

Hostelling, Travel and Outdoor Recreation From American Youth Hostels

Golden Triangle

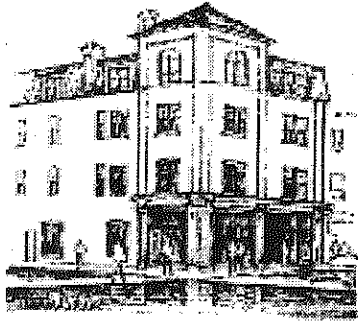
American Youth Hostels, Pittsburgh Council

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



VOLUME 49, NUMBER 2

APRIL 1999

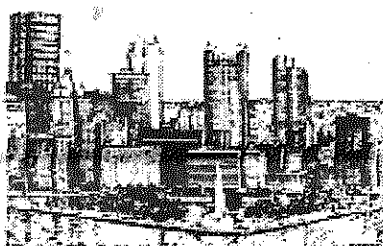


Hostelling - International Pittsburgh PA



Now Open

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



Be Sure To Visit:

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

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....And MORE!!!

WORK PARTY

HELP: Work on the the Shadyside Building. Clean and fix inside and out.

APRIL 10, 1999 10:00am - 4:00 pm

Rewalking the Appalachian Trail (in my mind)

By Glenn Oster

This is the first in a series of three installments in which Glenn Oster tells us about some of his experiences and observations while hiking the entire Appalachian Trail.

Hiking the Appalachian Trail is a challenging but rewarding experience.

When I first hiked a section of it in Shenandoah National Park, I had no idea that it was the start of something that would be with me for sixteen more years. It's true, my records show that I've been pecking away at it for that long. But that's behind me now. I finally finished it this past Autumn. What a warm feeling to know that I've walked every inch of its 2156 miles. Appended, to this, is a chart of the dates when I completed each segment. After a glance at it, you'll understand what I mean by "pecking at it." It's a good thing that I don't have to stretch it out any longer, because I'm age 74, and who knows what next year may bring.

One of the rewards of hiking the trail, known as the "AT," is the world of remembrances that remain with you. Many desirable things in life can be bought with money, but you have to experience an event to have memories of it. You have to pay its price. Strangely, the most demanding experiences result in the most poignant recollections, whereas, many events that went well and caused no difficulty only surface as you read your notes of the section hiked. I don't plan on turning this into a day by day account of what my journal captured, but I'll be relating some of my memories of hiking the AT later in this article. Let's deal with the final sections first.

Backing up to August 1997, I started hiking south from Mount Greylock in Massachusetts, bound for the Hudson River, something like 180 miles away. All the food drops had been made, and my van was shuttled to the Bear Mountain Inn on the west (south) side of the Hudson. I was primed and ready to tackle a section that I understood to be less strenuous than much of what I had done before. Well, I didn't remain "ready" very long. In about two miles, my left knee began to pain, big time. Fortunately, there was a shelter only a mile or so farther down the trail. I managed to struggle to the shelter, but I couldn't muster the effort to wash myself or make dinner—just crawled into my sleeping bag and remained there until the first rays of dawn. Somehow, I made my way off the mountain to Massachusetts Route 8 in Cheshire and got help. Skipping the gory details, I ended up, after two surgeries, with a total knee replacement in the following January. Would I ever be able to hike again, let alone backpack? The surgeon gave me little reason for optimism.

Happy to say now, the knee replacement was most successful, and I backpacked a 103-mile section of the trail in Virginia in early September to see how it would do. It did so well that I returned to Cheshire, Massachusetts later in the month to pick up where I left off the previous year. I fully expected Massachusetts, Connecticut and New York to be a "piece of cake," but whether it was my knee, my physical condition or my age, it seemed to me to be difficult in many places, with hand over hand climbs up and over rocks at times, too often in the rain. The weather generally wasn't pleasant, but I kept plugging

(Continued on page 7)

NEW 1999 MEMBER DISCOUNTS

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

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

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

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

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

La Prima Espresso Co.: \$.50 off any espresso drink. Two locations. 412-471-4590

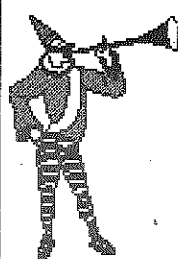
Mattress Factory (A museum of contemporary art): \$1.00 off admission; 10% off merchandise in museum shop. 412-231-3169

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

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

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

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



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

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

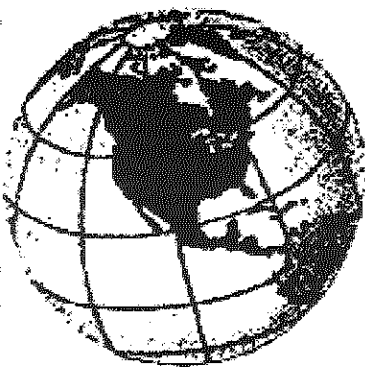
HOSTELLING INTERNATIONAL

PITTSBURGH COUNCIL-AYH
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PITTSBURGH, PA 15210

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HOSTELLING



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

The Golden Triangle is published monthly by the Pittsburgh Council of Hostelling International, American Youth Hostels. Contents are at the discretion of the editor. **All Material within is Copyrighted by Pittsburgh Council, American Youth Hostels, Inc. All Rights Reserved**

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NOTICE

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

MAY ISSUE
All copy, Apr 8
Binding/Mailing, Apr 22

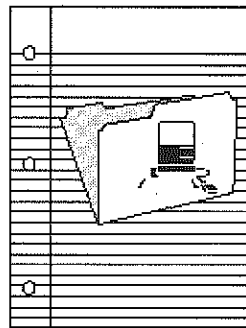
If your work is on computer,
Please contact Joel Platt at
joelplat@wans.net

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 42 cents for each piece, so we can save money if you let us know about any changes in your address. You can also phone in changes to the office at (412) 431-1267.

About AYH

American Youth Hostels is a non-profit organization which promotes international understanding, educational and recreational travel, good citizenship and an appreciation of America. AYH does this by bringing travelers of all ages, backgrounds and nationalities together in hostels and by providing low-cost travel programs. AYH is the US affiliate of Hostelling International (HI), (formerly named International Youth Hostel Federation (IYHF), which coordinates more than 5,400 hostels worldwide- the largest network of accommodations in the world.



Submissions Policy: Golden Triangle

Classified Ads:

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

Trips

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

Articles

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

General rules for submission

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

Editors Golden Rule

- "SR 1/2% of planning on your part, does not constitute an emergency on my part"*

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

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

Editor...

Upcoming Slide Shows

April 1: We show the 16 mm film "Colonel Culpeper's Flying Circus". The Confederate Air Force shows WW II planes at a Labor Day air show in Harlingen, TX. Major air battles of WW II are reenacted.

April 8: Bring your 10 or 20 best slides (or your own short video) of sports, travel or nature. Soft drinks will be served.

April 15: Carl Katz, "China Wakes". Shanghai, Hong Kong, Guilin, and Kunming.

April 22: We show the 16 mm film "Down To The Sea In Ships". History of sailing, Yankee clippers rounding Cape Horn, New England whalers, 1957 voyage of Mayflower replica.

April 29: Pizza and juice party.

May 6: Joyce Appel, "Reminiscences Of Last Year's Canoeing On Local Rivers". See your friends on the Allegheny and other rivers. This show serves as publicity for the 1999 AYH canoeing program.

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

Oops...

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

Mail regarding the Newsletter should be addressed to:

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

Office: (412) 431-4910
or

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



Pittsburgh Council Hostels

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

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

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



HOSTEL HAPPENINGS

PLANNING A HOSTELLING TRIP THIS YEAR?

Here's some information to help plan your trip - no matter where you're going this travel season.

1999 Travelers' Resource Guide and Other Trip-Planning Help Is Available Free 31-page Traveler's Resource Guide includes the topics: Hostelling in North America (you don't have to go overseas to plan a spring or summer hostelling trip!); Making Hostel Reservations (in North America and overseas); Getting Ready to Go; Planning Your Itinerary; Getting There; About Your Money; and Packing.

Pick up a copy of this publication, as well as the 1999 North American Hostel Handbooks, USA Hostel Map, and lots of other helpful information available for free when you pick them up in person at the Pittsburgh International Hostel during open hours. We also sell Volume 1: European Hostel Guide and Volume 2: Americas, Africa, Asia & the Pacific Hostel Guide for \$10.95 each plus tax. Members receive a 10% discount when you present your card at the time of purchase. Membership cards are available on the spot.

Mail order is available by calling the Council Office and Travel Center, located in the same building as the hostel, but with different office hours and telephone number which is: 412-431-4910. A postage and handling charge may apply to mail orders.

World Travel 101 - Budget Travel Workshops.

For more detailed information on the topics in the section above specifically related to European travel, plan to attend one or both of two remaining workshops in our winter series. To be presented by our experienced staff and volunteers before we switch our energies to a busy summer welcoming hostellers to Pittsburgh. **Workshops are FREE and are offered on the second Wednesday of the month from 7-9 p.m.** at the Pittsburgh International Hostel. Workshops will not be offered again until Fall 1999, so plan to attend one now. For more information call the Pittsburgh Hostel during open hours.

April 14	Europe on a Budget
May 12	Making the Most of European Rail

STAYING IN TOWN THIS SUMMER?

Meet international visitors at the Pittsburgh International Hostel and get to know our neighbors in the community by getting involved this summer. How?

How about a part-time job or an internship? Perhaps you have a volunteering idea? We'd love to hear it and have lots of our own ideas of how to keep you busy this summer! Some are listed below. Because we are a non profit organization, by prior arrangement we might even be able to help YOU out with community service hours or academic credit for your volunteer time.

VOLUNTEERING

Like last year we have a double dose of fun on the weekend of July 24-25 and we need your help getting ready for it. The Hostelling Spirit will be alive and well on that weekend. Come and join the fun!

Allentown Community Day - Saturday, July 24, 1999

Talk about HI-AYH with neighbors, friends and guests. Tentatively scheduled from 10-6. Volunteers are needed to give tours of the Hostel, staff an information table and talk about your HI-AYH and hostelling experience. This year we'd like to make the hostel "the place to be." Ideas for creating some "street fun" in front of the Hostel include: international costumed acoustic musicians, vendors, information about travelling and outdoor adventures provided by other non profit organizations. Interested people should call the Hostel.

Great Ride - Sunday, July 25, 1999

Remember that YOU CAN STAY at the Pittsburgh International Hostel too! We're encouraging you to do so this year by offering a Great Ride Rate of \$20.00 per night including a meal! Stay with us the night before the Great Ride (Saturday, July 24) and we'll provide dinner that night and breakfast the next morning (the day of the Ride!) After you've completed the Great Ride on Sunday, July 25, stay overnight and we'll provide dinner and an opportunity to share your stories from the Ride.

Whether you live in Pittsburgh and have friends coming to town to join the Great Ride (but you don't have room at your place), if you're coming to Pittsburgh to join the Ride and need a place to stay, or if you just want to join the fun! - The Pittsburgh International Hostel is the place to be on Great Ride Weekend!

Not riding? Volunteers are needed for course marshalling on the Mount Washington Loop past the Hostel (where tours will be given and refreshments served.) Volunteers are needed through out Pittsburgh on the day of the ride for water stops, registration tables, course marshalling, and lots of other help. Let's see a great turn out of riders and people to cheer them on this year! Call 412-431-4910 for information on how to register for the Great Ride or to volunteer. To make a reservation at the Pittsburgh International Hostel call 412-431-1267.

PART-TIME DESK ASSISTANT NEEDED

Check in guests, answer questions about Pittsburgh, routine cleaning and light maintenance, plus other aspects of running the hostel. Flexible, casual work environment. Must be able to work mornings and evenings with some weekends. Weekday morning availability is especially required. Up to 25 hours a week. Request a job description and an application from the Pittsburgh Hostel.

SUMMER MARKETING INTERNSHIP

We are seeking university juniors or seniors in marketing or public relations, journalism or English or graduate students in international business for a summer Marketing and Community Outreach Intern. We have sought funding from the HI-AYH National Office to provide a stipend for this full-time, 12-week internship lasting from approximately May-August. Approval of this funding is expected in the next month or so, at which time accommodation at Hostelling International - Pittsburgh, \$200 travel allowance/relocation assistance, hostel overnights, membership and travel store discounts can also be offered. To receive an internship description, please contact Holly Ridenour at the Pittsburgh International Hostel.

SEE YOU AT THE HOSTEL!

The Pittsburgh International Hostel is opened seven days a week from 8 - 10 a.m. and from 5 - 10 p.m. every day except December 23-26, 1999. We are closed during the day. We're located at 830 East Warrington Avenue (at the corner of Arlington - in the Allentown neighborhood). We're 2 miles south of downtown, above the Southside, between Mt. Washington and Mt. Oliver. Excellent public transportation and free parking are available whether you are coming to stay overnight, attend a workshop, volunteer, or attend one of our other upcoming events. We look forward to seeing you here!

Holly Ridenour

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: Motobecane Grand Touring mixte frame, 10 speed, blue color, 19" Frame \$50.00. Call Joel Platt at (412) 521-5244

For Sale: Skis, K2/610 FO, 200cm, Tyrolia 260 bindings, Nordica 940 boots size 10, poles, \$150. (412) 563-6672

Wanted: Older marathon C1 such as Jensen 17, Jensen C1F, Sawyer Shockwave, Wabash Valley DYNA C, Meadows Special (517) 739-0196

Wanted: 15' USGS topographic quadrangle maps (1:62,500) for western and northern Pennsylvania (517) 739-0196

REMINDER TO TRIP LEADERS

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

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 bed-sheets.

Order one today! See the order form on the back page for prices.



SAILING

SAILING LEADERS NEEDED

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

May 8 Saturday Lake Arthur Bob Zavos 412-241-0659 Sailboat Tune Up Day

Early May is usually the first chance for sailing at Lake Arthur. We will have the AYH Sunfish available for anyone who has completed our Basic Red Cross Sailing course or who can demonstrate equivalent proficiency. The Moraine Sailing Club will also open up their season with an introduction to sailboat racing and AYH members will be welcome to attend. Practice races will start around noon and a Racing Rules workshop starts around 3pm.

May 8 Saturday Place TBD Jean Bongiovanni 412-487-3918 Tania Aebi ***not an AYH activity***

Tania Aebi was the first American woman as well as the youngest person to circumnavigate the world alone. She was just 18 yrs. old when her father presented her with an alternative to college: he provided her with a 26 ft. boat to circumnavigate the world while she financed the trip with articles written for Cruising World magazine. She had sailed only once before: a trans-Atlantic trip her father had arranged because he thought it might be an adventure for his family! She left New York harbor in May 1985 and return in November 1987. These two years of her life were filled with stories and memories that she wrote in her book "Maiden Voyage."

Moraine Sailing Club Member Jean Bongiovanni is coordinating Tania's visit to Pittsburgh. There will be a \$10 charge for this event to help pay for expenses, etc. Please call Jean if you will attend or for more information.

Rambles For Spring-1999

April

- April 7 Ramble along the Mon River from Duck Hollow to the Glenwood Bridge. Dick Fischer. 421-9215
- April 14 Sheridan neighborhood ramble. Bag lunch. Bill Phoennik. 279-5411
- April 21 South Park. Bag lunch. Billie Woodland. 886-1603
- April 28 Deer Lakes and the Wagman Observatory. Bag lunch. Don Hoecker. 243-8298

May

- May 5 Enjoy wild flowers at Raccoon Creek Trail. Bag lunch. Jim Hurst. 276-0447
- May 12 Regent Square and Biddle Trail. Bag lunch at Thelma Moroso's. Dick Fischer. 421-9215
- May 19 Agan Park in Springdale. Spectacular views over the Allegheny River. Bag lunch. Luc Berger. 683-3131
- May 26 Scenic walk along the Allegheny River between Arnold and Braeburn. Bag lunch. Patricia Rossi. (724) 335-5067
- Note: MEET AT 9:30 AM. For this ramble.**

June

- June 2 Beechwood Farm. Bag lunch. Margaret Laske. 421-5219
- June 9 Keystone State Park. Bag lunch. Earl McCabe. 761-1844
- June 16 Artist's walk on the Southside. Lunch at Zenith Tea Room. (Bag lunch optional). Margaret Laske. 421-5219.
- Note: Make reservations for Zenith Tea Room with Margaret by June 9th. Plan to be with Ramblers from 10:00 AM. To 2:00 PM. Today.**
- June 23 Frick Park ramble beginning at the Nature Center. Bag lunch. Sid and Helen Sclarsky. 421-2692
- June 30 Upper St. Clair ramble in Boyce Road Park. Bag lunch. Bill Phoennik. 279-5411

Spring rambles begin at 10:00 AM. (Except May 26th. At 9:30 AM.) Meet in Mellon Park, upper parking lot at Fifth and Shady Avenues.

3rd Annual Outdoor Extravaganza May 28 - 31, 1999

Rose Point Park Campground bordering Moraine and McConnells Mill State Parks and Slippery Rock Creek, I79, Exit # 29, Route 422 West

Friday night wiener roast, hay ride, native American legends around campfire.

Sat. night pig roast, and highly acclaimed nature photographer Bill King presenting "The World Around Us".

Sun. Night Wild Flowers and Edible Plants program.

During the days hike, mtn. and road bike, canoe, cave sail, kayak, and swim. Moraine Pontoon Boat Tour, Davis Hollow Cabin Tour available on Monday..

Pig roast and delicious meals catered by Fairground Market.

For more information call Joyce Appel, 724-526-5407 or email apple@penn.com

Mail form to Joyce Appel, Box 204D, RD#1, East Brady, PA 16028.

Sponsored by the Butler Outdoor Club

Name(s):	
Address:	
Phone:	Fax or Email:
Total No. Adults:	Total Number of Children under age 12:

*No daily activity fee and half price meals for children under age 12.

	Fees:	Fri 5/28	Sat 5/29	Sun 5/30	Mon 5/31	Totals
Activity Fee (adults only)	\$15 one day, \$20 two days or \$25 three days					
Parking (if not camping)	\$ 2/day					
Breakfast	\$ 5/day *					
Bag Lunch	\$ 5/day *					
Dinner	\$ 8/day *					
Pontoon Boat Tour	\$ 5.50 Adult					
	\$ 3.50 Child					
Kayak	\$15 rental					
Canoe	\$25 rental					
Camping	\$15/day/adult					
	Totals:					

Select 3rd & 2nd choice activities each day (shaded days not available)

Road Biking			
Mountain Biking			
(At nearby stables) Horse Back Riding			
(Rentals available) (14 Miles) Bike North Shore Trail			
Hiking			
Climbing			
Pontoon Boat Tour of Moraine SP			
Tour of Davis Hollow Cabin			
(Rentals available) Kayaking stream/lake			
(Rentals available) Canoeing stream or river			
(Rentals available) Canoeing on Lake Aurther			
Beginning Sailing by Moraine Sailing Club			
Beginning Caving by Pittsburgh Grotto			



HIKING/BACKPACKING/TRAILS

April 4 Sunday Ben Brugmans 361-3623
Wildflower Walk at Raccoon Creek. 3 miles. Bring Lunch

April 18 Sunday Ben Brugmans 361-3623
Meet at Shadyside HQ at 10:00am

April 25 Sunday Ben Brugmans 361-3623
Ohiopyle intermediate hike, 5-6 miles. See spring wildflowers. Bring lunch. Shadyside HQ at 9:00am.

May 15 Saturday Jim Ritchie 828-0210
Rachel Carson Trail, North Hills. This is the first of four hikes on the Rachel Carson Trail covering all 34 miles of the Trail. We begin at the Beaver Shelter in North Park, traverse the park and go through Crouse Run Hollow (wet crossing) near Sample Station. We pass through the Hampton Nature Reserve, climb to the roof of Allegheny County to Dorseyville. About 8 miles, this is the easiest of the four sections of the Rachel Carson Trail. Intermediate hiking. Meets at 8:00 AM in the Ames Plaza in Harmarville. Call Jim to make a reservation.

May 16 Sunday Jim Ritchie 828-0210
Rachel Carson Trail, The Roller Coaster. This is the second of four hikes on the Rachel Carson Trail covering all 34 miles of the Trail. We begin in Dorseyville, and travel past Emmerling Park to Long Run and then up Rich Hill. We go down LaFever Hill but then go up the infamous hill at Mile 14. Then we tackle the Roller Coaster all the way to Freeport Road in Springdale. About 10 miles, definitely strenuous, not recommended for beginning hikers. Meets at 8:00 AM in the Ames Plaza in Harmarville. Call Jim to make a reservation.

May 22 Saturday Jim Ritchie 828-0210
Rachel Carson Trail, Allegheny Vistas. This is the third of four hikes covering the 34-mile Rachel Carson Trail end-to-end. We will start in Springdale and go immediately up on the bluffs high over the Allegheny River. We will go up and down Murray Hill, Creighton Hill, Bailey's Hill and Bakerstown Hill, ending our hike at Bull Creek Road near Tarentum. About 8 miles, intermediate hiking, moderately strenuous. Be sure you've gone 8 miles before, don't make this the first time. Meets at 8:00 AM at the Ames Plaza in Harmarville. Call Jim to make a reservation.

May 23 Sunday Jim Ritchie 828-0210
Rachel Carson Trail, Harrison Hills. This is the fourth and last of four hikes covering the 34-mile Rachel Carson Trail end-to-end. This hike begins at Bull Creek and after a mile of road-walking tackles Burtner Hill, one of the biggest and toughest hills on the Trail. The rest of the hike is a piece of cake, going into Harrison Hills Park and back to the bluffs of the Allegheny River once again. About 8 miles, moderately strenuous, intermediate level hiking. Meets at 8:00 AM at Ames Plaza in Harmarville. Call Jim to make a reservation

June 19 Saturday Jim Ritchie 828-0210
Rachel Carson Trail Challenge. This is it. 34 miles in one day, from North Park to Harrison Hills County Park. Registration is required and a registration form is included elsewhere in the newsletter. Call Leo or Jim for additional information.

CCAC OUTING LIST

The following hikes are sponsored by CCAC, but are open to others. For questions, AJ Stones at (412) 241-6042. **All hikes are on Sunday!**

All hikes meet at Jaders Restaurant, Rt 22 East Monroeville at 8:30am. Please leave car at the restaurant park closest to Elliot Rd.

April 4	Option Easter hike at Duff Park Murrysville	3-6 miles
April 11	Schollards Wetlands, Grove City	5-8 miles
April 18	Bear Run, Ohiopyle	4-6 miles
April 25	Roaring Run, Seven Springs	4-6 miles

May 8-9	Overnight Backpacking on Laurel Highland Trail	12 miles
	Maple Summit to Seven Springs	



BICYCLING

CALLING ALL BICYCLISTS

If you are interested in getting AYH bicycling going again, please come to a planning meeting for bicycling trips on **Tuesday, April 13th** at 7pm at the Pittsburgh Hostel in Allentown. Come with your ideas, and notepads. We are especially interested in people who are willing to lead rides, even if it is just your one, favorite, local ride. Refreshments served.

As a lifelong bicyclist, I am interested especially in promoting touring rides. This has traditionally been where AYH has excelled. Is there enough interest in touring rides? If you notice the many touring ride programs offered by such successful groups as Vermont Bicycle Touring, Bicycle Adventure Club, The Wayfarers, etc. it is clear that many bicyclists prefer this kind of ride.

First, let me state, that "touring" does NOT mean "easy". There are many levels of touring, from easy to very strenuous.

Rather, touring, means (at least to me) riding with a "see-the-world" focus. It is mainly an attitude. This means a willingness to stop, every now and then, to "smell the daisies" and to share the enjoyment with your fellow riders. We watch out for each other by posting riders at turns and having a leader at the end of the line.

Over the last several years, I have spoken with many bicyclists who think the same way. This is your opportunity to make a difference. **COME TO THIS MEETING!**

Mountain bikers are also welcome. We are open to mountain biking if enough interest is shown.

Joan Roolf (412) 351-2061

Touring Bike Rides

Dust off the old bicycle, oil it, tighten the bolts, pump up the tires (replace first, if rotten) and take a trial ride. In other words, make sure it is in good working order. Make sure you have a helmet, too! Then come on the following rides for an enjoyable day.

May 1st, Saturday Wildflower ride and walk

We will ride the Yough River Trail to Deadman's Hollow, where we will take a wildflower walk. We will have an ice cream stop also, and enjoy a ride on one of the best rail trails in the country. Call Joan Roolf for time and meeting place, at (412) 351-2061

June 5, Saturday Country Roads in Westmoreland County

Enjoy some of the flattest roads in Western Pa. with beautiful farms and lakes. There are hills, but mild ones. This ride is 23 miles in Westmoreland County. We will stop at Kings for (you guessed it), ice cream. Call Joan Roolf for time and meeting place, at (412) 351-2061

All bike riders MUST wear a helmet.

The Third Annual Rachel Carson Trail Challenge "34 Miles in One Day" June 19th, 1999

The 1999 Rachel Carson Trail Challenge is a 34-mile, one-day, endurance hiking event, held in the spirit of the Alaskan Iditarod, the Boston Marathon, the 70-mile Laurel Highlands Trail Run, the Race Across America and the many Ironman Triathlons held across the country each year. Sponsored by the Pittsburgh Council, American Youth Hostels, the Challenge will be held this year on June 19th (taking advantage of the summer solstice), starting at the crack of dawn, and will extend through the 34-mile roller coaster of hills, hollows, and bluffs between North Park and Harrison Hills in Allegheny County, ending as the sun sets below the horizon. The "Challenge" is to endure, to finish the hike in one day, rather than to "come in first" or "win" the hike.

The Rachel Carson Trail is characterized by its roller coaster hills and is often said to be one of the most difficult hiking trails in the United States. The hike will begin at sunrise and will officially end at sunset, 5:50 A.M. to 8:54 P.M., giving Challengers a total of 15 hours and 4 minutes to complete the 34-mile route. A typical hiking pace on most trails is 2 miles per hour.

The Challenge has two dimensions: the first challenge is to endure 34 miles of tortuous hill-climbing and descent in unpredictable weather conditions; the second, more subtle, is your ability to stay on the Trail without getting lost. Obviously, those who have hiked the trail before will have some advantage in maintaining the proper route.

All hikers will be given a trip sheet and a set of topographic maps to guide them on their journey. There will be a half dozen checkpoints throughout the hike, offering minimal support. Hikers are expected to carry all their own gear and necessities, including food, water, and snacks, first aid equipment, raingear, maps and a trip sheet.

Of the 270 people who started the 1996 and 1997 Challenges, only 32 have finished the 34-mile event. Hikers claim the 1996 and 1999 North Park to Harrison Hills route is more difficult than 1997's reverse direction. Of those who registered for the Challenge in 1996, only 5 people finished 34 miles.

The Rachel Carson Trail is a "primitive" trail in the sense that no special grading or surfacing materials are used on the trail. It is a typical Western Pennsylvania hiking trail and hikers should expect to find all the conditions a typical hiker would encounter on a typical hiking trail. While the trail is blazed with yellow blazes, there will be an occasional missing blaze where a tree has fallen or when you are following a logging road or a power line or gas line; there will be blowdowns, washouts, poison ivy, nettles, bugs, loose gravel and rocks, steep inclines, and wet stream crossings. You must be prepared to expect the unexpected and the unthinkable. The better hiker you are, the better you will do on the Challenge.

A **REGISTRATION FORM** is included in this issue of the Golden Triangle Newsletter on page 7. For more information call (412) 681-1385 or (412) 828-0210. Email may be sent to POL1385@hotmail.com or Jimritch@aol.com. Read about the 1996 and 1997 Challenges at the AYH Website: <http://trfn.clpgh.org/ayh/challenge96>.

cjl/rctc99/rctc99registration

VOLUNTEERS NEEDED FOR CHALLENGE DAY Rachel Carson Trail Challenge June 19, 1999

We need a dozen or so volunteers to help us staff the Checkpoints on the Rachel Carson Trail on June 19, 1999. Checkpoint volunteers will assist hikers by "checking them in" when they reach the checkpoint, making sure each hiker gets water, snacks, and any assistance they may require. There will be a team of volunteers at each checkpoint. If you have first aid training or a tarp you can erect to block the sun, those are a plus. Each volunteer will receive a Rachel Carson Trail "Trail Marshal" t-shirt. If you are interested, call Leo Stember at (412) 681-1385 or Jim Ritchie at (412) 828-0210.

HELP US MAINTAIN THE BAKER TRAIL

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

Reply to Jim Ritchie, (412) 828-0210, or send email to jlrbudget.ba.pitt.edu



SEA-KAYAKING



CANOEING

March 26-28 th	Pine Creek Grand Canyon of Pa. Kayak Camping Experienced Paddlers	Vickie Gotaskie 412-344-4929
March 30 th	Almost Blue Moon Paddle Moraine State Park; 6:30 PM	Russ Tague 412-331-2073
April 10-11 th	Allegheny River Coudersport - Port Allegheny	Russ Tague 331-2073
April 13 th	Paddlers Dinner 7:00 Elbow Room; 5744 Ellsworth Ave, Shadyside	Fran Fleming 412-363-1221
April 24-25 th	Tionesta Creek Kellettville - Nebraska Bridge Sea Kayaks & Canoes	Vickie Gotaskie 344-4929 Ed Divers 412-828-5154
May 15-16 th	Juniata River Kayak Camping	Vickie Gotaskie 344-4929
May 20 th	Sea Kayak Slide Show 8:00 PM AYH Clubhouse; Fifth & Shady Ave. Shadyside	
May 22 nd	Conneaut Marsh Beginners welcome	Fran Fleming 363-1221
May 30 th	Full Moon City Paddle Pittsburgh's Three Rivers	Russ Tague 331-2073
July 10 th	Kiski River	Barb Peterson 412-371-2506
September 11-20 th	Mingan Islands St. Lawrence Seaway; Canada	Vickie Gotaskie 344-4929
September 11 th	Keystone Power Dam Beginners welcome	Barb Peterson 371-2506
October 8-10 th	Allegheny Reservoir Allegheny National Forest; Kayak Camping	Fran Fleming 363-1221
October 16-17 th	Raystown Lake	Ed Ostroveck 724-224-1419

NOTE: Canoes are welcome on most sea kayak trips; check with trip leader.

BICYCLE TOUR THE KATY TRAIL

Join me from May 14-18, 1999, in bicycle touring the famed Katy Trail in Missouri. Katy is a 187 mile rail-trail paved with crushed limestone. It starts in the west at Sedalia and largely follows the Missouri River, ending at Saint Charles (near Saint Louis). I plan to ride it down and back if I ride the trail solo or if no one who joins me wants to drive and shuttle to one end. The days on the trail will be fewer if we ride only one way.

This will not be a van supported tour, nor will it be an organizationally sponsored tour; so, there will be no sign up charges. We'll simply share common expenses. If I do the trip alone, I will camp along the way, but, depending upon the desires of those who join me, I will consider motels. For information, phone Glenn Oster @ (412) 364-2864 or E-mail <goglen25@telerama.com>.

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

Weekends in late March and April Brian McBane (724) 443-8972
When the temperature is above 60 degrees and clear skies are in the forecast, call for details on day trips to cure your cabin fever.

April 24 & 25 Saturday and Sunday Ed Divers (412) 828-5154
Class I canoe camping along Tionesta Creek. Not an AYH trip. Call for details.

April 30-May 2 Friday evening through Sunday Paul Henry (724) 347-3282
Class II canoe camping. Join us as we make our annual float through Pine Creek Gorge (also known as the Grand Canyon of Pennsylvania). We will take our time and search for porcupines and bald eagles. Optional side hikes will bring us to waterfalls and scenic overlooks. Those wary of Class II rapids will have the opportunity to portage or line the canoe, but moving water skills are a must. Call for details and reservations.

May 1 Saturday Jon/Becky Maiman (412) 242-7179
Class II icebreaker trip. Call for details.

May 4, 11, 18, 25 Tuesday evenings George Schnakenberg (412) 731-3046
Basic canoe school for those with little or no experience. Prepare for moving water schools and river trips. Learn the strokes and the jargon as you practice paddling on the Allegheny River. The complete program is repeated each week, so plan to attend any or all sessions. Call early for reservations.

May 8 Saturday Eric/Shelley Nilson (412) 487-3255
Moving water school to be held on the upper section of the Little Beaver River. Call for details.

May 15 Saturday Al Kepner (724) 444-0971 or e-mail: akepner@nauticom.net
Class II-III trip on the North Branch of the Potomac River, near the West Virginia-Maryland border. Possibility of camping on Friday evening, so call early for details and reservations.

May 16 Sunday Don Hoecker (412) 243-8298
Class I-II trip on Redbank Creek. Call for details.

May 22 Saturday Brian McBane (724) 443-8972
Class II trip on the Casselman River. Call for details.

May 22 Saturday Joyce Appel (724) 526-5407
Flatwater trip on Conneaut Marsh. Call for details.

May 28 through 31, Memorial Day Weekend Eric/Shelley Nilson (412) 487-3255
Class I-II canoe camping on the Greenbrier River in West Virginia, Durbin to Marlinton. Moving water skills required. Call for details and reservations.

May 29 through 31, Memorial Day Weekend Joyce Appel (724) 526-5407
The Butler Outdoor Club has invited all the area outdoor clubs to participate in this "Outdoor Extravaganza". Events will include whitewater canoeing, rock climbing, lake canoeing, horseback riding, river canoeing day trips, hiking, and bicycling. Meals, lodging, campsites, and educational programs will be available at Rose Point Campground. Although this is not an AYH event, the BOC is a non-profit organization member of AYH with many of the same goals. Call early for reservations, see Extravaganza on page 4, or visit the BOC website at: www.nauticom.net/users/outdoor/

June 12 Saturday Kate Fissell (412) 683-2157 or e-mail: fissell@cmu.edu
Class I trip. Call for details.

June 15-24 Ben Brugmans (412) 361-3623
Plans are being made for a two week trip on the Upper Missouri River, Montana. Call for more details so you can make plans now.

1999 Schuylkill River Sojourn

June is Pennsylvania Rivers Month and to celebrate, The Pennsylvania Department of Conservation & Natural Resources will be sponsoring a week long canoe/kayak float trip down the Schuylkill river. The trip will begin at Schuylkill Haven on June 4, 1999 and end at Fairmont Park Boat Ramp, Philadelphia on June 11, 1999. Enjoy the hospitality provided by the towns and organizations along the way. As plans are finalized updated information will be announced (check the canoeing bulletin board). For more information contact: DCNR Rivers Programs - Kelly Koch at (717) 787-2316.

1999 Youghiogheny River Sojourn

The Regional Trail Corporation is planning another Youghiogheny River Sojourn to be held from June 13th to the 19th. This event includes travel on both the river and bike trail from Confluence to McKeesport. For more information call The Regional Trail Corporation at (724) 872-5586.

Rewalking the Appalachian Trail (in my mind) By Glenn Oster

(Continued from page 1)

along and one day saw my van parked at my destination - another 175 miles under my belt.

By this time, completing the trail in 1998 dawned on me as being possible. I rescheduled my plans and headed once more for Virginia - only 137 more miles to go. For the first few days, the weather was great with spectacular views, especially from Mc Afee Knob. The Knob is a rock out thrust that affords a 270° view. Sam Lamastro, of Valencia, PA., was with me for that stretch as well as the preceding section in Virginia.

We were both overwhelmed at the beauty. A clear day - you could see into the next century. Well, sort of. Unfortunately, Sam developed an infection in his leg and had to abort the trip. He did so at just the right time. The beautiful weather left with Sam. From then on it was cold and rainy. This was such a contrast to Virginia's drought all Summer long. Almost all the springs had dried up, as had many of the streams. The rain I was experiencing unfortunately didn't do anything noticeable as to replenishing the springs, and, at times, I had to carry an extra gallon of water. Considering that I've never been able to discipline myself to carry only absolute necessities, my pack weight was 48 pounds. Adding another eight pounds of water was not a welcome development. But, like the cold and rain of the AT's New England sector, perseverance paid off, and, on November 7, I reached the trail's crossing of US Route 52, near Bland, Virginia. Finis. I was so buoyed by completing the trail that I drove the whole way back to Pittsburgh the same day. Behind me, at last, after sixteen years.

This article could easily take on the proportion of a book, was I to expand on all my memories of hiking the trail, the people, the trail itself, the weather, the maps, the vistas, the flowers, the wildlife, the streams and so much more. However, I'll try to restrain myself and make it a manageable length for casual reading. Where to start?

The People -

Let's consider the people first. I was blessed by having some wonderful hikers doing segments of the trail with me. Moreover, I came across many more as I hiked the trail on my own. For myself, this was just something in life I wanted to accomplish, but with nothing to prove to myself or anyone else. However, that was often not the case of those with whom I came in contact on the trail. At the one extreme, was a 300 lb. man from California who claimed to be the black sheep of the family. (The other extreme will be covered later, where better than at the end of this article.) His parents whom he hadn't seen in fifteen years live near Harpers Ferry, West Virginia, about the midpoint of the AT. He concluded that it would be a major feat for him to hike that far. Then, armed with that one success in his life, he could go to see them when he reached Harpers Ferry and work out a reconciliation. He was the most ill-prepared backpacker I've ever seen from the standpoint of physical condition and deplorable equipment, but he subsequently wrote and told me that he made it. He reinforced the old maxim, "Where there's a will, there's a way." Numerous young people were hiking the trail as a character building activity - some through-hiking the entire trail at one time to prove that they had the physical stamina and mental determination to see such a monumental undertaking to a conclusion. On the other hand, some people on the trail were there for shorter hikes, not of their own doing, taken there by correction officers who hoped that exposure to the trail with all it entails would have a positive effect on their young lives. On a different note, some were on the trail because their soul-mates were there, and they wanted to share the experience. Some hiked it to lose weight and improve their overall health. Others were college freshmen out to meet their classmates and develop friendships through organized college outing programs. Many hiked to enjoy the flowers and the scenery, and some just like to hike. I could go on and on.

The Flora -

I had assumed that flowers would be an overwhelming attraction along the trail. I have done fifteen wilderness backpacking trips to the far west and expected to see flowers on the AT the same as in the western wildernesses. Surely, there were flowers, and beautiful ones at that, but not like the mountain meadows out west. However, what was incredible were the shrubs. Mountain laurel, white and lavender rhododendrons, wild pink azaleas and to me, the most beautiful of all, flame azaleas. They greeted us as we hiked through Georgia. I had only seen two flame azalea bushes in all my years in the woods until that hike. At one point, I hiked for fifteen miles with flame azaleas blooming on both sides of the trail. What an unexpected bonus! Including berry bushes with flora, I recall gorging on huge blackberries on the balds of North Carolina and Virginia. We found black raspberries, too, and blueberries as well. You can't believe what a patch of berries does to your average hiking speed for the day. The best was saved for last, however. I finished the trail in Autumn - the foliage was even more colorful than I had hoped. I had expected New England to have the best show of leaves, but not so on the trail. When I reached Virginia, the trees were afire with color. I reveled in their beauty.

In his next installment, Glenn will let us know about the wildlife he encountered, the weather he experienced and the terrain the trail covers.

THE 1999 RACHEL CARSON TRAIL CHALLENGE OFFICIAL ENTRY FORM JUNE 19, 1999

Please provide the following information and return this form with a check or money order for the proper amount, payable to:
"AYH-Pittsburgh Council"

NOTE: Each participant must complete and sign an individual form for a valid registration.

Mail to:

**RACHEL CARSON CHALLENGE
c/o Pittsburgh AYH
830 E. Warrington Ave.
Pittsburgh, PA 15210**

Name: first, m.i., last (please print clearly)

Age (as of 6/19/99)

email address (if available)

Street Address

City, State

Zip Code

Telephone: daytime

evening

Registration Fee Enclosed: \$20 per participant

T-shirt size (S, M, L, XL)

Registration Fee includes a "1999 Rachel Carson Trail Challenge" T-shirt; please provide your t-shirt size here.

LIABILITY WAIVER

In consideration of your acceptance of my application for participation in the Rachel Carson Challenge, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation. I, the undersigned, discharge and release the Pittsburgh Council, HI-AYH, its activity leaders, and their respective agents, boards, commissions, and any other involved employees and representatives from all liability arising out of or connected in any way with my participation in the Challenge, whether or not caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers which may arise at any time during the Challenge. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in the Challenge. I attest that I am physically fit and sufficiently trained for the completion of this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any of said parties of any right hereunder. I understand that serious accidents occasionally occur during hiking and that participants in the Challenge may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this activity is in good condition. **I UNDERSTAND THAT PROPER EQUIPMENT IN GOOD CONDITION CAN PREVENT SERIOUS INJURY.** I agree to abide by the rules of this event as established by the Pittsburgh Council, HI-AYH and to obey the directions of the event officials. I hereby grant full permission to the trip leaders, the Pittsburgh Council, HI-AYH and their respective agents, boards, commissions, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.

c/jlr/rctc99/rctc99registration

Participant's Signature in Full

Parent or Guardian's Signature if hiker is under 18

**FINAL REGISTRATION DEADLINE: JUNE 9th
MUST BE POSTMARKED BY JUNE 7th--LIMIT 200 ENTRIES**

More...About the 1999 Rachel Carson Trail Challenge

DETAILS

- ▶ **STARTING POINT:** The 1999 Challenge will begin at 5:50 AM at the Beaver Shelter in North Park, 100 yards north and west of the junction of Babcock Blvd. and Pierce Mill Rd. North Park is located on the "Yellow Bell" between Route 19 (McKnight Rd.) and Route 8.
- ▶ **PARKING:** There are several parking areas in the vicinity of North Park's Beaver Shelter but parking space is generally limited. Car pooling is suggested. Because Harrison Hills Park will be closed and locked at 9:30 PM, no exceptions, you must have your car out of the park before that time. You may consider parking your car outside the front gate. A few cars may be parked at the Volunteer Fire Dept. about a half mile north of the Park on Freeport Road. Call, if necessary, for further details on parking at Harrison Hills.
- ▶ **SHUTTLE:** There will be no shuttle service to return you to your car from the finish or from anywhere along the hike.
- ▶ **HALF CHALLENGE.** The Rachel Carson Homestead is a quarter-mile from the halfway point (17 miles) of the Challenge. Water, snacks, restrooms, telephones, and Trail Marshals will be available at the Homestead. You may "spot" a car at the Springdale High School parking area, 2 blocks from the Homestead.
- ▶ **WATER:** Checkpoints will be located every 5-6 miles with water and light snacks available for participants. Marshals will have cell phones provided by Bell Atlantic Mobile for communications.
- ▶ **THE FINISH:** The 1999 Rachel Carson Trail Challenge will end at precisely 8:54 PM (official sunset time) at the Ox Roast Shelter in Harrison Hills Park. Take the left fork on the Park entrance road and follow it to the end to get to the Ox Roast Shelter.

"HOW DO I COMPETE?"

WHAT TO BRING: You are expected to be entirely self-contained. This is an endurance hike, not a "trail run" or a race. Weight, up to 10 pounds in your pack will not be a significant factor. Be able to carry NO LESS THAN 2 quarts of water; sports drinks are recommended; carry a lunch plus high-energy snack foods, raingear, dry socks, first aid gear-especially moleskin or band-aids for blisters; you may want to carry a pair of sandals or surf shoes for wet stream crossings; wear sturdy, well broken-in footwear preferably with good ankle support and a lugged sole for gripping loose gravel and rocks; wear thick wool, wool blend or synthetic fiber socks; wear a hat to keep your head out of the sun; wear sunglasses; carry a pack towel to soak in streams and wrap over your head to cool down; a cell phone is optional but recommended, especially if you want to be able to call someone you know for a ride from the trail.

Please note that in June, some sections of the Rachel Carson Trail will have brambles and nettles as well as poison ivy. Long pants made of lightweight material are recommended.

THE ALTERNATIVE: While the organizers recommend you outfit yourself as a "hiker", it is recognized that several participants in Challenge 96 and Challenge 97 had some success participating in "runner mode" wearing light low-top trail running shoes, and carrying only water and a small waist pack for gear instead of a day backpack (rucksack/knapsack).

THE PRIZE: All 34-mile finishers will be entered into a raffle; three names will be drawn with each winner receiving an overnight for two at either the new Pittsburgh International Youth Hostel or the OhioPyle Youth Hostel. All 34-mile and 17-mile finishers will receive six issues of the AYH Golden Triangle newsletter free (July-December 1999 issues).

