

American Youth Hostels, Inc.
Pittsburgh Council

AUGUST 1986

VOLUME 37

NUMBER 8

THE GOLDEN TRIANGLE



MS 150 BIKE TOUR



Mon Valley Century



Pittsburgh Council

AMERICAN YOUTH HOSTELS INC.

6300 FIFTH AVENUE

PITTSBURGH, PA. 15232

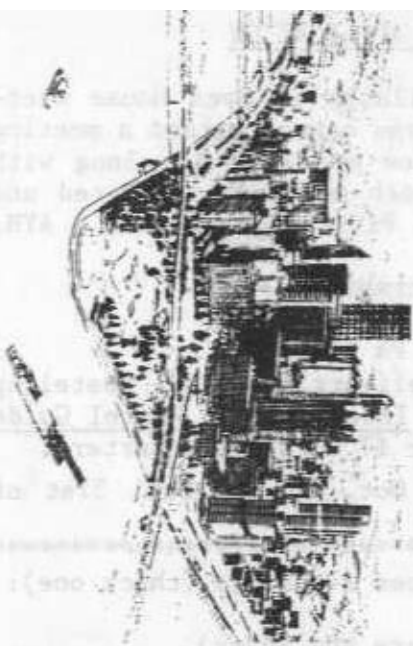
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PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS 6300 FIFTH AVENUE PITTSBURGH, PA. 15232

AYH Headquarters is located at 6300 Fifth Avenue next to the Pittsburgh Center for the Arts. Open House is held every Thursday evening. The building opens at 7 pm and the slide show starts at 8:15. Weekly trip announcements are made immediately following the slide show. The Golden Triangle is assembled for mailing at monthly Production Parties after the meeting. Come out and join us!

AYH PROGRAMS FOR AUGUST

- August 7 Comets and Canyons by Harry Bloomberg
August 14 Old European Memories by Ben Brugnans
August 21 An Artful Tour of China by Pat Rossi
August 28 To be announced.

AUGUST ACTIVITIES BOARD MEETING

The Activities Board Meeting for August will be at the Bill Johnston homestead (birthplace?) in Penn Hills. There's usually an impromptu picnic and volleyball game before the meeting, which starts at 8pm. Anyone interested in Pittsburgh AYH is welcome to attend, it's a good way to learn how our council is governed. Give Bill a call, or at least talk to his "mechanical friend" to find out more details, like what time to be there and exactly where it is.

ALLEGHENY RIVER ACCESS MAP

A canoeing map for the Allegheny River has been published by the Western Pennsylvania Conservancy. Printed on water-resistant paper, the 8 1/2" by 16" map indicates the sites of 36 access points on the 197 mile stretch on the river between the Allegheny Reservoir and Pittsburgh. The map can be obtained by sending \$1.00 with a self-addressed stamped envelope (business size) to: Western Pennsylvania Conservancy, 316 Fourth Avenue, Pittsburgh PA 15222.

LOOK AROUND DOWNTOWN!

Attention! If you're going to be downtown during any evening between August 4th - 10th, check out the big Alcoa sign on Mt. Washington. You should be able to see an AYH public service announcement flashing over the city. Check it out!

AYH MEMBERSHIP APPLICATION

AYH memberships are available at Open House meetings on Thursday nights. If you cannot attend a meeting fill out the application below and send it along with \$1.00 to cover postage for each membership ordered and your check made payable to Pittsburgh Council, AYH, to:

AYH Membership
6300 Fifth Avenue
Pittsburgh, PA 15232

Allow 3-4 weeks for delivery of your hosteling pass. Membership also sells International Hostel Guide to Europe for \$8.00 by mail or \$7.00 at Headquarters.

Note: Memberships run from Oct. 1st to Dec. 31st of the following calendar year.

Amount and Membership Types Available (check one):

- ☐ \$10.00 Junior (17 years and under).
☐ \$10.00 Senior Citizen (60 years and over).
☐ \$20.00 Senior (18 years and over).
☐ \$50.00 3 year Senior (18 and over).
☐ \$30.00 Family (includes children under 18 yrs.)
☐ \$200.00 Life (Individual lifetime membership).
☐ \$10.00 Foreign Nationals (including Canadians).
☒ \$1.00 Postage (for each membership ordered).

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE () _____
BIRTHDATE Month _____ Day _____ Year _____
New/Renewal? _____

MEMBERSHIP BENEFITS:

International Hostel Membership Card
USA Hostel Handbook
"The Knapsack", National AYH Travel Newsletter
"The Golden Triangle" Pittsburgh Council Monthly News
Open House every Thursday night at 8pm at Headquarters
Access to national programs and leadership training

THE GOLDEN TRIANGLE

SEPTEMBER ISSUE DEADLINES: August 7 all trips, etc.

August 21 Production

The GOLDEN TRIANGLE is the monthly publication of the Pittsburgh Council of American Youth Hostels. Contents are at the discretion of the editor.

EDITOR Joy Layton

LAYOUT Kim Metheny, Joy Layton

PRODUCTION Don Hoecker

MAILING Roy Weil

ADVERTISING Lucy Hofmann

A FEISTY VOLUNTEER EDITOR'S OPINION

I've been involved in Pittsburgh AYH for a few years now. I wouldn't be around if I didn't enjoy this organization and stand behind it. I can appreciate first hand what can be accomplished through the volunteer efforts of everyone involved. This newsletter is a volunteer effort. I get articles and submissions from about 20 volunteers each month!

I know that it would be nice to have a "real" building with an office and a paid staff person to do some of the "detail work". But I just don't see it happening in the immediate future. In the meantime, we continue to solicit volunteers through the Triangle and various other means to accomplish many different tasks.

I wonder how many good volunteers get "lost" in this haphazard system? (I saw one fall through a crack at HQ the other day!) Isn't it time to work out a system - a "volunteer management plan"? Such a plan just might prevent some of the "burnout" that seems to go through periodically.

This is my opinion, only that. If you feel the same, or differently, let me know. This is one crack that I'd like to see closed!

NEW SOUTH HILLS MEMBERSHIP OUTLET

Pittsburgh AYH now has a new pass selling agency right in South Hills Village; the "Hour Glass One Hour Photo" store. This store is on the upper level, Hornes end of the mall. You can not only buy your International Hostel card right over the counter but also get your passport photos taken at the same time (get a spare for your AYH pass)!!

They can develop, enlarge and copy your film when you return from your travels too. Best part — if you show your AYH card you get a 10% discount!!

The One Hour Photo Store is open 9:30 am to 9:30 pm six days a week, and from 10 am to 5 pm on Sundays. For more information call (412) 854-FOTO.

REORGANIZE PITTSBURGH AYH?

An Opinion by Joe Hoechner

Pittsburgh Council has long been noted as one of the "Activity" based councils as opposed to a hosteling council. As a result we have a program that stresses one and two day local trips, with an occasional hostel overnight thrown in for those hostellers among us.

Why do we force our local members to buy an international hosteling membership that they don't really need? Does the \$20 adult rate discourage local membership and perhaps send potential members to other clubs? (Example: The local Wheelmen cycling club dues are only \$7/year.)

We could follow the lead of other AYH councils that have separated their "hostel" members from their "activity" members by organizing an "outdoors club" within their council. The club would still be sheltered under the umbrella of the AYH liability insurance policy with yearly dues possibly being cut in half to \$10/year. This would ease the financial burden and encourage new members to join to see if they like the organization. A pro-rated system could be set up so that they could upgrade their club membership to a full hostel membership. For those occasional Pittsburgh Council trips that do make use of a hostel for overnights the leader could use one of the free group membership cards that we have available.

The Pittsburgh Council is rapidly approaching its 40th (Gasp!) anniversary of founding. Is it time for a change? Comments are welcome!



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CYCLE SHOP

224-0500

139 E. Sixth Avenue
Tarentum, PA 15084

RAFTING

Shirley Ulaky 422-0849h or 327-1300 ext. 403

EQUIPMENT: Lunch in a waterproof bag, swimsuit, wool or acrylic sweater if it is cold or windy, raingear, old tennis shoes to wear on the river, change of dry clothes to put on after trip, sun protection, STRAP FOR GLASSES, money. Estimated trip expenses including raft rental, shuttle ticket, car pool expense generally average between \$14 and \$18 per person, depending on the total number of people, etc. **BRING EXTRA MONEY FOR DINNER.** The trippers responsibilities - **INCLUDE** returning to HQ with the group to blow up the rafts to dry out and to put the equipment away. If you have evening plans and must be home at a certain time, this is not the trip for you. We generally return to HQ and finish putting the equipment away by 9 or 10 pm. It is not uncommon for a tripper to go overboard for a little dip in the river. This trip is not recommended for people who cannot swim or are afraid of water. Rain does not stop a rafting trip unless the water becomes too high for our 4-man rafts. Call leader if in question and to reserve space on a trip.

SEA-KAYAKING

Cathy Lynch 361-3707
Tom Trump 284-7349w
Paul Kram 681-9069

VOLLEYBALL

Jeff Marsh 466-7841h 476-5320w

AYH plays volleyball every Tuesday and Thursday evening in Mellon Park starting at 6:00 pm and continuing until dark. Thursday games are geared for beginners and since it's part of the meeting it's **Free.** Tuesday nights are for more experienced players and it costs 50¢ for members, \$2.00 for non-members.



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FAMILY OUTINGS

Barbara Hanusa 441-7205

HIKING

Tom Kaveney 276-8044

Wayne Hennemuth 787-7608



THE PRESIDENT'S CORNER

At the June Activities Board Meeting, the Board approved the institution of subscriptions to the Golden Triangle for non-members. The subscription would cost \$5 a year and would be available to anyone living outside the Pittsburgh Council jurisdiction; Pittsburgh Council members would continue to receive the Triangle free with membership. Other business included a reminder that all AYH equipment (rafts, paddles, canoes, climbing equipment, backpacks, etc.) should be prominently marked with the Council's name to the extent practicable; a target length of 45 minutes for the Thursday open house slide show; a review of the status of hostel inspections; and extensive discussion on a sudden increase in the chartering and rechartering fees for hostels.

It's time to start preparing for the October Council elections already. At the August Activities Board meeting, the committee organization for 1987 will be approved and a nominating committee appointed to recommend chairmen for these committees and also to recommend candidates for the officers and for the three positions on the Board of Directors. This is your chance to influence what happens in the Council next year. If you are interested in serving as chairman of an existing committee, or wish to run for an office on the Board of Directors, let me know. I will also need any recommended changes or additions to the committees by August 5th so that they can be discussed at the August meeting.

The Great Ride on June 22nd was a grand success, with over 2600 riders participating in the various rides that were available. The riders also raised over \$32,000 for donation to the Children's Hospital.

HELP WANTED: We are looking into various alternatives for computerizing the membership listing. If you have a personal computer (preferably IBM compatible) and are willing to type in names and addresses of new members, please call. Other opportunities for volunteers include work on Oniopyle hostel, with tasks ranging from a few hours to several days; trail maintenance on the Baker and Rachel Carson Trails; hostel development, especially in areas more distant from Pittsburgh; and work on specific events, such as the Picnic, Blackwater Falls weekend, the Mon Valley Century, and the MS 150K Bike Ride.

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Large, PA
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KAYAKING

Lou Conley 681-8321

Ray Yutzy 341-5682

AYH beginning kayaking schools are held once a month, June thru September, each summer. These schools provide an introduction to the exciting sport of whitewater kayaking. They are open to complete beginners (those who have never been in a kayak before) and to those who have never kayaked on whitewater before. The schools last an entire weekend, and include an overnight stay at a youth hostel. The first day of the school is spent learning the basic skills of kayak paddling on a nice calm lake. The second is spent developing those skills on a very easy (Class I-II) whitewater river. The dates for the 1986 beginner schools are: June 21-22,

July 12-13, August 16-17 and September 6-7. Space is very limited and preference will be given to AYH members, so sign up early. Call Lou Conley at 681-8321 for additional information.

MOTT LAKE HOSTEL in Flint, Michigan is a 20 bed hostel with complete kitchen facilities and with a family room available on request. The hostel is located in the 4480 acre Genesee Recreation Area and is near the Mott Children's Farm, the Auto World Theme Park, the historical Crossroads Village and the nostalgic Huckleberry Railroad. Overnights are \$5.25 in the summer and \$6.25 in the winter, with reduced rates for hostellers under 18. Call (313) 736-5760 for more information or to make a reservation.

Gettysburg International Hostel in Gettysburg, Pennsylvania occupies the former Civil War era James Getty Hotel near the central square in Gettysburg. The hostel has a 60 bed capacity, large common rooms and a complete kitchen. The hostel is only one-half mile from the Visitor's Center for the Gettysburg National Military Park and is a perfect base for anyone interested in Civil War history. Gettysburg also offers an extensive network of hiking, biking and ski trails and is within easy cycling distance of the Ironmasters Mansion Youth Hostel in Pine Grove Furnace State Park. The overnight rate is \$6/ person. Call or write to Janice de Mooy, the hostel manager for more information at: Gettysburg Hostel, 27 Chambersburg St., Gettysburg, PA 17325. (717)334-1020

The new Beaver Valley Hostel has just opened in Cooperstown, New York. Write to Suzanne Sales, Beaver Valley Hostel, Box 704, Cooperstown, NY 13326 or call 607-293-7324.

The Los Angeles (A) Hostel will remain open in its current location at least through December 1986.

The hostels in Rangeley, Maine; Cedarville, Mass.; Williamstown, Michigan; New Baltimore, New York; Prospect, Oregon; St. Helens, Oregon; and Burbank, Washington have closed.

ACTIVITY WRITUPS

BACKPACKING

Jack Peth 921-7214

BICYCLING

Rick Kondas 672-3891

Chuck Ejzak 466-6196

Bicycle trips are categorized as follows:

A = advanced ride at fast pace (15 mph), long miles (>50)

B = Intermediate, moderate pace (12mph), miles (35-60).

C = Easy, pace (10mph), miles (20-40).

D = Beginner, pace (10mph), miles (10-20).

E = Learn to ride, pace 5mph, miles 0

S = seminar, maintenance clinic, etc.

HELMETS ARE REQUIRED ON ALL AYH RIDES. These must be hardshell type helmets. Rental helmets are available for a nominal fee (\$1/day) We also have rental bikes and panniers available. Call the trip leader beforehand to reserve rentals. Water bottles, gloves, and cycling caps are available from the council store. If you would like to lead a trip, contact Chuck or Rick before the Triangle deadline for the next month.

CANOEING

Steve Shafer 481-0507h or 268-2527w

Kathy Lynch 327-0529

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

CAVING

John Popp 885-2126

Paul Herre 653-7934

Roy Provins 784-9127

CLIMBING

Dale Vilsack 343-8379

Eric Bauer 687-0766

Karl Morner 521-6404

The beginner's climbing trips at White Rocks meet at HQ at 7 am. Bring tennis shoes, hiking boots, lunch, water, leather-palmed gloves (if you have them) and a sunny disposition. We usually stop for dinner and return to Pittsburgh between 8 and 9 pm. Call any of the chairmen for reservations.

VOLUNTEERS NEEDED!

The AYH Kayaking program is in need of some volunteers. People are needed in two areas. The first is to help teach beginning kayakers at one or more of the beginner schools held once a month during the summer. No real experience is needed for this, as we can teach you all you need to know to help out. The second area is in leading intermediate level kayaking trips (Class II-III water). This must be somebody who knows how to kayak. If you can kayak but don't feel comfortable about leading a trip, we can teach you everything that you need to know to lead a trip.

So, if you're interested in kayaking and would like to help others learn to kayak and develop their skills, get involved! It's a great way to meet a lot of interesting people. Call Lou Conley at 681-8321 for more information on how you can get involved.

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Hostel Accommodations

Restored and renovated 143 year old house on 10 acres of woods and open land located in the Cuyahoga Valley National Recreation Area. Listed in the National Registry of Historic Places.

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Registration

Open year around, 5:00-9:00 PM. Guests should plan to arrive between 5 and 9 PM and leave in the morning by 9 AM. Usually one stay is a maximum of three nights.

Advance Reservations By Mail

Full payment for the first night is required for a reservation. Personal checks, postal money orders, cash or travelers checks in US dollars are acceptable. Please enclose a self-addressed stamped envelope or two international postal reply coupons for confirmation of reservations. All reservations will be held only for the first night unless notified of a later arrival. At least 7 days advance notice for groups; advance notice of cancellation is required for a refund.

Local Attractions

Convenient access to Cleveland and Akron cultural and recreational facilities. Location provides many miles of bicycle and hiking trails in extensive park systems. Close to Blossom Music Center, Hiale Homestead, Ohio and Erie Canal, and Coliseum Sports Arena. Boston Mills and Brandywine Ski Areas and Dover Lake Park are nearby.

Directions

Located near the intersection of I-80 and I-271. Use exit 12 off I-80, State Route 8 South, immediate Right on Boston Mills Road. Continue West 3 miles. Turn Right on Stanford Road just before the Ohio and Erie Canal. House is 3/4 mile North on the Right.



The George Stanford House Hostel is provided as a public service by the Northeast Ohio Council of American Youth Hostels, Inc.



George Stanford House Hostel
6093 Stanford Road, Peninsula, Ohio 44264
(216) 467-8711

Rates

\$6.00 per night, year around. AYH membership may be purchased at the hostel. Sheet sleeping sack required. Rental also available for purchase.

PAGE 3 OF GREAT PITTSBURGH COUNCIL TRIPS

PAGE 3 OF GREAT PITTSBURGH COUNCIL TRIPS

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
17	Sun	Hike?	Fun	Bruce Sundquist	327-8737		Combination hiking and Tubing trip. About 4 miles by foot and 4 miles by innertube on the Youghiogheny. Call to reserve a spot and an innertube (if you don't have one). Should be a lot of fun.
19	Tues	Bike	C	Larry Laude	665-9554	6:30	Evening Cycle
21	Thurs	Bike	C	Judy Menosky	242-1573	6:30	Evening Cycle
23	Sat	Bike	C-	Pat Rossi	335-5067	9:30	Meet at the New Kensington YMCA and cycle along a lovely, level, wooded road to Braeburn. Little traffic. Call for directions.
23	Sat	Canoe	I trip	Kathy McGregor	421-8551		
23	Sat	Climb	Inter	Chairmen	see list		Seneca Prep
23	Sat	Kayak	II				Easy trip for people who have completed the beginner's school. Call Lou Conley at 681-8321 for trip leader and time.
23	Sat	Raft	All	Bob Van	833-8486		Youghiogheny river trip. See rafting writeup for more info, then call Bob to reserve.
23	Sat	Sea-Kayak	Easy	Judy Menosky	242-1573		Easy trip on Lake Arthur at Moraine State Park.
24	Sun	Bike	C	Lou Conley	681-8321	8:30	7th Annual Duquesne Incline Gike Ride. Join Lou and friends on their annual late August Sunday morning tour of America's No. 1 city. The tour includes frequent sightseeing stops (Point State Park, Station Square, and others). Ride up the incline and look down from Mt. Washington. We will lunch at our favorite deli near the top of the incline. Bring money for lunch, \$1.20 for the incline ride (you and your bike), and lots of enthusiasm. Call for info and reservations.
24	Sun	Canoe	I-IItrip	Millard Underwood	561-0871		
24	Sun	Climb	Begin	Chairmen	see list	7am	Beginner trip to White Rocks. See climbing writeup for details.
26	Tues	Bike		Chuck Ejzak	466-6196	6:30	Bike Maintenance Workshop at HQ. Bring your bike, rags and 50¢ 6:30 to 8:30, weather permitting. Reservations suggested.
28	Thurs	Bike	C	Steve Horowitz	521-0810	6:30	Evening Cycle
30	Sat	Hike	Easy/Int	Tom Kaveney	276-8044	8:30	Laurel Hills State Park.
30-31	SS	Raft		Gus Hughes	422-3936		Join Gus for a weekend trip on the New River in West Virginia. Call for reservations (leave message). \$15 deposit required.
30-31	SS	Sea Kayak		Ted Self Cathy Lynch	795-6286 361-3707		Labor Day Weekend. Plans incomplete at press time. We'll head for big water with camping. Contact us for latest details.
31	Sun	Bike	A/C	Chuck and Lynn Ejzak	466-6196	7:00	Mon Valley Century. See insert ad. Help is needed.
Sept 1	Mon	Canoe	II trip	Joel Platt	521-5244		

TRIPS & TRAILS

Trips listed are open to the public, AYH members are given priority. Trip costs include transportation, rentals, and a 75¢ registration fee (50¢ per half day or evening). IN ADDITION non-members are charged \$1.50 per day, which may be deducted from the cost of membership when joining AYH. The registration fee covers insurance (\$1000 medical/\$1000 accidental death or dismemberment).

AYH trips are led by competent people who volunteer their time and receive no financial reimbursement. If you'd like to go on an AYH trip, carefully peruse the trip calendar, then look under the activity write-up, where you may find more information. After you've read over everything, call the trip leader to reserve space on a trip.

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

AYH trips are geared toward individuals who independently sign up for trips. If you have a group that wishes to go, it is important for the leader to contact the trip leader early, and it may be necessary for the trip leader to speak with every tripper.

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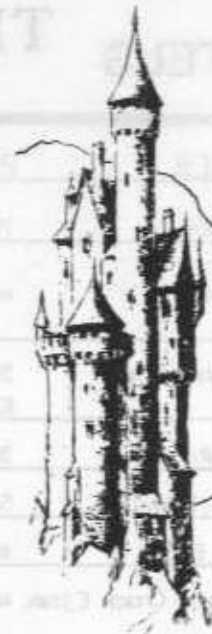
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Closer to home, enjoy the Finger Lakes Flyer, offering a chance to see the Erie Canal and eat at the Moosewood Restaurant of cook-book fame.

Is hiking or backpacking your favorite outdoor experience? Check out August trips in the Adirondacks, Rocky Mountains, White Mountains or Ireland. A beginning hiker can explore San Francisco and environs by doing the Bay Stroller in late Sept.

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WORLD ADVENTURE
Pittsburgh Council, AYH
6300 Fifth Avenue
Pittsburgh, PA 15232

BLACKWATER FALLS WINTER WEEKEND

Just a reminder... this year's Blackwater Falls Winter Weekend will be held on January 16 and 17. Look for details in upcoming editions of the Triangle.

PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS

TRIPS



Go wild with us!

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
10	Sun	Canoe	II trip	Bob Buck	793-1480		
10	Sun	Climb	Begin	Chairmen	see list	7:00	Beginner trip to White Rocks, near Uniontown. See climbing writeup for more details.
10	Sun	Kayak	II	Cole Van Orner	362-6535h 624-5294w		Easy trip for people who have completed the beginner's kayaking school. Call for info and reservations.
10	Sun	Raft	All	Bill Whitehead	363-0365		Raft trip on the Youghiogheny. Call for reservations.
12	Tues	Bike	C	Steve Horowitz	521-0810	6:30pm	Evening Cycle.
14	Thurs	Bike	C	Chuck Ejzak	466-6196	6:30pm	Evening Cycle.
15-17	FSS	Bike	C/B	Lynn and Chuck Ejzak	466-6196		Stay at the historic Ironmasters Mansion Hostel and cycle in the beautiful central PA countryside. Swimming and hiking also in the adjoining Pine Grove Furnace State Park. Reservations required by August 11.
16-17	SS	Backpack		Glenn Oster	364-2864		Join us for a great weekend of trail work on the North Country Trail. It's a great opportunity to meet some people from other parts of the state from the Keystone Trails Association.
16-17	SS	Backpack	Easy	Wendell Phillips	831-2606	7am	Hike along the most beautiful trail in the east, swim stop included then climb to the highest point in West Virginia.
16	Sat	Bike	C	Ricky Kondas	672-3891	8 at HQ	Join Rick on this always popular trip along the Mon river side riding with lunch near the famous Henry Covered bridge in Mingo Park. Call for reservations.
16	Sat	Canoe	Solo School	Dave Marschik	271-4227		Solo Paddling School.
16	Sat	Hike	Easy	Pat Rossi	335-5067	8:30HQ	Baker trail at Crooked Creek. Leave HQ at 8:30 or New Kensington YMCA parking lot at 9:15. A pretty hike leading to a covered bridge over the hiking trail.
16-17	SS	Kayak	Begin	Lou Conley	681-8321		Beginner Kayaking School - see kayaking writeup for details.
16	Sat	Raft	All	Norm Snyder	351-4068		Raft trip on the Youghiogheny. Call for reservations.
17	Sun	Bike	C	Jeff Weiss	644-4478	9:00	Join Jeff on a pleasant ride through Fox Chapel to Hartwood Acres County Park. Alternate meeting place in Fox Chapel also possible. Call Jeff after 3 pm for more details.
17	Sun	Canoe	II trip	Gordon Bugby	371-4233		

1986 MS 150K BIKE TOUR

Pittsburgh to Moraine State Park

**SATURDAY and SUNDAY,
SEPTEMBER 6-7**

FUN FOR EVERYONE... THE MS 150K

WHAT?

The MS 150K BIKE TOUR — A leisurely two-day 150K ride through some of Western Pennsylvania's most scenic back roads. A great opportunity to meet new friends, win fantastic prizes, enjoy the outdoors and help fight Multiple Sclerosis.

WHEN?

The MS 150K departs from Pittsburgh at 8:00 a.m. (Registration is at 7:00 a.m.) on Saturday, September 6. We arrive back in Pittsburgh Sunday, September 7.

WHERE?

We leave Pittsburgh Saturday morning and ride through the scenic countryside (stopping for lunch) to the Moraine and McConnells Mill State Parks area. After a great dinner and overnight stay, we'll leave Sunday morning following a hearty breakfast for our trip back to Pittsburgh. (The ride is approximately 95 miles, round trip.)

WHAT CAN YOU EXPECT ON THE MS 150K BIKE TOUR?

Full accommodations. Food, lodging, snacks and safety considerations are provided for both Saturday and Sunday. Snacks for the ride, first aid and rest stops every 12 to 15 miles for those who need them. A support truck will carry overnight gear so everyone will ride with ease. Tour leaders for safe, professional support! You'll meet new friends and new challenges! Don't miss it!!

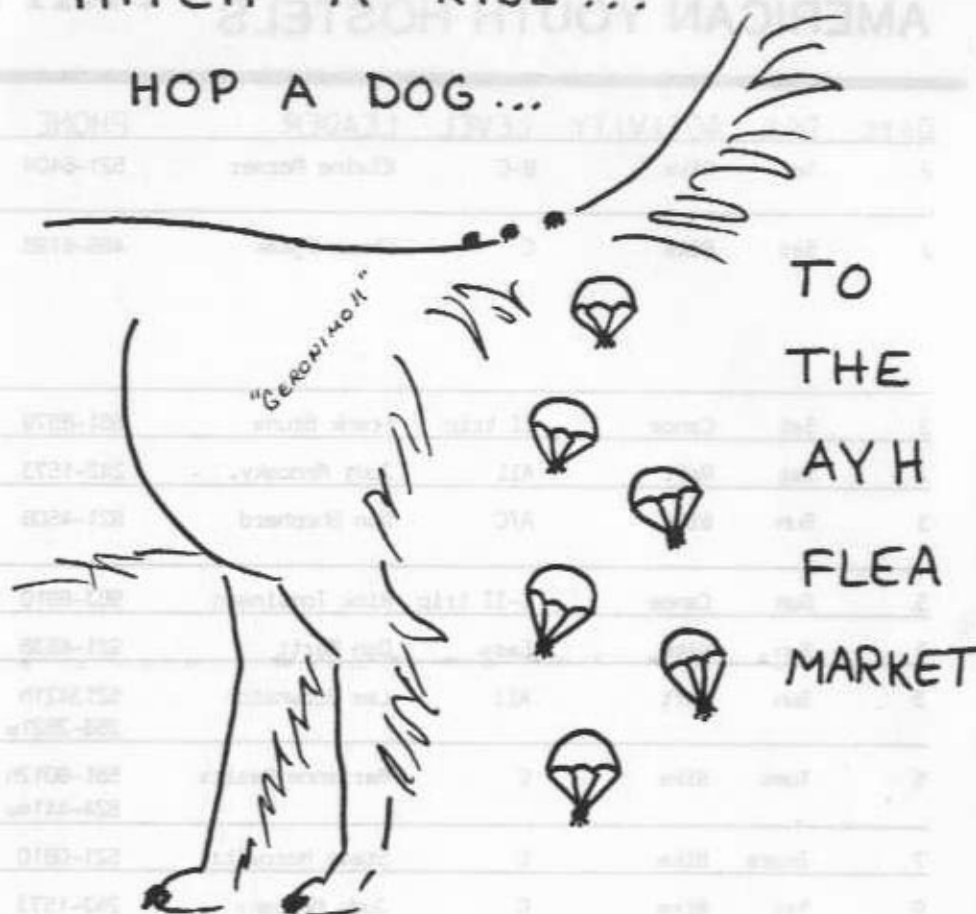
DON'T MISS IT!!

Each rider must obtain a minimum of \$150 in pledges. **It's easier than you think!** Ask your family, friends, neighbors, co-workers — **ANYONE!**
START NOW!

BIKE TOUR HOTLINE: 261-6347

HITCH A RIDE...

HOP A DOG...



AMERICAN YOUTH HOSTELS

FLEA MARKET FOR OUTDOOR GEAR

SALES SPACE FREE

**6:30 - 9pm
Sept. 11**



PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS

TRIPS

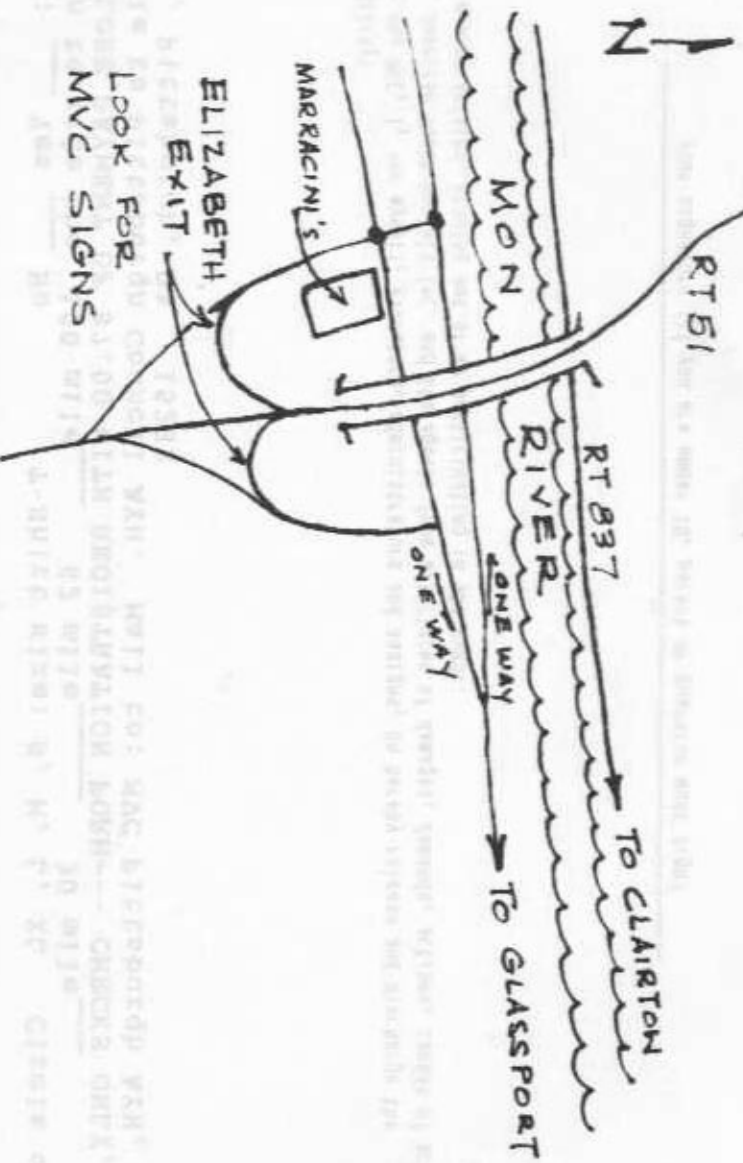


Go wild with us!

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
2	Sat	Bike	B-C	Elaine Morner	521-6404	9at HQ	60 miles from HQ or 30 miles from Hartwood Acres. Meet at Hartwood at 10:30. Call for reservations.
2	Sat	Bike	C	Chuck Ejzak	466-6196	8at HQ	25 miles. North Park to Evans City. A popular ride leaving from the Boathouse in North Park to Evans City, returning through Mars. Stick around after the ride for a bike inspection to promote AYH's involvement in the MS 150 bike tour. Meet at 9 am at North Park. 8 am at HQ.
2	Sat	Canoe	II trip	Frank Bruns	561-8579		
2	Sat	Raft	All	Judy Menosky	242-1573		Raft on the Youghiogheny. Call for reservations.
3	Sun	Bike	A/C	Don Shepherd	921-4506		High points of Pittsburgh. Tour some of the steepest hills in the city. Good time to try out those granny gears.
3	Sun	Canoe	I-II trip	Rick Tomlinson	963-8910		
3	Sun	Hike	Easy	Dan Martt	921-4638	8 am	Beautiful woods in Quebec Run Wild Area.
3	Sun	Raft	All	Lee Brownston	5213421h 268-2621w		Raft the Youghiogheny River. Call for reservations.
5	Tues	Bike	C	Marianne Kasica	561-9012h 624-4414w	6:30pm	Easy ride through the city. Ride starts at 6:30, be there by 6:15 if you need to rent. Reservations not required, but are appreciated.
7	Thurs	Bike	C	Steve Horowitz	521-0810	6:30	Evening cycle.
9	Sat	Bike	C	Judy Menosky	242-1573	9 at Elizabeth	Meet in Elizabeth and ride to Fayette City. Take a leisurely break at Crystal Swimming Pool. Bring your swimsuit and an extra \$3.00 for the pool. Non-cyclists welcome too. Reservations required. Call for more details.
9	Sat	Canoe	II-III	Kathy Lynch	327-0529		
9	Sat	hike	Inter	Wayne Hennemuth	787-7608	8:30	Laurel Highlands Hiking Trail.
9	Sat	Kayak	II	Gus Hughes	422-3936		Easy trip for people who have completed the beginner's Kayaking school. Call for info and reservations.
9	Sat	Raft	All	Shirley Ulaky	422-0849	7:30	Raft trip on the Youghiogheny. Call for reservations. See rafting writeup for more information.
9-10	SS	Sea-Kayak					Atlantic Coast Sea-Kayaking Symposium -- Castline, Maine. Weekend of kayak talk and boat-testing. A chance to kayak on salt water Thurs., Fri. before, and Mon. after (Aug. 7, 8, & 11). See Sally Brunson or Ted Self for more details.
Aug. 9	Sat	Cave	Begin	Bob & Vicki Nebes	782-2321		Con Cave -- a fun cave, with fissure passages, a rotunda, and lots of flowstone.

(NOT TO SCALE)

TO CENTURY III



The Rides

100 MILES

Travel a fairly flat route along the scenic Monongahela River from Elizabeth to Ten Mile Creek in Southern Washington County. Then it's the hills as you return through Bentleyville to Mingo Park. From Mingo the route flattens out for the return into Elizabeth. Lunch is provided.

100 KILOMETERS OR 62 MILES

The Metric Century ride is pleasantly flat as it follows the river south to Fayette City. The return trip includes lunch in Mingo Park near a historic covered bridge.

30 MILES

A wonderful ride for those who want a leisurely ride through some lovely countryside. A lunch stop in Mingo Park is provided.



1986 MVC

MON VALLEY CENTURY

Sunday August 31 7:00 AM

Join Pittsburgh Council AYH for an enjoyable day of bicycling through the Mon Valley of Western Pennsylvania. Three different lengths of rides are available to choose from: 100 miles, 100 kilometers, and 30 miles. All rides will be followed by a sag vehicle for those with bike problems. Weary cyclists have last priority.

For safety reasons, helmets are encouraged to be worn by all cyclists. Pittsburgh Council has a limited number to rent for a minimal cost.

WHEN AND WHERE

Meet in Elizabeth, PA - Rt 51 approx. 6 miles South of Century III Mall for registration from 6:30 - 7:00 AM the morning of the event.
See back for map and ride descriptions.

COST

The cost for the day is \$7.00 before August 21 (\$10 after August 21) and includes lunch and T-shirt. Bring money to buy additional snacks at any of the many convenience stores along the routes.

MVC (Please Print)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AYH Member: Yes No T-Shirt size: S, M, L, XL Circle one
I plan to ride the 100 mile 62 mile 30 mile
PLEASE ENCLOSE PAYMENT OF \$7.00 WITH REGISTRATION FORM--- CHECKS ONLY, PLEASE.
Made Payable to Pittsburgh Council AYH. Mail to: MVC Pittsburgh AYH, 6300
Fifth Ave., Pittsburgh, PA 15232

Waiver of responsibility:

In participating in the MVC, I, for myself, executors, administrators and assigns, do hereby release and discharge the Pittsburgh Council, American Youth Hostels Inc. and its agents from all claims of damages, demands, actions, causes of actions whatsoever, in any manner arising, growing out of my participating in the event.

your signature (if you are under 18, parent or guardian must sign)