

The Golden Triangle

SEPTEMBER 1985

VOL. 36 NO. 9

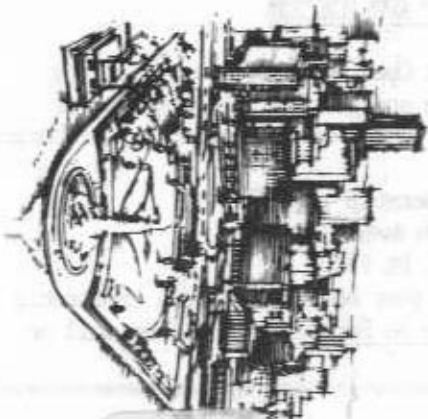


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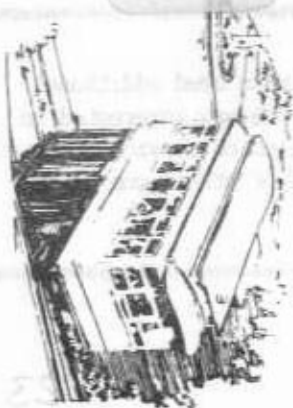
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THE GOLDEN TRIANGLE

PITTSBURGH COUNCIL

AMERICAN YOUTH HOSTELS

6300 Fifth Avenue
Pittsburgh, PA 15232

Phone: 362-8181



**American
Youth
Hostels**

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 8 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 at the meeting. Come out and join us!

OPEN HOUSE PROGRAMS FOR SEPTEMBER

- Sept. 5 Touring Switzerland and Bavaria in Spring by Sara Moss
- Sept. 12 No one has expressed interest in giving a presentation this week. If you would like to give a show call Bob Goff at 761-2837.
- Sept. 19 Paddling in the 10,000 Islands by Lynn Hackett.
- Sept. 26 Watch and help volunteers assemble the October Triangle.

WORLD ADVENTURE UPDATE

TIME TO PLAN FOR WINTER SKI TRIPS

Check your World Adventure catalog (page 32) for skiing trips now, especially if you wish to vacation around Christmas - New Year's time. Early signup will insure a spot for you. AYH offers five skiing holidays in the Cascades, New York, Colorado, New England and a twenty-one day trip to Switzerland. Downhill and cross-country are available at most locations.

Questions? Call Marilyn Ham (687-4520) or Bill Johnston (687-4893).

SAIL AWAY...

Bahamas Sailing, Jan. 18-25. Sponsored by Metropolitan Chicago Council AYH. Beginners welcome. Live aboard 40 foot Morgans. Fee \$548 includes airfare, sailboats, food, ground transportation, lodging. Write Metropolitan Chicago Council, AYH, 3712 North Clark St., Chicago Illinois 60613. Call (312) 327-8114.

AYH MEMBERSHIP APPLICATION

AYH memberships are available at Open House meetings. If you cannot attend a meeting, fill out the application at the bottom of this page and send it along with 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 \$7.00 by mail or \$6.00 at Headquarters.

CHECK ONE:

- ☐ \$10.00 Youth
- ☐ \$20.00 Senior (18-59 years)
- ☐ \$10.00 Senior (60+ years)
- ☐ \$50.00 Organization (non-profit only)
- ☐ \$30.00 Family
- ☐ \$200.00 Life
- \$ _____ Tax-deductable contribution

NAME _____

ADDRESS _____

PHONE _____ NEW/RENEWAL _____

BIRTHDATE _____

OUR COUNCIL IS A VOLUNTEER ORGANIZATION. We always need additional leaders and others willing to donate time. If you are interested in contributing your efforts to any of the activities or service-oriented areas, contact a member of the Activities Board or attend one of the Activities Board meetings.

OCTOBER ISSUE DEADLINES: September 5 ads, trips and articles.
September 26 Production Party

NOVEMBER ISSUE DEADLINES: October 3 ads, trips and articles.
October 24 Production Party

COVER Joy Layton

Did you read this Triangle yet? (or did you turn to the best page first?) You maybe noticed the nominations for next year's Activities Board. Those glaring black lines mean that a position needs to be filled. Trails coordinator Glenn Oster sure could use some help. AYH is responsible for the Baker Trail, Rachel Carson trail, and others. Also notice the empty space under Layout. I need someone semi-artistically inclined to help me put the Triangle together after it's been typed. If you can draw a straight line, then you qualify.

Isabel's personality and ideals shine through in her own words taken from the Spring Knapsack, 1937: "Increasingly we feel that we are one big family. Being a family I feel free to give you a little motherly advice. You are all planning now for your summer holidays. Let me suggest a few things it would be well to pack up and take along with you. Be sure to take a big appreciation of simple things - plenty of joy in the out-of-doors - an ample supply of joking (the kind that never hurts) - quantities of patience and tolerance to be shared with all, even if some of us don't deserve it - and, lastly, joy in your own deft fingers. If you take these with you, you'll discover what fun it is to belong to a big family, the jolly family of Youth Hostellers."

For a brochure about the Gettysburg Hostel, send your name, address, and a first class stamp to: AYH Hostels, 6300 Fifth Ave., Pittsburgh, PA 15232

CPR - FIRST AID

I have a CPR card that expires this month. A group of us took the training two years ago at HQ. Were you one of this group? Would you like your CPR certification? We will need a class of 10 to 12 people to set up our own training session. If you have an interest call Jack Peth at 921-7214.

FIRST AID - We need to get a lot more folks trained in all levels of first aid. We could go to the Red Cross. We could have our own Red Cross training. We could have practical training which would not get you a card. With fall and winter nights coming, we could take some real strides to improve our skills. Your thoughts? Do we need First Aid? At what level? What schedule would fit you best? A note or postcard please to Jack Peth, 125 Elmont St., Pittsburgh, PA 15205. Let's hope YOU can get something off the ground.

CELEBRATION 85 BUILDING BRIDGES FROM GIRLS TO WOMEN

This is the theme for the Girl Scouts' program which will require our support. Yes, we need volunteers to help with this event which is taking place at the D.L. Convention Center on September 13th and 14th. We need people for Saturday, Sept. 14 to put on two ½ hour long presentations on the nuances of bicycle touring, and two ½ hour presentations on backpacking. Additionally, we will require assistance for the same day in presenting a slide presentation which is to be shown continuously from 10 am to 5 pm. The slide presentation is to convey an awareness to adults and children about the resources in their environment. All volunteers will be admitted free of charge. Parking will probably be at a reduced rate and someone has been rumor-ing that beef jerky will be available for lunch. If you would like to help please call me or my machine at 364-8775. Rich Vangenewitt.

CAN YOU FIND THE CANOE CO-CHAIRPERSON?

If Steve Shafer has been hard to reach lately, it's probably been because he's been a moving target: moving from Shadyside to Brookline. His new address and phone numbers are: 209 London Towne Drive, Pittsburgh, PA 15226, 481-0507h, 578-2527w

HOUSEPARENTS WANTED?

AYH Inc. is always looking for new houseparents/ hostel managers for full time or seasonal positions. If you would like an application send your name, address, and a first class stamp to AYH Hostels, 6300 Fifth Avenue, Pittsburgh, 15232

Reminder keep the weekend of Nov. 22-24th open. This is the AYH National Convention to be held in nearby Columbus, OH (it's all downhill from Pittsburgh). Here's your chance to meet other strange AYH members from all over the country. For reservation forms, see

RAFTING

Shirley Sedmack Ulaky 422-0849
Susan Krotec 661-8485

GAULEY RIVER!!!! Sept. 14-15. Explore the adventure of the Gauley River. Two days, two trips. Sat. experienced rafters only, as the AYH 8 man raft travels the most hazardous big water in the Eastern U.S. Sunday, beginners and experienced paddlers alike can join in as we take the 8 man and two 4 man rafts down the exciting lower Gauley. Deposit by Sept. 9 a must! No reservations will taken past that time. Send a \$10 check to Gus Hughes (see New River Weekend). Absolutely no refunds!

SEA-KAYAKING

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

Sea kayaking invites paddlers of all levels. Trips will meet at HQ at the time stated. The number of boats is limited, reserve early. Wear warm clothing in layers. Bring lunch and dry clothing in a waterproof container if possible. For further information, call any of the leaders. Trip locations may be changed as water and weather conditions dictate. Check with the trip leader for up-to-date info. Trips in addition to those listed may be organized at Thursday night meetings.

VOLLEYBALL

Steve Martin 469-3153

Steve is uncertain whether volleyball will be held indoors or outdoors during September. Give him a call to find out where it's at!



Schwinn Bicycles

KRAYNICK'S BIKE SHOP
EXPERT SERVICE

New, Used and Antique Bikes and Parts

For Sale or Trade

5003 Penn Ave., Pgh., PA 15224
(412) 621-6160



HIKING

Wayne Hennemuth 654-2630

Tom Kaveney 276-8044

Starting September 12th - Thursday Evening Strolls before the AYH meeting. Easy (though briskly paced) walks around the neighborhood. FREE! Meet at HQ at 6:45 pm. Would you like to lead one? Call Wayne or Tom.

KAYAKING

Lou Conley 681-8321

Ray Yutzy 341-5682

AYH beginning kayaking schools are held once a month, June through September, each summer. These schools provide an introduction to the exciting sport of kayaking and 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 the 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 date for the remaining 1985 beginner school is Sept. 7-8. Space is very limited and preference will be given to AYH members, so sign up early. Call Lou Conley for additional information.

Ray Yutzy will be conducting a 12 week kayaking course using the AYH boats at Community College of Allegheny County, Northside campus pool, free parking. Beginners and novice paddlers are welcome to sign up. Learn to perfect your roll. Customary low price. Advance registration is required. It will be on Monday evenings, starting Sept. 23rd. There will be a 6:30 and an 8:30 session. If you want to know more about the course, call Ray at 341-5682. Call CCAC Continuing Education to register at 237-2525.

HEY! LOOK! WE HAVE...

-----THE FRESHEST PRODUCE

-----THE BEST POULTRY

-----THE LEAST EXPENSIVE
HERBS AND SPICES



EAST END
FOOD CO-OP

5474 PENN AVE. 361-3598

MON-FRI 10 AM - 8 PM

SAT 10 AM - 6 PM

SUN 12 PM - 4 PM

St. George Weekend in West Virginia



SEPTEMBER 13 - 15

DEADLINE SEPTEMBER 5 (Honest)

This is a peaceful, well-kept valley in the WV mountains. The bunkhouses have hardwood floors and good mattresses. The community hall and mess hall are even nicer and have fireplaces. There is plenty of hot water for showers, flush toilets, coin laundry and a swimming pool. The \$19 price includes two nights lodging, Sat. breakfast, packed lunch, Sat. dinner and Sun. breakfast. Mail check (made payable to Pittsburgh AYH) to Wayne Albright, 944 Deely St., Pgh, 15217. Meet at HQ Friday, Sept. 13 at 6 pm.

WHAT TO BRING: Swimsuit, Sunday lunch, money for transportation (about \$10), money for your pre-arranged activity (climbing, caving, etc.), jacket, ice cream maker?, popcorn popper?, sleeping bag.

TRIPS & LEADERS (Your responsibility ahead of time)

CAVING John Popp 885-2126

HIKING Ben Brugmans 736-2751

CANOEING Jim Gogots 384-9149

BICYCLING off road Don Shepard 921-4506

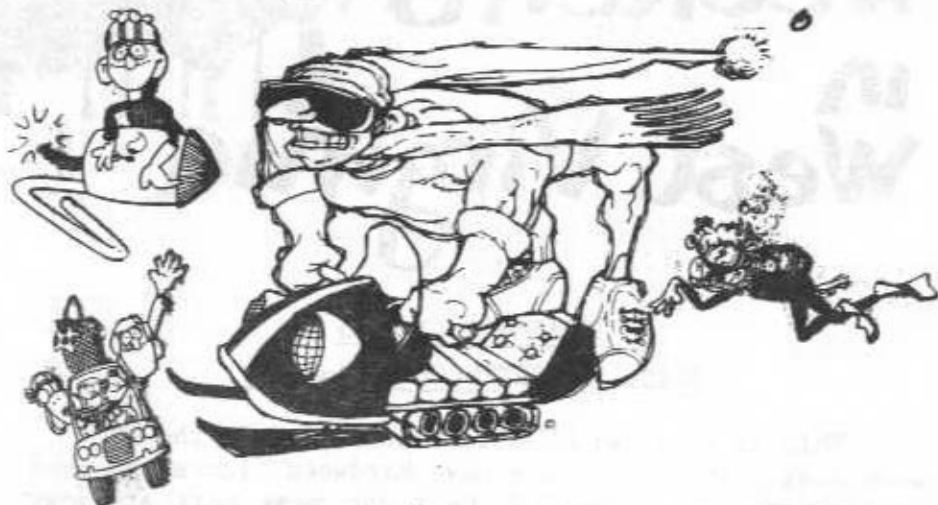
CLIMBING Dan Martt 921-4638 Eric Bauer 687-0766

Cass Scenic RR and Natl. Radio Astronomy Observatory

TOUR Wayne Albright 421-0996



Hurry on Over!



to

AMERICAN YOUTH HOSTELS

FLEA MARKET FOR OUTDOOR GEAR

Sept. 12 6:30 - 9pm



**PRICES TO GET
EXCITED ABOUT!!**

SALES SPACE FREE

John Popp 885-2126
Paul Herre 653-7934
Roy Provins 784-9127

As always, please call your trip leader for more details and how to be properly prepared so that you can enjoy this fun and exciting sport of caving. Caving trips are run "rain or shine", unless otherwise stated. Please let your trip leader know as soon as possible if you have to cancel from a trip, this will allow someone else to possibly take your spot. Thank you.

Day trips will be leaving from Camp Horseshoe both days of the St. George weekend. Caves visited will depend on the level and interest of the trippers. Possibilities are the Sinks of Gandy, Flower Pot, Bowden, and Red Run. Be sure to register early, as equipment is limited.

NOT ON THE TRIP CALENDAR: Sept. 6,7. Join Norm Snyder on an intermediate cave trip to West Va. See miles of cave. Leave Friday night and return Sat. night or Sun. morning.

CLIMBING

Dale Vilsack 343-8379
Eric Bauer 687-0766
Karl Mormer 521-6404

The beginner's climbing trips at White Rocks meet at HQ at 7:00 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 chairpeople for reservations.

A Note From Scott Hill:

Climbers - Have you been thinking about adding a new piece to your rack? We recently bought two small Lowe TRI-CAMS and found out that they are very functional and simple to use. Size $\frac{1}{2}$ (useful $\frac{3}{4}$ " to 1") and size 1 (useful $\frac{7}{8}$ " to 1 $\frac{3}{16}$ ") can be used to supplement your smaller Friends and will work well in shallow cracks or small pockets where a Friend placement is shaky at best. TRI-CAMS come with a sling rated at 2,000 lbs. minimum. We found them especially useful in those shallow finger cracks at the Gunks.

TRI-CAMS work through a camming action of their cam rails against a fulcrum point. On the smaller TRI-CAMS, the body is forged (up to size 4), while the larger sizes are stamped. The advantage of the forged design (on the rock we climb) is that the fulcrum is proportionately larger and allows for good surface contact. Unlike the old SMC Camlocks, which seemed to me to get stuck too well or jiggle out after you passed them, the TRI-CAMS are easy to place and easy for the second to get out later.

HARPERS FERRY - ANTIETAM BATTLEFIELD BIKE RIDE COMING UP OCT. 4-6!

Explore Antietam Battlefield and the C&O canal trail around Harpers Ferry. Join Dan Maritt and Cliff and Marilyn Ham for two days of scenic riding. Spend two nights at the Kiwanis Hostel, Knoxville, Maryland (near Harpers Ferry). Questions?? Call the Hams at 687-4520. You must reserve by September 25. Send a \$10 deposit to Marilyn Ham, 3729 Parkview Ave., Pittsburgh, PA 15213.

BIKES PARTS AND ACCESSORIES YOUR FIRST CHOICE



THE
BIKE RACK
INC.

2010 MURRAY AVE.
SQUIRREL HILL
521-1565

3902 SAW MILL RUN BLVD.
BRENTWOOD
882-6166

3920 WM. PENN HWY.
RT. 22
MURRYSVILLE
327-6430

729 ALLEGHENY RIVER BLVD.
VERONA
826-1111

CANOEING

Steve Shafer 481-0507h 578-2527w

Kathy Lynch 327-0529

The AYH canoeing program provides opportunities to learn to paddle, increase your skills through progressive schools, and go out on trips just any weekend. You can bring your own equipment, or rent a canoe and gear for \$6/boat. AYH canoe schools and trips are normally one day each, with occasional weekend or longer trips. You should paddle on a few trips after taking one school before going on to the next, as mastery of the previous skill level is assumed as one progresses.

Bring non-cotton clothing, hat, water bottle, glasses tie-on, 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.



AYH
ANNUAL
FALL
PICNIC

COME ONE, COME ALL!!!!
FUN - GAMES - GOOD FOOD
AND SQUAREDANCING
BY

DOLORES HEAGY

SUNDAY, OCTOBER 13TH

3:00 PM: GAMES AND GOOD TIMES!
5:00 PM: DINNER!! (GOOD FOOD! YUMMMMMM!)

RIVERVIEW PARK

IF YOU WISH TO BRING FOOD, PLEASE INDICATE
ON THE COUPON BELOW.

MEMBERS: \$6.00 NON-MEMBERS: \$7.50
ADD \$1.00 LATE FEE IF YOU PAY AFTER OCT. 5TH.
MAKE CHECKS PAYABLE TO: PITTSBURGH AYH AND
MAIL TO: LARRY LAUDE, 210 SOUTH ATLANTIC,
PITTSBURGH, PA 15224.

FOR MORE INFO CALL MARIANNE KASICA 561-9012
.....

NAME _____

PHONE _____

MEMBERS @ \$6.00/PERSON _____

NON-MEMBERS @ \$7.50/PERSON _____

CHILDREN UNDER 12 @ \$3.50/PERSON _____

LATE FEE (AFTER OCT. 5) @ \$1.00/PERSON _____

TOTAL ENCLOSED _____

I WOULD LIKE TO HELP _____

We're not just for kids...

Get Involved!

It is time to commit yourself to helping in the planning of our council. The Activities Board meets monthly and discusses issues involving all aspects of AYH. If you would like to help, we'll be looking for people to fill vacancies on our Activities Board. Wherever you see a blank line in the list below, we need a volunteer. Call Pat Tieman, chair of the nominating committee, at 561-3286.

PRESIDENT Larry Laude
 TREASURER Fred Hull
 *ASST. TREASURER Jack Asherman
 RECORDING SECRETARY Marianne Kasica
 *CORRESPONDING SECRETARY Lynn Ejzak
 HEADQUARTERS Gary Ludwig
 TRIPS COORDINATOR Pat Tieman
 EDITOR Joy Layton
 LAYOUT _____
 *TRIANGLE ADS Lucy Hofmann
 *TRIANGLE PRODUCTION Don Hoecker
 PROGRAM Bob Goff
 HOSTEL OPERATIONS Len Benson
 Jim Gogots
 HOSTEL DEVELOPMENT Joe Hoechner
 *FRANCHISE Rita Long
 *LIBRARIAN Joel Platt
 SERVICE Rich Vangenewitt
 ENVIRONMENTAL SERVICE Cliff Ham
 SPECIAL EVENTS Thomas Kinsman
 MEMBERSHIP Blanche Asherman
 *TELEPHONE RESPONSE Blanche Asherman
 PUBLICATIONS Bruce Sundquist
 TRAILS COORDINATOR Glenn Oster

COUNCIL STORE Shelley Werner
 Patty Kreps

EXTENDED TRIPS Marilyn Ham
 Bill Johnston
 PUBLICITY Joe Hoechner
 FAMILY ACTIVITIES _____
 BOARD OF DIRECTORS
 Barry Govenor
 Larry Laude
 BACKPACKING Jack Peth
 Harriet Ann Seiner
 BICYCLING Chuck Ejzak
 Rick Kondas
 CANOEING Kathy Lynch
 Steve Shafer
 CAVING John Popp, Paul Herre
 Roy Provins
 CLIMBING Dale Vilsack
 Eric Bauer
 X-COUNTRY SKIING Fred Parker
 Steve Tubbs
 HIKING Tom Kaveney
 Wayne Hennemuth
 KAYAKING Lou Conley
 Ray Yutzy
 RAFTING Shirley Ulaky

 SEA-KAYAKING Tom Trump
 Paul Kram, Cathy Lynch
 VOLLEYBALL Jeff Marsh

Vice Presidents are elected by the Activities Board at the meeting following the election.

SEPTEMBER TRIPS AND 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).

BACKPACKING

Jack Peth 921-7214h 777-5365w
 Debbie LaPlace 795-4179

Backpacking weather is with us! Still warm days and cooler nights. How about an outing? We have equipment to rent for all AYH trips. Would you like a trip to go to a favorite spot, or to investigate a new area? How about leading or co-leading an AYH trip so that you can go to these new places. Talk to Jack or Debbie, they'll give you all the help you need!

TRIP CLASSIFICATIONS

NOVICE - No previous experience necessary - a training trip. 6 to 8 miles over two days. Must have been on day hikes.
 EASY - 8 miles flat or 6 miles hilly trail per day.
 INTERMEDIATE - Twixt & Tween.
 ADVANCED - For the experienced backpacker, +15 miles flat or 13 miles hilly trail per day over difficult trails.

Join Norm Snyder on a trip around the Grand Canyon backpacking, caving and mountain climbing. Last week of Sept. to first week of October. Call Norm at 351-4068 for more info.

BICYCLING

Rick Kondas 672-3891
 Chuck Ejzak 466-6196

Coming in October - FALL FOLIAGE SPECIALS - Low mileage (low energy) scenic trips. Carefully selected tours with lots of picture taking opportunities.

BICYCLE TRIP CLASSIFICATIONS

A - Advanced rides - >60 miles, 15 mph pace
 B - Intermediate rides - 35 - 60 miles, 12 mph pace
 C - Easy rides - 15 - 35 miles, 10 mph pace
 D - Beginner rides - 10 - 15 miles, 8 mph pace
 E - Learn to ride

PAT TRIES NEW SPORTS

Finding that I had two free days this weekend, I decided to try two activities in which I have not been very active. They were sea-kayaking and cycling.

I signed up for sea-kayaking on Saturday. Tom Trump called me before the trip to tell me what I would need. We picked up the boats and drove to the put-in on the Allegheny near Harmarville. The kayaks are all numbered as well as paddles, life jackets and spray skirts. (It is easy to see that a teacher is one of the sea-kayaking chair-people!). Tom was very helpful giving us quick instructions on getting in and paddling the kayak. I paddled around awhile and realized it's harder than you think to go straight. We paddled upstream to a lock and enjoyed going through with lots of motor boats. The trip along the river was pretty enjoyable. Going downstream went much faster and although we were all tired, it had been a fun day. This new AYH activity is relaxing and easy to learn. (If I can do it, you can do it!)

On Sunday I decided to try cycling since most AYHers enjoy this activity. I had been on short trips before, but had not cycled this year. Chuck Ejzak had recommended his trip to Mingo Creek Park as it was fairly flat and easy. We started in Elizabeth and peddled along the river. It was beautiful and fairly flat, as Chuck had said. By the time we reached the park I was tired and sore. We ate lunch and rested, then started for an ice cream place. I was going to quit at the ice cream stop and wait for Dan Martt to pick me up in the car as I was very sore. (You cyclists know where I mean) On the way to the store, I fell on a bridge and scraped my arm and leg. Now I was not going any further for sure. My arm and leg were painful, but I enjoyed the ride and hope to get a bike of my own soon (one with a soft seat).

MEMBER CLASSIFIEDS

(The Golden Triangle is happy to print classified ads from AYH members subject to available space and deadline restrictions. ed.)

RENTAL: One bedroom apartment with garage. \$300 including heat and water. Near Monroeville Mall. 823-1790.

APARTMENTS FOR RENT: Lafayette Ave. North Side (near intersection of Federal St. extension and Perrysville Ave.). 2nd Floor, 5 room, \$250/month plus utilities. 3rd floor, 3 room, \$175/month plus utilities. Call Terry, 321-2382.

WANTED: Boaters interested in sharing inexpensive garage in Shadyside for boat storage. Contact Beckie Staub at 661-0546.



THE PRESIDENT'S CORNER

The biggest news of the past month has been our pursuit of an unused Pittsburgh school building as a new headquarters. As most of you know, our current headquarters in Mellon Park, although it has a distinguished history and lots of "character", is missing a lot in terms of size and basic amenities. We've been looking for a replacement over the past few years and think we've found a near ideal solution. The building is larger than our own needs require, so we'll be making space and services available to environmental and outdoor recreation organizations to help cover our costs. We'll let you know more as planning and approvals progress. As the project develops, we'll need help, resources and money to move things along. If you can provide any (or all three) of these, please get in touch with me, Bill Johnston, or Joe Hoechner.

On recent Board meetings: At the July Activities Board meeting, the Mars, Lake City (Erie), Pittsburgh, and Chiopyle hostels were approved for 1986. The Chestnut Ridge hostel near Morgantown was not approved. At the August Activities Board meeting, the Jennerstown and Schellsburg hostels were approved. The Fombell hostel is still under review. The Activities Board committees for 1986 were approved, with the addition of Family Events Coordinator, and the deletion of Hostel Clubs and Leadership Development. At a July Board of Directors meeting, the new headquarters proposal was endorsed, and a \$1 postage and handling charge for mailed membership applications was approved.

As you can see, I'm still running this column under the banner "The President's Corner". Although I enjoyed most of the suggestions Joy printed in the last Triangle, I decided to keep the one I started with.

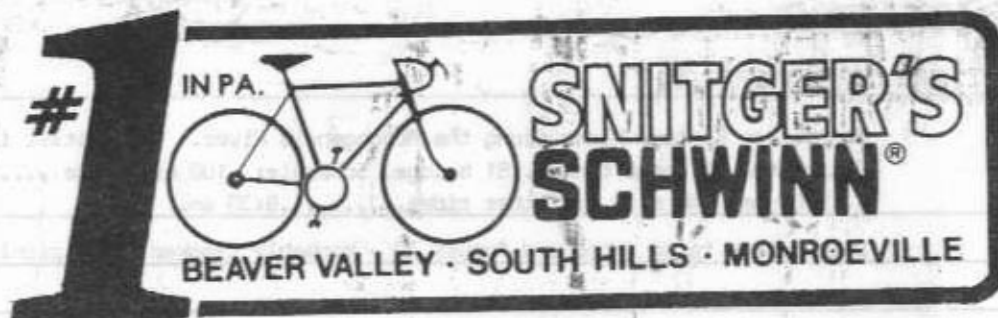
As always, if you have any comments, suggestions, or complaints, write or give me a call. Larry Laude, 210 South Atlantic Ave., Pittsburgh, PA 15224-1707, (412) 665-9554



WANTED TO BUY: 1 used kayak with spray skirt and paddle. Need small boat, preferably Dancer. Please call (304)293-4536 and page me during the day, or call (304)599-8339 collect evenings (I work a lot - keep trying). If all else fails, send me a note at 1231 Van Voorhis Rd., Apt.2. Morgantown. WV 26505. Susan Pollack.

MORE SEPTEMBER TRIPS...

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
14,15	SS	Sea-Kayak	Inter	John Reiling	362-5026	8am	Overnight sea-kayak/camping trip to an island on Cheat Lake. One day previous experience necessary.
15	Sun	Hike	Inter	Jack Peth	777-5365w 921-7214h	8amHQ	Hike on Warrior Trail. Wear long pants.
15	Sun	Bike	ABC	Chuck Ejzak	466-6196		NEOC (Northeast Ohio Century)ride. See Chuck for details.
15	Sun	Canoe	2 Trip	Gordon Bugby	371-4233		Great canoe trip.
21,22	SS	Backpack	Easy	Jack Peth	921-7214h 777-5365w	8amHQ	Hike on Laurel Highlands Trail. Planning on group cooking. Please sign up by Sept. 12.
21,22	SS	Bike	A,B	Chuck Ejzak	466-6196		TASSLE (Tour Along Southern Shore of Lake Erie). See Chuck for info.
21	Sat	Climb	Begin	Chairpersons	see list		Last (Yeah!) beginner trip to White Rocks (near Uniontown) for this year. See the Climbing write up.
21	Sat	Family	All	John & Lori Drndorff	244-0746		Bike, Hike,Swim (?) at North Park for families with young children.
21	Sat	Hike	Inter	Debbie LaPlaca	795-4179	8amHQ	Mystery hike with destination to be announced.
22	Sun	Hike	Easy	Joe Levine	241-3265	9:30	Easy hike in Harrison Hills.
22	Sun	Sea-Kayak	Begin	Cathy Lynch	361-3707	8:30	Easy trip on the Final Yough.
27,28,29	FSS	Backpack	Inter	Debbie LaPlaca	795-4179	7pmHQ	Leave Friday evening for the Otter Creek area of Monongehela Natl. Forest. Call for info and reservations.
28	Sat	Bike	C	Jeff Marsh	466-7841	8amHQ	Mountain bike in Hidden Valley area. Rentals available about \$25.
28	Sat	Canoe	2 Trip	Kathy Lynch	327-0529		Terrific canoe trip.
28	Sat	Hike	ADV	Tom Kaveney	276-8044	8amHQ	Some tough hiking, but great scenery on the south end of Laurel Ridge.
28	Sat	Sea-Kayak	Begin	Tom Trump	284-7349w		Destination to be announced.
29	Sun	Bike	B	Terry Gossard	321-2382		Ride in the North Hills.
Oct. 4,5,6	FSS	Backpack	Inter	Ben Brugmans	736-2751	7amHQ	Leave Friday morning for Dolly Sods area in wild and wonderful WV!
Oct. 4,5,6	FSS	Bike		Cliff & Marilyn Ham	687-4520		Harpers Ferry - Antietam Battlefield ride. See bicycling writeup. Must reserve by Sept. 25.



395 Third St.
Beaver, PA.
774-5905

Rt. 51 South
Large, PA.
384-8477

4916 Wm. Penn Highway
Monroeville, PA.
325-4660

**The
Remarkable
Schwinn
No-Time-Limit
Warranty.**

**OUR EXCLUSIVE
SERVICE
GUARANTEE
PARTS**

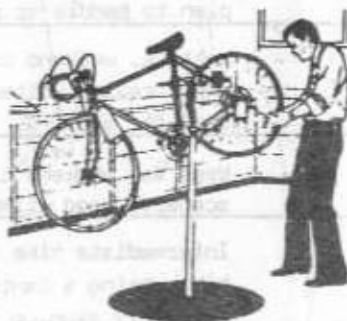
We sell only the finest in quality parts each guaranteed to give many hours of riding pleasure. Should any part be found to be faulty it will be replaced **AT NO CHARGE.**

WORKMANSHIP

We pride ourselves in quality workmanship and will correct any part or accessory installation not found to be to the customer's satisfaction... **AT NO CHARGE!**



**SPENCO SPORTS MEDICINE
PRODUCTS FOR CYCLISTS**



EXKURSION

4123 WILLIAM PENN HIGHWAY
MONROEVILLE, PA 15146

SEPTEMBER TRIPS & TRAILS

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
1	Sun	Bike	A,B,C	Chuck Ejzak	466-6196		Mon Valley Century Rides along the Monongehela River. Rides start in Elizabeth, PA under the rt. 51 bridge. Schedule: 100 mile ride..... ...8:00 am; 40 mile and other rides.....9:30 am.
2	Mon	Sea-Kayak	Begin	Cathy Lynch	361-3707		Destination to be announced August 29 - probably Crooked Creek picnic
5	Thurs	Bike		Jeff Weiss	661-2507	10:30HQ	
6,7,8	FSS	Backpack	Inter	Fred Parker	824-2638	7pmHQ	Getaway Friday evening for somewhere in Allegheny Natl. Forest.
7	Sat	Bike	B	Ricky Kondas	672-3291	9:30	Meet in Elizabeth.
7	Sat	Canoe	2 Trip	Kathy McGregor	421-8551		Nifty trip.
7,8	SS	Climbing	Inter	Chairpersons	see list		Seneca Rocks.
7	Sat	Hike	Inter	Steve Tubbs	751-2158	8:30	Mystery trip to scenic somewhere. Meet at HQ.
7,8	SS	Kayak	Begin	Lou Conley	681-8321		Beginner kayak school. See write up under Kayaking.
8	Sun	Bike	C	Chuck Ejzak	466-6196	9:30HQ	Fox Chapel area. 25 miles.
8	Sun	Sea-Kayak	Begin	Cathy Lynch	361-3707	noon	Meet at HQ. Bring picnic snacks, paddle to McKeesport to see Pittsburgh Dance Alloy performance.
12	Thur	Hike	Easy	Joy Layton	486-4753	6:45pm	Easy hike before the AYH meeting. Don't call to reserve; just show up at HQ, rain or shine.
14,15	SS	Bike	C	Chuck Ejzak	466-6196		West Va. weekend scenic rides. Organize and leave from Camp Horse-shoe after breakfast. See St. George full page ad. Deadline Sept. 5
14,15	SS	Bike off road		Don Shepard	921-4506		West Va. weekend off road bicycling. See ad and sign up by Sept. 5.
14,15	SS	Canoe	?Trip	Jim Gogots	384-9149		West Va. weekend canoeing will be on the Cheat River - Class I - or one of the forks - Class II-III - if there is water. Call if you plan to paddle or need a boat no later than Sept. 5
14,15	SS	Cave	All	John Popp	885-2126		West Va. weekend cave trips leaving from Camp Horseshoe. More details under caving writeup. See how to register under ad in this issue. Deadline Sept. 5.
14,15	SS	Climb	Begin	Dan Martt	921-4638		West Va. weekend climbing in Dolly Sods at Bear Rocks. Beautiful scenery, good climbing! Sign up by Sept. 5.
14,15	SS	Hike	Inter	Ben Bruymans	736-2751		Intermediate hike in Dolly Sods high country. A wildlife and nature hike, bring a canteen. Part of the spectacular West Va. weekend. Mandatory sign up by Sept. 5.
14,15	SS	Tour	All	Wayne Albright	421-0996		West Va. weekend tour of Cass Scenic RR and the Natl. Radio Astronomy Observatory. Don't miss this!! Reserve by Sept. 5.