh have shown a recovery, in large part due to the timely publication of our newsletter. But despite the good news, there are some underlying issues which to date have not been addressed.

The first is a splintering of the various activities into functioning groups doing well but rarely coming together with others of a different outdoor specialization. I am supportive of strong and cohesive canoeing, climbing, or rambling groups, each with a great program. But the burden of maintaining an aging headquarters building with storage of equipment and signing up new members, as well as fundraising through rides and marathons has fallen on a smaller group of thursday regulars.

The associated issue is of finance and insurance. The uncertainty of how far our insurance coverage extends has not been fully adressed, despite regular requests of clarification at the board meetings. A clear insurance policy would help keep the activities viable, and indicate our willingness to have both hostels and activities. Ben

SUNDAY HUNTING

From: "Kate St. John" <KStJohn@WQED.Org>

Dear Pittsburgh Council of AYH and members. The timing of this email may be all wrong because it's summer and everyone's busy. However, I'm contacting outdoors clubs in PA to let them know about a proposal before the PA State Legislature to allow deer hunting on Sundays. (I found your Website in my search for PA outdoor clubs.) If you could possibly pass this on to your membership (or write/call the legislators or attend a public hearing) it would surely help stop this proposed law which would overrule the Game Commission. If you have questions, please fell free to email me. My interest in this is purely personal: I hike every Sunday and I am a bird watcher.

SUNDAY HUNTING, PUBLIC HEARING

No matter how you feel about hunting you probably try to plan your outdoor time for Sundays during hunting season -- especially during Antlered Deer Season. This could change!

On 4/13/99 Representative Dan Surra introduced House Bill 1237 to amend game laws and allow Sunday hunting in PA during Antlered Deer Season. When members of the hiking community expressed dismay, Rep. Surra called the President of the Susquehanna Appalachian Trail Council (I quote from her e-mail)

"to see if I had any questions, and to assure me that he is both open minded about the issue and committed to allowing Sunday hunting. He [Rep. Surra] admits that the current bill, which calls for only two Sundays for antlered deer season, is the beginning of a strategy which could lead to hunting being allowed on Sundays for all game."
Some of those in favor of Sunday hunting have offered to substitute a weekday as a no-hunt day. If Rep. Surra's strategy succeeds, this would leave *no* hunt-free weekends for six months per year. (There are variety of game seasons in effect from October through February, plus May Spring Gobbler season. This doesn't even count the unlimited hunting of Foxes, Crows, etc.)

If you like to be outdoors on Sundays (I certainly do!), I urge you to write to members of the Game & Fisheries Committee, to which the bill has been referred (see below for names and addresses). I also urge you to attend one of the two public hearings that the Game and Fisheries Committee will have on this issue. The first was June 10 in Crawford County.
The other will be in the Harrisburg area; no details are available yet. Rep. Smith's Harrisburg office number is 717-783-8783.

Contact information for the PA House Game & Fisheries Committee:
Representative Mailing address when legislature is in session:
c/o House Box 202020, Harrisburg, PA. 17120-2020

- Bruce Smith, 540B Industrial Dr., Lewisberry, PA. 17339 (Committee Chair)
- Theresa E. Forcier, 629 State St, Meadville, PA. 16335 (Committee Vice- Chair)
- Scott E Hutchinson, 302 Seneca St., Oil City, PA. 16301 (Committee Sec)
- Mathew E Baker, 74 Main St., Wellsboro, PA. 16901
- Kerry A Benninghoff, 209 S. Allegheny St., Bellefont, PA. 16823
- Robert W Godshall, 1702 Cowpath Rd., Hatfield, PA. 19440
- Dick L Hess, 133 S. Richard St., Bedford, PA. 15522
- Jim Lynch, 231 Pennsylvania Ave., W. Warren, PA. 16365
- Sandra Major, RR#6, Box 6022-C, Rt 706, Montrose, PA. 18801
- Fred McIlhattan, 21 N. 6th Ave, Clairon, PA. 16214
- Mark S McNaughton, 2233 Paxton Church Rd., Harrisburg, PA. 17110
- Sheila M Miller, 2209 Penn Ave., West Lawn, PA. 19609
- Tracy Seyfert, 21 Myrtle St., Suite B, Girard, PA. 16417
- Rod E Wilt, 2 S. Mercer St., Greenville, PA. 16125
- Leroy M Zimmerman, 609 E. Main St. Box 59, Ephrata, PA. 17522
- Gaynor Cawley, 330 S. Main Ave., Scranton, PA. 18504 (Minority Committee Chair)
- Edward G Staback, 307 Betty St., Box 305, Archbald-Eynon, PA. 18403 (Minority Vice-Chair)
- Thomas F Yewcic, 535 Fairfield Ave., Johnstown, PA. 15906 (Minority Sec)
- Gary Haluska, 805 N. 5th Ave., Patton, PA. 16668
- Michael K Hanna, Sr., 29 Bellfonte Ave., Lock Haven, PA. 17745
- David K Levdansky, 112 Second Ave., Elizabeth, PA. 15037
- Joseph A Petrarca, 210 Longfellow St., Vandergrift, PA. 15690
- Harry A Readshaw, 5101 Old Clairton Rd., Pittsburgh, PA. 15236
- James E Shaner, 582 University Dr., Dunbar, PA. 15431
- Dan A Surra, 6 Shawmut Sq., S. St Marys St., St Marys, PA. 15857
- Edward P Wojnaroski, 419 Locust St., Johnstown, PA. 15901



ROCK CLIMBING

Rock Out with AYH!

Rock climbing trips from Pittsburgh Council of American Youth Hostels

The AYH Rock Climbing program is a great way to experience the thrill of rock climbing. Our Beginner trips are focused on teaching "never evers" the basics of rock climbing. AYH supplies the climbing gear plus a group of experienced climbers to set up the climbs and teach the course. All you need to bring is a bag lunch, water, and a sunny disposition. Wear loose-fitting, comfortable clothes (shorts and T-shirts in the summer) and tennis shoes. It's not a bad idea to pack raingear in the event of a late-afternoon thunderstorm.

Beginner trips are held at Coopers Rocks State Forest, Exit 15 on Rt 68, east of Morgantown, WV. Trips leave from AYH headquarters at 7:30 am. We arrive at Coopers Rocks around 9:30 am, followed by a short walk to the climbing area. We are back at the cars by 4:30 or so. Many climbers stop at a local restaurant for dinner before driving back to Pittsburgh. We typically arrive back at AYH headquarters by 8 pm.

Cost is \$10 for AYH members (\$12 for non-members). Gas money (\$5/person, if you car pool from AYH Headquarters) and dinner are NOT included in the trip fees.

Beginner trip fees break down as follows:

- \$3 activity fee (for first-timers only)
- \$3 harness/helmet rental (if you don't own your own)
- \$3 rope fee (for periodic rope replacements)
- \$1 AYH registration fee (\$3 for non members)

Experienced climbers are welcome on our "Beginner" trips since we top-rope climbs of varying difficulty (through 5.10). Seneca Prep trips teach seconding skills in preparation for a multi-pitch climbing trip to Seneca Rocks. The AYH climbers also make frequent "unofficial" trips to Seneca Rocks, New River Gorge, the Gunks, and local climbing areas. Several AYH climbers can be found hanging out (pun intended) at The Climbing Wall, located in The Factory on Penn Avenue, on Thursday nights from 7 to 9:30 pm. Then we retire to the Evergreen pub (also on Penn Avenue) for a few cold ones and to make plans for the coming weekend.

To find out more about the AYH climbing program, call Chuck Jones at (412) 242-6172. To sign up for a specific trip, call the Trip Leader listed in the table below. Trip size is limited. Call the Trip Leader (not the climbing chairmen) to sign up.

1999 AYH ROCK CLIMBING TRIPS

DATE DAY LEVEL TRIP LEADER PHONE

August 28 Sat Seneca Prep Pat Holtzinger (412) 343-8379

August 29 Sun Rain Date** Barb Homistek (412) 687-7328

September 11/12 Sat/Sun Seneca Rocks Chuck Jones (412) 242-6172

September 26 Sun Beginner Ann Minard (412) 381-1309

** - Rain Date trips are only needed if a prior Beginner trip was rained out.

NORTH COUNTRY TRAIL ASSOCIATION 1999 ANNUAL CONFERENCE

(Continued from page 7)

Preserve--13 mile hike of moderate difficulty; **Historical Bus Tour**--Additional fee of \$5 collected at the Conference; **Private Land Workshop**; **First Aid on the Trail**; **Trail Signs**; **Women in Hiking**; **Stewardship**--Roundtable on Trail Adopter programs; **Pontoon Boat Ride** (*tentative, depends on demand*) \$5.50 charge collected at Conference; **OUTDOOR FEST**.

Afternoon: Hike Alpha Pass to Eckert Bridge and back--Difficult hike of about 3 miles; rock climber haven; **Hike, Davis Hollow Picnic**--Easy hike of 1+ mile; **Holistic Hike**; **Basic Trail Work Training**; **Ultralight Backpacking**; **Orienteering**; **Fund Raising and Grants**; **Life Member Reception**.

Evening: Keynote Speaker--Thom Hogan, Backpacker Magazine; **Live Auction Sunday, August 29**

Morning: More Hikes Planned! NCTA Chapter President's Meeting.

Location, Location, Location!

The Conference will be held a few miles west of Butler, Pennsylvania and 40 miles north of Pittsburgh at Camp Lutherlyn. The retreat covers 640 scenic acres, with 17 miles of trail and comfort-able accommodations. Cabins have spacious bathrooms, paneled walls, carpeted floors and wooden bunks. There also are A-frame cabins available. Limited RV and tent camp-ing sites available. Beautiful new dining hall with central air conditioning. Other facilities in-clude: Tennis, volleyball and basketball courts. Lakes for swimming, fishing and canoeing. Heated pool, picnic pavilions, hiking trails, snack bar.

Directions to Lutherlyn/Camp location: Lutherlyn is located south of Prospect, PA on Dick Road 1.5 miles off highway 422, seven miles west of Butler. It is approximately 40 miles north of Pittsburgh. Lutherlyn signs are located on Rt. 422 and at the head of the driveway.

From the north or south: If you are traveling north or south, Rt. 422 can be accessed from Rt. 79 or Rt. 8. On highway 422, go east toward Prospect and Butler. TURN SOUTH AT 84 LUMBER. There is a small Lutherlyn sign there. Proceed approximately 1.5 miles to the MAIN CAMP ENTRANCE. The main camp entrance has a large wooden sign and evergreen trees. It is about 1 more mile to the parking lot.

REGISTRATION: There will be lots to do, and I hope people will come for the whole confer-ence, if they can. If you have any specific questions, call me, Bob Tait, at (724) 287-3382 or send me e-mail at Bob_Tait@nauticom.net. You may request registration materials, including a list of costs for registration, meals, and lodging, by calling toll-free to 1-888-454-6282. Or you can register by telephone using your VISA or MasterCard by calling the same toll-free number, 1-888-454-6282.



BICYCLING

Touring Bike Rides

The bicycling program is up and running. On April 13th, 9 people met to set some goals and a schedule of rides. Our bicycling goals include:

- 1. Bicycle travel by people of all ages for fun and enjoyment.
- 2. A "see the world" focus, exploring new areas with a relaxed, non-competitive attitude.
- 3. A diversity of trips on trails and roads, including both day and overnights.
- 4. To educate people in effective cycling, safety and bike maintenance

August 28, Saturday Ghost Town Trail in Indiana County. This trail is well maintained and runs from Dilltown to Nanty Glo following Black Lick Creek. It is a 32 mile ride. Joan Roolf (412) 351-2061

August 29, Sunday Mon Valley Century
The Mon Valley Century Ride is scheduled for the last weekend in August (see page 11 for registration form). Volunteers are needed to work on the ride. If you are interested in volunteering for the ride, contact Chuck and Lynn at (412) 653-3257

September 11, Sunday Sunday morning is a great time to ride through the city, when the traffic is low. We include several trails, where possible. Joan Roolf (412) 351-2061

October 2, Saturday Shenango Reservoir area. Jim Ritchie (412) 828-0210

October 3, Sunday SABRE 1999 - Join us for the 9th annual SABRE ride starting at Settler’s Cabin park at the Moccasin picnic grove. SABRE is a bicycle tour of the small rural, farming communities of southwestern Pennsylvania. Cycle SABRE and see western Pennsylvania’s orchards and fields filled with autumn’s red, orange, and yellow trees while October skies are still clear and a fresh breeze fills the air. SABRE is a fully supported ride offering three routes of 15, 35, and 65 miles for cyclists of all abilities. After your ride, join us for the famous SABRE picnic with hot apple cider! (Or cold cider if the weather isn’t!) Please call the AYH office or visit the AYH website to receive a registration form or for more information. (412) 431-4910 <http://trfn.clpgh.org/ayh/>

We also need your help to support this ride. If you are able to volunteer – even a couple of hours, please call Jack Rearick at (412) 793-5381 or Ben Brugmans (412) 361-3625. Thank You!!

October 8, 9 and 10th Wilderness Lodge Weekend See ———>

All bike riders **MUST** wear a helmet.

Additional Area Bicycle Rides, courtesy George Schmidt

October 2-3 YOUGHTOBERFEST, Boston, PA. Festival featuring biking and hiking the Yough River Trail. Mon/Yough Trail Council. Regional Trail Corp. 724-872-5586.

TOUR DE GRAPE HARVEST

WILDERNESS LODGE

OCTOBER 8TH,9TH,AND 10TH

THIS YEAR IS A REPEAT OF A VERY SUCCESSFUL 1998 WILDERNESS LODGE BICYCLE TOURING TRIP. WE WILL RIDE AMONG THE GRAPE VINYARDS, APPLE ORCHARDS, BACK COUNTRY ROADS, STOPPING AT A LOCAL WINERY OR TWO. OTHER LOCAL RIDES CAN BE DONE ON SUNDAY. LAST YEAR THE RIDE AROUND FINDLEY LAKE WAS IDEAL. COMBINE ALL OF THIS WITH OCTOBER'S BRIGHT BLUE WEATHER AND BRIGHT COLORS AND YOU HAVE A PERFECT BICYCLE TOURING WEEKEND. A MOUNTAIN BIKE OR HYBRID ARE REQUIRED PLUS A HELMET.

A SATURDAY EVENING MEAL AT WILDERNESS LODGE(A FAVORITE WITH EVERYONE) WILL BE POSSIBLE IF ENOUGH PEOPLE SIGN UP. GAMES AND A SING-ALONG WILL FOLLOW DINNER OR POSSIBLY A STAR-GAZING WALK.

COST IS: \$45 PER PERSON (\$55 NON MEMBERS) IN DORM STYLE ROOMS (3-6) \$120 PER ROOM(\$140 NON-MEMBERS FOR PRIVATE DOUBLE ROOMS SATURDAYS DINNER AND BREAKFASTS ARE EXTRA BRING YOUR OWN LUNCH OR EAT WITH THE GROUP IN A LOCAL RESTAURANT

RESERVE EARLY- SPACE IS LIMITED SEND A CHECK FOR THE FULL AMOUNT PAYABLE TO PITTSBURGH AYH. NO REFUNDS AFTER SEPTEMBER 15TH UNLESS A REPLACEMENT FOR YOU IS FOUND.

SEND PAYMENT AND REGISTRATION FORM TO:

**AMERICAN YOUTH HOSTELS
TOUR DE GRAPE HARVEST
830 WARRINGTON AVE.
PITTSBURGH , PA. 15210**

FOR INFORMATION CALL JOAN ROOLF AT (412) 351-2061

TOUR DE GRAPE HARVEST BICYCLE TOUR
WILDERNESS LODGE
OCTOBER 8-9-10

NAME:_____ **AYH PASS #** _____

ADDRESS:_____

TELEPHONE:_____

ENCLOSED IS A CHECK FOR \$_____

_____**I AM DRIVING AND CAN TAKE**_____ **PASSENGERS.**
_____**I NEED HELP FINDING A RIDE.(WE WILL TRY)**
_____**I WILL DRIVE AND MEET THE GROUP AT WILDERNESS LODGE.**

LIABILITY WAIVER

In consideration of your acceptance of my application for participation in the cycling weekend at Wilderness Lodge, I, the undersigned, for myself and my heirs, executors, administrators, and assigns, waive and release any and all claims for damages for death, personal injury or loss of property I may have or which may accrue to me as a result of my participation. I the undersigned, discharge and release the Pittsburgh Council, American Youth Hostels, Inc., Wilderness Lodge, their activity leaders, and their respective agents, boards, comissions and any other involved employees, representatives, and volunteers from all liability arising out of, or connected in any way with my participation, whether or not caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers which may arise at any time during the weekend. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage, or injury that may be sustained while participating. I attest that I am physically fit and sufficiently trained for participation in this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such services and is not a waiver of any of the said parties ofany right hereunder.

SIGNATURE:_____ **DATE:**_____



SEA-KAYAKING

Activity Co-Chairs: Vickie Gotaski 412-344-4929
Fran Fleming 412.363.1221

Paddler's Dinners are held at various local restaurants on the second Tuesday of every month. Everyone is welcome.

Don't have a kayak? That's okay we have extras. Call your trip leader for details.

September 4, 1999 - Emlenton to East Brady - Intermediate
On this Allegheny River trip (20 miles) we pass the transition point into deep water and encounter larger boats.
Russ 412.331.2073

September 11-20, 1999 - Mingan Island, Quebec - Intermediate
We will be staying two nights at different youth hostels and kayak camping the rest. See puffins, whales, rock formations and who knows what else.
Call Early
Vickie 412.331.4929

September 18, 1999 - Keystone Power Dam
Call for details
Barb 412.371.2506

September 25, 1999 - Kinzua to Buckloons - Everyone welcome.
Here we backtrack to make up one of the missing links on our quest to paddle the Allegheny River (16 miles)
Russ 412.331.2073

October 8-10, 1999 - Allegheny Reservoir - Intermediate
Fall foliage is in full swing, kayak camping.
Fran Fleming 412.363.1221

October 12, 1999 - Paddler's Dinner - Everyone's welcome
Pittsburgh Steak Co., South Side
Russ 412.331.2073

October 16, 1999 - Shawnee Lake - Everyone's Welcome
See the Fall foliage around this sparkling lake in Central PA
Russ 412.331.2073
Frank 412.362.1614

November 19, 1999 - Light Up Night Paddle - Everyone's Welcome
Deck the Point with bows of kayaks
Russ 412.331.2073

January 1, 2000 - Millenium Paddle - Everyone's Welcome
It's not too early to plan for our Y2Kayak
Russ 412.331.2073



SAILING

SAILING LEADERS NEEDED

The AYH Sailing Activity is looking for experienced sailors who would like to help with our sailing program this year. Our sailing fleet will emphasize Sunfish this year as we have sold the Flying Junior sailboats we used the past ten years. We are also planning joint activities with the Moraine Sailing Club including sailboat racing and joint hikes/day sails at Moraine State Park. Please call Bob Zavos at 412-241-0659 for more information.

Aug. 28-29 Sat, Sun Lake Arthur Bob Zavos 412-241-0659
REGATTA AT LAKE ARTHUR. The Butler County Tourist Promotion Agency will sponsor a major event at Lake Arthur, Moraine State Park. There will be many different outdoor activities including entertainment, fireworks, kites, hot air balloons, and most types of boats. AYH will participate in sailing. If you would like to view the activities from a Sunfish or go out for a ride in a Flying Scot sailboat call Bob Zavos.

Sep 11 Sat. Lake Arthur Sara Zavos 412-241-0659
WOMEN'S SUNFISH REGATTA. AYH will join in this season's second Moraine Sailing Club Women's Sunfish regatta. Sailing experience on the Sunfish is required. Other individuals may be placed in the larger Flying Scot sailboats if space permits.

From Right Column——>>>>

Trip two: Overnight trip: Franklin to Foxburg 38 miles.
We will put in at Franklin and stay overnight on an island or shore and take out at Foxburg
We will leave our cars at Foxburg and be shuttled to Franklin.
COST: \$ 60.00 rental for two-person canoe.
EXPECTED WEATHER: Warm days and cool night.
GEAR: You will need a tent, sleeping bags and food, there is room for coolers and Coleman stoves. Will need to bring rain gear.
WARNING: The water should be high enough to avoid bottoming out and there should be no real white water. However, the water will be cold and you should have a change of clothing (in a waterproof bag) in case of an upset. The nights may also be cold.
REWARDS: The leaves should be at or near their peak of color. Birds and wild life in the area should be abundant.



CANOEING

Activity Co-chairs: Paul Henry (724) 347-3282
Brian McBane (724) 443-8972

Aug. 28 Saturday Jon Maiman (412) 242-7179
Whitewater Rescue Clinic. Practice both ends of river rescue and safety skills.

Aug. 28, 29 Joyce Appel (724) 443-8972
Dead Fish Polo Tournament at Moraine Regatta Weekend, 1-3pm.

Sep 3 to Sep 6 Friday-Monday A.J. Stones (412) 241-6042
** Not an AYH trip ***

Labor day Canoe trip to Algonquin Park Canada
Schedule: We plan to leave Pittsburgh on Friday September 3rd after work, arriving at Algonquin Park late we will stay that night at a local campground. Rent canoes Saturday morning, put in at Canoe Lake canoe and portage to Big Trout. There we will camp on one of the many islands Saturday and Sunday nights, returning Monday afternoon to Canoe Lake. We must leave Algonquin late to avoid the expected heavy traffic to Toronto. Arriving back in Pgh. late Monday early Tuesday.

The trip from Pittsburgh to Algonquin is an eight to ten hour drive.
COSTS: Fuel costs will be divided among the passages in the vehicles. My caravan will seat six plus gear. If more than six want go they will need to make arrangement for transportation.

Two-person canoe rentals range from \$15-\$30 per day. The more you pay the better and lighter the canoe you will get.

The only other costs will be for food and incidentals. We will eat some meals on the road the others you will need to pack for the canoe trip.

GEAR: You will need the same gear as if you were on a backpacking trip for the same amount of time. You can rent equipment from EMS - I have some gear to lend. You will need to be able to carry all of your food and gear in one backpack. A change of cloth in a dry bag is recommended

EXPECTED WEATHER: Warm days and cool night, will need to bring rain gear.

WARNING: This trip will be physically demanding. We will carry our gear and canoes between lakes (portage) on the first and last days - these distances will be quite short. We are entering the pristine interior of Canada where there are no phones, vehicles, or many people - so we will be on our own. The wild animals are just that - WILD. We will be making a border crossing so all of your paper work must be in order. One person in each canoe must be an experienced canoeist.

REWARDS: This is one of the few remaining pristine undeveloped and remote areas in North America where the wildlife is untamed and the scenery stunning. Please join us but understand what you are getting into.

Call me at 412-241-6042 or e-mail me @ ecoaj@nb.net
ASAP if you are interested in the trip. AJ Stones

Sep. 11 Saturday Brian McBane (724) 443-8972
Last moving water school of the season. If you missed a monthly school, take advantage of this one---be ready when the water is up in April!

Sep. 18 Saturday Rick Tomlinson (814) 445-3398
Practice what you learned last week by taking an easy paddle and enjoy one of the last days of summer on the water.

Oct. 8-11 Fri.-Mon. George Schnakenberg (412) 731-3046
New Jersey Pine Barrens. Enjoy the fall colors and winding small rivers of the Barrens from a base camp. This trip is very dependent on water levels, so is not guaranteed.

Oct. 15-17 Fri.-Sun. Jon and Becky Maiman (412) 242-7179
Annual Autumn Leaf Trip. Class I Canoe/Camp, usually on the Allegheny. Cooler temperatures, falling leaves and a cozy campfire make for a great weekend.

With the shortage of rainfall throughout most of the summer, it has been a challenge to find different rivers to run. One of the favorites for practicing ferries and eddy turns is the beautiful Mahoning, northeast of Pittsburgh. Some legwork by Kate Fissell resulted in a four-hour release negotiated with the Army Corps of Engineers. We appreciate the cooperation of the Corps and the assistance of Bob Yue to allow the release on Saturday, July 24th. Trip leader Brian McBane had quite a few happy paddlers. Many thanks to Kate, Brian and especially to Mr. Yue for making the trip possible. If you missed it---remember it is your responsibility to call the trip leader and ask--- you may be pleasantly surprised!

One or two day Fall canoe trip down the Allegheny river
Date: Mid October A.J. Stones (412) 241-6042
** Not an AYH trip ***

Trip one: Day trip: Franklin to ?? Around 14-18 miles.
We will put in at Franklin and complete the first half of the two day trip. Those not completing the overnight trip will take out and be shuttled back to your cars
COST: Should be around \$ 30.00 for a two-person canoe rental.
EXPECTED WEATHER: Warm days and cool night.
GEAR: Bring food and change of clothing in a waterproof bag will need to bring rain gear.
REWARDS: Same as for the overnight trip.
WARNING: Same as overnight trip.

<<<<<—See Previous Column



HIKING/BACKPACKING/TRAILS

September 6 Monday Ben Brugmans 361-3623
6 mile loop hike in Quebec Run wilderness area. Intermediate difficulty.
Meet at H.Q. at 10:00 AM. Bring lunch.

September 11 Saturday Jim Ritchie 828-0210
Baker Trail Hike, Crooked Creek section from Bethel Twp to Cochran’s Mill. This hike is about 10 miles and covers highly variable terrain: steep hills, open fields, wooded hills, abandoned strip mines, the famous Baker Trail covered footbridge over Horney Camp Run, and two Baker Trail backpacking shelters. This hike will be for experienced hikers who are accustomed to hiking this distance; it is not a beginner’s hike. Rated inter-mediate or higher. Call Jim for more information and reservations.

September 26 Sunday Judy Woodring 828-9002
4 mile amble at Beechwood Farms. Bring lunch. Meet at H.Q at 10:00 A.M.

October 17 Sunday Jim Ritchie 828-0210
Baker Trail Hike, Keystone section, Indiana County. This hike is approximately 10 miles long and will be an in-and-out hike on a Christmas tree plantation and in the shadow of the Pennsylvania Power Company’s Keystone Power Generating Station near Shelocta, PA. We also will visit the Idaho Shelter for backpacker’s, renovated this spring by Boy Scout Troop #91. This hike will be for experienced hikers who are accustomed to hiking 10 miles; it is not a beginner’s hike. Rated intermediate or higher. Call Jim for more information and reservations.

November 7 Sunday Jim Ritchie 828-0210
Baker Trail Hike, Mahoning Section. This is another 10-mile hike on the Baker Trail, this time north of Dayton in the Mahoning Reservoir area. Start at Smicksburg Road and hike to the Mahoning Dam, going past the Jantz (Mahoning) Shelter for backpackers. Also, see the Milton Loop Campground, the village of Milton, and Mahoning Dam. Din-ner at Stockdale’s in Dayton at your option. This is definitely a hike for those who love to walk; it is not a beginner’s hike. Rated intermediate or higher. Call Jim for more informa-tion and reservations.

December 5 Sunday Jim Ritchie 828-0210
Baker Trail Hike, Red Bank Creek Section. The fourth and final 1999 ten-mile hike on the Baker Trail, starting near Tar Kiln Run, going to Red Bank Creek, Heathville, and finally Summerville. Meet Amos Duck, visit the Summerville Shelter for backpackers and, at your option, eat dinner at the Kountry Kitchen in Summerville. This hike will be for experienced hikers who are accustomed to hiking 10 miles. It is not a beginner’s hike. Rated intermediate or higher. Call Jim for more information and reservations. "

Non-AYH hikes
Singles hike through community college CCAC.
Classroom Sept 13 Dayhike Sept 19 Call Ken Howard at 412 242 2424
CCAC backpacking course
Instruction Tuesday nights Sept 14,21,28
Dayhike Sept 18 Overnights Sept 25-26 and Oct 2-3 Call Ken Howard at 412 242 2424

Correction to Rachel Carson Trail Challenge Results

I just wanted to correct something in the newsletter.
There are four of us listed as "did not finish" in the Rachel Carson Trail Challenge. Well, actually, we did finish the 17 mile half challange but we forgot to check in; our own fault, really. Don’t worry, the records will not be shaken by our times. We arrived in Spring-dale about 2:10 PM but we missed the checkpoint. We are:

23. Mike Diskin 24. Dan Jeffreys 25. Dave Lyle 26. Jim Needles

This was my first experience of a hike this magnitude since basic training (30 years ago). It was a great day and I thoroughly enjoyed it. Well "thoroughly" might be a bit strong. Actually, "enjoyed" might be out of place also. Let's just say I appreciated it very much. Thanks for the opportunity.
Next year, one of us will be assigned the exclusive task of making sure we hit all the checkpoints.
Thanks again, Dan Jeffreys

Big Baker Trail Story in October Golden Triangle

Be sure to read the October 1999 issue of the AYH Golden Triangle so you can read about the extraordinary effort of two wannabe Eagle Scouts (working for the Eagle Badge) from Brookville, PA who financed, designed, manufactured and assembled two (!-count ‘em, two) brand new backpacker shelters on the Baker Trail over the spring of ’99, one for Corsica, and the other for North Freedom (Langville). The North Freedom Shelter is open and ready for business. The story is a great story of initiative on the part of the scouts, Jim and Mike Walters, guidance and direction from their Mother and Dad, Ron and Maxine, and scoutmaster Joe Wolfe of Troop 67, Brookville. This article was going to run in September, but we decided to wait for some photographs of the new shel-ters and the new Eagle Scouts.

VOLUNTEERS NEEDED!

The Keystone Trails Association will be spending the weekend of Sept.11,12, and 13 doing trail maintenance and re-routing in the Quebec Run Natural Area. Local volunteers are needed to help out.There will be something to do for every level of worker. Wear sturdy shoes and bring work gloves. Come for the weekend or just for the day. For more information or to sign up, call Mary Pitzer at (412) 279-7154 or e-mail at pitz99@stargate.net

The following month, Oct.15,16, and17, KTA will be doing trail work at Ohiopyle State Park. Camp out for the weekend or come down just for the day. For more information, call Mary Pitzer.

NORTH COUNTRY TRAIL ASSOCIATION 1999 ANNUAL CONFERENCE

BUTLER, PA – AUGUST 26-29

by Bob Tait, Pennsylvania State Coordinator, North Country Trail

I've been thinking about what I could tell you to convince you to come to the NCTA's 1999 Annual Conference in western Pennsylvania. We have so much planned I don't even know where to start!

The Conference will be held at Camp Lutherlyn, a church camp located about 4 or 5 miles south of Moraine State Park. It's a great facility. The cabins are excellent, they have a brand new dining hall, lots of meeting space, hiking trails, and a beautiful outdoor chapel. There's a swimming pool, lakes, a small tent camping area, and many trails that you can enjoy. There is a lot of rich history at this camp, and it's convenient to restaurants, too.

In general, the area has lots to do. We're going to have many hikes along our 24-mile sec-tion of the North Country Trail, that will be varied in difficulty. The Slippery Rock Gorge Trail is one of the most beautiful trails on the North Country Trail. It's about seven miles, but it's an ex-tremely difficult trail - only for the fittest hikers. There are sections of the NCT in the popular Jen-nings Environmental Education Center. Hell's Hollow is a place where you can spend time, with a little waterfall, an old iron furnace, and trails. We're going to make our hikes as interesting as we can. We have hikes emphasizing wildflowers, geology, and wild food. We also have a "holistic hike," which is more than just walking; it makes one aware of the many dimensions of a hiking experience. I think you'll be interested in this.

The programs will be just as varied. We have programs on women and hiking, ultralight back-packing, trailwork, signs (presented by Bill Menke) and more, so we have lots of programs for people to choose from. They'll also be shorter, so you can go to a program and enjoy a hike as well. Our evening speakers are going to be Tom Hogan, Editor of Backpacker Magazine, and David Lillard, President of the American Hiking Society. We're asking them to talk about what they see for the future of trails in the United States, what are hikers asking for and how can we build better trails to attract hikers.

At the campfire a local historian will talk about the history of our area. We'll also have a historical bus tour on Saturday. This will include visits to McConnell's Mills, a covered bridge, then to the Davis Hollow Outdoor Center, headquarters of the North Country Trail Association in Pennsylvania, and finishing at the Old Stone House. This is limited to 80 people. We'll have people talking about the history of those places on the bus ride. We'll also have a pontoon boat tour available on Friday morning, limited to 50 people.

We'll also have a silent auction during the first couple days of the conference. We have a woman who is making a quilt with the North Country Trail logos on them to be auctioned off. We also have a quilt made by an Amish lady who lives near the trail.

Saturday will be a busy day, as we will host a large Outdoor Fest. We have invited Outdoor clubs, stores and parks to set up displays and demonstrations and we will open this to the public. We'll even have a climbing wall! We want to make people aware of the NCT and the outdoor attractions in our area. There's also a Regatta on the Lake at Moraine State Park.

Pontoon Boat Ride: The pontoon boat ride on Lake Arthur will include a hike over the Hidden River Bridge, built by the Butler NCTA and the Butler Outdoor Club, and a visit to the Moraine Preservation Fund Owl Barn, where barn owls are being reintroduced to Pennsylvania. The tour will start at 10:00 and last approximately an hour. The history and ecology of Lake Arthur will be featured. The cost (collected at the Conference) is \$5.50 for adults and \$3.50 for children. It's limited to 50 people; so if you want to sign up, you must let the National Office know as soon as possible, or take your chances and sign up when you arrive. The ride will be on Friday morning, but if interest is high, we may hold it again on Saturday morning.
Historical Tour: On Saturday morning, we will hold a bus tour from 8 a.m. to noon. The tour will include McConnell's Mill and the covered bridge, the Davis Hollow Outdoor Center, and the Old Stone House. These three buildings each have unique historic values and they all are on the North Country Trail. Davis Hollow houses the state headquarters of the North Country Trail As-sociation. The Stone House was a stagecoach stop in the early 1800's. The Mill is still a function-ing grist mill. On the bus we will have a speaker talking about the history of each place. This tour will cost \$5.00 per person, collected at the Conference. To reserve a seat, you must let the Na-tional Office know as soon as possible.

Schedule of Events
(Some changes may occur prior to the start of the Conference)

Thursday, August 26
Afternoon: Self-Guided Hikes: Explore the trails at Jennings Environmental Education Center, including the Stone House; NCTA Executive Committee Meeting
Evening: Photographing the Outdoors: Guest Speaker

Friday, August 27
Morning: Early Bird Hike on camp grounds; Hike to Cook Forest--Easy 8 mile hike through virgin "Cathedral Forest" - bag lunches; Hike from Stone House to Route 528-- Easy 5 mile hike with vista; Hike from Hidden River Bridge to Route 528--Medium 8 mile hike paralleling Lake Arthur; Hike through Slippery Rock Gorge--Difficult hike of 8 miles in beautiful but rugged territory; Geology Hike; Interacting with the Media--Session at camp; Edible Wild Foods--Hands on, find and cook foods; Fast Chapter--Session at camp about keeping Chapter efforts on track and moving forward; Pontoon Boat Ride--Space is limited, \$5.50 charge collected at Conference; NCTA Trail Council Meetings.

Afternoon: Hike Alpha Pass to Eckert Bridge and back--Difficult hike of about 3 miles through rock climber haven; Hike from Davis Hollow Cabin to Lake Arthur Viewpoint and beyond--Easy hike of about 4 miles; Hike, Davis Hollow Picnic--An easy hike of a little over 1 mile; Wildflower Hike; Edible Wild Foods; NCTA Board Meeting.

Evening: Awards Ceremony for Volunteer Hour Achievements; Keynote Speaker--David Lillard, President of the American Hiking Society; Campfire--Dave Dickson presenta-tion on local history

Saturday, Aug. 28
Morning: NCTA Annual Membership Meeting; Hike Stone House to Route 528--Easy 5 miles w/ vista; Hike from Hidden River Bridge to Route 528--Medium 8 mile hike paralleling Lake Arthur; Hike through Slippery Rock Gorge--Difficult hike of 8 miles in beautiful but rugged territory; Hike from Davis Hollow Cabin to Lake Arthur Viewpoint and beyond--Easy hike of about 4 miles; Hike Hidden River Bridge to Jennings Nature

(Continued on page 4)

HELP US MAINTAIN THE BAKER TRAIL

Do you have an interest in hiking and hiking trails? Could you help us take care of the Baker Trail doing a one-time trail maintenance project??? If you love hiking and the outdoors and you can assume responsibility for blazing a section of the Baker Trail on your own time, please give me a call. I will provide a brief training session and turn you loose on your own project. AYH will provide or reimburse you for paint and brushes. This year, our greatest need is for volunteers who will blaze along several miles of country roads in Armstrong, Indiana, Jefferson, and Clarion counties.
Reply to Jim Ritchie, (412) 828-0210, or send email to jlr@budget.ba.pitt.edu



Rachel Carson and the Hills of Hampton

-by jim ritchie

In the hills of Hampton, there is a tribe known by the name “the Rachel Carson Trail Awareness Group” or the Rachel Carson TAG or, shorter yet, RC-TAG. For years and years, the Rachel Carson Trail has plied its silent way through the hills and hollows of Hamptontown. Those who knew of it were few and far between. Jill Parnham, a resident of Hampton, discovered the trail and found it to fulfill at least a part of her need to commune with nature, to walk in the woods, to hear birds sing, smell flowers and watch the seasons change. And she wondered why she hardly ever encountered anyone else in Crouse/Grouse Run or Hampton Woods. (See the story of Crouse/Grouse Run below).

The answer, of course, was that hardly anyone knew the Rachel Carson Trail passed through Hampton Township, right past the Hampton Middle School, right past the soccer fields and the swimming pool, and right through the Hampton Nature Reserve. So Jill has sought to share her treasure with others and in doing so the Rachel Carson Trail Awareness Group (RCTAG) formed itself and has evolved over the course of several years, during which time the group has taken the initiative to organize events focussed on the trail and its well-being.

Jill says someone once asked what the name of her group was and she didn’t have an answer; so after a short hesitation, she said “Well, I guess you could call us the Rachel Carson Trail Awareness Group, because that’s what we do, we try to promote awareness of the trail”. This year, Jill, the loosely designated president of this loosely organized group has organized and facilitated trail activities for Earth Day, Rachel Carson Day, National Trails Day, and Hampton Community Day.

On Earth Day, April 24, RCTAG assisted the Hampton Presbyterian Church in organizing a clean up of Crouse/Grouse run in which the church members walked into this enchanting valley and carried out tires, appliances, bottles, cans, paper trash, etc. RCTAG followed up on that effort on Rachel Carson Day, May 22, by going even deeper into the valley and carried out, from both efforts, 60 tires, 15 bags of miscellaneous trash, 1 car body, 1 industrial heating duct, and assorted automotive parts and electrical appliances. Of course, the deeper in the valley you go, the further out you must carry all the trash you find. It’s probably fair to say everyone slept well after the hard days’ work.

On National Trails Day, June 5, RCTAG organized a hike that attracted around 20 Hamptonites, who drank in the glory of nature as interpreted by Jill and her friends. The purpose of National Trails Day, of course, is to share our passions for trails with our friends and neighbors, by hiking them (the trails, not the friends and neighbors) and nursing them (the trails once again, not the friends and neighbors). We show how to care for trails by clearing them of trash and debris, marking them, and we show how to enjoy trails by walking them.

Then for Hampton Community Days, on July 4, RCTAG set up a booth with information brochures and photographs from the trail, for the citizens of Hampton to see and hopefully to learn of a treasure at their fingertips.

In 1998, RCTAG raised a substantial amount of money to put up a sign interpreting the Rachel Carson Trail and memorializing Rachel Carson’s efforts. The sign was very professionally done with a vandal-proof heavy plastic layer over a presentation designed in partnership with the Rachel Carson Homestead Association. Unfortunately, the vandal-proof sign was vandalized but was eventually repaired.

As I promised: the story of Crouse/Grouse Run. If you reference nearly any map source, most notably the US Geological Survey 7.5 minute quadrangle that includes the beautiful stream valley between Sample Road and Route 8, you will see it referred to as “Crouse Run”. Old timers in the area, however, insist the correct name is “Grouse Run”, and that one mapmaker or another simply made a typographical error that has lived in infamy. Actually, “Grouse” makes more sense, it is the Pennsylvania State Game Bird, and is an actual word, unlike “Crouse”, which to my knowledge, has no meaning.

More interesting, perhaps, is the revelation that Rachel Carson, as a young girl growing up in the Pittsburgh area (her home was in Springdale, she had friends and acquaintances in the Hampton area), on occasion took the streetcar from downtown Pittsburgh to the Crouse/Grouse Run area and is likely to have explored the valley. How much of her love and observation of nature might have come from her experiences here??

A notable contribution of RCTAG, relative to Crouse/Grouse Run, is their effort, along with the efforts of the Pine Creek Land Conservation Trust (another Hampton Group protecting the Crouse/Grouse Run valley), to maintain (limited) public access to the valley, speaking and writing frequently with the (private) landowner, a prominent Pittsburgh physician, who has, in fact, generously allowed the public, to enjoy the beauty of the valley. In fact, he initiated a successful effort to rezone the area as a conservation area, not subject to capricious subdivision.

RCTAG is a small, informal, grassroots community organization; for more information or to make a donation or volunteer your services to RCTAG, call the President, Jill Parnham, at (412) 486-4864. RCTAG also may be able to arrange for short hikes for small groups in the Crouse/Grouse Run valley or Hampton Woods (Nature Reserve).

Eurail: All About Night Trains & Stuff a.k.a.:Eurupdate- 1999

By: David A. Shimek (roadgoliath)

Buying your Eurailpass is the tip of an iceberg of possibilities. Now that you have it-how do you use it? You can't afford to waste your transportation investment. The age 26 and under crowd have it easy. They can grab a 2nd class, 2-month pass and just go any time, any where for the duration. But even they have to adapt their schedule to get the maximum use and maximum enjoyment out of the limited time they have in Europe.

You can lose a whole vacation zoned out on the beaches of the Riviera (Cote D’Azur) with only a tan to show for it! With proper planning, you can avoid this fate worse than...well, let’s just say there’s a lot to see! Assuming you are over 26, you have a veritable cornucopia of passes to choose from. Don’t assume that you always have to use your pass. Many of the trips between cities in Europe are quite short and do not require you to use up one of your valuable Eurail Flexipass or Europass days.

If you spend a month in Europe, about the MOST you need are ten days of rail travel. You will probably want to take a few days to get to know each city and/or region. Even if you want to spend only one night in each location, another interesting place may only be a short, inexpensive hop away. On the Riviera, you can go from Marseille all the way down to Rome on the coastal trains, hitting several dozen towns with hostels, camping, and hotels. That alone could take weeks(if not months). You can also call Nice home-base (cheap hostels & weekly hotels) and take buses round-trip for the one-way price.

NIGHT TRAINS: I learned last year how un-fun it is to spend more than one night in a row on the night trains (even if you have a whole compartment for yourself). There are some tricks of the traveler that can make it more comfortable for you. Once you have validated your pass at a station ticket window, you can hop on any train that doesn’t require an extra fee or a reservation.

In large cities, there is usually a separate information area where you can get a printed itinerary for your destination and timetable. They can explain (in English, normally) if you have to transfer to another train, or to a ferry, or a bus.

The high speed trains require a fee; although, night trains are normally quite slow, with few stops. Europass & Eurail-flexipass travelers can get more than 24 hours of use out of each day on their pass. Once you know your night itinerary, you can hop on just about anywhere, as long as your train is either an all-nighter or a connecting train to an all-nighter. Hop on after 19:00 hours (7p.m.)and write in the next day’s date(the full 24 hour day) before or when the conductor gets there. Make sure to point out to them where you have filled it in, because they sometimes fill in the next box, assuming you didn’t! The date is written backwards (Euro-style?), day first, then month second. Don’t do it wrong, or you lose a day. I almost wrote the wrong date several times, so it helps to write on a practice paper first!

Avoid the night trains between Rome and Nice at all cost. They made me get off in the middle of the night to switch cars around, for no reason it seemed, because they eventually put about the same number of cars back on!

SUPPLIES: Pack as if you were going into the desert for the night-train, or even long day trains. I like to carry several plastic soda bottles (20 oz.) With me. I transfer my water, wine, juice, milk, etc. into them. You need at least 2 liters of liquids per person for a night trip. Unlike on Amtrak, the water on board is non-potable. I almost died of thirst several forgetful times.

Bread & cheese is the staple diet of train travel. Condiments come in tubes (mayonnaise, mustard, ketchup, etc.) at regular supermarkets. I find it least messy to squirt a bit on my sandwich for each bite. I prefer Gouda cheese, freshly sliced in the deli section, because it’s mild & buttery. Whole wheat bread keeps you healthy. Crackers are a bit crumbly for the train. You can eat over a newspaper to keep from making a huge mess, or you can eat dinner before you leave, so you can get right to bed after the conductor is done. Cookies make a good dessert. For breakfast, fruit and chocolate bars cannot be beat.

To buy your supplies, large city train stations often have supermarkets, deli’s, or drugstores that are open late. I prefer health food stores, which you have to search for. Bon Appetit a la train!

During the day, food carts come down the car, but the prices are huge

(Continued on page 9)

(Continued from page 8)

and only affordable as a treat or emergency.

ACCOMMODATIONS: Most night trains have sleeping cars-too many in fact-so it's almost always possible to change your mind and get a dorm-style sleeper. Some north-European night trains have weird new compartments, which don't have the usual six seats, and are practically impossible to turn into beds.

Most trains still use old stock with the six seats, the temperature knob, the window curtain, and the door that doesn't lock. I like to put my backpack/luggage on the floor and then fold out the seats, so it can't be stolen while I sleep. If there are only two of you, it's possible more people will come into the compartment with you. It's ideal to have three people, because then you cover all three seat-beds, and it's unlikely anyone else will come into the compartment, unless the train is super-crowded (like leaving Munchen during Oktoberfest).

Some night trains have only reclining seats, like Amtrak. The one I had from S. France to Paris was a lot more comfortable than I thought it would be. It was nice not to have to deal with the compartment rituals. My rituals included putting on clean socks(you can board the train in your sport sandals) and sleeping in my "sheet sleeping sack", so no one could reach into my clothes in search of my wallet or moneybelt. My inflatable pillow and other clothes served as a pillow.

DAY TRAINS: It's nice to arrive at your destination in the morning with hostel reservations, so you can check in before noon and spend the day sightseeing, instead of waiting in line for a bed. H.I.'s "Book of Euro Hostels" or the "Lonely Planet" serve as guides you can use to telephone ahead for reservations. Without them, you will have to check at the information office when you arrive and take what you can get.

Info offices often have free or cheap maps and may call the hostels for you. Most Euro-Hostels have lockers. You can lock up your stuff, shower, and hit the road. Most train stations have pay lockers, if you don't want to stay a whole day or take all your stuff to the hostel. Since the day you marked on your pass is good until midnight, you can hop on a local train or two and visit interesting towns nearby (which may not be worth more than a few hours). After a night at your hostel, you can spend a whole day seeing the city where you stay, and take a night train out or stay another night there.

Hostels will often keep your backpack for free until it's time for the night train... but at your own risk! Superfast day trains are another option, which can be better than having to sleep on trains. The "TGV" in France only requires a small fee for a reservation, no matter the distance. The "Eurostar"(ES) in Italy is also cheap. "Flight attendants" serve you cappuccino and snacks, included in the small extra fee. "Thalys" is a bit more crowded and expensive, but still quite fast.

I never took the German bullet train. Many of the fast trains start and finish in Switzerland, but the Swiss do not have any of their own. Overall, the trains still belong to each nation, but someday- INTERNATIONAL!

FINALE: Make sure you get your money's worth out of the Eurail-pass, but don't punish yourself to do it. It should be a door to fun times, rather than a competition to see how many miles/ kilometers you can rack up. Don't forget to stop off in the small towns, which really exude the character of Europe, and appreciate the tourism that is so vital to their economy.

Alpine resort hotels (family owned) are often as cheap as hostels, because crowds only visit in winter. So go and explore...Europe is waiting just for you!

PS: Most major cities have pay showers at the train station. The BEST pay shower is at the ferry waiting lounge in Brindisi, Italy (SUPERHOT), where you catch the Grecian ferries (Athens, Islands and Albania etc..). Give yourself plenty of time to reach the ferry offices before they close (on the main drag as you walk about a mile from the train past supermarkets and numerous travel offices). Italy also has "acqua potabile" or potable water fountains on most of its train platforms. Its restrooms are also usually free; whereas, Switzerland is starting to charge more than a dollar (except on its trains and in small towns.

In Your DREAMS

by Sally Brunson and Jack Leahy

If you could retire tomorrow to pursue your best cycling dream, what would you do? Would you take a week and ride throughout Connecticut? Would you take a month and ride through each of the New England states?

Sally Brunson and friend, Jack Leahy, have been living their cycling dream for the last 3 years. Since Jack retired 3.5 years ago, this twosome has cycled in some of the best areas of the contiguous U.S. I'll let Jack tell his own story:

In a little over two years, from March of '96 through June of '98, we set out on seven separate trips, averaging two weeks to two months in duration. During this time, we spent a total of 300 days on the road. We toured 48 states — their capitals, colleges, tourist attractions and history. We traveled over 35,000 miles.

Our priority was to ride as many Rail Trails, scenic roadways and recreational bike paths as we could, given weather conditions and our time frame. Overall we've ridden 62 Rail Trails in 24 states and 36 other trails for a total of about 3,000 bicycle miles.

One of our discoveries about Rail Trails is that, if they are ten to twenty miles long, we recommend riding the trail in its entirety. But for longer trails, ask around to find the best sections.

Rail Trails seem to provide many communities with a recreational source where previously little or none existed. We saw some communities have recognized the advantage of having a Rail Trail go through their own town, and have encouraged tourism by adding restaurants, bike shops, and parks — places like the Little Miami Trail in Loveland, Ohio, the Katy Trail in Rocheport, Missouri and the Youghiogheny River Trail in Connellsville, Pennsylvania. We also noticed a sincere feeling of pride from people living near a Rail Trail.

Some of our favorite rides include the Provo Jordon River Trail (Provo, UT), the Youghiogheny River Trail (Connellsville, PA), the East Bay Bicycle Path (Bristol, RI), the Washington and Old Dominion Rail Trail (Arlington, VA), the Katy Trail (Jefferson City, MO), the Burke-Gilman Trail (Seattle, WA), the Monterey Seventeen Mile Trail (Monterey, CA), the Greenbelt Trail (Boise, ID), the George Mickelson Trail (Deadwood, SD), the Burlington Waterfront Bikeway (Burlington, VT), the Baltimore and Annapolis Trail (Annapolis, MD), the Mackinaw Island Perimeter Trail (Mackinaw, MI), the Niagara River Trail (Niagara, NY), the Egg Harbor Trail (Sturgeon Bay, WI), the Duluth Waterfront Trail (Duluth, MN), the Lake Tahoe Bike Trail (Lake Tahoe, CA), the Cape Cod Rail Trail (Dennis, MA), the Pinellas Trail (St. Petersburg, FL) and the Erie Canal Trail (Pittsford, NY).

We could talk about these rides for hours and still not convey the whole picture. Visualize crossing a mile long bridge in Connellsville, Pennsylvania or seeing an airplane lifting off the runway in Washington, D.C., coming right at you as you approach within 100 yards. Feel water splashing your wheels as you pedal the perimeter of Mackinaw Island or pedal through the middle of the University of Washington as if the school were designed to enhance the Burke Gilman Trail. Ride the Katy Trail next to the Missouri River and high cliffs hanging over you and hawks soaring above. Pedal the Carriage trails in Arcadia National Park in Bar Harbor Maine, arguably the first bike path.

Our riding isn't over - there are many more trails to explore and we just can't wait to get "on the road again".

KATYDID? NO, I DID KATY

Katydid? No, I Did Katy

by Glenn Oster

No, I'm not referring to the insect, but to bicycling the Katy Trail, the first rail corridor ever to be railbanked and the longest railtrail conversion in the USA. For me, it represents one of those "why did you want to do it?" items. The stock answer these days for that question is "because it's there." Truth is that I've seen references to it in bicycling and rails to trails publications for years. Much like commercial advertising - it wears you down after a long enough exposure and you end up buying. In this case, riding. At one time, I was afraid that I'd waited too long. You'll recall that in 1993 there was massive flooding in Missouri. Well, it washed away large sections of Katy, but a good job was done in restoration, and, except for a short section currently under construction, it's in great shape to ride.

Where's Katy? "She" starts at Sedalia and ends 185 miles east in Saint Charles, Missouri. What's Katy? She's a crushed limestone based former railroad bed - a segment of the Missouri - Kansas - Texas Railroad corridor. It was known by its initials, MKT, but Katy was easier to say, and Katy it is. We have the legislative effort and generous donations of philanthropist, Edward D. Jones to thank for Katy. They made it possible to preserve this extensive and historic piece of real estate for our enjoyment. The Missouri Department of Natural Resources capitalized on the donations and made it into a state park, The Katy Trail State Park.

I mentioned "we" in the previous paragraph. Who we were - were John and Gloria Pollock and Will Mc Gee. John and Gloria were riding a tandem and staying in B&Bs and motels, while Will and I rode mountain bikes and camped as we went. While I'm at it, I should mention the "when" of the trip. It took place May 15 - 17, 1999. We put in a long day on the 14th driving out to the end point of the ride. Next morning we left my van there and drove to the western trail head from whence we began riding. Coming home after the ride was still longer, well over 800 miles back to Pittsburgh. Regardless of the long distance from home, bicycling Katy was certainly worth doing!

What's Katy like? She's essentially level, although sometimes her version of level can make you feel like you just might have been doing some climbing - like the first 21 miles to the town of Pilot Grove. You become very suspicious of its gradient when it appears level, but you are struggling. Then, youngsters come flying down the trail in the opposite direction and whiz by on their little bikes, some a bit rickety. You keep telling yourself that it can't just be age alone. Surely they don't have that much energy. As a practical matter, you rarely get to coast. Your legs are working all the time. More of what's Katy like - she goes through postage stamp sized towns every few miles with none farther apart than 16 miles. There is very pronounced Germanic influence in the area, for example, a town called "Rhineland." In Herman, where we stayed the second night, almost every restaurant specialized in German food. We didn't have to concern ourselves about whether we wanted German food as it turned out. By the time Will and I were showered and ready for dinner, it was 8:00 p.m., and all the restaurants were already closed, except for a "Subway." Back to Katy, there are usually restrooms alongside the trail (some with real, honest to goodness, flush toilets) at each of these hamlets. Some have water sources and some have picnic tables. They have ample parking for those who want to start their bicycling or walking from these locations. Trail users are protected at road crossings by gates, whose arms you have to thread your bicycle through as you ride. There are dozens of such gates.

After ten or fifteen of these crossings, you get mighty nonchalant about shooting through them at full speed. You practice looking both ways while going through the gates and in the process come close to skinning your knuckles on a gate arm. Gloria, riding stoker, told us that she shut her eyes as John piloted them between the arms.

Someone asked what we saw on the trail. Wow! For me, the most captivating sights were of the wildlife. Don't think I've ever seen so many rabbits in the wild. In places, bunnies would hop out in front of us and then hurriedly bounce back into obscurity. And this was happening every 200 yards or so in those areas. Squirrels, too, were doing death sprints across the trail - lots of them. Plenty of ground hogs, too. The variety of birds fascinated me the most, numerous different brown birds of all sizes plus intensely blue indigo buntings and a few bluebirds. There were gold finches, cardinals, red winged blackbirds, great blue herons, hawks,

crows, buzzards, turkeys, and a few I'd never seen before. Will even saw an eagle. Aside from listening to them as I rode, I also appreciated the amount of insects they ate. We surely needed even more birds to gorge themselves on the mosquitoes that were gorging on me. At one point, I saw the silhouette of what looked like a turkey up ahead, but when I got closer, I found it to be a peacock. Saw lots of non-poisonous snakes on the trail and many small salamanders.

In addition to the wildlife, there were wildflowers, most of which I haven't been able to identify. Some were tall and purple, probably mud-plantain and some were seven inches tall and in large, white clusters stretching for ten feet or more. Neither my wildflower book nor any of the locals could tell me what they are. One plant I could positively identify had no flowers, but it adorned both sides of the trail almost its entire length - poison ivy. Don't ride the trail if you are allergic, because it exists in abundance - and then some.

For much of its distance Katy travels alongside the Missouri River or close by in the same flood plain. And since I've used that "f" word, I might as well mention at this point, that we started out in a serious rain storm that just wouldn't stop. We had to make 62 miles that first day and couldn't wait beyond 11:00 a.m. That storm must have been even more intense upstream, because the Missouri and all its tributaries were over their banks - big trees were floating past us at surprising speed. One field alongside the trail was all reticulated with mud that formed beaucoup different geometric shapes as it dried. Nearby, there was debris on the trail, obviously washed up by high water. Our timing was super to have missed it. Many farm fields were lakes, but they did not appear to have been planted yet; I saw no evidence of crop damage.

Most of the trail was either tree lined, followed the river, traced a boundary of a farm field or all of the above. At times, the scenery became especially dramatic as we rode alongside towering bluffs. They are solid rock - sheer cliffs that I estimate to be at least 150 feet high. Admittedly, on the trail you are so close that you really can't appreciate them as well as if you could face them from a distance. As a practical matter, you have two options. You can stop and look up or you can see them obliquely as you ride toward them. Any way you look at them, they surely get your attention. Aerial pictures that I've seen are most impressive.

Regarding accommodations, as I mentioned above, there are Bed and Breakfasts and/or motels in many of the towns through which the trail passes, and some have campgrounds as well. At times you have to ride significant distances to find them, but they are accessible. On each of the three days, Will and I rode about 62 miles. Fortunately, there were campgrounds at convenient distances. However, Gloria and John had to ride 77 miles the second day because there weren't conveniently located motels or B&Bs. Small matter, though, they're tough and on the tandem made good time. After all, they checked in at their motel before dark, a real accomplishment.

When we reached my van and the end of the trail, we were bushed, and some of us had very sore butts; none the less, the ride was unquestionably worth all the effort and derriere discomfort. If you are planning to bicycle this trail, I do recommend that you ride it west to east as we did, but I suggest that you take more than three days to do it. You need more time than that to take in many of its attractions (like the wineries) that I missed while struggling to make my daily distance goals.

Happily, I can say that now I have one more of my long standing goals accomplished. It's a great feeling. I have a few more that I want to do before my spring runs down. Hopefully, you'll be hearing from me again. Meanwhile, if you are looking for a bicycling adventure that's safe from motor vehicles, give Katy a whirl.

If you would like more information about Katy, you can get a free brochure on the trail from the Missouri Department of Natural Resources by phoning at 1 (800) 334-6946. You can also find good material from the trail's interactive web site at <katytrail.showmestate.com>. Finally, there is an excellent book about the trail, The Katy Trail Guidebook by Brett Dufur that you can buy for \$14.95 plus \$3.20 shipping (ISBN # 0-9646625-0-7) from Pebble Publishing, P.O. Box 2, Rochep-ort, Mo. 65279 or 1 (800) 475-7322.

Glenn Oster

Mon Valley Century Bicycle Tour

Sunday, August 29, 1999

Presented by

Hostelling International Pittsburgh

and

Monesson Amateur Radio Club

Start The MVC will start in Elizabeth, PA at the dance studio. Pick up registration packets containing map, rider number and related items before starting your ride. There will not be a mass start – please feel free to start as soon as you register. Registration opens at 6:30 am. The following starting times are recommended so you will not be too early (or late!) for any of the rest stops.

100 and 70 miles: 6:30 am - 8:00 am

50 and 30 miles: 8:00 am - 11:00 am

Route Large sections of each ride follow the Monongahela River. The scenery varies from industrial towns to spectacular views of the river and wooded hillsides. You will have a choice of 100 miles, 70 miles, 50 miles or 30 miles. The 100 and 70 mile routes are composed of equal portions of hilly, rolling, and flat terrain. The most challenging climb occurs just out of Brownsville and is nearly two miles long. (The other hills are gentler). The 50 and 30 mile rides are flat to gently rolling with the exception of one medium hill just south of Elizabeth and are well suited for intermediate and beginner riders. All routes will also be marked with arrows on the pavement where practical. A map of the route will be provided.

Food A lunch stop is included for all riders. 70 milers will receive one additional snack stop, and Century riders will receive 2 snacks in addition to lunch. There are also many convenience stores along the route.

Support A sag will pick up those who can't finish due to bike problems or fatigue. (You and your bike are expected to be in good shape before the ride starts. And please ... carry a spare tube.)

Cost \$12 postmarked by August 13, 1999; \$15 thereafter and on the day of the ride. (Please note that T-shirts are not included in the basic price.)

T-shirt \$8: Only riders who prepay for a T-shirt with their registration by August 13 will be guaranteed to receive an MVC shirt. There will be a limited number of shirts for sale on the ride day (mostly L and XL).

Contact: AYH Office: 412-431-4910
AYH Fax: 412-431-2625

Helmets AYH requires all cyclists in this event to wear an approved bicycle helmet. Look for helmets meeting ANSI Z.90 or Snell B90 standards.

Proceeds Proceeds from the MVC will be used to support the new Pittsburgh International Hostel. Call 412-431-1267 for more information.

A portion of the proceeds will be used to help the Monesson Amateur Radio Club maintain their equipment. MARC is a community service organization that can provide vital communication links during weather emergencies and other natural or man-made disasters. In addition, they actively participate in community events such as air shows, marathons and parades. MARC has also been a vital part of the Mon Valley Century for the last ten years.

World Wide Web Interested in more information about AYH and Hostelling International? Check out our web pages at <http://trfn.clpgh.org/ayh/>.

1999 Mon Valley Century Registration Form

One rider per form, please. Copies accepted (be sure to include release form on back). Please write legibly.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Emergency Phone for Ride Day:_____

I plan to ride (check one): ☐ 100 ☐ 70 ☐ 50 ☐ 30

Age (check one): ☐ Under 18 ☐ 18 or older

T-shirt (if ordered): ☐ S ☐ M ☐ L ☐ XL

Registration

(\$12 by Aug 13, \$15 Aug 14 or later) \$ _____

T-shirt (\$8): \$ _____

Donation for Hostel: \$ _____

Total: \$ _____

☐ Check/Money Order payable to “Pittsburgh AYH”.

☐ Visa ☐ Mastercard ☐ Discover/Novus

Card # _____ Exp Date: _____

Signature: _____

Mail to: AYH - MVC
830 E WARRINGTON AVE
PITTSBURGH PA 15210-1595

Include a self-addressed stamped envelope for confirmation.

You must sign the liability release to participate.

1999 Mon Valley Century Waiver

In consideration of your acceptance of my application for entry in the Mon Valley Century Bicycle Tour, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation in the Mon Valley Century Bicycle Tour.

I, the undersigned, discharge, and release the promoters, the sponsors, Hostelling International, Pittsburgh Council, American Youth Hostels, Inc. and their respective agents, boards, commissions and any other involved municipalities, and employees and representatives of the foregoing from all liability, arising out of or connected in any way with my participation in this event, whether or not caused by the negligence of any of the above parties.

I acknowledge that the Mon Valley Century Bicycle Tour involves riding on public roads which are not closed to other traffic and which may have other hazards including hills, potholes, loose gravel, and sewer grates. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in this event. I attest that I am physically fit and sufficiently trained for the completion of this event. I hereby consent to and permit emergency treatment in the event of injury or illness while participating in the event. I understand and agree that medical or other services rendered to me by, or the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such services, and is not a waiver by any of said parties of any right hereunder.

I understand that serious accidents occasionally occur during bike rides and that participants in bike rides occasionally sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume these risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages of whatever kind or nature. I attest that the bicycle and equipment I will use in the Mon Valley Century Bicycle Tour are in good mechanical condition. I agree to wear a helmet meeting either the ANSI Z90.4 standard or Snell Memorial Foundation 1984 standard while riding in this event. I agree to abide by the rules of the event as established by the promoting organization and to obey the directions of the officials.

I hereby grant full permission to Pittsburgh Council, American Youth Hostels and/or its agents to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.

I have read and understand everything written above and voluntarily sign this agreement.

Signature of Participant _____ Date _____

Signature of Parent/Guardian _____ Date _____
(if registrant is under 18)

Please be sure to sign this form. This entry will not be accepted without a valid signature.

HI-AYH Membership & Travel Store Application

HI-AYH Memberships (No Tax on Memberships)

Valid for 12 months from date of purchase. Renewals valid for 12 months from expiration of current pass. Provides access to 6,000 Hostelling International hostels around the world. Includes **free** handbook of North American hostels upon request (see below) and 12 month subscription to Pittsburgh Council newsletter.

Adult (18-54)	\$25.00
Adult Renewal	\$25.00
Youth (17 and under).....	FREE
Senior (over 54).....	\$15.00
Family	DISCONTINUED
Family Renewal	DISCONTINUED
Life (all ages)	\$250.00
Non-Profit Org. (Request application).....	FREE

Student/Teacher ID Cards

Student ID Card (1999)	\$20.00
Teacher ID Card (1999)	\$20.00

Universal student ID issued by CIBE. Good for worldwide student discounts. Send 1-1/8x 1-3/8 photo, name of your country of citizenship and proof that you are a student. Or ask for free brochure.

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

Let's Go (The famous series of books for the budget traveler-published by Harvard Student Agencies)

Let's Go Europe	\$21.99 (members ... \$19.79)
Let's Go USA	\$22.99 (members ... \$20.69)
Let's Go Britain and Ireland	\$17.99 (members ... \$16.19)
Let's Go Germany	\$17.99 (members ... \$16.19)
Let's Go France	\$18.99 (members ... \$17.09)
Let's Go Italy	\$18.99 (members ... \$17.09)

Lonely Planet (An alternative to the Let's Go Books. Highly Recommended.)

Western Europe on a Shoestring	\$24.95 (members ... \$22.50)
Mediterranean Europe on a Shoestring	\$24.95 (members ... \$22.50)
Central Europe on a Shoestring	\$18.95 (members ... \$17.00)
Eastern Europe on a Shoestring	\$21.95 (members .. \$19.75)
Western Europe on a Shoestring	\$24.95 (members ... \$22.50)
Australia Travel Survival Kit	\$24.95 (members ... \$22.50)
France Travel Survival Kit	\$21.95 (members ... \$19.75)
Ireland Travel Survival Kit	\$19.95 (members ... \$17.95)

Travel Accessories

Sheets Sacks Used in place of sheets at youth hostels	
Cotton Sheet Sack Comfortable cotton blend.....	\$14.99 (members ... \$13.50)
Nylon Sheet Sack Lightweight Nylon	\$13.49 (members ... \$12.25)
Advance Booking Postcards Set of 10	\$1.00
Hostel Stamp Book Use to record your hostel visits	\$0.50

Eurail Passes / Europass / Britrail Passes

The economic solution to rail travel in Europe. Eurail passes are valid throughout all Europe except Britain. For Britain, buy Britrail or BritFrance passes. 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. Youth is defined as under 26 years of age.

Eurail Pass 1 month unlimited (youth)	\$623.00
Eurail Flexipass 10 days first class travel in 2 months	\$654.00
Eurail Flexipass 10 days travel in 2 months (youth).....	\$444.00
Eurail Flexipass 15 days travel in 2 months (youth).....	\$599.00
Eurail Flexipass 15 days first class travel in 2 months	\$862.00
Eurail Saverpass 15 days travel with 2 or 3 friends (per person)	\$732.00
BritRail Flexipass 8 travel days in 2 months (youth).....	\$240.00
BritRail Flexipass 8 travel days in 2 months (adult 1st class)	\$510.00
All Other Passes available	CALL

Outdoor Recreation Books

Allegheny National Forest Hiking Guide describes more than 240 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. 186 pages, 25 maps. Fourth Edition (1999) \$9.95
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. (updated 1994) \$5.00

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
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).....\$14.95
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The Pittsburgh Council Travel Store is open Mon. 10 to 4, Wed. 11 to 6 and Fri. from 10 to 4. Hours are subject to change, so it's a good idea to call the office at 412-431-4910 before coming in. We're in the Pittsburgh Hostel at 830 E Warrington Avenue in Allentown. All passes, ID cards, rail passes, and books are available.