



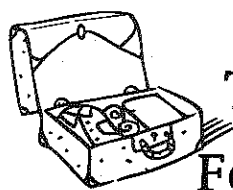
GOLDEN TRIANGLE

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 46, NUMBER 6

AUGUST 1996



Travel Features

The Pittsburgh Hostel is under Construction!!!
See Page 3 for Details

Hostelling International has opened several new hostels; See page 4 and page 8 for details

Wilderness Lodge Bicycle Touring Weekend. This weekend we'll be bicycle touring through the relatively flat roads around Wilderness Lodge in Erie County. Meals and lodging all included in one price; see page 8 for details. All kinds of bikes are invited! -relaxed country touring only- racers need not apply.

HI-Pgh on the information super highway, point your browser to;
<http://info.pitt.edu/~marianne/ayhpg.html> for the latest on activities, slide shows & local hostelling.



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.....And MORE!!!

Mon Valley Century Bicycle Tour

The eleventh Mon Valley Century Bike Tour is scheduled to begin at 6:30am on Sunday August 25, 1996. Once again, about 1000 cyclists will start in Elizabeth, PA from the dance studio, and tour the mid Mon Valley through Allegheny, Washington, Westmoreland and Fayette Counties. You can find Elizabeth along the Monongahela River, approximately 15 miles SE of Pittsburgh at the southern tip of Allegheny County. Follow Route 51 South about 5 miles south of Century III Mall, cross the river then take the first exit on the right into the town. Turn right at the traffic light and about 3 blocks ahead on the left will be the dance studio. Parking will be available here, under the Route 51 bridge, at metered street spaces (free on Sundays) and at the southern end of town.

The routes are the same as they have been for the past 2 or 3 years. You will have a choice of 100 miles, 70 miles, 50 miles or 30 miles. Large sections of each ride follow the Monongahela River. The scenery varies from industrial towns to spectacular views of the river and wooded hillsides. 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 and are well suited for intermediate and beginner riders. All routes will also be marked with arrows on the pavement where practical.

A lunch stop is included for all riders at a local park along the river. Watch the barges and the speed boats as you refuel for the rest of the ride. Those doing 70 miles receive one additional snack stop in the morning, and Century riders receive 2 snacks in addition to lunch.

A support vehicle (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. If this is to be your longest ride of the season, training beforehand is critical!! Carry a spare tube even if you can't change a flat, someone behind you probably can, and waiting for official help may take a while. Better yet, learn how to do it yourself, and then you can be the good samaritan and help out someone else.

The cost of the MVC is \$11 postmarked by August 5, 1996; \$15 thereafter and the day of the ride. T-shirts are not included in the basic price, but will be only an additional \$8. Only riders who prepay for a t-shirt with their registration by August 5 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).

Volunteers are always needed for an event this size, so if you or a family member can't ride, please consider helping out. The most people are needed in the morning with registration and parking, and the various rest stops.

For more information call the AYH Office at 412-422-2282 or Lynn & Chuck Ejzak 412-653-3257 (note: this is a different number than the past 10 years).

As always, the Pittsburgh Council AYH requires all cyclists to wear an approved bicycle helmet for this event. Look for helmets approved by ANSI Z.90 or Snell B90 standards.

Proceeds from the MVC benefit the Pittsburgh Hostel Fund and will be used to help open the International Youth Hostel in Pittsburgh. The Hostel in the Allentown section of Pittsburgh is preparing for construction and the opening day, so give generously.

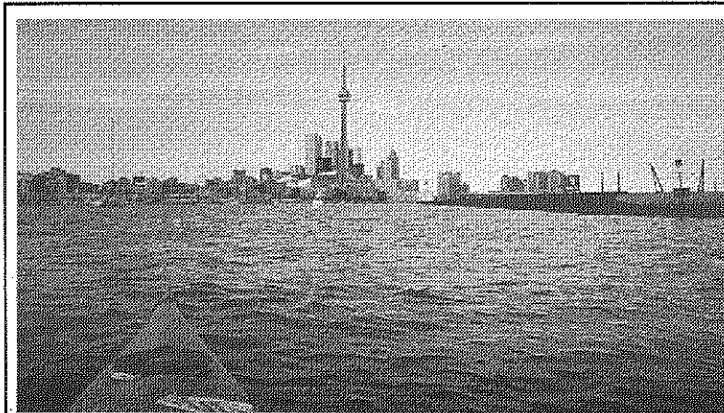
NOTICE

Please note, that the Golden Triangle has changed its frequency of publication. the new schedule is as follows.

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.
Number 10 issue ->
Dec. / January

Deadlines for submission will remain as always the first Thursday of the month preceding the month of the publication. (i.e., the first Thursday in January for the combined Feb/Mar issue.). Please consult page two of the "GT" for the actual dates of upcoming deadlines or call the office at (412) 422-2282.

Editor...



Approaching the Port of Toronto by Sea-Kayak. We're planning a late summer return trip here in September. (Pittsburgh AYH Sea-Kayaking Program)

AMERICAN YOUTH HOSTELS

PITTSBURGH COUNCIL
5604 SOLWAY STREET
PITTSBURGH, PA 15217

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HOSTELLING



Pittsburgh Council, American Youth Hostels, Inc.
Serving Western Pennsylvania & West Virginia Panhandle
Since 1948, Incorporated 1955

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(412-422-2282)
Lisa Dugas

Oops...

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

MATERIAL...

All material to be published, should be sent to the address below. It Can be submitted on Disk in either IBM or Macintosh format, sent E-mail, or Type written. NO EXCEPTIONS. Call if you have questions.

Mail regarding this Newsletter should be addressed to:

American Youth Hostels
The Golden Triangle
5604 Solway ST.
Pittsburgh, PA 15217
Office: (412) 422-2282

PITTSBURGH COUNCIL
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Trail Systems
Glenn Oster 364-2864
Jim Ritchie 828-0210
Headquarters Programs
Luc Berger 683-3131
VACANT ### ####
Storekeeper
Wm Eberle 574-2025

The following positions are currently open and we are in need of responsible people to fill them. If you are interested please call Larry Laude at 665-9554.

Caving, Volleyball coordinator,
Ast. Store Keeper, HQ Volunteers

NOTICE

Please note the deadlines for future issues of the **GOLDEN TRIANGLE**

September
All copy, Aug 1
Binding/Mailing, Aug 29

October
All copy, Sept 5
Binding/Mailing, Sept 26

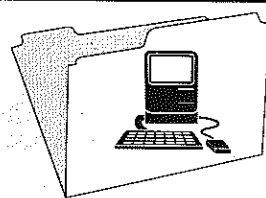
If your work is on computer,
Please contact Bill Eberle
@ 921-1932 or
76202.3051@Compuserve.com

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 52 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) 422-2282.

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 Adds:

- Classified adds 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 adds for non-members.
- Free adds 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
- 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"

August Slide Shows

August 1: John Kish of Fly Pittsburgh Kite Club will show the video "Ice Flying With Kites". Also, kites and other equipment.
August 8: Walter Vaux, "Scotland". See Iona Island and Loch Ness, ascend Ben Nevis.
August 15: Jay Lemcke, "Healthy And Happy Canoeing". A talk about prevention of injuries to muscles, etc. Applies to other sports, too.
August 22: Aimee Krut will show a video on in-line skating: "Get In Line". How to get into the sport. How to choose the equipment.
August 29: We show the video "Aku aku: The Secret Of Easter Island", with Thor Heyerdahl.
September 5: Gail Gregory, "Ecosystems In Our Backyard: Costa Rica, Belize, and Tikal".

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 683 3131.

Pittsburgh Council Hostels

Ohiopyle AYH Hostel
Ohiopyle State Park
PO Box 99
Ohiopyle, PA 15470
(412) 329-4476

Living Waters AYH Hostel
RD #1(1 mile west on Route 30)
Schellsburg, PA 15559
(814) 733-4212



Pittsburgh's hostel is under construction!

We finally got it all together and it's really going to happen. It began on July 22, not with the popping of corks, but with the rustling of paper. There are three separate contracts for three stages of construction. The contractor, Waller Corporation, took over the building on Monday the 22nd. (You can tell it's under construction by the port-o-john parked out front.) The expected completion date is Spring of 1997. I want to thank Larry Laude, Maribeth Hook, Joe Hoecher and Lou Conley for their help and Roy Weil and Gordon Bugby for their advice.

We will be seeking a hostel manager soon and start arranging for the furnishings. We still need to complete about \$45,000 of fundraising in order to get those bunk beds and other furnishings, but we are on our way. As always, contributions are needed and appreciated. Donations are fully tax deductible.

Thanks to all who have helped and contributed. Stay tuned for more updates.

Marianne Kasica
President

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.



THE GREAT RIDE JULY 14th

Hosted by Pittsburgh Citiparks with assistance from AYH, the Great Ride attracts 2,000 cyclists. Rides are planned of 25 and 35 miles with food stops and T-Shirts available. A 5 mile downhill on the I-279 HOV lane is being planned.

MON VALLEY CENTURY AUGUST 25th

The MVC starts south of Pittsburgh in Elizabeth. There will be rides of 35, 65, and 100 miles! A map, rest stops, and a full lunch will be included, and you will be able to purchase commemorative T-Shirts.

SABRE OCTOBER 6th

When autumn breezes blow in southwestern Pennsylvania, join us at Settlers Cabin Park west of Pittsburgh. SABRE has cool fall cycling with rides of 15, 35, and 65 miles followed by a hot lunch.

To receive applications as soon as they are available, send the following information to AYH / 5604 Solway St / Pittsburgh PA 15217, or FAX to 412-422-2509, or e-mail to lll@telerama.lm.com:

Name: _____

Address: _____

City/State/Zip: _____

I have ridden in previous rides: ☐ Yes ☐ No

*Riders from previous rides will receive applications automatically,
BUT please let us know if your address has changed!*

Travel With Children

A Lonely Planet Travel Guide by Maureen Wheeler

Travel with children may sound like a recipe for disaster, but Maureen Wheeler manages to convey the fun she and her family have had on the road around the world and the importance travel has played in their family life. Their experiences, and those of other traveling families, provide loads of practical information and advice on how to make travel as stress-free as possible for both kids and their parents.

- advice on what to take, how to keep your children involved, how to minimize culture shock and more
- travel with babies through early teens
- true-life stories from Lonely Planet travelers - writers, readers, and kids themselves
- comprehensive health chapter
- travel off the beaten track and to exotic locations
- suitable for all budgets
- special chapter for women traveling while pregnant

Maureen Wheeler and her husband Tony are the founders of Lonely Planet Publications.

Travel with Children is available from Pittsburgh AYH for \$11.95 or by mail for the special price of \$14, tax and postage included.

Office staff

Part time office help needed. The Pittsburgh Council office needs a part time staff person to work 10-15 hours per week during the day. Duties are to open mail, sell books and memberships, answer the phone and fill reports. Hours are somewhat flexible. Call Larry or Marianne for more information or leave a message at the office.

Pittsburgh AYH is accepting pledges and donations for the Pittsburgh Hostel.

Our Fundraising efforts are escalating to foundations and will include corporations as well. If any member is involved or knows of someone involved with these groups we would appreciate it if you would take a few minutes to let us know. Having a contact person really helps to get some attention. We need to raise a ton of money for this building and we need all the help that we can get.

Thanks for your interest and help.

Clip out the coupon below and make your donation today.

Yes, I would like to make a donation of support for a
Hostel in Pittsburgh in the amount of:

— \$2500
— \$1000
— \$500
— \$250
— \$100
— \$50
— Other: \$ _____



Name _____

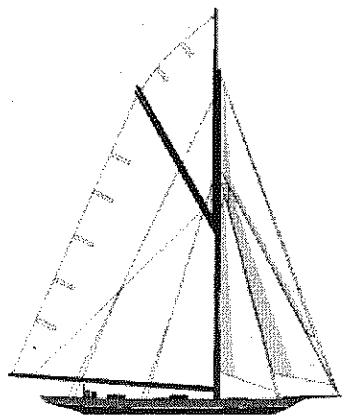
Address _____

Telephone _____

Mail your Donation to:
AYH
Pittsburgh Hostel Fund
5604 Solway St.; Pittsburgh, PA 15217
412-422-2282

SAILING

The AYH owns Flying Juniors, Sunfish, and an International 470. Several members also use their own sailboats. Most of our day sailing trips and classes will be on Lake Arthur in Moraine State Park near Butler, Pa. All trips require previous sailing experience unless otherwise stated. This generally means a minimum of a Red Cross certified Basic Sailing Class or equivalent. Participants for all sailing activities must be in good physical condition and able to pass minimum Red Cross recommendations for swimming competency. Personal Floatation Devices are required on all trips. Individuals with their own sailboats are encouraged to join our program



Aug. 10,11,17 Sat or Sun. Lake Arthur
Bob Zavos 241-0659

DAY SAILING. Take a day sail in a Sunfish or Flying Junior or try racing in the Moraine Sailing Club's Races in our Olympic Class International 470. Prerequisite: Basic Sailing Class or demonstrate equivalent skills. Please try to call at least several days in advance.

Aug. 24&25 Sat. & Sun. Chesapeake Bay
Sara Zavos 241-0659

INTRODUCTION TO CRUISING. This weekend course begins Saturday morning with a cruise briefing at the Annapolis Sailing School. After an introduction to boats, instructors, and navigational information we cruise in a fleet of Newport 30's under supervision of a powered escort boat. We sleep on board and spend Sunday cruising the nearby Chesapeake area before returning. The course fee will be about \$150 and we will need at least five people to make an advance deposit in order to hold this trip. Alternate dates: Sep 7&8 or Sep 21&28

Aug. 31- Sep.2 Sat-Mon. Lake Chautauqua, NY
Marilyn Marrari 441-6764

WEEKEND TRIP. Join us for our annual trip to the historic Chautauqua Institute. We will stay two nights in a small cottage on the Institute and enjoy sailing and many other activities including walking, biking, theater, tours around the lake and several group meals. Deposits will be required by August 8.

Oct. 11-13 Fri.-Sun. Annapolis, MD
Bob Zavos 241-0659

WEEKEND TRIP. Drive to Baltimore Friday evening or early Saturday morning and stay at the Baltimore AYH. Tour the Baltimore waterfront and take an optional cruise on a larger cruising sailboat. Enjoy a group dinner and breakfast at the hostel. On Sunday morning we drive to Annapolis and attend the world's largest sailboat show with numerous exhibits, seminars, and hundreds of large cruising sailboats on display at the Annapolis docks. Several vendors will also have demonstration sails on small boats in the Annapolis harbor area. Drive back to Pittsburgh Sunday evening.

Fees: Day sail fee at Lake Arthur is \$14 AYH members, \$16 non-members. Day sails start at the Watts Bay area at 10AM.

AYH Opens Second Hostel in Houston for the Summer

Hostelling International-American Youth Hostels (HI-AYH) will open a second hostel for the summer in Houston on July 1, 1996. HI-Houston (The Morty Rich Hostel at Rice University) is located in The Graduate House at Rice University.

The hostel's location makes it a great base to explore the Rice campus and greater Houston. Visitors can enjoy a variety of amenities including a swimming pool, recreation/game room, cafeteria and self-service kitchen. The hostel's location is convenient to the University Village, the Medical Center, the museum district, Hermann Park and the Zoo. The overnight fee for Hostelling International members is just \$13.50 plus tax (non-members \$16.50). The hostel will be open from July 1 through August 22, 1996.

The Morty Rich Hostel at Rice University joins the HI-Houston International Hostel, located in the Hermann Park museum district, in providing budget travelers to Houston with a choice of accommodations.

The new Houston Hostel is operated by Rice University and funded, in part, by a generous bequest of Morty Rich, a longtime hosteller and hostel supporter, with a particular interest in hostels in Texas.

For reservations or information, contact:

HI-Houston
(The Morty Rich Hostel at Rice University)
6500 South Main Street
Houston, TX 77030
Phone: 713-522-1096

CANOEING

August 2 - 11 Friday to the following Sunday.

Joyce Appel 526-5507

Flatwater or up to Class III wilderness canoe camping trip in the Alligash Wilderness of Maine. Portages around the rapids can make this trip less demanding. Call for details.

August 3 Sat. Brian McBane 443-8972
Moving water school. Call for details.

August 10 Sat. Brian McBane 443-8972
Class I trip. Call for details.

August 17 Saturday Joyce Appel 526-5407
Flatwater trip. Call for details.

August 18 Sunday Paul Bronder 882-9255
Canoe and whitewater kayak class II-III trip. A less challenging trip may be considered, depending on water levels. Call for details.

August 24 Saturday Joyce Appel 526-5407
Flatwater trip. Call for details.

August 25 Sunday Paul Bronder 882-9255
Canoe and whitewater kayak class II-III trip. Class I - II trip may be substituted, depending on water levels. Call for details.

August 30 to September 8 Friday to the following Monday.
Joyce Appel 526-5407

Flatwater canoe camping trip in the Adirondaks of New York. Portage into beautiful, remote areas and camp where wildlife abounds. Come for a long weekend, or join us for the whole week. Call for details and reservations.

September 7 Saturday Paul Henry 962-1511
Flatwater trip. Call for details.

September 8 Sunday Paul Bronder 882-9255
Canoe and whitewater kayak trip. Call for details.

September 14 Saturday Paul Henry 962-1511
Flatwater canoe trip on the Shenango River in Mercer County. Call for details.

October 11-20 Friday to the following Sunday.
Joyce Appel 526-5407

Class I canoe camping trip on the Buffalo National Scenic River in Arkansas. Paddle between towering, white bluffs during the autumn foliage-viewing season. In addition, we hope to hike to overlooks and waterfalls as well as explore some easy caves. Call for details and reservations.

Throughout the month of August, To be announced
Due to the unpredictable river conditions, expect additional trips to be announced at the Thursday evening A.Y.H. openhouses.

For information on "pickup" or impromptu trips, call
Jon Maiman 441-2306
Brian McBane 443-8972
Paul Bronder 882-9255

Chamounix Carriage House Grand Opening

Chamounix Hostel is pleased to announce that Carriage House adjacent to the Mansion is open for the 1996 summer season. The Carriage House has undergone full adaptive restoration and represents an imaginative reuse of a notable historic property listed on the National Register of Historic Places. Upon opening the new addition will provide accommodations for an additional 22 travelers and offer groups the benefit of having private dorms and bathrooms. The tentative date for a ribbon cutting ceremony is late-May, so plan a visit to Philadelphia and come celebrate with us.

In preparation for the Carriage House expansion, improvements to the basement level of the Mansion have recently been completed. The dining mom, game room and kitchen underwent a full renovation to increase work space and upgrade equipment. A fresh perk for hostellers in the new kitchen is free morning coffee/tea service.

The Mansion has a limited number of smaller dorms which are available as family rooms. Plan ahead and request a room together. A portable crib is even waiting for the littlest hostellers.

The Chamounix estate is situated in a quiet, safe corner of America's largest city Park. There is always plenty of free parking in the yard and it's only a 15 minute drive or 30 minute bus ride to the Center City historic district. Discount bus tokens are available at the hostel to save forty-five cents each way.

To reserve a bed in either the Mansion or the Carriage House call the hostel's new toll-free reservation number 1-800-379-0017.

MID-WEEK RAMBLES

"Rambles" are casual Wednesday outings sponsored by the of Hostelling International - American Youth Hostels. Most take place in and around the city of Pittsburgh. The group normally meets at 10 a.m. in the upper parking lot of Mellon Park in Shadyside, off Shady Avenue near the intersection with Fifth Avenue. Starting May 29th, the group will meet at 9 a.m.

Trips are normally three to four miles in length, at a leisurely pace. Trips are always subject to change because of weather, conflicts of schedule, and the choice of the group. We do plan to walk in all kinds of weather, so please dress appropriately. From time to time, we will schedule lunch at a restaurant or a brown bag lunch. These are optional. We also try to carpool to save energy and to enjoy each other's company. Please share the expenses of transportation when trips exceed 10 miles; the suggested contribution is \$1 per passenger.

Call the leaders listed below for information about a trip or to inform the leader that you plan to walk with the group (especially when reservations are requested), but please call before 10 o'clock at night.

- August 7 Blueberry picking at Hager Farm followed by lunch at Freeport Park. Joe Levine, 421-9706.
- August 14 Powdermill State Park. Bring lunch. John Hartman, 241-5031.
- August 21 Indian Lake and Kerber's Dairy. Bring lunch, but save appetite for delicious Kerber's Dairy ice cream. Bring a dime if you want to feed the llamas. Ilse Conley, 461-6566.
- August 28 Bushy Run Battlefield. Sid Sclarsky, 421-2692.

Postcards from Helen

This the latest postcard we've received from Helen Coyne, as she bicycles around the world. The last time we heard from her she was in New Zealand. Now she writes from Alaska:

Friday, 07 June 1996

Hello Friends! It sure feels good to be back in the States again. I was out of the country for a whole year - but I didn't even think of it until an L.A. customs official looked at my passport and welcomed me Home!!

I stopped at my sister's home in Portland on my flight to Anchorage. While there, got a chance to do a weekend trip to Hell's Canyon. Then when I arrived in Anchorage, time was short, so took a bus to Denali National Park. A few days of hiking here, finds my on my way back to Anchorage Youth Hostel & bicycle down to Skagway to catch the Inland Passage Ferry to Prince Rupert. Friends of my sister will meet me there to bike to Banff, Jasper, Glacier National Park and on to Portland Oregon and San Diego.

More later, Love Helen.

VOLUNTEERS NEEDED

Do you have extra hours to donate to the Council? Current volunteer opportunities in Pittsburgh Council are listed below. Contact the person listed or leave your name and telephone number at the office (412-422-2282).

*Southwestern Autumn Breeze Bicycle tour; Bill Eberle, 921-1932

*The Great Ride, Bicycle tour; Larry Laude, 665-9554

*Weekend bicycling trip leaders; Wm Eberle, 921-1932

*The Mon Valley Century bicycle tour; Chuck Ejzak, 466-6196

*MS-150 Bicycle tour; Bill Eberle, 921-1932

*Hostel development and fund-raising; Marianne Kasica, 665-9554

*Ohiopyle hostel support and work parties; Wm Eberle, 574-2025

*Office help answering phones and assisting hostellers; Larry Laude, 422-2282

*Leading Pittsburgh Council trips; Wm Eberle, 921-1932

*Slide shows at the Thursday Open House; office, 422-2282

*Trail Maintenance, Baker Trail and Rachel Carson Trail;

Jim Ritchie, 828-0210

*HQ Maintenance, minor routine maintenance on a regular basis.. 1-2 people are also needed to coordinate the work, track of volunteer time and to report on HQ to the board and to identify any problems or required major repairs. If you can help as little as one hour a month, please call Ray Yutzy at 341-5682.

New Student ID Discount for 1996

Travelex, the world's largest operator of passenger-terminal Bureaux de Change, offers a commission-free foreign currency service to all ISIC ("student ID card") and ITIC ("Teacher ID card") holders. Also available is the Travelex Buy Back Guarantee. Exchange the equivalent of \$500 or more in a single currency, and on return ISIC/ITIC holders can exchange up to 30% of their unused currency at the same exchange rate that they bought it, commission free. Travelex services are available at airports and retail outlets in Australia, Germany, the Netherlands, New Zealand, the United States, and the United Kingdom. Just look for the Mutual of Omaha / Travelex logo and present your ISIC/ITIC.

Call **Pittsburgh AYH** to get your student/teacher ID card as well as the Hostelling International membership card/hostel pass.

TWO GREAT RAIL-TRAIL BOOKS!

We are carrying two great new books published by the Rails-to-Trails Conservancy. The first, **40 Great Rail-Trails in the Mid-Atlantic**, includes detailed maps and mile-by-mile descriptions for the best trails in New Jersey, Maryland, Virginia, Ohio, West Virginia and Pennsylvania. The trails selected for this book offer surprising diversity and intriguing experiences for anyone who enjoys the outdoors! Local rail-trails in the book include the Montour, Oil Creek, Youghiogheny, and Allegheny Highlands Trails. Available through AYH for \$14.95 plus postage and \$1.50 shipping. The second book, **700 Great Rail-Trails**, is a directory of the current rail-trails across the country. Not much description for any one trail, but a good place to start looking for your next rail-trail adventure. Available now for \$9.95 plus tax and \$1.50 shipping.

RAFTING

Rafting trips require participants to help in transporting the gear from the hostel to the river and back, pumping up and deflating the rats, drying out the equipment, and providing for its proper storage in the hostel. All rafters will be required to wear rafting helmets and approved life vests while on the river. The hostel owns two 6-person rafts and two 4-person rafts, paddles, life jackets, and a limited number of helmets. All rafters are expected to bring lunch and beverage in waterproof and breakproof containers, a change of dry clothes (especially a pair of river shoes with thick soles), sun tan lotion, and wool jacket/sweater for cold wet days where hypothermia would be a concern. Also, rafters will be expected to pay a rental fee, a river shuttle fee, and share transportation expenses to and from the river. Would-be trippers should call the trip leaders to get specific details on the trip they wish to join.

August 24, Saturday, Lower Yough, Leader: John Orndorff (741-2021).

Call John for more details.



KENN HOWARD
MASSAGE THERAPIST
412 242 2424

*Great for tired and
sore bicycling muscles!*



*Aye, There's the rub.
-Hamlet*

...AND THEN THERE WERE FIVE The Saga of the 1996 Rachel Carson Trail Challenge...

I was getting 18 calls a day from people who were hooked on the idea of hiking "34 miles in one day"—the 1996 Rachel Carson Trail Challenge. So was Leo (Stember). Leo and I were the co-organizers of this first-ever event. Having hiked the distance, not in one day, on the RCT, I had a sense of how difficult it might be to do the entire trail in a single day. Leo did 17 miles in one day to check out blazing and blowdowns along the first half. He knew.

Yet a lot of my calls were from people who had credentials: "I ran the 70-mile Laurel Ridge Run"; "Last year, I hiked 26 miles in one day"; "I'm a marathon runner; I knock off 26 miles, running, before breakfast"; "I did the Laurel Highlands Trail in 3 days—26 miles the first day". I was beginning to imagine that maybe, just maybe, we might have a whole mob of people finishing the endurance trial on the trail before sunset on June 22, high above the Allegheny River in Harrison Hills. Yet, ...

At first, Leo and I thought we might get 50 registrants for all three events: the 34-mile Challenge, the 17-mile Half-Challenge (ending at the Rachel Carson Homestead in Springdale), and the 5-mile Family Challenge. Since Bob Batz wrote a little piece for the Post-Gazette, however, we were getting swamped with calls, and there was no end in sight. We had set a nominal limit of 100 participants for the Half and Full Challenges but we quickly exceeded 100 applications.

In the end, we had 90 sign-ups for the Challenge, 31 for the Half-Challenge, and 14 for the Family Challenge. And some of these people had credentials. It was scary. We had offered all finishers a weekend for two at the Ohiopyle Youth Hostel, a special finisher's t-shirt, a Rachel Carson Trail embroidered patch, a year's subscription to the Rachel Carson Homestead newsletter, and a year's subscription to the AYH Golden Triangle. Our logistical arrangements, volunteer marshals, police, county park officials, insurance certification, were all being strained to our meager limit. We might have to sell the farm.

In the morning darkness and dampness of June 22, I showed up at the North Park Beaver Shelter and was not too surprised to find nearly 25 cars all lined up in the parking area on Babcock Boulevard, hikers all. I was getting used to this. We unloaded our Trip Lists, our t-shirts, Leo came with the Clif Bars, graciously donated by the Clif Bar company and by Eastern Mountain Sports in South Hills Village, a few more volunteers came, we checked the folks in, gave a 5-minute orientation (stay on the trail! improvise! hydrate or die! don't get sick! respect private property! etc.) and sent them off into the darkness.

The first challenge, of course, was just getting on the Trail, crossing the collapsed causeway over to the trailhead across the little pond next to Beaver Shelter. This involved a quick scramble down and up the washout. I once glanced across the pond long enough to see about a dozen hikers making the wrong turn on the other side, going to the right and not the left. I winced as I pictured them showing up at the North Park skating rink an hour later.

Everyone got on the Trail quickly, out by 6:15 AM; at 6:30 AM Nancy Able and I posted ourselves at the Route 8 crossing, and waiting for the first hikers to come through so we could assist them in crossing the highway. At 6:52, John DeWalt, a Laurel Highlands Ridge Runner, came crashing through the bushes, running, no less, greeted us with a smile and continued on. Nine minutes later, Alan Aliskovitz, an active Sierra Club hike and backpacking leader, came likewise crashing through the bushes asking "How long ago did HE go by here?" referring to John.

Then there was a pause of nearly half an hour before any appreciable number of hikers came out to Route 8, approximately 4 miles from the start. Apparently, many wrong turns and false trails had introduced many of our hikers to the more subtle challenge: staying on the trail. The two mile per hour minimum progress rule seemed generous until one experienced how scouting for a lost trail ate up your time. As the main body (peloton) came through, Nancy and I were ably (no pun intended) assisted by two Hampton Township police officers who held back the early morning traffic rushing past our crossing.

The first real checkpoint was on Shaffer Road, 7 miles into the hike, and was staffed by Marianne Kasica, AYH President, Jim Christ (look for his view of the Challenge, elsewhere in this issue), Jim's son Ross, Vince Roof, Sue and Jim Ritchie, and Leo. John DeWalt came through, running. Ninety more hikers passed by. At this point, a the hikers' legs revealed some splashes of mud here and there, foretelling the reputation of the RCT as the "muddy, bloody, Rachel Carson Trail". And, it was getting hot, and humid, too.*

The next checkpoint, Mile 10 at Emmerling Park, saw hikers who had just experienced a couple of the RCT's roller coaster gas pipeline hills. No one dropped out between Shafer Road and Emmerling Park. They were doing OK. Eighty-five year old Jim Kratt, who helped maintain the trail 15 years ago, made it to Mile 10 before his knee gave out. He called his son to come out and pick him up. Emmerling was staffed by Patty Scheuering, her daughter Susan, and two of Susan's friends, offering not much more than water and sympathy. If the hikers knew what lie ahead..., and it was getting hotter.

The steep climb at Mile 12, from Long Run at the bottom to Rich Hill Road at the top was a spirit breaker; reality was beginning to set in—this was going to be a long, tough hike, even if you could find the trail. Rich Hill is so steep your nose almost rubs the slope in front of you as you climb. Each time you crest the "top" another "top" appears, 100 more yards away. After that, a short stretch of "flat" and then a steep downhill to a checkpoint at Russellton Road. Downhills hurt too.

Right after Russellton Road, the still bigger hill on Mile 14 followed. If Rich Hill didn't break your spirit, Mile 14 might just do the trick.

I watched the now muddied-and-bloodied hikers snake their way steeply up to the first false summit, legs burning, lungs busting, sensing the vapors of grim determination of our hikers on Mile 14. The sun was burning down, reaching its high of 90 degrees with humidity approaching 70 percent, and a borderline ozone day to boot (no pun intended). Joe Hoechner and Tim Henigin staffed Russellton Road, graciously providing a canopy to get under for relief from the sun's glare.

Down Yutes Run Road, past Peterson's Nursery, and then you hit the "roller coaster" going into Springdale's Melzina Road checkpoint. Up, down, up, down, up, down; steep and high, brambles, high grass, heat, sun, humidity. I arrived at Melzina just two minutes ahead of John DeWalt, Leo about 1 minute behind me. John came crashing and stumbling up out of the high grass, soaking wet (he had thrown himself into a creek to cool off), and semi-delirious with exhaustion (he was still running). Seventy-five hikers followed John past Melzina Road. Melzina was staffed by Springdale native Heather Schweitzer and her two friends.

At Melzina, many of the hikers, mercifully, called it a day. We had a bad break with the heat: it wore a lot of people down more quickly than what coulda been. Many went to the Rachel Carson Homestead, half a mile away, and called for a ride home, sitting in the cool shade once enjoyed by Rachel, herself, while we, many of us only children, played "hike" with our friends. Many called for a ride right at Melzina, using cell phones made available to us by Bell Atlantic/NyNex for the Challenge. The cell phones were a godsend, allowing all the marshals to keep in touch with each other, and to pinpoint the location of hikers being sought by wives, husbands, mothers and friends.

Mark Tomlinson, the recently named Executive Director of the Rachel Carson Homestead, was also a godsend, allowing us to stage our halfway mark on the Homestead grounds. Mark has indicated that, over the next year, he will develop a better link of the Trail with the Homestead, and provide some signage so hikers can find the Homestead more easily and Homestead visitors can likewise find the Trail.

Somehow, many hikers continued, to Springdale Hollow Road, up the power line to the bluffs above the Allegheny River, into the cool, cool woods on high. But the Trail was tough in there, poorly marked, tricky, turning abruptly onto and off the power line. Only 31 hikers checked into the Sheetz at Mile 20, and only 11 went beyond, to even more brutally steep hills climbing powerlines and pipelines, false summits, weeds, blowdowns, washouts, lost trail, mud and blood, past Bailey's Run. Gerry Vaerywick and Gene Pochapsky finally bailed out at Bailey's Run (no pun intended); Only 9 hikers made it to the last checkpoint at St. Clemens Cemetery. Barb Peterson, Dana Overmyer, Boris Bartlog, and Joe Seiler called it quits at St. Clemens—still on the Trail but they ran out of time with no way to finish on time due to a last minute loss of the trail between Bailey's Run and Saxonburg Roads. Ultimately only 5 would finish.

John DeWalt was outstripping our support system, arriving at checkpoints before they were set up. In order to provide water, Leo had to calculate John's ETA at future checkpoints and make a special trip out there to catch John as he passed by. Near Bailey's Run, John apologized, saying "I just can't run up those hills anymore, just on the flats". And even later, John quit running altogether, saying this might be the hardest effort he's ever made in any event.

John DeWalt finished a little after 6 PM, cleaned himself up a little, and then relaxed and schmoozed on the grass at Harrison Hills while only 4 more hikers remained on the Trail. Alan Aliskovitz, Erin Abraham, Mike Blackwell, and Eric Filo had passed through St. Clemens at 5:20 PM with 8 miles to go before 8:54 PM. At about 8:30 PM, I began backtracking on the Trail to see if they were on their way; in only a couple of minutes I found them by the entrance to the park, tired, but in good spirits, and determined to make the finish. They came into the finish area just as the alpenglow faded from the clouds and the sun dropped below the horizon. Erin, with no compromise to the day, did three cartwheels across the grass as she came in. So the five finishers were all there, hobbling maybe just a little. The first thing the hikers did when they got in: took off their boots. Patty S. went for pizza and we all ate pizza, we took a few photos, did congratulations, and made sure everyone got out of the park by 9:30 PM—our deal with the park police.

What good came out of this? Well, the Rachel Carson Trail, a trail struggling for existence, got a lot of feet on it, something it desperately needed to preserve its trace across the northern suburbs of Allegheny County. The publicity will no doubt put more hikers on the Trail over the next year than, perhaps, it's seen in the past 5 years. And, we'll get a few Trail Maintenance volunteers who will adopt a 2-3 mile section and take care of it: blazing, trimming, and keeping it clean and viable. The hikers made friends, formed teams right on the trail, and faced the challenges together, many attempting and completing a feat that may well be the hardest thing they've ever done in their life, even if only to the Half-Challenge point.

Some learned the importance of working as a team, saying it was the team that got them as far as they went: urging them on when they wanted to quit, making them laugh when they hurt, finding the trail when they could not. You did, indeed, need to use all your resources to do this: your map, the blazes, your trip list, and perhaps most importantly, the others you met on the trail.

Leo and I have already heard about next year: "All the marathon people and the Ridge Runners will be here next year"; "I'm going to 'train' so I know where the Trail goes, next time"; "I had no idea it would be this hard...next time I'll know and I'll be ready for it".

-by jim ritchie

MORE "RACHEL CARSON TRAIL CHALLENGE" NEWS....**OFFICIAL FINISHERS (OF 90 REGISTRANTS)**

Erin Abraham
Mike Blackwell
Eric Filo

Alan Aliskovitz
John DeWalt

St. Clemens-23 Miles

Boris Bartlog
Barbara Peterson

Dana Overmyer
Joe Seiler

Sheetz/Creighton-20 Miles

John Berda
David Clark
John Hassan
Howard Kenn
Mark Kochvar
Mark McCulloch
Georgia Pambianco
Bob Schmidt
Karen Schmidt
Tim Sullivan
Gerry Vaerywick

Charmaine Borza
Chris Harbaugh
Vicki Helgeson
James Kavanagh
Mary Ann Masarik
William Miller
Gene Pochapsky
Jared Schmidt
Rob Schmidt
James Tracy
Martin Wendell

Melzina Road/Rachel Carson Homestead-17 Miles

(Full Challenge Hikers)

Jane Bean
Michael Connors
Rick Forman
Heidi Hemming
Rose Kasunic
Trevor Lloyd
Lynda McKay
Patty McLaughlin
Kathleen Pajer
Vivian Pittman
Sharon Pritchard
David Rumon
Frank Shymatta
Matthew Smith
Beth Szymoniak

Anthony Busofsky
Thomas Crock
John Havel
Mark Kasunic
Evan Lloyd
David McCusker
Jennifer McLaughlin
Rody Nash
Darrell Pendleton
Robert Pritchard
William Rosenblatt
Michael Rumon
Daniel Smith
Nickolas Solic
Greg Whitney

**HALF-CHALLENGE FINISHERS-17 Miles
(31 Registrants)**

Official Half-Challenge Finishers are those who signed up for the Half-Challenge and finished it.

Dale Able
Robert Augustino
Tom Beggs
Denise Cullen
Janet Hayes
Erin Lloyd
James McCormick
Patricia Pikunas
Ann Ruth
Suzan Thomas

Jerry Agin
Ted Bartsch
Linda Campbell
Susan Cullen
Konrad Kammerek
David Lyle
Janice Patterson
Rose Race
Liz Tavares

**RCT Family Challenge
"All the Elements"**

Eighteen hikers, ranging in age from 6 to 50 years old took on the 1996 Rachel Carson Trail Family Challenge, a five-mile loop hike in North Park, starting at the Beaver Shelter, going as far as the abandoned Rocky Dell Shelter near the Hemlocks development, and then looping back to Beaver using a combination of bridle trails, service roads, power lines and obscure foot trails. The grand finale found the hikers bushwacking up a slope, deep within the Park, with no trail at all. Using landmarks such as drainage pipes, washes down a hillside, and trails made by deer, the hikers were able to negotiate their way through seldom-visited areas of North Park.

Hikers experienced mud, skunk cabbage, road cookies, a cool hemlock canopy, and many of the sounds and sights of nature at her best. Most were able to finish the hike in about 2 hours. The start included the same scramble as the 34-mile Challenge, down into and then up out of the washout on the earthen dam separating the two ponds behind Beaver Shelter.

Next year, the Challenge planners are considering a start in Harrison Hills Park, coming back toward North Park. The Family Challenge would then be set up as a loop hike within Harrison Hills Park, hopefully providing a test of skills, endurance, and persistence just as the hike this year.

-by jim ritchie

**TENDING THE RACHEL CARSON
6.5 MILE WATER STOP**

by Jim Crist

I dragged myself out of bed on Saturday, June 22, long after the sun was up and had to hurry to get ready for the 34 mile First Annual Rachel Carson Trail Challenge. I through some snacks into my fanny pack, grabbed some reading material, and threw the lawn chairs into my car. Then I dragged my nine-year-old, Ross, out of bed and told him to get moving or we'd be late.

It's not that he and I were planning on hiking the entire 34-mile trail. No, we weren't planning on doing the 17 mile Half-Challenge. Instead our rigorous activity was to assist in the smooth running of the 6.5 mile water stop on Schaffer Run Road in Indiana Township.

My son had to be bribed with the promise of donuts ("not those dog-food grainola bars, Dad") and a trip to the swimming pool later that day ("Dad, we'll be swimming while all those people are STILL hiking").

We arrived at the water station along the side of the dirt road and promptly set up the lawn chairs so my legs wouldn't get tired from all that standing. Since there were several people working at the water stop, I had some time on my hands. I decided it might be enlightening to survey the hikers as they passed through.

The first hiker through ran in a blur at 7:42 AM. It was 60 year old John Dewalt. For John a 34 mile run was nothing compared to the 100 mile event he finished a few weeks earlier.

At any rate, I decided to ask two questions.

What is your favorite color?
Who would you vote for - Clinton or Dole
(no write-ins allowed)?

After all, everyone should at least be able to answer the first question so they can get at least one right answer. And of course, there is no right answer to the second question.

The results were enlightening. Oh, it's not too much of a surprise that the favorite color was blue (how mainstream) with green as a close second. There were several last place ties, each with one vote: Turquoise, Chartreuse, Orange, Fuchsia, Plaid, Rose, Brown, and Aqua ("because I can't make my mind up between blue and green").

Tie-die Rainbow was the favorite of computer software engineer, Mark Kasunic. What would you expect from someone working at CMU who was wearing a tie-die shirt, clearly never left the 70s, and was hoping to see the ghost of Jerry Garcia on the trail.

I was admiring the stamina of the first woman to reach the water stop, Karen Schmidt at 8:33 AM. Her mind was focused on hiking I could tell, because my first question stumped her and she turned to her significant other and asked him "What's my favorite color?" He answered for her and then followed her on down the trail.

The political news is much more interesting. The Democrats are fast hikers. Clinton was undefeated until 8:46 when Bath Szymoniak declared the first Dole preference. The Republicans were bringing up the rear of the pack and by the time it was nearing the end Dole captured 40% of the vote to Clinton's 60%.

At 8:55 AM the first (and only) canine hiker, Zoe, a golden retriever came through. When quizzed, she just wagged her tail. I think she preferred Clinton.

I also wondered about the couple who quickly, simultaneously, answered the voting question with a "Clinton" from him, a "Dole" from her, then shot each other puzzled looks. I sent them on their way with instructions to "talk amongst yourselves and resolve this by mile 17."

Well it was a good day. Ross and I wrapped up our duty about 10 o'clock and we plan to be back next year, as hikers, not Pollsters.

Correction RE:**Trail Maintenance
on the Laurel Highlands Trail**

In the May, 1996 Golden Triangle I stated that the Laurel Highlands Hiking Trail is mostly maintained by the Pennsylvania Bureau of Forestry. Marcia Baker, Park Manager at Linn Run State Park, wrote, correctly my statement. Marcia states "Laurel Hill State Park maintains the Turnpike South section of the hiking trail. Linn Run State Park maintains the Turnpike North section of the trail." For further information, call the Linn Run State Park office at 412-238-6623.

TRAIL MAINTENANCE '96

Sept. 13-14-15 Fri-Sat-Sun Jim Ritchie 828-0210
Baker Trail at Milton Loop. A weekend-long trail maintenance project. We'll camp at the Milton Loop Campground near the Mahoning Reservoir. We will have two objectives: one to clear trail for the Armstrong Fall Foliage Hike from the dam to Smicksburg Road; the other to blaze miles of trail along the dirt roads passing through Amish country. Saturday night dinner will be at the famed Stockdale's in Dayton, PA. Call Jim for information and a reservation.

Sept. 27-28-29 Fri-Sat-Sun Keystone Trails 828-0210
KTA Annual (Fall) Meeting, Pine Creek Valley/Sawmill Lodge. KTA is Pennsylvania's premiere trail maintenance umbrella organization representing over 50 hiking clubs. KTA meetings always have an outstanding hiking program with six or more hikes to choose from each day, all ability levels. Come learn about trail building and trail maintenance activities and issues all over the state of Pennsylvania and meet some of PA's legendary trail maintenance leaders. Visit the KTA Home Page on the World Wide Web for more information or call Jim Ritchie for more details.

November 16 Saturday Jim Ritchie 828-0210
Bicycle Touring, Princeton, NJ. You'll need cold weather gear to do this one; several riding options; one will be an 80 mile round trip to Asbury Park on the Atlantic; others include a 40 mile tour of the Princeton area, on mostly flat ground. You must provide your own transportation to and from Princeton. Call Jim for more details.

New Hostels in Clearwater Beach, Florida and Johannesburg, California; Join HI-AYH Network

Washington, D.C. - Two new hostels in Clearwater Beach, Florida, and Johannesburg, California, have joined the Hostelling International-American Youth Hostels (HI-AYH) network of hostels in the USA.

HI-Clearwater Beach is located on Florida's west coast, just across the bay from Tampa and only two blocks from Gulf of Mexico beaches. The hostel is within convenient walking distance to shops, restaurants, pubs and nightspots. Guests can enjoy a beautiful sparkling swimming pool, landscaped courtyard, volleyball, tennis, shuffleboard and barbecue/picnic area. The hostel also provides free use of canoes and rents bicycles, for a modest rental fee, to explore the surrounding area, including barrier islands and state parks. HI-Clearwater Beach has 33 beds, including private family/couples rooms which can be reserved in advance. The overnight fee is just \$12 for Hostelling International members (\$15 for non-members). (HI-Clearwater Beach, 606 Bay Esplanade Avenue, Clearwater Beach, Florida 34630. Phone: 813-443-1211)

HI-Death Valley Hostel in Johannesburg is situated in California's Mojave desert country, just an hour and a half northeast of Los Angeles. Gold mining, ghost towns and Death Valley National Monument are nearby. Johannesburg was named after Johannesburg, South Africa, another area famous for its gold mines. Native American petroglyphs, fossil areas, Red Rock Canyon State Park and Sequoia National Forest are within an easy drive from the hostel. Mountain biking and hiking are popular and the hostel has bicycle rentals. Prospecting tours can also be scheduled from the hostel. The small cozy hostel has 12 beds and one private family/couples room which can be reserved in advance. The overnight fee for Hostelling International members is only \$12 (non-members, \$15). (HI-Death Valley Hostel, P.O. Box 277, Johannesburg, California 93528. Phone: 619-374-2323)

WPW FALL RALLY

The Western Pennsylvania Wheelmen will hold its annual "Fall Rally" on Saturday, September 7. The bicycle ride, which begins and ends at Olympia Grove (on Pearce Mill Road) in North Park, features a choice of three routes: a century of 102 miles starting at 7 am; a metric century of 62 miles starting at 8 am; and 25 miles starting at 9 am.

Rest stops and refreshments are planned for the 102 and 62 mile rides; a restaurant-discounted lunch will be available on the full century at the 50-mile point. Snacks will be served at the conclusion of all three rides. Maps, marked routes, and SAG service will be provided on all rides. The cost is \$5 for riders pre-registered before August 30; \$7 thereafter and the day-of-ride registration. For more information or a registration form, call Jackie Wesche at 367-3575 or Fran Hensler at 881-3465.

First Aid, CPR Class

Basic three hour first aid and CPR class will be offered at AYH. The price is only \$10! This has applications to almost all activities. You never know when you're going to need it! If interested, please call Tracy Duggins at 963-0675.

AYH ROCKS!

Yes, Pittsburgh AYH rock climbing is back. As you may know, Eric Bauer, last year's climbing chair, has moved on to a new job in the Chicago area. This year, Jim "Woj" Wojciechowski and Vern Miller have joined up as co-chairs to continue the program. Thanks go to Eric for all his work in the past and to Woj and Vern for taking a turn as lead climbers. Here's the schedule for this year's classes:

Saturday August 10	Beginners Class
Saturday August 24	Seneca Prep Class
Friday-Sunday September 6-8	Seneca Rocks Trip WV (call for details)
Saturday September 29	Beginners Class

All classes will meet at 7:30 am at the AYH activities headquarters in Shadyside the morning of the trip, and all classes will be held at Coopers Rock in West Virginia. For class and trip information, call Woj at 322-4524 or call Vern at 398-8328 or 935-3434.

CYCLING WEEKEND AT WILDERNESS LODGE AUGUST 2-4

Come on up to rustic Wilderness Lodge to enjoy a weekend of relaxation and bicycle touring on the relatively flat lands of Erie County, PA. Country roads diverge in all directions from the Lodge, north to Lake Erie, east to New York State and Peek 'n' Peak, and west to French Creek. Nanci Janes' Wilderness Lodge has been a favorite of cross-country skiers for many winter seasons, now make it a tradition for cycling in the summer. After riding, come back to the lodge to sit back and relax, enjoy Nanci's wonderful home cooking, and the company of other AYH riders.

Roger has agreed to provide some cycling routes starting at the Lodge and to lead one tour through the area on Saturday. Plans are to provide several rides each day so you can choose from a 40-50 mile all-day ride, two 25-mile half-day rides, and a 15-20 mile evening ride. Maps will be provided to all riders. In addition to Roger's ride, other ride leaders will be designated. Many of the area roads are dirt, some are paved, so a fat-tire mountain bike or a hybrid might be ideal; a skinny-tire touring bike will probably be ok, just a little rough on the dirt.

The cost of the weekend includes Friday and Saturday night lodging, a family style dinner Saturday evening. Vegetarian meals are available upon request. Breakfast and lunches are available at the Lodge at an additional but reasonable cost. Rooms are mostly hostel style with 3-6 people in a room; also, there are three double rooms available. Space is limited to 36 people. Cost does not include transportation, but we will try to assist with carpooling.

Cost: \$55 per person for AYH members and \$65 per person for nonmembers for the weekend for a bed in a hostel-style room. The double rooms are \$130 per room for members, two persons to a room, and \$150 for nonmembers.

Reserve early by call the office at 412-422-2282 to make reservations for the weekend. Send a check for the full amount ASAP afterward to guarantee your space. Make checks out to Pittsburgh AYH. A waiting list will be kept in case of cancellations.

Please note: there will be no refunds after July 12, three weekends before the trip, unless we can get a replacement for you. All weekend fees include a non-refundable \$10 per person, or \$20 per double room.

Wilderness Lodge Bicycle Touring Weekend

Name: _____

AYH pass #: _____

Street Address: _____

City: _____ ST _____ ZIP _____

Enclosed is a check for: _____

_____ I am driving and I can take _____ passengers.

_____ I need help finding a ride. (we'll try)

_____ I will drive and meet the group at Wilderness Lodge.

Mail to:
 Wilderness Lodge Cycle Tour
 Pittsburgh AYH
 5604 Solway St., #202
 Pittsburgh, PA 15217

HIKING / BACKPACKING

- Sunday August 11** **Veronique Schreurs** **422-0358**
Come cool off at Ohionyle! Moderate hike: Meadow run, peninsula, Cucumber run. Swim in some good swimming holes in Meadow run. Caution: the fish may nibble at you, for invading their space! Call for info & a reservation.
- Saturday August 17** **Leo Stember** **681-1385**
Moderate 6 mile hike on the Rachel Carson trail near Creighton. Call for info & a reservation.
- Sunday August 18** **Maynard Hansen** **751-7615**
Intermediate 8-10 mile hike in Bear Run. Should be cool even on a hot day. Meet at 8:30am at Burger King at the intersection of Rte 30 & Rte 48. Call for a reservation.

Friendship Hill National Historic Site Extends Hours for Summer

The grounds, trails, and picnic area at Friendship Hill National Historic Site will remain open until 6:00 p.m. through Labor day weekend. Over ten miles of hiking trail are available through the woods and meadows of the preserved country estate of Albert Gallatin.

The hours for visiting the historic Gallatin house remain 8:30 a.m. to 5:00 p.m. daily. Guided tours of the house are presented at 11:00 a.m., 2:00 p.m. and 3:30 p.m. Monday through Saturday and 11:00 a.m., 3:00 p.m. and 4:00 p.m. on Sunday. Special programs on Albert Gallatin's career, including his bid for vice-president in the 1824 election and his involvement with the Lewis and Clark expedition, are presented at 2:00 p.m. each Sunday throughout the summer.

For additional information on park summer programs call 412/725- 9190. Friendship Hill is located three miles north of Point Marion, PA on State Route 166.

CALLING ALL BICYCLISTS AND RAIL-TRAIL USERS!

Some of you may know Bill Metzger, the Yoda of Western PA Rail-Trails. You may also know that he has gamely suffered with Multiple Sclerosis (MS) for the past 17 years while he has worked tirelessly to promote the rails-to-trails concept. He is a walking encyclopedia of railroad information and draws people to the trail organizations with his genuine love of people, bicycling and nature. Bill's condition has worsened over the past year. His doctor advised him of a new treatment for MS in Europe that could help him. Bill applied to the clinic in Germany and was accepted as a good candidate for the treatment. The three week regimen will cost him big bucks and isn't covered under his medical insurance.

Dick Wilson, a local rail-trail giant in his own right, is organizing a fund raising dinner to help Bill pay his bills. His intentions are not completely pure. The main focus of the event will be a "roast" for Bill Metzger. If you know Bill you have enjoyed his outrageous sense of humor and probably been a victim of his rapier wit. It is suspected that Dick Wilson's real reason for "roasting" Bill is to get even for all the bad lawyer jokes.

With "Smilin' Bill" as the catalyst, it should be an outrageous evening you won't want to miss. For more information call George Schmidt at 521-1538. See details below:

BILL METZGER ROAST

SEPTEMBER 29, 1996

5:30 P.M., Casual Attire.

SPECTRUM HALL, East Smithfield St., BOSTON, PA.

HONORARY CHAIRMEN

Rep. Greg Fajt Rep. Rick Geist Mayor Tom Murphy

DONATION: \$20.00 per person through September 22nd.

\$25.00 per person after September 22nd.

NAME(S) _____

Number of people attending _____ at \$20 / \$25 each _____

Additional Donation _____

Total _____

CHECK PAYABLE TO: **FRIENDS OF BILL METZGER**

SEND THIS FORM TO:

Tim Banfield, c/o MYTC, P.O. Box 14, McKeesport, PA 15135

IF YOU WOULD LIKE TO HELP ORGANIZE THE "ROAST" PLEASE INCLUDE YOUR PHONE NUMBER. THANKS!

Phone _____

BICYCLING

August 2-4 **A/B/C**
Wilderness Lodge Bicycle Touring Weekend. This weekend we'll be bicycle touring through the relatively flat roads around Wilderness Lodge in Erie County, PA. Meals and lodging all included in one price; see details elsewhere in this issue of the Golden Triangle. All kinds of bikes are invited-mixed dirt and paved roads; Relaxed country touring; call Mary Ruth or Jim for more information. **Mary Ruth Aull 795-7078 & Jim Ritchie 828-0210**

Aug 3-5 **B/C**
Niagara Falls A popular trip; Leave Pittsburgh Friday morning. Ride from hostel to Niagara on the Lake. Saturday ride to Fort Erie, and on Sunday back to Niagara on the Lake. Stay at the Canadian Hostel or at B'n'B. **Ober Rooney 364-3956**

Aug 3-4 **A/C**
Wilderness Lodge Rides in northern PA and Southwestern NY. Call AYH office for more details.

Aug 9-11 **B/C**
Ironmaster's Mansion In Pine Grove Furnace State Park in central PA. Ride on rural roads or bike paths. Excellent hiking is available and swimming is just a short walk from the hostel. **Judy Menosky 242-1573**

Aug 25 **A/B/C**
Mon Valley Century Bicycle Tour Choose from a challenging 100 miles, 70 miles, 50 miles and 35 miles. Rides start in Elizabeth, PA. Call AYH office (after July 1) for an application or get one at AYH. Discount for registrations received by July 31. **Lynn and Chuck Ejzak**

Aug 30 - Sep 2 **B/C**
Marsh Creek State Park (in Eastern PA) Lots of biking and other activities available including cycling in the Brandywine Valley and touring the Andrew Wyeth Art Museum and Longwood Botanical Gardens. Suited for beginner and intermediate cyclists. Other activities like sailing also available. \$20 deposit per tripper required to reserve. Call Diane for more information. **Diane Whittier 372-1068**

Sept 6-8 **A/C**
Stanford House Hostel In the Cuyahoga Valley National Recreation Area (in Ohio). This whole area is a bicyclists delight. Ride on rail trails going in many directions. Stanford House is a wonderful hostel that has long been a favorite destination for Pittsburgh AYH trips. Call Joan for more info and to reserve. **Joan Roolf 795-8345**

Oct 6 **A/B/C**
SABRE (Southwestern Autumn Breeze) Southwestern Allegheny county and Washington county. 100 km (65 mile) and 50 km (35 mile) rides offered. Rides start at Settler's Cabin Park. Registration includes marked roads, map, snack stops and a picnic lunch at the end. Call AYH office for an application or get one at AYH. Discount for registrations received by Sept 15. **Bill Eberle 921-1932**

Ride Class: A Adv. (50+ miles), B Inter. (30-60 miles), C Easy (15-40 miles), D Beg. (10-20 miles)

All Trips: Trips are generally open to riders of all ages, subject to the trip leaders' approval. (Most riders tend to be between ages 18 and 70) AYH Members are given priority over non-members for trips with limited space. Bicycle Helmets (ANSI or Snell approved) are required on all rides. Riders are responsible for their own equipment. To become a member, sign up at one of our weekly Thursday evening (8:00 to 9:30 p.m.) open houses, or call or write the AYH office for an application.

SEA-KAYAKING**Friday evening July 5th, 1996
Portsmouth Island, Outer Banks of North Carolina**

Can't believe it's the second of our four days sea-kayaking in the Outer Banks. We began our trip with a drive down to a condo on the Eastern Shore of Virginia Wednesday evening. We finished the drive Thursday morning, passing through the old towns of Kitty Hawk, Nag's Head, Whalebone, and Kill Devil Hills, all now very busy and commercialized. At Fresco, the malls thinned, and by the time we arrived at Oregon Inlet, you could see sand dunes again. The final passage to Ocracoke Island is by ferryboat - one way takes about forty minutes. The rest of Thursday was spent visiting the village and watching their Fourth of July parade, kayak surfing and walking along the seashore. For dinner, we grilled up enough shrimp and black finned shark to feed a group twice our size. Friday morning, the kayaks were packed with camping gear for an 11:30 AM crossing of Ocracoke Inlet, to coincide with slack tide. If you miss this window, paddler and kayak could end up several miles offshore in the mid-Atlantic. This time, we did it correctly, and landed on Portsmouth Island two hours later. The village on Portsmouth is a ghost town, slowly abandoned after the Civil War when the inlet shoaled up and shipping moved elsewhere. A giant loggerhead turtle lay dead on the beach, giving the place even more of an isolated, lonely feeling.

We found the village dotted with residences, buildings, and a church - with working piano still intact. The afternoon was spent exploring the village, eating lunch and walking on the old dirt roads. At 4:00 O'Clock, we returned to the kayaks and rode the tide three miles down the barrier island to a smooth beach, perfect for camping. Upon landing, Matt (who is going into the Marines at the end of August) ran around "storming" the beach, although I never saw anyone else there. The rest of us spent the evening swimming, making dinner, and setting up camp right on the seashore. There was enough driftwood for a blazing bonfire on the beach that night, and Vickie brought sparklers for everyone to celebrate Independence Day.

As the campfire burned down, we saw that several ghost crabs had been attracted by the light. They turned out to be some of the evening's best entertainment - running around fighting over cookie crumbs and trying to grab anything small enough to drag away. Stars burned brightly right down to the horizon, and the ocean sparkled with a faint glowing bioluminescence.

Ocracoke is essentially a perfect place; ideal for a sea-kayak vacation, I'm sure we'll be returning to the Outer Banks in a year or two, and paddling many other places as well. You can learn everything you'll need for such trips from the sea-kayaking program, and even rent the equipment inexpensively. Call us if you're interested, and we'll tell you more.

Wednesday evening August 7th, 1996

Mark Mistrik 361-2943 (h) & 624-3446 (w)

Paddler's dinner for August. Each month we pick a new or unusual restaurant to try, then meet for an evening of outdoor-related conversation. Everyone welcome. Please call at least a week in advance so we can make the appropriate reservations at the restaurant.

Friday evening August 9th, 1996

Mark Mistrik 361-2943 (h) & 624-3446 (w)

Intro to Sea-kayaking. Evening trip to either North Park or Glade Run Lakes.

Friday evening August 23rd thru Saturday August 24th, 1996.

Mark Mistrik 361-2943

Sea-Kayaker's Picnic and New England Style Clambake The inspiration for this came right after Ed Divers, Janna and the paddling gang consumed countless dozens of wings at the Quaker Steak & Lube restaurant on our Shenango River trip last Spring. We thought a campout and party would be a great way to finish off the summer. The traditional dinner includes layering clams, mussels, shrimp, fish, potatoes, carrots, onions, lots of sweet corn, chicken and even lobsters into a huge pot over one of Ed's unusually large bonfires. Everything gets cooked or steamed in the same pot. You can camp with us Friday evening or join Ed (with the Sierra Club) Saturday morning. Call for more information.

Friday evening August 30th

thru Monday September 2nd or

Tuesday September 3rd, 1996

Mark Mistrik 361-2943 (h) & 624-3446 (w)

Labor Day Weekend sea-kayaking trip to the Southern Chesapeake Bay. We'll stay in Crisfield, Maryland - the Bluecrab capital of the world, and at Chincoteague, a National Wildlife refuge and Barrier Island. Last year, we watched porpoises, wild ponies and waterspouts (safely offshore) while we paddled to Tom's Cove. This year, we're planning to see either Smith or Tangier Islands. Call for more information and to reserve a space.

Friday Evening September 6th thru Sunday September 8th, 1996

Mark Mistrik 361-2943

Toronto Canada This could be one of the most memorable weekend trips this year, if we get it together in time. Trip includes paddling along the City's shoreline plus walking tours of the waterfront and historic districts. Call right away to see Phantom of the Opera (it's an option) Saturday evening. Otherwise, sign up deadline is Thursday August 22nd. Call for more information.

Wednesday evening September 11th, 1996

Mark Mistrik 361-2943

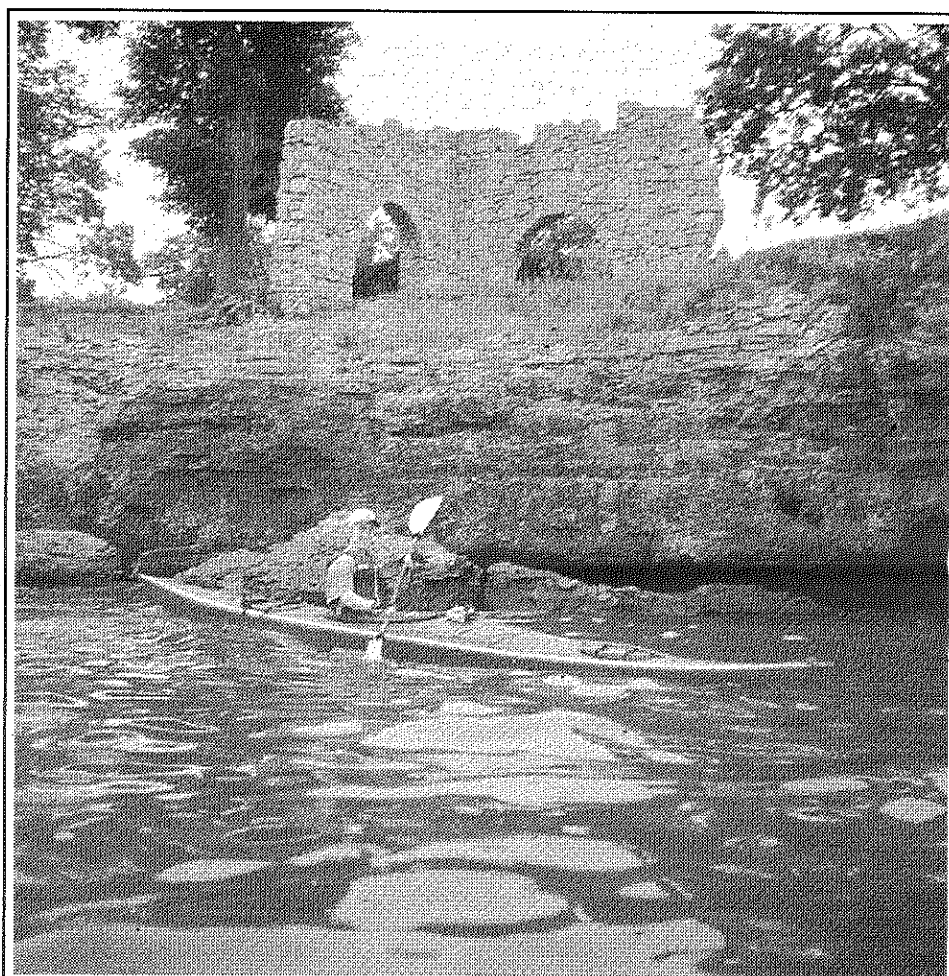
Evening Intro to Sea-Kayaking on either North Park or Glade takes. This is an excellent way to try kayaking, learn or improve your technique, and practice. You can also just relax and explore the lake on your own. Paddling is followed by a grill-out on the lakeshore. We provide the low-fat hot dogs, lemonade & cookies. Call for more information and to reserve a kayak.

Friday evening September 27th

thru Monday evening October 7th, 1996

Mark Mistrik 361-2943 (h) & 624-3446 (w)

Sea-kayak the redrock canyons of Lake Powell in Southwestern Utah. This trip will be supported by a maxivan and a houseboat while we're on the lake. Each morning, we will move the houseboat to a new side canyon, then you'll have the entire day to explore the area by kayak and/or on foot. You may camp back in the canyons or return to the houseboat at night. We expect daytime air temperatures of the mid to upper 70's and the water should be warm enough for swimming. This is the easiest of our long trips this year and is suitable for beginners. Trip includes some sightseeing in the Rocky Mountains of Colorado and a visit to a hot springs along the way. Space is very limited so call early for more information.



Matt Rinehart in one of our expedition-equipped Sea-Lion kayaks. Old Winery Ruins, Catawba Point, Lake Erie, Ohio (Pittsburgh AYH Sea-Kayaking Program)

Saturday October 12th thru Sunday October 13th, 1996

Ed Ostrovecky 224-1419

Ed's annual Kinzua Fall Foliage Weekend.

Wed evening Nov. 27th thru Sun evening Dec 1st

Mark Mistrik 361-2943 (h) & 624-3446 (w)

South Carolina Lowcountry. Come spend a Southern-style Thanksgiving with us. Sightseeing in historic Charleston, beach walks, palm trees, plenty of wildlife and porpoises. Blackwater river, lake & saltwater paddling trips. Lodging in a rustic cabin (with fireplace) overlooking the scenic Edisto river. Call for more information. Space is very limited.

Early March 1997

Mark Mistrik 361-2943 (h) & 624-3446 (w)

Florida. When was the last time you had a Spring Break? This will be a nine day trip primarily to the Florida keys, but with a stop or two further north to paddle on the unbelievably clear springs at Ocala. Call for more information. We're still planning this one if you have any suggestions.

Next Year...

The following are some of the longer trips we're preparing for next year. Please contact us if you're interested or have information you'd like to contribute for these trips.

Adirondacks (High Peaks Region), New York
Thousand Islands, St. Lawrence Seaway, New York & Canada
Cumberland Lake, Kentucky.

ARTICLES FOR THE CYCLING CIRCULAR SEPTEMBER 1996

By George Schmidt

TOUR DE LIVRE

The Pedagogical Pedicycle Tour of Pittsburgh

SATURDAY, SEPTEMBER 28, 1996
HAZELWOOD BRANCH, CARNEGIE LIBRARY, PITTSBURGH
8:30 A.M.

The Hazelwood Branch, Carnegie Library and the WPW Bicycle Club are again teaming up to bring you a 52 mile tour of the 20 libraries located in the City. Last year, in October, we organized the ride to commemorate the centennial of the Carnegie Library in Pittsburgh. It was literally a "wash"- it rained a serious steady downpour all day. Some people still did ride the whole route and raved about the scenery and the "challenging" hills. So we are going to do it again and hope for better weather.

The object of this event is to visit all 20 branch libraries before they close at 5:00 p.m.. This gives everyone 8 1/2 hours to savor the "Mysteries of Pittsburgh" while navigating through 52 neighborhoods. It also gives us 20 opportunities to regroup and socialize at the library rest stops. In true "Wheelmen" tradition, riders will be given detailed maps and cue sheets, the roads will be stamped and SAG service will be provided. No food will be served, but the branch librarians can direct you to the best places to eat in their neighborhood.

Less ambitious riders may elect to ride shorter tour segments of 10, 15 or 25 miles. The "Tour de Livre" is intended for experienced riders only. It is not a race. The roads will be open to motor traffic. The 52 mile route is very challenging with many vertical climbs and drops, cobblestones and streetcar tracks. The 10 mile route is virtually a flat cruise to South Side and back.

To offset these expenses we are charging an outrageous \$5.00 fee for pre-registration and \$7.00 to register the day of the event. Student registration is \$3.00. Proceeds benefit the Friends of the Hazelwood Library. For more information or to help out call the Hazelwood Branch Library at 421-2517.

BACKPACK THE APPALACHIAN TRAIL IN VERMONT AND NEW HAMPSHIRE

You know you've always wanted to backpack a scenic part of the Appalachian Trail, but you didn't like hiking it on your own. Here's your opportunity. Hike with me, Glenn Oster, through the beautiful mountains of Vermont and New Hampshire. Enjoy the views and majesty of the Presidential Range. This won't be easy, but the hikes will average only eight miles per day, partially making up for the climbs and descents.

The trip will start Friday, July 30 and return Friday, September 13, 1996. After car shuttling and making food drops, we'll start hiking at North Adams, Massachusetts near Mount Greylock. The hike will extend for 295 miles to Gorham, New Hampshire with some easy days for trail food replenishment, showers, laundry and restaurant food. If you would like to do it but can't be gone for more than a couple weeks, we can most likely work out a way.

The trip will be limited to five persons. Its cost will vary with the number who participate and whether some hikers plan on only completing a segment and drive on their own. Completing the entire hike and traveling with the group rather than driving on your own would cost approximately \$300 each for two persons and \$230 each if five of us are hiking. Cost variables reflect motel and campground accommodations on evenings off the trail, countering the economies of group travel. Of course, all food cost would be additional.

You may be concerned about the pace at which we will be hiking. Relax. Only worry about it if you are a fast hiker, because I'm not. If you are fast, I won't mind your getting to the day's destination ahead of me.

If this sounds interesting to you, give me a call at (412) 364-2864 or write to me at 784 Olive Street, Pittsburgh, PA 15237-4882.

Central Susquehanna Hostellers

CSH Meetings

Meetings are the third Thursday of each month at 7:15 pm at the Lewisburg Area Community Center at 100 North 5th Street in Lewisburg.

Bike Rides

In addition to longer weekend rides, there are normally shorter bike rides every Thursday evening. Call Chris Olsen at 717-523-8471.

CSH Information

Call Chris Olsen at 717-523-8471.

Lewisburg Trips

For information on activities in the Lewisburg area, call Chris Olsen at 717-523-8471.

CLASSIFIED

All trips and products listed here are private and are not sponsored or endorsed by American Youth Hostels. Non-commercial ads are free for members. Contact the Editor for more info on Ads for Members and Non-members.

For Sale: Rhode Gear Eurosport twin rear-mounted bike rack, hardly used, fits most cars. \$75. Glenn, 731-7415.

WANTED TO BUY: Tandem Bicycle, John Gayler, 366-4062

Free: Assorted car-top canoe racks for open and closed boats. Call 327-8737.

For Sale: Olympic Bicycle T-Shirts, Haines 100% Beefy T. Official and Licensed. Call Michael at 322-7206.

For Sale: Used clipless Nashbar leather bicycling shoes. Men's size 9, \$15. Warren 687-1680

For Sale: NIKON FG SLR. 28 mm 52 mm and 70-210 mm zoom macro lens closeup lens tripod and bag mint condition \$400.00. Call RICHARD GREGO, 412-533-5725

For sale: Epoke 205 mm x-country skis, good condition, \$50; Contact ski boots, size 11, hardly used, \$35; free poles. Call 731-7415.

For Sale: Northface internal-frame backpack \$150; Northface tadpole tent (1-2 person) \$140; Whisper light stove \$50; First-Need water filter \$40. Call 242-9747(w) or 1-800-917-4763(pager) and leave message.

For Sale: Sail board/wind surfer; Mistral-large older model in good condition. Fiberglass mast, hardware, 2 sails (4m&6m) \$250. Perfect for starter. Night 766-3972 or Day 762-7440.

For Sale: 2 Dolfin professional silicone dive masks; low volume, fog-free, double edge. Used once and in original box. (older snorkles free) \$35 Eileen 531-9610

For Sale: Cross-country skis, boots (size 44) and poles. "Trak" waxless skis. As new - used once. \$85 for all. Peggy 361-4781.

For Sale: 60" metal desk, 55" wood roll top desk, steno chair Peg Cline @ 372,1782

Distributing AYH brochures We are looking for places to distribute hostelling brochures, primarily brochures describing hostelling and how to purchase a Hostelling International membership, but also some specific hostel brochures. If you have some suggestions on where we can display brochures for potential hostellers - such as colleges, travel agencies and travel bookstores, please call the office at 412-422-2282. We will be happy to deliver them.

Editor, The Golden Triangle
5604 Solway ST.
Pittsburgh, PA 15217

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, 5604 Solway St., Pittsburgh PA 15217

