

GOLDEN TRIANGLE



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



VOLUME 43, NUMBER 8

AUGUST 1993

1993 Mon Valley Century

Sunday August 22
see page 5

If you are a cyclist or if you know someone who is, you will not want to miss this event. The MVC is one of the top cycling events in Western PA. Last year we had almost 1200 registrants, and if the past eight years are any indication we will have well over 1200 this year. The late registration fee is the same as last year \$13.

New This year

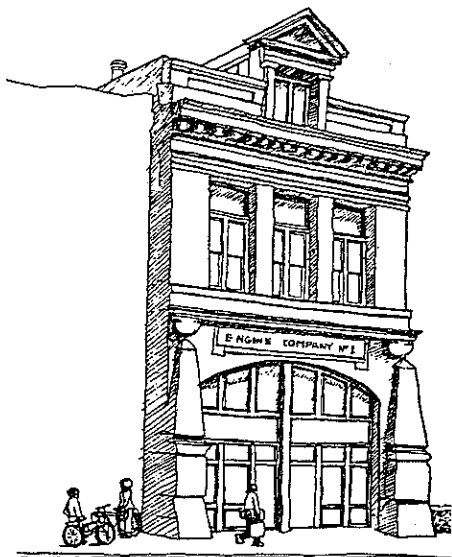
We made several changes this year to improve the ride. The biggest change which will affect all riders is that we moved the lunch stop from Mingo Creek Park to a riverside location in the town of Sunnyside. For the Century riders, this will put lunch at the 60 mile point; lunch will now be the second rest stop. We will add another rest stop out on the loop past Mingo. The other two rides will see more substantial changes which were made to eliminate two sections which became congested. The former 35 mile ride becomes a 32 mile ride which will be all along the river. The lunch stop will be at the 21 mile mark. The route will be more of a loop instead of simply an out and back like the former ride. The former 65 mile ride becomes a 71 mile ride; it will follow the century ride to lunch and the 32 mile ride after lunch. The good news is that this ride will also be more of a loop instead of the contorted out and back route of previous years. The bad news is that there will also be substantial hills. (We are also offering an unofficial 50 mile option which will be flat and will be a variation of the 32 mile ride.) Applications are in the July Triangle, AYH headquarters, AYH office, and at local bike shops or by contacting Chuck or Lynn Ejzak (466-6196).

Volunteers Needed

We will need about 30 volunteers on the day of the ride to make this successful. If you are available that day, please volunteer. The MVC has brought in a substantial amount of money for the new hostel. (The 1992 ride netted well over \$5000.) Even if you are not a cyclist but are interested in the hostel, here is a chance to do your part. As a volunteer you are entitled to an MVC T-shirt and lunch, plus a free registration to either the MVC or SABRE. If you need a ride we will find a way to get you out to help. In addition to helping AYH, this is also a good opportunity to meet other AYH folks. Call Chuck or Lynn Ejzak (466-6196) to volunteer.

Hostel fundraising campaign officially underway

On June 7 the Pittsburgh AYH Board of Directors voted to engage the services of the Broadway Development Corporation (BDC) to advise the council with fundraising and project development for the Pittsburgh International Youth Hostel. BDC owner Linda Lefever met with the board at the May meeting and reviewed a plan for fundraising and development.



OHIOPLYE HOSTEL WORK PARTIES

Sunday, August 15, 8:30 am to 4 pm or so
Linda Smithyman 531-1868

Meet at HQ at 8:30 am or 10:00 am at the hostel. These are days when volunteers go to the Ohioplye Hostel and do clean up work, maybe paint or do yard work. Lunch is provided and there is usually time to take a short hike or bike ride before returning to Pittsburgh.

Come on out to meet some other nice folks and lend a hand. See a real hostel if you have never been in one. WE REALLY COULD USE YOUR HELP.

Other dates during the summer are tentatively scheduled for Sunday, October 17th.



See Stanford House Hostel Trip Announcement, page 4

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SEPTEMBER Deadlines

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Wm Eberle 833-9732

The following positions are currently open and we are in need of responsible people to fill them. If you are interested please call Jon Maiman at 441-2306.

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

NOTICE

Please note the deadlines for
future issues of the
GOLDEN TRIANGLE

OCTOBER
All copy September 2
Binding/Mailing, Sept 23

NOVEMBER
All copy, October 7
Binding/Mailing, October 28

If your work is on computer,
Please contact Bill Eberle
@ 833-9732
or
Larry Laude @ 665-9554

Take The High Road Off-Road.



For your convenience,
TRM has 2 locations:

703 Washington Road
2 miles north of South Hills
Village on Route 19
Mt. Lebanon

343-6885

Bill Green Shopping
Center
Across from Pool City
Pleasant Hills

653-6022

TREK USA
American Bicycle Technology

August Slide Shows

August 5th Solo on C & O Canal, with Ron Boone
August 12th Happy Trails, Hiking with Linda Smithyman
August 19th To Be Announced
August 26th Newsletter Prep night. Socialize as we get the word out. Join us for a beverage or light meal at a nearby Eatery afterwards.

To Schedule a show or have a show idea call
TOM RODGERS 621-6310

Oops...

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

Letters...

[Letters to the editor are welcome. Letters will be edited to conserve space when necessary. Letters are published at the discretion of the editor.]

Mail regarding this Newsletter
should be addressed to:

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

Office: (412) 422-2282

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.

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

Charleroi Youth Hostel (SA)
Rego's Hotel and Restaurant
601 McKean Avenue
Charleroi, PA 15022
(412) 483-6200



PRESIDENT'S CORNER**Pittsburgh Hostel Update**

People have been telling me that I'm overdue in reporting out information on the progress of the Pittsburgh International Youth Hostel. My apologies, it is still a project. We have come to agreement on the terms of the sale with the City of Pittsburgh Finance Office. I have only a few details to work out before signing. We have officially launched our fundraising campaign and are currently meeting with city, county and state to discuss our project and get their support.

Donations for the hostel from our membership are at nearly \$10,000. At the spring Eastern Regional meeting in April, the Eastern Region voted to donate \$5000 to the Pittsburgh Hostel Fund. Our thanks go out to David Michelson, vice president, and the local AYH councils in the Eastern Region for their generous show of support. Thanks too, to all of you who have sent in donations of all sizes with words of encouragement. Nice words keep us going.

Marianne Kasica

LOOKING FOR A FEW GOOD BOARD MEMBERS

Pittsburgh Council is looking for potential candidates to serve on the local council board of directors. Board members are elected to three-year terms and are responsible for the overall management of the council's business. Duties include participation in monthly board meetings and involvement in one or more board committees.

Board members are normally elected by the general membership of Pittsburgh Council at the annual meeting. Board candidates may be presented by the nominating committee or may be nominated from the floor. Candidates should be prepared to present brief biographies of themselves for publication in the newsletter along with the ballot.

The annual meeting will be held in October. The day and place will be chosen by the board of directors and announced in the September newsletter.

If you would like to learn more about serving on the board, contact Larry Laude at 412-665-9554 or any of the Pittsburgh Council officers.

Cycling Accident?

**If you have suffered injury or damage
in a cycling accident, contact our
law offices to discuss your legal rights.**

**Steve Harris**A t t o r n e y a t L a w**412-456-2000****800-548-6267**

There is no charge for legal services on injury claims
unless benefits are obtained.

***** TRAVEL SECTION *******NEW US PASSPORTS**

The Department of State is currently phasing in a new type of passport whose features make it more difficult to counterfeit.

The new anti-counterfeit features include a kinegram (an optical device similar to a hologram), special inks, paper with certain ultraviolet characteristics, and a cover made of cloth instead of coated paper.

The new passports, which were first issued on April 12, are green instead of blue, reversing the change from green to blue made in 1976 to commemorate the bicentennial of the US.

Blue passports will continue to be valid until their respective expiration dates. US embassies and consulates abroad will issue the new passports after supplies of the blue passports are depleted.

HOSTEL REPORT: COSTA RICA

With about 30 percent of its rainforest now protected, Costa Rica has taken significant action to preserve the environment, and it shows. The Central American country is becoming an increasingly popular ecotourist destination. Lush tropical rainforests as well as spectacular volcanic activity and abundant wildlife draw the traveller to this unique land.

There is a small hostel system with the country that provides excellent budget accommodation and good travel information. The main hostel is located in the capitol city of San Jose. Just a 10-minute walk from downtown, the location provides an excellent balance of privacy and convenience for the budget traveller. In fact, one of the more common complaints among travellers was the constant traffic noise during the night in many downtown locations. The hostel location largely avoids this problem.

Currently, the San Jose Youth Hostel is undergoing remodeling that should be completed soon. The overnight rate is about US\$5, which includes breakfast consisting of gallo pinto (a traditional black bean and rice dish) and excellent coffee. You will also find the Costa Rican people to be truly friendly and helpful during your stay.

From the Gulf Coast Hosteller

SEATTLE HOSTEL STILL IMPRESSES

During a recent visit to Seattle, we stopped by to check out the Seattle Hostel. Seattle is a great place to visit, and the hostel is in a great location literally right next door to the Pike Place Market. For those of you not familiar with the Market, picture Pittsburgh's strip district with tons of fresh fish and crabs, restaurants, and shopping. Oh, and coffee — you can't walk more than a few blocks in the town without finding excellent espresso, either in a coffee shop or in a vendor's cart. Vancouver and Victoria BC and the Olympic Peninsula are just a short drive

and/or ferry ride away and are both worth a visit too. Larry Laude & Marianne Kasica

THERMOPOLIS WYOMING

A hostel in Wyoming? You bet. Thermopolis is the site of the world's largest mineral hot springs — more than 18 million gallons a day of 135 degree water, much of which is cooled and channeled to nearby bathing facilities. The hostel, surrounded by a shady park, boasts an unhurried tranquil atmosphere, with its relaxing upper balcony, grassy courtyard and quaint decor. A short stroll leads to the riverwalk, bath houses and mineral terraces. Travellers with transportation will want to drive through nearby Wind River Canyon. Ten miles long, this scenic canyon showcases billions of years of geological history. For hostel reservations or information, write or call the Plaza Inn the Park Youth Hostel / PO Box 671 / Thermopolis Wyoming / 82443. Their telephone number is 307-864-2251.

THE TRAVELLER'S JOURNAL

For short hints on traveling, try listening to The Traveller's Journal every weekday on Pittsburgh's WDUQ (90.5 FM) at 7:33 am and 6:58 pm and on Cleveland's WCPN (90.3 FM) at 7:33 am. Recent topics included the Copper Canyon Railway in Mexico, Making Friends Abroad, and Emergency Care Abroad.

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).

*Mon Valley Century (Chuck and Lynn Ejzak, 466-6196)

*SABRE (Bill Eberle, 833-9732)

*Typing articles for the newsletter into a computer (Bill Eberle, 833-9732)

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

*Ohiopyle hostel support and work parties (Linda Smithyman, 531-1868)

*Travel and Hostel Editor for the newsletter (Larry Laude, 665-9554)

*Answering questions at the council office (Joe Hoechner, 422-2282)

*Leading Pittsburgh Council trips (Jon Maiman, 441-2306)

*Scouting trails for the next Hiking Guide (Joe Hoechner, 422-2282)

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

CYCLING AND THE LAW

by Marc Reisman

With the increase in the number of bicycles on the roads and trails has unfortunately come an increase in the number of incidents in which bicyclists are assaulted and their bikes stolen. According to a recent KDKA news report, thirty incidents were reported in the City of Pittsburgh in 1991. Approximately six have been reported so far in 1993. Although I have not obtained figures for other areas of the state, I think it is safe to assume that the problem is not confined to Pittsburgh.

Many of the incidents taking place in Pittsburgh have occurred on or near park trails. It has been many years since the City has had park police and there is no police presence designated for the trails at this time.

The time has come for Pittsburgh (and other municipalities) to put police on bicycles not only on the trails, but also on the streets. There are police on bicycles in many Pennsylvania municipalities; the Spring 1993 issue of BikeFed Update reported that there were bike patrols in 18 municipalities and 5 universities in 14 counties. (Some of the patrols are being done on a trial basis.) The activity of these bike patrols is not confined to park trails and positive results have been reported in terms of the prevention of crime as well as in improved community relations.

In a discussion I had with Officer Allan Howard of the Dayton, Ohio Police Department, I learned that the savings that can result in putting police on bicycles instead of patrol cars can be tremendous. It costs many thousands of dollars a year to purchase a police car and keep it running, but a properly equipped mountain bike costs only between \$600 and \$800, and costs less than \$200 per year to maintain.

Officer Howard told me that Dayton has a full-time bicycle patrol force of 33. He is the Chairman of the International Police Mountain Bike Association (IPMBA) and he conducts 4 seminars a year (it's a 4-day course) to train police on bikes. The IPMBA, which is a division of the League of American Wheelmen (L.A.W.), has approximately 400 members and publishes a bi-monthly newsletter for its members.

The IBPMA's 3rd Annual Police on Bikes Conference was recently held in Florida. Attendees came from 24 states and Canada. The Convention features training seminars, workshops and competitions. The seminars at the Convention included Urban Drug Enforcement, Officer Selection, Advanced Techniques in Bicycling, Uniform Selection, Night Operations, and Campus Law Enforcement. The seminar materials have been compiled by L.A.W. and are available for a modest fee from their Baltimore headquarters. I obtained a copy (which

see LAW, page 10

BICYCLING with PITTSBURGH AYH

Thursdays in Aug. All Judy Menosky 242-1573 Judy will be leading evening rides in May from headquarters at 6:30 pm.

Aug 8 B/C Bill Eberle 833-9732 Montour trail Fat-tire ride. Mountain Bikes a Plus, If not sure if your bike is right Give me a call. We will park at Cecil Park (Meet 10 am @ Park), and take a Ride on the Montour Trail, as well as the Arrowhead trail, enjoy a snack and generally Take an easy day of it. (nothing Like my Southpark Evening Hill Search rides!!! I promise this is almost flat....) Aprox. 27 miles. Int Pace. Please call to confirm.
Aug 10 C/D Jeff Marsh 384-7827 Fat-Tire trip to Frick Park, Meet at HQ for a beginner Mt bike trip to Frick Park. Call for Info/Reservations.

Aug 15 B/C Bill Eberle 833-9732 Montour trail Fat-tire ride.
See my Aug 8 ride.

Aug 6-8 B/C Ober Rooney 364-3956 Niagara Falls A popular trip; Ride the scenic Niagara Parkway or ride along the Welland Canal to watch the freighters negotiate the locks. Stay at the Canadian Hostel.

Aug 21 B/C Bill Eberle 833-9732 Montour trail Fat-tire ride.
See my Aug 8 ride.

Aug 17 D Kathleen McKeegan 341-1564 Arrowhead trail Easy Ride on a section of the Montour Trail. Meet at 5:30 at South Hill Village and drive 5 minutes to the start. Call for details and to reserve.

Aug 21 B/C Bill Eberle 833-9732 Montour trail Fat-tire ride.
See my Aug 8 ride.

Aug 22 A/B/C Chuck & Lynn Ejzak 466-6196 Mon Valley Century Bicycle Tour Choose from a challenging 100 miles, 100 km (65 miles) and 50 km (35 miles) Registration includes marked roads, snack stops, map, and cue sheet. T-shirt extra. Rides start in Elizabeth, PA. Call for an application or get one at AYH. Registration: \$10 by July 31, \$13 afterward.

Aug 27-29 B/C Judy Menosky 242-1573 Schellsburg Hostel Weekend Camp Living Waters Hostel, the area features rolling terrain on quiet roads. Swim at nearby Shawnee State Park. Please note this is a date change

Aug 29 B/C Bill Eberle 833-9732 Montour trail Fat-tire ride.
See my Aug 8 ride.

Aug 29 C Lou Conley 681-8321 14th Annual Duquesne Incline Bike Ride. Join Lou Conley and friends on their 14th annual late Aug. Sunday morning tour of America's No. 1 city. The tour is about 25 to 30 miles but is done at a very leisurely pace and has frequent sightseeing stops, including the South-Side park along the river, Point State Park, Station Square, and Clemente Park, along with a ride up the incline to see the view from Mt. Washington and have lunch at any place we can find that is still open. Be sure to bring lunch money, \$2.00 for the incline ride, \$1.00 for Registration and lots of enthusiasm. Meet at HQ at 8.30 am. Call Lou For info/reservations.

Oct 3 A/B/C Bill Eberle 833-9732 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. T-shirts Extra. Registration: \$10 by Sept 4 \$13 afterward. Call for an application or information.

Ride Class: A - Adv. 60+ miles at a faster pace. (tend to be between ages 18 and 70). B - Intermediate, 30-60 miles, at a more aggressive pace. C - Easy, 15-30+ miles at an easy pace. D - Beginner. Short, easy rides for the family. AYH Members are given priority over nonmembers, hurry limited space. **Bicycle Helmets (ANSI or Snell approved) are required on all rides. NO EXCEPTIONS.** Participants are responsible for their own equipment.

Stanford House Hostel Weekend

It's Back! Stanford House Hostel Weekend has been set for Sept 10th thru the 12th. Join Joe and Cheryl Hoechner for a weekend of cycling, hiking or Mtn. Biking on park trails in nearby Ohio.

Call 242-0781 to reserve an early spot. More Details Next Issue.

See Cover Photo

Just View It - Bike Video

Watch and learn as an experienced bicycle mechanic assembles and adjusts state-of-the-art bikes. Unique visuals and concise narrative show how to install, adjust and care for your bike. Sections covered are:

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- Record license numbers, makes, models, years and owners of all vehicles.
- Get names, addresses, phone numbers and insurance information from drivers, passengers and witnesses.
- Inform the police immediately and wait for their arrival.
- Record the weather and road conditions.
- Get an itemized repair estimate for your bike.
- Contact your insurance company.
- To protect your legal rights, consult your attorney.

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For more information call: 1-800-883-1LAW
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Mon Valley



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Write for free touring information containing:
Bikecentennial, P.O. Box 55068E, Missoula, MT 59807

Mon Valley Century Bicycle Tour

Presented by Pittsburgh Council, AYH
Sunday August 22, 1993

Start The MVC will start in Elizabeth, PA from the dance studio. See map on back of application. Pick up registration packets containing map, rider number and related items before starting your ride. Registration opens at 6:30am. These starting times are recommended so you will not be too early or late for any of the rest stops. 100 miles: 6:30am-8:00am 65 miles: 7:30am-10:00am 35 miles: 9:00am-11:00am.

Route Large sections of each ride follow the Monongahela River. The scenery varies from industrial towns to spectacular views of the river and wooded hillsides. You will have a choice of 100 miles, 65 miles, or 35 miles. The 100 mile route is 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. (Most of the other hills are much gentler). The 65 and 35 mile rides are flat to gently rolling and are well suited for intermediate and beginner riders. The 65 and 35 routes will be somewhat different from previous MVC's. All routes will also be marked with arrows on the pavement.

Food A lunch stop is included for all riders. 65 milers also receive a snack stop. Century riders receive 2 snacks, at 30 and 50 miles in addition to lunch. There are many convenience stores along the route.

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

Cost \$8 postmarked by July 31, 1993; \$10 thereafter and the day of the ride. Please note that T-shirts are not included in the basic price.

T-Shirt \$6: Only riders who prepay for a T-shirt with their registration by July 31 will receive their MVC T-shirt on the day of the ride; T-shirts will be mailed to those who register after July 31 (expect six weeks for delivery). Those who do not indicate a size will receive a Large.

Contact Lynn or Chuck Ejzak, (412) 466-6196

Helmet The Pittsburgh Council AYH requires all cyclists to wear an approved bicycle helmet for this event.

Proceeds Net proceeds from the MVC benefit the Pittsburgh Hostel Fund which will be used to help establish a full-service hostel in the city. The #1 Firehouse on the Boulevard of the Allies downtown is the location currently under negotiation with the City.

Directions: From Pittsburgh follow Rte. 51 South approximately 5 miles south of Century III Mall. Just after crossing the river, take the Elizabeth exit into the town. Turn right at the traffic light (one way street). Go three blocks and bear left. Building will be straight ahead.

Parking: Parking will be available in lots at the dance studio, under the bridge, & at the south end of town, as well as street parking. Look for volunteers & signs to assist you.

1993 Mon Valley Century Bicycle Tour Registration Form

Mail to: Pittsburgh AYH, Dept MVC, 5604 Solway St Room 204, Pittsburgh PA 15217

Make checks payable to Pittsburgh AYH and include a self-addressed, stamped envelope for confirmation.
One person per form, please. Copies accepted.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Emergency Phone for day of ride: _____

I plan to ride (check one): ☐ 100, ☐ 65, ☐ 35

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

Payments

Registration:

\$8 postmarked by July 31;

\$10 Aug 1 or later

\$ _____

T-shirts:

\$6 postmarked by July 31;

\$ 8 Aug 1 or later

\$ _____

Donations:

\$ _____

TOTALS

T-shirt, if ordered: ☐ S, ☐ M, ☐ L, ☐ XL

(If none marked, a Large will be provided.) Liability Release Must be signed by all riders (or legal guardian if under 18)

I have read and understand this form and the bicycling event it describes, and I understand that the Pittsburgh Council American Youth Hostels **REQUIRES** me to **WEAR** a Snell or ANSI approved helmet during all of my bicycle riding on the Mon Valley Century. If I stop wearing an approved helmet, I understand that my participation in this ride is **IMMEDIATELY TERMINATED**. I do voluntarily request the right to participate in this bicycling event. In consideration of the Pittsburgh Council, AYH, admitting me to this program and its administration of the same, I do hereby discharge, release, and hold harmless the American Youth Hostels, Inc., Pittsburgh Council, AYH, its officers, trip leaders, volunteers, and workers participating in this bicycling event, individually and collectively from any and all liability for damages of any kind or character resulting from any injury or condition I may suffer, or which may result from my participation in this bicycling event. I do hereby request and consent to, and permit emergency treatment in the event of injury or illness.

I will abide by traffic laws and regulations and will practice courtesy and safety in bicycling. I acknowledge that collisions, falls and various types of injuries do occur when bicycling. I have trained sufficiently for participation in this bicycling event and have inspected my bicycle to assure that it is in good and safe condition.

Signature: _____

Date: _____

Mountain Dreams
INTERNATIONAL, INC.

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WHITEWATER RAFTING

Rafting is a great way to have fun in the sun. The American Youth Hostels has an extensive rafting program. We have trips for all skill levels from first timers to experts. Our 1993 trip schedule is listed below. So pickout a trip and signup today. Don't miss out on the fun! For more information or to sign up for any trip, please call the trip leader or the AYH Office at 422-2282.

River: Lower Yough; Ohiopyle, PA

Aug 7	11:45am	Doug Bruce	561-5037
Aug 8	11:45am	Jon Maiman	441-2306
Aug 21	11:45am	Kevin Craig	487-1538
Aug 22	11:45am	Linda Smithyman	531-1868
Aug 28	11:45am	Al Kepner	444-0971

The cost for these trips is approx. \$25/person (including deposit). Ohiopyle State Park charges us a NON-REFUNDABLE LAUNCH FEE for each boater running the Lower Yough. So we require a NON-REFUNDABLE DEPOSIT OF \$5/ PERSON to reserve a space for all of our Lower Yough. Trips. If you sign up for a trip and you can't go and can't find someone else to take you place, you loose your deposit! The lower Yough. is aprox 7 miles of class III-IV water. We run it as a day trip and we usually use 4 and 6 man rafts. This is a good introductory trip for first time rafters, all Skill levels welcome. We frequently stop for dinner on the way home.

River: New River George; Fayetteville, West Virginia

Aug 13-15	Jon Maiman	441-2306
Sept 3-6	Jon Maiman	441-2306

The New River is one of the oldest rivers in the world. We run aprox. 7 miles of class IV water. The new is a high volume river with lots of big waves. Depending on the water level, we use 4, 6, and or 8 man rafts. Anyone who has been on the Lower Yough. at least once or would like a more aggressive introduction to rafting is welcome to come on New River trips. This is a weekend trip open to Advanced Beginners and up. The cost of these trips are approx. \$70/person for 2 day trips and approx. \$87/person for 3 day trips. An optional group dinner is offered as part of the trip.

River: Gauley; Summersville, West Virginia

Sept 18-19	Jon Maiman	441-2306
Oct 1-3	Jon Maiman	441-2306
Oct 15-17	Jon Maiman	441-2306

The Gauley River is considered to be the classic run in the East. The scenery is spectacular and the water is great. The Gauley is generally only runnable in the fall when the Army Corps of Engineers drains Summersville lake in preparation for Winter. We usually run the lower section which is aprox. 9 miles of Class IV water. Runs on this section are slightly more challenging than the New River and are suitable for anyone who has run the Lower Yough. or New at least once. This is an advanced beginner and up weekend trip and cost's aprox. \$75/person. We ran the upper section which is 13 miles of class V/VI water once last year. This section is only suitable for advanced rafters and space will be very limited if we run it again. We use both 4, 6, and 8 man rafts on the Gauley. An optional group dinner is offered as part of this trip.

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SEA KAYAKING

This month begins the second half of the 1993 sea kayaking season, with a greater variety of trips planned through autumn. This year's annual Moonlight trip is to Crooked Creek State Park, where we'll begin the trip at sunset. Kayaking at night is a favorite of many paddlers. You'll spot many more animals, and the water and landscape take on an almost surrealistic look. Also, the water is warm now — warmer than even the night air, so swimming or practicing your kayak rolls at night can be memorable. The trip to Maine in mid-July is an (almost) annual affair for more advanced paddlers, so if you are interested this year, plan to go next year. It's an opportunity to meet and learn from the best sea kayakers, try out the latest equipment and sea kayak along some of the most striking shorelines anywhere. Really liking lobster is a plus. For a true wilderness experience, there is still space for Isle Royal National Park in late August. After the 6 hour ferry ride across Lake Superior, we'll live out of the kayaks for a week. Moose are common on the island national park, the fishing is excellent, and there's a remnant wolf population, if you're one of the fortunate few to ever spot one. In mid-August, I'd like to return to one of my favorite places on Assateague Island for a three day weekend. This a wonderful place for sea kayakers. In a single day paddle, you can depart from a protected bay, explore extensive salt marshes, cross over to the mainland (by kayak) and swing around oceanside — and probably see dolphins and lots of wild ponies. We always visit Hooper's, an all-you-can-eat crab and seafood house (with great salads and steaks too) near Ocean city, and a late evening stroll up the boardwalk to try to walk some of it back off. We camp right on the beach, so you can walk out to the ocean anytime, and go to sleep to the sound of breaking waves. In September, we'll return to the northern Chesapeake Bay in Maryland and maybe look for fossilized shark teeth while we're in the area for it. At the Chesapeake Bay Sea Kayaking Symposium in May of 1993 two of my friends got to see lighthouses and a bald eagle nearby. And finally, in October, there will be a trip to the New Jersey Pine Barrens for a three day weekend paddling through the unusual lakes and channels there.

And here's a final note for all of you non sea kayakers out there. IT'S NOT HARD, AT ALL. Simpler than learning to ride a bike (no falling down, and generally, no helmet needed) and I've yet to develop a blister like sometimes happens on a hiking or backpacking trip. This usually results from trying to carry the kind of food I take along in the sea-kayak, on my back. But here's the point: AYH bought its sea kayaks to introduce a new sport to all interested members. If the idea of travelling alone across a couple of miles of open water or along a coastline in a boat seems a little strange, then try one of the intro trips, or an easy day paddle. We all learn slowly, and by adding new experiences to what we already know, but if you give it a chance, someday soon you may find yourself doing almost unimaginable things.

To find out more, please call Mark Mistrik at 647-7609 and leave a message.

Aug 1 Sun Keith Jackson 831-7304.

Spend a day at Moraine State Park with kayaks, picnic lunch and a day in the sun. Lots of shores to see. Water fun sun and food (intro to intermediate). Call for information and what to bring.

Aug 3 Wed Eve (Glade Run) Mark Mistrik 441-8293 (h) Aug 18 Wed Eve (Glade Run) or 647-7609 (w) Sept 18 Wed Eve (Glade Run)

Intro to Sea Kayaking evening trips to Glade Run or North Park Lake. Easy trip is a very good way to get acquainted with the sport, and actual paddling on the lake will be covered. You can learn sea-kayaking at your own pace and be better prepared for the longer day trips; Intro's are a prerequisite for some of the longer trips, and highly recommended for anyone who hasn't been in a sea kayak lately. call to reserve. 6:15 pm at HQ.

Aug 7 Sat Mark Mistrik 441-8293 (h) or 647-7609 (w) Sea-kayaking daytrip to Yellow Creek, a small, scenic lake about an hour from Pgh. Trip is open to all ability levels, and no previous experience is necessary. Reservations required. Leaving 9:30 am from HQ.

Aug 8 Sun Keith Jackson 831-7304 Summer Day on the Allegheny. Paddle down the Allegheny from Kittanning to Freeport, ride through the lock to a river bank lunch and exploring and take out before dark (bring lunch and snack in waterproof bag). Beginner to Intermediate. Call for time and information

Aug 13-16 Fri-Mon Mark Mistrik 441-8293 (h) Three day sea-k summer weekend to the beach. Sea-k at Assateague Island National Seashore, car-camping right at the seashore, beach strolling, barbecue, seafood, lounging, and lighthouses. Usually we plan a morning half-day paddle, and leave the afternoons and evenings free to do what ever you want. Will also need either Friday or Monday off. Call right away for info, since the best campgrounds fill up early and require reservations.

Aug 20-22 Sat-Sun Barbara Peterson 371-2506 Kayak camping trip to either Kinzua Dam or Scenic wilderness section of Allegheny River or the west branch of the Susquehanna. The trippers will decide as a group where we go. Call for more information or to make your reservation. Int level trip.

Aug 27 Fri - Sept 6 Mon eve Mark Mistrik 441-8293(h) Isle Royal National Park sea-kayaking and hiking. Spend a full week paddling around the Northeastern half of the island. Spend approximately three days in the island's, hiking on trails and fishing on the interior lakes, kayak camping, and paddling along rugged coastlines- Isle Royal's most spectacular scenery isn't reachable by trail. We will visit Mackinaw Island on the way home. Leaving: 5:00 p.m. from HQ Thursday Aug 26 in Shadyside.

Sept 18-19 Sat-Sun Mark Mistrik 441-8293 (h) Southern Chesapeake Bay sea kayaking weekend. Stay overnights in a hotel resort and take day trips out. Possibly visit colonial Williamsburg if trip extended to three days. Call for more information or to reserve.

Oct 1993 Mark Mistrik 441-8293 (h) or 647-7609 (w) New Jersey Pine Barrens. Sea-kayak touring and camping.

WHITE WATER KAYAKING

The AYH kayaking program provides an opportunity for a friendly group of people to experience this exciting sport on the many scenic and sometimes challenging rivers in Western Pennsylvania.

Trips meet at the Pittsburgh AYH Counsel headquarters in Mellon Park and carpool to the river-of-the day. A small fleet of kayaks (in many different sizes and shapes) are available for trippers (of many different sizes and shapes) to use on our trips. Day trips typically end with a dinner stop on the return to headquarters.

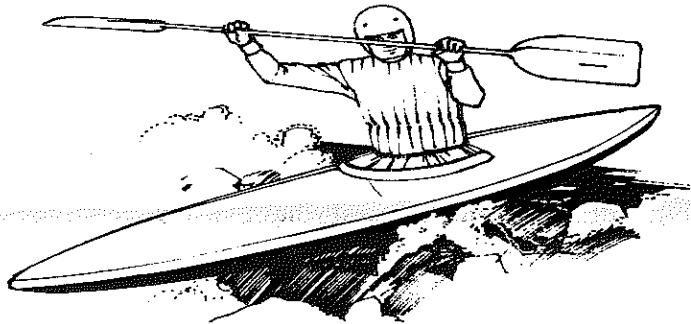
To make your day more enjoyable, on all trips paddlers should bring: clothing and "river" shoes appropriate to the season and weather, lunch in a waterproof container, a generous supply of drinking water, sunscreen, a change of dry clothes, etc. For more information call the Kayaking Chairs: Ray Yutzy 341-5682 & Dave Casassa 963-1869

July 31-Aug 1 Sat-Sun Three Rivers Paddling Club - Turkey Bash Paddling Clinic, Picnic & Turkey Roast Instruction in Canoeing & Kayaking (Beginning to Advanced) & Fabulous Family Picnic TRPC Membership & PreRegistration Required - Not a AYH event. Call Ray Yutzy @ 341-5692 to reserve an AYH Kayak.

Aug 7-8 Sat-Sun Introductory Kayaking School - Weekend at Ohiopyle State Park Instruction for total beginners on up. — No Experience Needed Saturday will be at Yough Lake for equipment review and basic flatwater paddling skills. Saturday Night may be reserved at the Ohiopyle Hostel. Sunday will be a easy white water stream. Call: Ray Yutzy @ 341-5682 to register. Meet Sat. at 8:30 AM at Headquarters.

Aug 14 Sat Class II-III Trip - (River to be selected based on water levels.) Call: Dave Casassa @ 963-1869 to register. Meet Sat. at 8:30 AM at Headquarters. As Dave is moving to Syracuse University, this will be his last trip with PGH AYH for awhile. *We thank him for helping with the kayaking program and wish him well in Syracuse.*

Aug 28-29 Sat-Sun Three Rivers Paddling Club - New River Gorge Weekend in West Virginia Flatwater through Class V Sections Available - Not an AYH event. TRPC Membership & PreRegistration Required Call Ray Yutzy @ 341-5692 to reserve an AYH Kayak.



CANOEING

Aug 7 Sat Jon Maiman 441-2306
Class II, III. 8:00 am. Wherever the water flows, Jon goes. Call to qualify and reserve a spot.

Aug 15 Sun George Schnackenberg 731-3046
Class II. 8:00 am

Aug 22 Sun Gordon Bugby 371-4233
Class I, II. 8:00 am. Trip goes if there is water somewhere to paddle.

Aug 28 Sat Don Hoecker 243-8298
Class I. 8:30 am. There is water somewhere. Follow Don.

Plan a weekend paddling on the upper Allegheny with Mort Kurman. Tentatively scheduled for October 16. Two days paddling and one night camping. Call Mort for details after August 1. Phone 621-6922.

SAILING

Lake Arthur Day Sailing We will offer weekend day sailing trips at Lake Arthur in Moraine State Park. These trips will be posted on the sailing bulletin board at AYH HQ or announced on Thursday evening Open House meetings. You must have completed our Basic Sailing Class or have equivalent skills or experience. We have one International 470, three Flying Juniors, and one Sunfish. Day rental fees are \$11 to \$14 per person. Half day rentals may also be available depending on scheduling. All trips will require at least one qualified sailing leader. For more information contact Bob Zavos 241-0659 or Joel Hough 371-4986.

Introduction to Sailboat Racing [note schedule change from last month] This is an introduction to sailboat racing for those who have completed our Basic Sailing or have equivalent skills. Learn to how to rig for racing, how to start, sail the windward leg, run down wind and finish effectively. There will be a Wednesday night classroom session at AYH HQ and participants will participate in an actual race with the Moraine Sailing Club on Saturday, August 21. Course fee will be \$40.

COURSE	Shore School AYH HQ 7pm-9pm	Shore School AYH HQ 7pm-9pm
Introduction to Racing fee \$40	Weds., Aug. 18	Sat., Aug. 21

SAILING CLASS REGISTRATION

Name: _____

Address _____

Phone No. _____

Classes desired ☐ Introduction to Sailboat Racing

Please make check payable to Pittsburgh Council AYH.

YOU MUST BE AN AYH MEMBER FOR ALL CLASSES - See membership info elsewhere in this issue or contact the AYH office for information send registration and fee to: Joel Hough; AYH Sailing : 100 Bryn Mawr Ct. Apt. E113: Pittsburgh PA. 15221

1993 Sailing Schedule includes the following:

July 31-Aug 8 Crystal Lake, Michigan. (Joel Hough 371-4986) Crystal Lake is a beautiful lake in the Northwest part of Michigan's lower peninsula that offers some outstanding small boat sailing and many nearby recreational activities.

Aug. 7-8 Detroit, Michigan. (Bob Zavos 241-0659) This is a special weekend trip to visit the American Sailing Institute in Detroit, Michigan. This group is the successor of the Detroit AYH Sailing Activity. We will meet up with the Crystal Lake group on their way back. Those leaving from Pittsburgh will drive up Saturday morning and take a tour of local attractions. We will try to stay at a hostel northwest of Detroit. On Sunday we will have breakfast with some members of ASI and then go for a sail in their boats on an inland lake or perhaps Lake St. Clair. We return to Pittsburgh Sunday afternoon or evening.

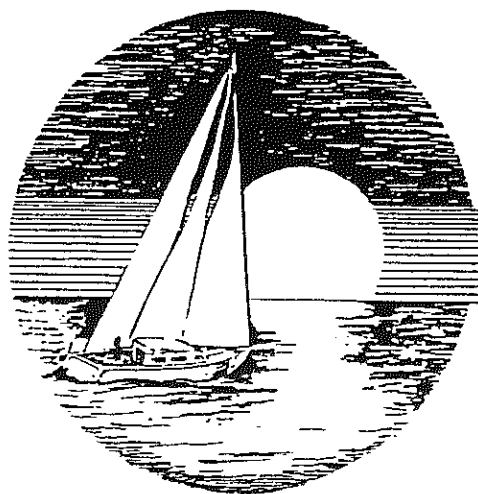
Aug. 14 Lake Arthur Day Sailing. (Bob Zavos 241-0659) Launch from Watt's Bay and watch the Moraine Sailing Club races up close. We will stop for dinner at Kaufmann's restaurant in Zelienople on the way back.

Aug 22 Lake Arthur Day Sailing. (Joel Hough 371-4986) We will start rigging after lunch and spend the rest of the afternoon on the lake.

Sep. 4-6 Lake Chautauqua, New York. (Bob Zavos 241-0659) We will stay at a quaint guest house at the Chautauqua Institution and launch our sailboats from a nearby site. The high season of educational and cultural activities will be over but many opportunities remain to view this enchanting Victorian village. Sailing on the Lake is usually outstanding. We will depart Pittsburgh early Saturday and return Monday afternoon or evening. In between sailing and roaming the Chautauqua grounds we will schedule visits to interesting towns around the lake for touring and dining. We will visit several nearby wineries. Trip cost will be \$60 per person. (\$25 additional for single occupancy) and includes 2 overnights, 2 breakfasts, sailing fees, and admin fees. Meals out and transportation will be extra. Send your NAME, ADDRESS, and TELEPHONE NO along with a \$10.00 deposit to Bob Zavos, 1007 Savannah Ave., Pittsburgh PA. 15221. Reserve early as space is limited.

Oct. 9-10 Annapolis Boat Show. (Bob Zavos 241-0659) This is our annual trek to see America's largest Sailboat Show at historic Annapolis.

Oct. 9-18 Chesapeake Bay Sail. (Bob Zavos 241-0659) After a day at the boat show you can join us for a week long leisurely sail on the Chesapeake Bay. We will charter a 35 to 45 foot boat near Annapolis and board the night of Oct 9. At 9:00 AM on Oct 10, we will start with boat orientation and exercises in docking and maneuvers. Depart at 12 noon for Kent Island. The next six days will include a leisurely cruise with stops at St. Michaels, Oxford, Hudson Creek, Knapp's Narrows, and finally return to Annapolis. Half the evening meals will be on board, the other half in towns along the way. This will be an excellent opportunity for your first extended cruise. Fee will be in the \$500 to \$800 range. Trip will be led by Rick Tomlinson.



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HIKING / BACKPACKING

Note: Tuesday Night Hikes in North Park are cancelled.
...Helen Coyne

July 30-Aug.1 Fri-Sun Helen Coyne 776-0678
Tracy Ridge & Johnnycake Trail Beginner Backpack
The Tracy Ridge and Johnnycake Trails are in the Allegheny National Forest near Warren, on the east side of the Reservoir. Camp over Friday night in the Tracy Ridge campground (bear country), hike to the Reservoir on Saturday and camp out along the shore area; hike out on Sunday on the Johnnycake Trail; 9.8 miles in total. Call Helen for info/reservations.

Aug 1 Sun Tom Kaveney 276-8044
Laurel Highlands Trail, Laurel Ridge State Park to Seven Springs
A great summer break: high atop Laurel Ridge the trail is mostly shaded under a canopy of tall trees. This is Tom's favorite hike on the LHT. Intermediate, approximately 8-9 miles. Meets at AYH Headquarters at 8:30 am. Call for info/reservations.

Aug 13-15 Fri-Sun Glenn Oster 364-2864
Backpack a portion of the Quehanna Trail from Red Run/Mix Road to Blackwell Road - 19 miles. This is an Intermediate trip to a marvelous Pennsylvania wild area east of Parker Dam. Call for info/reservations.

Aug 15 Sun Blanche Asherman 828-8158
Armstrong Trail, Armstrong County
The Armstrong Trail is a rail-trail following 52 miles of the east shore of the Allegheny River from Schenley almost to Brady's Bend. The trail is flat, passing by hollows slicing through the bluffs and along marshy river backwaters. Blanche will select a 10-mile piece of the trail for this hike. Meets at 8:00 am at HQ. Call Blanche for info/reservations.

Aug 21 Sat Glenn Oster 364-2864
John P. Saylor Trail - Both loops This will be an 18 mile advanced hike - mostly flat, but some hills. Call for info and reservations.

Sept 19 Sun Monika Vucic 325-4758
American Cancer Society Laurel Summit Hike-A-Thon: Call for Volunteers
The ACS requests your assistance in the first ever American Cancer Society Hike-A-Thon. The Hike-A-Thon will consist of four hikes in the Laurel Summit area off Route 30 ranging from 4 miles to 12 miles in length. ACS needs volunteers to staff rest stops (water, first aid, communications), registration, provide shuttle transportation, be trail guides, trail sweep to round up stragglers, make and install markers, typing, mailing, and more. Help in the fight against cancer. Call Monika; you can make a difference.

ROCK CLIMBING

AUG 8 Sun BEG Beginner Trip Eric Bauer 687-0766
Cooper's Rocks, WV 8am at HQ

AUG 28 Sat INT Seneca Prep Eric Bauer 687-0766
White Rocks, Fairchance, PA 8am at HQ


AUG 29 Sun BEG Beginner Trip Eric Bauer 687-0766
White Rocks, Fairchance, PA 8am at HQ

Beginner trips are geared towards teaching basic rock climbing skills to people that have never climbed before. All you need to bring are tennis shoes and lunch. AYH supplies all climbing equipment. Space is limited so please call trip leader for reservation.

If you are interested in going to Seneca Rocks for multi-pitch climbing (Sept 11&12) then you must attend the Seneca Prep trip on August 28.


HORSEBACK RIDING

Aug 28 Sat Linda Smithyman 531-1868
Get on board or rather in the Saddle, somewhere. \$10-\$15 per hour & only one hour for most of us. Meet at HQ at 10.00am. Not an Official AYH trip. Call Linda Smithyman for Info.



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MID-WEEK RAMBLES

Aug 4 Wed Cliff Ham 687-4520.
Ramble in Frick Park; explore some new areas.

Aug 11 Wed Cliff Ham 687-4520.
All day Ramble at Ohiopyle State Park. Bring lunch and good walking shoes. Registration Fee & transportation fee. Possible bike riding. Visit the youth Hostel

Aug 18 Wed Cliff Ham 687-4520.
Ramble in the Oakmont area. Start at Dark Hollow Woods, continue along Little Plum Creek.

Aug 25 Wed Cliff Ham 687-4520.
Ramble in Thornburg, a pleasant suburb of Pittsburgh. See a variety of different housing styles.

Notes for all Rambles: Meet in the upper parking lot near Headquarters at Fifth and Shady Avenues by 10 am.

* Trips are subject to change because of weather, conflicts of schedule, and choice of group. We will plan a walk in all kinds of weather; be prepared.

* Please share expenses of transportation when trips exceed ten miles. One dollar per passenger is suggested.

* Call the leader for further information about a trip or to inform the leader that you plan to attend. Do not call after 10 pm.

TRAILS

For those of you in the North Hills, the Harmony Trail Council[meets the last Thursday of every month at 7 pm in the caucus room of the McCandless Town Building (use the rear entrance past the police desk). That's the 27th of July and the 31st of August.

FIRST ANNUAL HIKE-A-THON SET AT LAUREL SUMMIT

The American Cancer Society of Western Pennsylvania (ACS) will sponsor the First Annual Hike-A-Thon set to be held in the Laurel Summit area of Laurel Mountain. Monika Vucic of Monroeville proposed the Hike-A-Thon as an annual event that would raise money for the American Cancer Society after the deaths in recent years of three close personal friends. The event would be a tribute to their memory and, at the same time, introduce novice hikers to the beauty of Nature and the pleasures of the trail.

The Hike-A-Thon will be held on Sunday, September 19, 1993 in the Laurel Summit Area of Forbes State Forest, above Linn Run State Park. Scenically, the area is beautiful and serene with a touch of rugged splendor. The action starts at 10:00, rain or shine!! While the terrain is generally level, there are a few uphill and downhill, but none too difficult. There are several spots where the trail is rocky and wet; some areas are under a canopy of trees while others are open to the sun.

Participants will have five (5) optional distances one may choose to hike: (1) the shortest will be about 3 miles, (2) 7 miles, (3) 9 miles, (4) 10.5 miles and (5) the longest is 12.5 miles. The routes are interconnected and consecutive with rest stops at the 3-mile, 7-mile and 9-mile marks. This event is NOT A RACE; each participant will proceed at their own pace.

Volunteers will staff the rest stops, providing water, first aid, communications, and shuttle transportation. Other volunteers will act as Trail Guides, Monitors, and Clean-up Crew.

The entire hike will be on public lands, combining snowmobile, cross-country and hiking trails. All hiking routes will be loop hikes, beginning and ending at the same point. Each registrant will receive a detailed description of the hiking trails, including a color-coded map, along with a pledge card. The American Cancer Society will explain specific details concerning sponsorship and donations. The Hike-A-Thon seeks participants, sponsors and volunteers to help ensure success.

All participants should be in good health and will hike at their own risk. Since parking is limited, participants are urged to utilize car pools. Pets will not be permitted.

All those interested in participation should contact Lori Mixon of the American Cancer Society at (412) 261-4352. The registration deadline is: September 10, 1993. Good Hiking.

ATTENTION!! ATTENTION!! ALL MEMBERS OF PITTSBURGH AYH

The American Cancer Society needs your help running the First Annual HIKE-A-THON on Sunday, September 19, 1993 at 10:00 A.M. on the Laurel Summit, above Linn Run State Park, in Forbes State Forest. We especially need Trail Guides, Shuttle Drivers, and Rest Stop Attendants. To offer your services as a volunteer, call Lori Mixon at (412) 261-4352 or Monika Vucic at (412) 325-4758.

SAGAS....

Serendipity in the Saddle

by Paul Weiser

(This is the part III of a IV part series, as Paul Weiser crossed the Country on Bicycle)

Absolutely Boring! Killer Head Winds! There is nothing out there! The road from Denver to Indianapolis did not quite fit these motorist inspired myths. Although I would be off of the Bicentennial Trail for a ways, it was here in the Midwest, that I would experienced some of my best riding and enjoyed a less rigorous Freedom. It was here that nature's kindness rubbed off into the inhabitants and I was put to ease. Here the land was not posted. Motorists gave me a full lane when passing! People on the streets said hello and stopped to ask questions and offered encouragement. I never had to worry about water and the sun did not blister me at these low altitudes. I felt very secure with the land and the inhabitants. It was far from boring as I could sense a raw natural power of what I perceived as a tamed land. The thunderstorms I encountered were much more severe from what I would ever encounter at home. Although I still heard the coyotes serenade at night clear into Nebraska and Iowa, I encountered background noises of airplanes and trains as well. I made fast progress along those lonely stretches and was rewarded by nice campground or city park. Although I had to survive in a fried food culture and a smoky restaurants, water and towns were never far away. A good 90 or 100 mile day was always rewarded by local hospitality and a good secure camp and water. And then there were some days that just did not go right. One day in Iowa, I was confined for almost a full day in close soggy quarters in my tent while nature commenced a constant barrage in the skies, with flood and deafening thunder. Hour after hour I wondered why I was trapped in this shell at this deserted campground. Cyclists can escape rear or head on collisions, but can not out run lightning! I was constantly listening to the radio and planning. In the late afternoon, I fled when the storm abated, and I tried to make up for lost time for the next few days. Historical markers about Indians and the Oregon Trail had faded by now. I would work the roads as a farmer would plow the earth day in and day out. My companions were farmers and I could not wait to sit in a saddle of diesel tractor and handle some real machinery.

After one ordinary day of riding in the state of Illinois, I arrived at a commonplace town called Henry, for a short rest. It was a late afternoon in September and I was preoccupied with fatigue and food. On this particular September day I had one of the most puzzling and haunting experiences from Seattle to Yorktown. There were "other" companions merging into my ride. I had stopped at a city park near a grocery store. In the town park there was a honest to goodness torpedo! I was amused at finding such an oddity. My amusement became a personal and puzzling obsession for the next few days as I read about an unforgettable sea drama of one John Philip Crowmwell. Fifty years ago this midwesterner from here waged submarine warfare against the Japanese navy in the Pacific. In his last losing battle, he surfaced his mortally damaged sub to safely discharge his crew, and alone, dutifully went down with the stricken sub to avoid capture himself. He had vital secrets that would have put the whole fleet in jeopardy. I started my journey from Seattle so that I could write my own story, but realized that I had been personally riding on other typed of trails. Our wakes crossed as if this were predestined. Why such a vivid tale could grip me was a puzzle! What do bicycles and submarines have in common and what is nautical acronym doing out here in the Midwest! Was it because I had been on the road for months alone and tried to fathom Americas heartland. Was it that exploding thunderstorm outside my tent along with the deluge, that alluded to an out of control submarine plunging to the depths with only one on board. Was it the benevolent nature of the midwesterner. In his last lone escape to evade the enemy, had he also found something in those depths? Just who are these submariners "still on patrol," with their story cast in bronze in the heartland of America and written on the hearts of Americans What drove this man of the Midwest to brave the depths and abandon mankind and win our hearts. This spell, this vision of the last final plunge I marveled at it for the next few days, to part from his comrades and escape the enemy in one final and fatal lonely plunge. In a crippled and out of control submarine is surely a drama of science fiction come true. The writer Herman Melville portrayed old Ahab going down alone with Moby Dick. Jules Verne had Captain Nemo's secrets and submarine go down in the maelstrom. What would be the future answer to fears of evil and technology as these old writers tried to prophecy. I found it in the heartland of America and the epitome of the generous sacrificial character of the United States. This is what I envisioned, one ordinary day in a small ordinary town hidden in our heartland. Perhaps a vision in the old pioneering sense, is something felt rather than actually seen, and what could be, rather than what is. By now my journey was becoming more than sweating, eating and job hunting. There were those "other" trails.

Be sure to read next month's issue,
as we will run the conclusion to
Paul Weiser's "Serendipity in the Saddle"

THE APPALACHIAN TRAIL A FEW OF ITS MANY FACES

By Glenn Oster

This is part four of a series by Glenn about his observations while hiking the Appalachian Trail last summer. In the three previous parts, he discussed individual hikers encountered and their motivation, organized groups and their lack of trails training and the trail, itself, including damage done by horses. His account concludes with the following -

On a more pleasant note, the subject of shelters, their quality ranged from Birch Springs Shelter in The Park (locally known as "the dungeon") to the Fontana Hilton, a real super place. Most shelters are three sided "lean to" structures with a wooden floor and roof. Some have dirt floors and inside fireplaces. Many of the shelters have two levels of sleeping accommodations and have space for twelve hikers. With only the front open, the shelters tend to be dark inside, but they surely are convenient when you want to cook a meal and it's pouring outside. In The Park, the shelters have chainlink fences across the opening to keep the bears out. Talk about service! One really nice shelter was just completed in 1991, Deep Gap Shelter in Georgia, constructed throughout by notched timbers and wooden pegs. This is a real showplace, even has a skylight and a table inside - sinful luxury. Even better in some respects, is the Fontana Dam Shelter, i.e., the Fontana Hilton to which I've referred a couple times. It's open at both ends rather than being the typical lean to. It's large, double decked holding twenty hikers, varnished, immaculate and has a picnic area with about seven smooth concrete picnic tables. On top of all that, 100 yards away are heated rest rooms with hot and cold water and flush toilets. And you can get a free hot shower at the visitors center by the dam. After being on the trail for several weeks, you know you've died and gone to heaven when you reach Fontana Dam Shelter.

And all the shelters, except the Fontana Hilton, have cords hanging from the ceiling and running through the tops of tin cans, the idea being to attach your backpack to the bottom of the cord; then, when mice come down the cord intent on investigating your backpack, they encounter the tin cans which are too wobbly for them to cling to in trying to descend the cord. Don't know if they work, but I never saw a suspended pack invaded by one of those hungry little creatures. On the other hand, in Low Gap Shelter, Patrick, one of my sheltermates, did not suspend his backpack one night, and next day as he prepared to leave, he found a nest in one of his pack pockets where a momma mouse took up residence and gave birth to a number of little ones. She seemed rather indignant when he evicted her and her brood before returning to the trail.

Now brace yourselves for my lament about the weather. Ten minutes after we got on the trail on our first day of hiking we were drowned in a down-pour that from time to time teased as if it were over with, but it returned with renewed vitality again and again for the remainder of the day. (The shelter was really a luxury that evening.) That day's rain just set the stage for things to come. We had rain off and on for most of that week. The weather for the next two weeks was a bit better, but nothing to get excited about, mostly very cool. When I returned for the next two weeks on the trail, I was "treated" to even more of the wet stuff. During the first eleven days, I had one clear/ beautiful day, one day on which it didn't rain but was yucky (in the clouds, dense fog and wet everywhere) and on all the other days it rained for hours at a time. Hikers coming the opposite direction complimented me on the good looking fins and gills I was growing. But hooray, the finale was glorious - three clear, warm days - days on which it was simply great to be alive. As you have already surmised, except for the few clear days, all those awe inspiring high mountain vistas were, instead, expansive views of the insides of clouds. Happily, the eighth day of the eleven that I mentioned above was superb and couldn't have come at a better time. That was my day to cross Clingmans Dome at an elevation of 6,642 feet, the highest point on the entire AT. I climbed the lookout tower and could see distant towns as well as the endless series of peaks that I had already climbed, looking north, and many of those yet to be mastered, looking south. What a treat, clear and warm but not hot. I opted for a week of weather like that, but to no avail, the next day was the first of several more days of precip. At times, water coursed down the trail creating the impression of hiking up a fast moving stream. Then, in the low spots, you could find yourself with extensive wall to wall muck to plow through. Almost every other trail I hiked in 1992 also gave me a soggy greeting; so I can't pick on the AT exclusively - it's just that I was on it for a longer period of time and got tired of explaining why my fingers resembled prunes.

More than compensating for the bad weather, there were some truly rewarding pleasures on this trip, especially the flora. In various areas, mountain laurel was in bloom. In other areas, rhododendron was blooming the wild, whitish blossoms that we see in Pennsylvania, whereas, in others, the rhodies had large, lavender flowers much like domestic varieties. In some sections the rhododendrons were so thick and tall that the trail was simply hacked through them and became a tunnel, sometimes as long as 200 yards, albeit dark but really a nice change of pace.

To me, the most impressive jewel in this floral crown was the flame azalea, miles and miles of breathtakingly beautiful blossoms in shades of orange, salmon and yellow in full bloom. In my years of woodland hiking, I had seen only two flame azalea bushes, one at Bear Run Nature Reserve near Ohiopyle, Pennsylvania and the other near The Homestead Resort in Hot Springs, Virginia. I had been so appreciative of seeing them; little did I know that one day I'd see miles and miles of them. As if that weren't enough, the more familiar (to Pennsylvanians) wild pink azaleas were in

see OSTER, page 11

BACKPACKING EQUIPMENT FOR SALE

Some of the AYH backpacking equipment will be placed on sale for liquidation by August 31, 1993. These items will be sold on a first come, first serve basis at the asking price. If you wish to make a bid lower than the asking price, give that bid to Jim Ritchie or Helen Coyne in person or by mail, postmarked no later than August 31. You may also place your bid in the "Hiking/Backpacking" mailbox at HQ. All remaining equipment will be sold to the highest bidder as of August 31. If you would like to inspect the listed equipment, please see Jim, Helen or Glen Oster at Open House any Thursday in August. The following equipment is available.

2	Winter sleeping bags	\$40 each (NOTE: cleaning needed)
3	Summer sleeping bags	\$20 each
3	Sleeping pads	\$5 each
3	Tents	\$10 each (NOTE: one needs a zipper re placed, the other two have some poles missing)
2	Backpacks	\$20 each (NOTE: one needs a bag repair, the other needs a buckle replacement)

JACK BATCHELAR

AYH cyclist Jack Batchelar died unexpectedly June 26th in his home. Memorial services were held on June 30th with John Orndorff, Rick Morgan and several other AYH friends attending. John and Rick remembered Jack as "a premier cyclist who established his reputation by cycling up Negley Avenue Hill with a pizza in one hand". He will be missed by his family and friends. Jack's family asks that anyone wishing to make a donation in Jack's memory send a contribution to the Pittsburgh Hostel Fund in care of Pittsburgh AYH 5604 Solway Street Pittsburgh PA 15217.

LAW, from 4

fills a medium-sized notebook) and the amount and depth of information is amazing. The materials constitute a blueprint for establishing and maintaining a bike police force. Additionally, Officer Howard told me that he stands ready to answer any questions that any police department may have about police on bikes. He can be reached at 513-449-1108.

One very important side benefit of police on bikes must be mentioned: they inevitably will improve conditions for the cycling public since the patrols convey the idea of a bicycle as a legitimate and workable means of transportation rather than a toy.

Two colleagues of mine, Mark Frank and Jim Lieber, and I recently met with Pittsburgh City Council member Dan Onorato to present our case for police on bikes. The meeting was arranged by Mark in the aftermath of an incident in which his wife's bike was literally stolen out from under her. No promises were made, but Councilman Onorato was receptive and requested any information we might be able to supply. As a first step, I have forwarded to him the materials from the Police on Bikes Conference and several issues of the IPMBA newsletter.

We will continue to press for police on bikes in Pittsburgh. I urge you to contact your local police departments and inform them of the benefits of putting police on bikes.

(Special thanks to Mark Frank for his assistance in the preparation of this column.)

(The writer is an attorney in Pittsburgh. If you have questions which you would like to see addressed in this column, you can write to him c/o Riley & DeFalice, P.C., Liberty Center, Suite 1200, 1001 Liberty Avenue, Pittsburgh, PA 15222, or call 1-800-883-1LAW.)

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For Sale: Sailboat, "Bandit" 17' and trailer. Good Condition. Cabin, wide 6 foot beam, rollerjib. \$1,700 or BEST OFFER. Eileen 241-0421

Wanted to BUY: 26" wheels, with quick release hubs, contact Bill at 833-9732

For Sale: 16' Grumman Aluminum Canoe \$400.00. 16' Fiberglass Canoe (currently @ Tionesta) \$250.00. John McDonald 793-5817

For Sale: Centurian Dave Scott - Ironman SIS Shimano 105 components, 700x20c, CR-MO Tange Frame, 22" Equiv. size, Fushia & yellow, Minimal mileage - Excellent condition. asking \$400.00 Rich, 295 9858

For Sale: Woman's Blue Ross Eurosport Bicycle, Racing Style, 26", Good condition, \$75 or Best Offer, 571-1848.

Anyone interested in traveling to AUSTRALIA for about 1 month in Sept 93 please contact Jan 921-3565(h) or 777-6478(w). Leave message on recorder after multiple beeps and clicks. Traveling in Melborn, Adelaide and Great Barrier Reef.

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Backpack The Appalachian Trail

Glenn's at it again! He's going to be backpacking the Appalachian Trail from July 14 thru August 8 covering approximately 250 miles from Hot Springs, North Carolina to Atkins, Virginia. He'd welcome your company; so sign up for as much of the time as you like. His pace will be slow, averaging about eleven miles per day (has two layover days tucked into the schedule). For info and reservations, phone Glenn Oster at (412) 364-2864

foot notes

hiking and backpacking news

-jim ritchie

As I am writing this, I am remembering the good taste of the AYH Activities Weekend at Heritage. What a great time and a great place! You couldn't have bought better weather, if you don't count Monday. And everyone was in the best of spirits; I've never seen the group so friendly and outgoing and relaxed. At Heritage, all weekend long the hikers were hikin', the bikers were bikin', the sailors were sailin', the canoeists were canoein', the kayakers were kayakin', and on and on. A big thanks to Jon Maiman for all the hard work it took to put that together. Also, congrats to Joyce Appel, a great hiker, who did her first raft trip over the weekend with Paul urging her on.

I led a hike to Raven Rock in Cooper's Rock State Forest over the Activities Weekend. Raven Rock may well provide the best vista anywhere in the tri-state area, overlooking the Cheat River Canyon, 1200 feet below the Rocks. At the Rocks, we saw many small grey-brown tailless lizards running up and down the faces of the rock. Does anyone know what these are called? Veronique Schreuers, bringing up the rear of our column at a more leisurely pace than the main body of hikers, found a patch of Pink Ladyslippers just to the side of the trail that everyone else had overlooked and passed up.

While Ron Boone and I had great hiking weather, Tom Kaveney, hiking on Monday, drew the short straw. Tom says he has drawn the short straw every time he's hiked this year. Anyway, it rained cats and dogs all day long on Monday, Memorial Day. I am not sure if Tom made it out or not; he probably did since he's not the kind of person that usually will cancel for anything. Thanks also to Steve Nydes who led a "pick-up" hike on Sunday night (is there such a thing as a pick-up hike???). If I'm allowed to quote commercial advertising, I'll take the liberty to do it here. You may have read the following in an ad for hiking shoes. It seems worthy of mention.

"There are no hiking referees. No hiker has ever asked to have his hiking contract renegotiated, nor has any hiker filed for hiking arbitration. No hiker has ever been traded to another hiking team, no hikers have had disputes with hiking managers, and there are no loud or obnoxious hiking fans. There are no rules in hiking, no hiker has ever been picked last, and no hiker has ever been cut. No hiker has ever won, and no hiker has ever lost.

Hiking isn't perfect, though. You do have to step on sharp roots and rocks, which requires that you wear well-cushioned shoes. Not that you'll be suspended from some hiking league if you don't."

When Norm Snyder and I explored Catfish Run, north near East Brady, PA in Mid-May, we discovered an unnamed tributary of C.R. that looked like someone had thrown house-sized boulders down the hollow. One of these boulders had tipped, across the stream, so its top rested against another boulder on the other side, forming a natural arch of boulders over the water. Nick Breskovich kept us entertained with his running commentary about how great it would be to run this water in a kayak. Yeah, Nick, right!!

By the way, there is a new tv series being made available to public tv called "TRAILSIDE". The show is being hosted by the editor of Backpack magazine and will focus on all non-motorized activities: hiking, canoeing, camping, mountain biking, cross-country skiing and others. But your local stations will probably not purchase this series unless they hear from you: call WQED at 622-1300 or WQEX at 622-1550 and ask them to purchase "TRAILSIDE". The show is subtitled "Make Your Own Adventure".

There aren't too many hikes listed for August. Some say it's too hot and many people go on vacation sometime in August. But I'll give you three good reasons to hike in August. (1) You can test your personal brand of underarm deodorant to the limit; (2) it's the time of year you can photograph 10-foot tall jungles of Japanese knotweed, the hiker's favorite (also called "elephant ear"); (3) while hiking, you can fill a plastic garbage bag full of spider webbing that has accumulated over the whole summer between trees that are always on the opposite side of the trail and weave yourself some silk underwear for winter.

If you think it's too hot to hike, here are some suggestions for hike/swims within one hour's drive from Point State Park. North Park/South Park. Each has a large swimming pool available for a small admissions charge. North Park offers an 8 mile loop roughly following the bridge trail around the perimeter of the park (get a Rand McNally Pittsburgh road map for a decent map of each park); the "source of the Rachel Carson" is in North Park, starting behind the Beaver Shelter; and there is the elusive Black Rock Trail (does anyone know this one??). I am not familiar with South Park but would co-lead a hike with anyone who can put together a 2-3 hour route there. Our AYH resident experts on North Park trails are Glenn Oster and Helen Coyne.

Boyce Park/Settler's Cabin Park. These two Allegheny County Parks have wave pools available for a little more money than the North and South Park pools, somewhere around \$5. For hiking, Boyce has the 3-mile cross-country ski loop through the west half of the park (Indian Hill, on the route, is a great place to nap on a summer's afternoon); the half east of Pearson's Run Road is largely untrailed, but you're welcome to bushwack through it as best you can. Settler's Cabin has many trails,

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OSTER, from 9

bloom in a few other places. And there were wild flowers of too many varieties to name (largely because I don't know their names), not profuse as they are when we are hiking the mountain ranges out west, but enjoyable nonetheless. As a sampling, we saw lots of cardinal flower, evening primrose, yellow and orange hawkweed, columbine, various types of dayflower and on and on.

Did I see any wildlife? That's the most frequently asked question about my being on the trail. Well, yes. But some of the fauna I could have done without. (not sure that they are considered fauna, but they definitely weren't flora.) I was uncertain whether that fauna, in the form of flying critters that were giving me living fits at times, were large gnats or small black flies, but I surely knew they were around. They'd get into my hair (not a tough job when you only have fourteen hairs remaining), in my ears, in my nostrils and where not. Fortunately, they weren't a problem everywhere. Some campsites had no insect problems at all, and in general I was rarely bothered by mosquitos. Yet, I did lose out in an engagement with a nest of hornets. There I was with my little orange trowel in hand, digging a cathole for my morning fertilization of the forest, when an angry hornet landed on my right hand and used his stinger to great advantage - his advantage. That demoniac winged thing was getting even; it became readily apparent when hordes of them emerged that I had unwittingly dug into their ground nest. You have to wonder what the mathematical probabilities of that happening would be. Certainly the hornet won that encounter. I had trouble making a fist for four or five days, let alone holding a pen to write trail notes. Can't remember whether I lost interest in my mission that morning or found a less dangerous spot to fertilize.

Addressing the more commonly thought of forms of fauna, I saw a box turtle, a few garter snakes, a timber rattlesnake, a golden eagle, hawks, crows, ravens, turkey vultures, a flying squirrel, an abundance of birds that I couldn't identify and a good sized black bear (looked at me but did its best to ignore me as it lumbered away

slowly). The wildlife encounter that I really treasure took place atop Max Patch Mountain (no, I'm not bashing the horseback riders again - same place, though). I was crossing over this bald, a large meadow where the trail blazes are on six inch diameter posts about forty inches high. I noticed on one of these posts a large grey squirrel. When it saw me, it climbed down on the opposite side of the post and hid from me. Then, as I came nearer, he'd move around the post, always keeping to the opposite side. Pretty clever. But, how was I able to track him on the opposite side of the post? X Ray vision? Nope. He forgot that his long, bushy tail remained on top of the post the whole time. You don't have to be too swift when - - -

Unexpectedly, the sighting that was new and different for me was a pack of wild boars. At a rare moment when the sun was shining through the trees, I heard a downed tree branch break, and I looked to see the sun shining on an animal. I watched silently and came to realize that it had a hog shaped head, perhaps a little sharper, and curved tusks - a wild boar. I watched without moving and then realized that there was more action. In all, I counted eight boars in the pack, most about forty feet away from me and slightly downhill. They were rooting under the dry leaves on the ground foraging for food and gradually moving in my direction until one got within fifteen feet of me. He spotted me, let out a loud squeal and all eight of them bounded down the mountainside out of sight - lucky for me, I had always understood them to be rather belligerent rascals.

Much as I enjoyed the flowers and wildlife, there were additional people incidents that I'll remember. As I was climbing south out of Stecoah Gap, I came upon several dayhikers from Knoxville, Tennessee. One woman noticed my AYH tee shirt and asked about my home; her eyes lit up when I said, "Pittsburgh". Her next question was just two words, "Baker Trail?" It then developed that she is Ruth Zimmerman, one of the great Pittsburgh AYHers from yesterday who built the trail. Never can tell who - - -

Another pleasant memory of people on the trail was a ridgerunner named Morgan Briggs. His job is to

walk the AT in The Park, check to see that hikers have their shelter permits, help them change permits if their hiking plan changes (by contacting Headquarters by radio), provide information to hikers and horseback riders, administer first aid, report serious blowdowns and do lots more. He's also a safety factor. To exemplify, at Silers Bald Shelter, he and the family of five men that I mentioned earlier were spending the night, and the five men knew that I planned to sleep there, too. They had hiked a good deal faster than I and became alarmed that I hadn't arrived. When Morgan settled in, they mentioned their concern. Without even donning raingear (was raining, of course), he took off in my direction and met me about a mile and a half from the shelter; we walked back together. He knows how easily one can be injured by slips on wet rocks and mud and was more comfortable coming to meet me than waiting at the shelter. I really appreciated that and after concluding my hike, I made a point of filing a formal report with the Park Superintendent's Office commending his initiative and concern. As a postscript to this, I received a Christmas card from Morgan saying that my report had been circulated at Headquarters and would be helpful in selling continuation of the ridgerunner program in this climate of tight operating budgets.

I could go on and on (looks like I already have) with stories of people and experiences on the trail, but this will give you the sense of the different faces that I see of the AT. Without doubt, the great people and enjoyable experiences far outweighed the seemingly endless rain that I slogged through. But there is one more tale that I simply must relate - - -

On the first day after finishing my AT hike, I elected to climb the trail up Mt. Le Conte in The Park, a 2845 foot climb to the crest at 6593 feet elevation. In preparation for this, I emptied all but the essentials from my backpack into my mini-van and started my trek up the mountain at 7:00 a.m. - had to use my flashlight to read the signs at the trailhead. The signs recommended allowing eight hours for making the eleven mile round trip. Surprisingly, after all my AT hiking with too heavy a pack, this was a breeze; I was at the top by 10:30 a.m. and feeling good about

myself. The day was clear, and you could get spectacular views of Clingmans Dome, Newfound Gap, Chimney Tops and the towns of Gatlinburg and Pigeon Forge off in the distance. I was eating an early lunch and drinking in all this scenery when two young men and a tall, thin white-haired woman joined me on my rock. I learned that she was eighty years of age and gradually came to realize that she is the local celebrity that I had been reading about earlier. I already realized that the wind had been pretty well blown out of my sails when I first saw her, i.e., how big a deal is it that I climbed to the top by so early in the day when only thirty minutes later a woman of eighty years made the same climb. I was soon to be totally deflated when I heard her admit to an admirer that she had previously made this climb - 561 times. Nuff said.

Join me Fireside next month, as we listen to "Master Story Teller" Glenn Oster, Recount another trail from his trail journal

FOOT, from 10

some following pipelines and powerlines back to the hidden log cabin next to the pine grove. Good maps showing trails for these two parks are hard to come by, but you could ask Joan Roofs or Bruce Sundquist for information on trailheads and routes.

Moraine State Park. Moraine has TWO!!! grassy beaches, one on the north shore (with sand) and one on the south shore (without sand). In MSP, you can hike on the North Country Trail, nee the Glacier Ridge Trail, with an especially good hike running from the Restaurant on the north shore all the way up to Jennings Environmental Education Center. Many AYH'ers including Glenn Oster on Moraine and Linda Smithyman on Jennings know the area well.

Crooked Creek Park. CCP is an Army Corps of Engineers recreation area with a sandy beach and about 10 miles of the Baker Trail. I would suggest a hike starting near the Cochran's Mill Shelter, hiking the BT along the north side of the lake toward the dam, and ending at the beach area (car shuttle needed for this one). Another trail in CCP is the Laurel Point Trail, running along the south side of the lake; stop at the park office and ask head ranger John Derby for information on that route. Again, the AYH people to see about hiking at Crooked Creek include Glenn, Pete Srini, and Jim Ritchie.

Raccoon Creek State Park. RCSP is just west of Allegheny County and includes a beach of grass and sand as well as the famous Raccoon Creek Wildflower Reserve. The Reserve will keep you occupied easily for a couple of hours. There are other hiking trails in the Park so get a park map at the office and seek them out. Linda Smithyman and Ben Brugmans (if you can catch him) know Raccoon Creek quite well.

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AYH Weekly Open House

Pittsburgh Council has a weekly Open House every Thursday evening from 8 pm to 10 pm at Fifth and Shady Avenues in Shadyside. Look for us next to Pittsburgh Center for the Arts. A slide show at 8:30 pm is followed by announcements of the weekend's trips. Hostel Passes, guide books and more available.

Council Office and Travel Store

The Pittsburgh Council office is open Monday, Wednesday, and Friday from 9:00 am to 3:00 pm, and Tuesdays from 1:00 pm to 6:00 pm. We're in Room 204 of the Wightman School Building at 5604 Solway St. in Squirrel Hill, near the intersection of Wilkins and South Negley. All passes, ID cards, Eurail Passes, and books are available. Call 422-2282.