

# 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 50, NUMBER 2

APRIL 2000



## 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
- Nearby Southside
- The Downtown Cultural District
- Riverfront Bike Trails
- Nearby Universities
- The Carnegie Science Center
- The Zoo & National Aviary
- Phipps Conservatory
- Historic Point State Park
- Three Rivers Stadium

## INSIDE

- RCTC Intro: Page 1
- Activity Chairs: Page 2
- Slide Shows: Page 2
- Hostel Happenings: Page 3
- Rambles: Page 4
- Message from Ben: Page 4
- Canoeing: Page 4
- Bicycling: Page 5
- Bicycling Events: Page 5
- Hiking/Backpacking/Trails: Page 6
- Sea-Kayaking: Page 7
- ATV Article: Page 7
- Ride-A-Bike Earth Week: Page 7
- Internships: Page 8
- Rock Climbing: Page 9
- Skiing: Page 9
- Pgh Triathlon: Page 9
- RCTC Entry Form: Page 10
- Outdoor Extravaganza: Page 11
- La Anna Hostel: Page 11
- Council Travel and Book Store: Back Cover

....And MORE!!!

## RCTC2000-June 24, 2000

### "34 Miles in One Day"

The Rachel Carson Trail Challenge 2000 will take place on June 24, 2000. Two hundred runners, hikers, walkers and adventurers are expected to participate in the arduous 34-mile trek across the heinous hills and hollows of the Rachel Carson Trail, this year starting at the Harrison Hills County Park Ox Roast Shelter and ending at North Park's Beaver Shelter.

Registration materials and more information are included in this issue of the Golden Triangle. See the Rachel Carson Trail website at <http://members.xoom.com/rachelbaker>. Read about the 1996, 1997, and 1999 Rachel Carson Trail Challenges. Read about Team EMS and the all-woman Team Rock (as in Slippery Rock); find out what happens when people "disappear" on the Trail. Is it best to go "hiker-mode" or "runner-mode"? In 1997, the first and only westbound Challenge, 27 out of 135 hikers managed to finish before sunset. RCTC2000 promises to be not only challenging, but an exciting adventure, right in your own back yard.

What does RCTC2000 have in store?? Thunder and lightning? heat? rain? snakes? poison ivy? nettles? washouts? blowdowns? wet crossings? dirt? rocks? scree? talus? bees? ants? Hercules club (you'd better know what this is)? brambles? landslide? rockfalls? If it can be seen on a western Pennsylvania hiking trail, you'll see it somewhere along the 34-miles of the Rachel Carson Trail.

Order your trail guide and get out there and start training; then join us for the "June Hikes", led by one of our Trail Marshals, and get an edge on your Challenge-day effort. Registration is limited to 200 participants, so do it today!!

### NEW 2000 MEMBER DISCOUNTS

HI members with valid membership cards are eligible for the following discounts. Full details can be found in the FREE 2000 North American Hostel Handbook.

Ace Athletic- 10% off any non-sale item, 1214 East Carson Street; phone: (412)381-2520

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; 117 Sandusky Street, phone: (412)237-8300

Big Bamboo- Free pack of 15 gram bag of Champa Incense with any purchase. 116 Meyran Ave., phone: (412) 802-8338

Bike Tek- 10% discount. 5102 Liberty Ave. Phone: (412)682-1410

Casbah- 10% off bill. Not valid with any other specials, discounts, or promotions. 229 Highland Street; phone: (412)661-5656; email:casbah1@bigburrito.com; website:www.bigburrito.com

City Books- 15% off all used books and 10% off on most new books. 111E. Carson Street; phone:(412)481-7555; email:citybooks@sprintmail.com

Climb North- 50% off climb time rates, rentals not included; 2468 Wildwood Road, phone: (412) 487-2145

Dairy Mart- Free 44oz. Fountain drink with \$5.00 purchase; 1125 Arlington Ave., phone: (412) 4122

(Continued on page 3)



*Pittsburgh Council, HI-AYH is a United Way Donor Option organization. Our Donor Option number is: 436 .*

*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  
830 E. WARRINGTON AVE.  
PITTSBURGH, PA 15210

Dated material- please deliver promptly  
Change Service Requested

NON-PROFIT  
US POSTAGE  
PAID  
PERMIT #127  
PITTSBURGH, PA



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**

**Triangle Staff**

Managing Editor ... **Joel Platt**  
(412-521-5244 joelplat@yahoo.com)

Copy Editor ... **VACANT**  
Mailing Labels ... **Larry Laude**  
Production ... **Don Hoecker**  
Advertising ... **VACANT**

**Council Officers**

President ... **Kyra Straussman**  
(412-521-3641)

Vice-President ... **Ben Brugmans**  
Secretary ... **George Schmidt**  
Treasurer ... **Larry Laude**

**BOARD OF DIRECTORS**

**Ben Brugmans**  
**Bernie Colligan**  
**Michael Evans**  
**Maureen Hogan**  
**Maribeth Hook**  
**Marianne Kasica**  
**Larry Laude**  
**Marc Reisman**  
**George Schmidt**  
**Kevin Swenson**  
**Roy Weil**  
**Ray Yutzy**

Office Staff  
**Jessica Carpenter**  
(431-4910)

**PITTSBURGH COUNCIL  
ACTIVITY CHAIRS**

- Chairman of the Activities Committee  
Ben Brugmans.....361-3623  
Canoeing  
Paul Henry ..... 724-347-3282  
Brian McBane..... 724-443-8972  
Cross Country Skiing  
Vacant  
Cycling  
Joan Roof ..... 351-2061  
Family Activities  
Barbara Hanusa ..... 441-7205  
Hiking/Backpacking  
Ben Brugmans ..... 361-3623  
Kayaking  
Ray Yutzy ..... 341-5682  
Midweek Rambles  
Dick Fisher ..... 421-9215  
Rafting  
John Orndorff ..... 741-2021  
Rock Climbing  
Ann Minard.....381-1309  
Chuck Jones.....242-6172  
Sailing  
Bob Zavos ..... 241-0659  
Sea Kayaking  
Fran Fleming ..... 363-1221  
Vickie Gotaskie ..... 344-4929  
Trail Systems  
Jim Richie ..... 828-0210  
Headquarters Programs  
Luc Berger ..... 683-3131  
Storekeeper  
Steve Poprocky ..... 731-2429



HOSTELLING  
INTERNATIONAL

Pittsburgh Hostel Manager  
**Brian Funk**  
(412-431-1267)

Ohioyle Hostel Manager  
**Marjorie Paqualle**  
(724-329-4476)

**NOTICE**

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

**April ISSUE**  
All copy, April 6  
Binding/Mailing, April 20

If your work is on computer, Please contact Joel Platt at joelplat@yahoo.com

**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), 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**

- "Lack 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**

**March 30:** Joyce Appel, "African Travel, Part II". Joyce and Paul pole a dugout canoe into a disappearing underground river in the Okavango Delta. They explore the Great Zimbabwe Ruins.

**April 6:** Billie Woodland, "China Without An Organized Tour". From the silk route and the northwest border to the northeast coast. Beijing and Great Wall. Travel by taxi, train, bus and rickshaw.

**April 13:** Glenn Oster, "Havasu Canyon And Chiracahua National Monument". Hiking Arizona wonders, and enjoying spectacular scenery enroute.

**April 20:** Cake and fruit pie party.

**April 27:** We show the 16 mm film "Family Of Ghana". Village life on the coast. Fishing with boat and net. Visit of a larger town.

**May 4:** Walter and Diane Vaux, "Hiking The Lake District, Vales, And Cleveland Hills Of England".

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](mailto:ayh@trfn.clpgh.org)



**Pittsburgh Council Hostels**

**Ohioyle AYH Hostel**  
Ohioyle State Park  
PO Box 99  
Ohioyle, 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

**Travel Store Hours: Tuesday-Saturday, 12pm-5pm**

## Staff Changes at HI-Pittsburgh:

**Jessica Carpenter-Manager.** Jessica, originally from Titusville, PA and a graduate of Slippery Rock University, recently returned to the Pittsburgh area after spending three years at the Boston Hostel and working at other hostels in the Eastern New England Council of AYH.

**Wade Burtch-Assistant Manager.** Wade, a Slippery Rock native and graduate of SRU, is an experienced traveler (most recently--Guatemala) and has been a staff member at HI-Pittsburgh since last summer. Wade was also the Assistant Manager at the Back Bay Summer Hostel in 1998 and has worked on other levels at the Boston Hostel.

## Special activities and events at the hostel

**Gallery Space for Artists' Work.** The hostel is proud to offer wall space in our lobby to local artists. If you're interested in showing your work in the lobby and common area of the hostel (where travelers from around the world will see it), contact Jessica or Wade 431-4910.

### Potluck Dinners!

Thursday, April 13 @6pm,  
Saturday, April 29 @7pm,  
Saturday, May 13 @7pm,  
Tuesday, May 30 @6pm.

Bring a favorite dish. Potluck dinners are one of our most popular events. Come by and enjoy good local and international food with some locals and hostel guests from around the globe. **FREE!**

### Budget Travel 101 Workshops!

Saturday, April 1 @1pm,  
Thursday, April 27 @6:30pm,  
Thursday, May 25 @ 6:30pm.

Safe, inexpensive world travel IS possible. We'll show you how to evaluate transportation options, strategies for saving and carrying your money, packing, travel documents, staying in hostels, safety and more. Call 431-4910 for more info.

## Volunteer Opportunities:

We rely on our team of enthusiastic and fun-loving volunteers to help organize outdoor activities such as hiking, kayaking, bicycling, and virtually all other types of outdoor adventures. We also need active participants in these events! If you are interested in helping to promote these types of events and love the outdoors, then we have volunteer opportunities for you! We also rely on volunteers at the Pittsburgh and Ohiopyle hostels to help make them memorable places to visit for international visitors, US visitors, and residents of 'da burg alike. For more information on volunteer opportunities, please call (412) 431-4910. Office hours at the Pittsburgh Council Office are Tuesdays-Saturdays, 12pm-5pm.

### Examples of volunteer positions available at the Pittsburgh Council:

**Travel Workshops/Seminars**  
**Walking Tours of the City**  
**Booth at Travel Fairs**  
**Work Parties**  
**Shuttle to Fallingwater/Ohiopyle**  
**Organize and/or staff seasonal events**  
**Great Ride**

### MAKING THE MOST OF EUROPEAN RAIL TRAVEL

At the HI-AYH Travel Center we get more questions and confusion on the subject of European rail travel and railpasses than any other subject.

Below you'll find some help to get you thinking about European railpasses. For more information, stop by our office for some free advice, ask us to send you a full brochure, or attend one of our FREE "Budget Travel 101" workshops. At the workshop we also discuss: getting on the right train, services in and around train stations to know about, the difference between 1st and 2nd class travel, plus much more.

Aside from the purchase of your airline ticket, a European railpass can be among the biggest purchases you'll make before you depart on your trip. The European railpasses discussed below are valid for 6 months from the date issued, are for use by only by visitors to Europe, not by Europeans, and therefore must be purchased before you leave the US.

Generally, we've found people think they need to buy more railpass than they really need, sometimes by a factor of 50% or more! Good information and advanced planning are the keys to saving money.

A few of the most important questions to ask yourself when considering a European railpass have to do with geography and travel time. Every trip is different, so you'll need to give the following some thought with your needs in mind:

1) What countries will you travel to or need to travel through to get to the places you'd like to visit? If you will not be traveling to or through all 17 western European countries, but perhaps more like 5 or 6 of them, why buy more railpass than you need? Remember that you will need to have a railpass that covers all your trips through a particular country even if you don't get off the train in it. Only going to one or two countries? A single-country railpass, or two, may be the best way to go.

The names of the passes below describes their geographical reach. There are over 20 types of European railpasses. We've listed just a few below as examples.

Examples are: MULTI-COUNTRY PASSES

Eurail - Good for ALL 17 western European countries. Note that this is a specific product name, not a generic term for "European Rail Pass"!

(Continued from page 1)

Danny K's Diner- 10% discount to hostelling members; 637 Warrington Ave., phone: (412) 381-7742

The Deli Express- 10% off total check amount. 1107 East Carson St., phone: (412) 381-4247

E-House- 10% off any purchase with valid membership card; 1511 E. Carson St., phone: (412) 488-7455

Eljays's Used Books- 10% discount on all books. 1309 E. Carson St., phone:(412)381-7444; email: eljaysbs@aol.com, website: www.abebooks.com

Eye of Horus- 10% off all merchandise, books, and tarot readings. 1305 E. Carson St., phone (412) 481-7887; email: eyehorus2LM.COM

Golden Triangle Bike Rentals- 10% discount on bike rentals. 416 Woodruff Lane; phone: (416)655-0835; email: goldentrianglebikes@yahoo.com, website: www.bikepittsburgh.com

Gray Line Trolley Tours of Pittsburgh- \$2.00 off admission on price on day schedule of Pittsburgh tours, April through October; 110 Lenzner Court, Sewickley, PA, phone: (412)741- 2720

Karakesh- 10% off final bill: 320 Atwood St., phone:(412)687-0533

Kaya- 10% off your bill. Not valid with any order specials, discounts, or promotions. 2000 Smallman Street; phone:(412)261-6565; email: kaya1@bigburrito.com; website:www.bigburrito.com

La Prima Espresso- \$0.50 off any coffee drink. 811 Liberty Ave., phone: (412) 471-4590; website: www.laprima.com

Mad Mex (NORTH HILLS)- 10% off your bill, not valid with any other specials, discounts, or promotions; 7905 McKnight Road / phone: (412) 366-5656; email: madmex-nh@madmex.com; website: www.bigburrito.com

Mad Mex (OAKLAND)- 10 % OFF your bill, not valid with any other specials, discounts, or promotions; 370 Atwood Street / phone: (412) 681-5656; email: madmex-oak@madmex.com; website: www.bigburrito.com

Mad Mex (PHILADELPHIA)- 10% OFF your bill, not valid with any other specials, discounts, or promotions; 3401 Walnut Street (The Shops at Penn). Phone: (215) 382-2221; email: madmex-philly@madmex.com; website: www.bigburrito.com

Mattress Factory Museum of Art- \$1.00 OFF admission, and 10% OFF merchandise in museum. 500 Sampsonia Way / phone: (412) 231-3169; email: info@mattress.org website: www.mattress.org

Monti's Studio- 10% discount store-wide; 844 E.

Warrington Ave. / phone: (412) 381-3240

Paisano's Pizza- 10% OFF final bill. We have pizza, hoagies, appetizers, chicken wings, salads, calzones, wedgies, gyros and more. 823 E. Warrington Ave. / phone: (412) 381-5530

Phipps Conservatory and Botanical Gardens- 10% OFF admission to conservatory and gardens throughout the year. Something's always blooming at Phipps - so visit today! ; One Schenley Park / phone: (412) 622-6914; email: phipps@phipps.pgh.pa.us website: www.phipps.conservatory.org

Pittsburgh Zoo- \$1.00 OFF admission with membership card, not valid for evening events. One discount per person. Phone: (412) 665-3639; email: connie@zoo.pgh.pa.us Website: www.zoo.pgh.pa.us

Pizza Outlet- 20% OFF regular price, or any current coupon discount. 1502 E. Carson Street; phone: (412) 488-7200

Premiere CD's- 10% OFF any purchase. 2336 E. Carson Street; phone: (412) 481-3641

Rachel Carson Homestead- Buy one admission, get one FREE! Take the 1A New Kensington or 20-minute drive from Pittsburgh. 613 Marion Ave. Phone: (724) 274-5459

Saint Elmo's Bookstore-20% discount on ALL novels. 2208 E. Carson Street, phone: (412) 431-9100; email: stelmoport@earthlink.com Website: www.saintelmo.com

Slacker- 20% OFF, except magazines. 1321 E. Carson Street / phone: (412) 381-3911; email: randall@slackernet.com website: www.slackernet.com

Soba Lounge- 10% OFF your bill. Not valid with any other specials, discounts, or promotions. 5847 Ellsworth Ave., Shadyside / phone: (412) 362-5656; email: soba1@bigburrito.com website: www.bigburrito.com

Southside Card & Gift- 10% OFF any purchase. 1717 E. Carson Street; phone: (412) 481-2500

Spice Island- 10% OFF final bill. 235 Atwood Street; phone: (412) 687-8821

Thoreau NM, a Production Company- \$1 OFF ticket prices. Please call ahead; 209 Moye Place Cottage, phone: (412) 431-8289; email: thoreaunm@juno.com website: www.trfn.clpgh.org/thoreaunm

Zenith Antiques & Tea Room- 15% discount. 86 S. 26th Street / phone: (412) 481-4833, website: www.concentric.net/~mamarama/zenith.htm

Zyθος, Inc.- NO cover charge...except for headliner, National DJ's. 2108 E. Carson Street phone: (412) 481-2234

Europass - The basic pass starts with Spain, France, Germany, Italy & Switzerland. Additional adjacent countries can be added to this basic pass for a small additional charge, if needed.

Scanrail - Good for travel in all Scandinavian countries of Denmark, Norway, Sweden, and Finland

### SINGLE-COUNTRY PASSES

Most countries have their own railpasses. A BritRail Pass for example. France, Italy, Spain, and Switzerland are among the more popular, though there are many others.

2) Regardless of the geographical reach of the pass you pick (which only partially determines its name), most offer additional ways to save money. Will you be under 26 years of age on your first day of travel? If so, you are eligible for a discounted Youthpass. Will you be traveling with a companion during your entire trip? If so, you might want to consider a Saverpass if it's available for the pass you want. These are one pass good for two people, for example, traveling together at all times. One person pays full fare, the other 1/2 price. Most pass types offer additional savings of this nature, regardless of its geographical reach. So, specific examples combining geographical reach combined with additional savings might be: Eurail Youthpass or Europass Saverpass or Scanrail Senior Pass (age 60 and above)

3) Once you determine what countries you'll need for your railpass and if you're eligible for any additional savings, you'll need to ask yourself some very important questions about travel time.

How much time out of your entire trip will you spend on the train? The overall length of your trip should be considered, especially for longer trips of a month or more, but for shorter trips and for most people, figuring out how many "travel days" you'll need is much more important. Unless you are a "train buff" whose purpose is to ride as many trains as

possible (and you'll need more rail travel days than most), you're probably like most people who will use trains to get where you want to go, then spend most of your time sightseeing once you arrive.

Many railpasses (whether multi- or single-country) offer unlimited travel time during a specific and continuous period (like 15 or 21 consecutive days). These can be great for people who want to have a railpass valid for every day (or most of) their entire trip and who want the spontaneity of hopping on and off trains at any time. For those who don't want to estimate the number of travel days within your overall trip before you leave the US, these can be ideal. However, there is less flexibility with this type of pass. Additionally, the time on these passes is "ticking" whether you are on the train or not, like while sightseeing in a city for a few days.

Many railpasses have great flexibility (many are called "Flexi" passes!) if you're willing to give some thought to how many "travel days" you need before you go. An example might be 10 (travel) days within a 2 month (total) period. You'll also need to decide on 1st or 2nd class travel.

Especially for multi-country passes (rules can vary for single country passes) there are two ways of count-

(Continued on page 8)

**AYH ACTIVITIES WITH BEN**

On one of our recent Sunday outings, this particular one on a very nice trail in Oakmont, I was pleasantly surprised to run into Judy, an old friend from the AYH. A group of us, including Judy, had backpacked in the Cranberry Backcountry, Otter creek, and Dolly Sods back fifteen or twenty years ago. Ah, how great it was to be younger then. Except that we are still in good hiking shape, thanks to a persistent interest in going on outings, short or long. And-except that Judy does her hiking with the Sierra Club, an interest shared with many other former AYH hikers and trip leaders.

As I have gone to board meetings for the AYH, I see some people who are involved with activities, but mostly newer and younger faces who only know of the AYH as a branch of the national hostel. These newer board members deal with financial decisions, directives from National in Washington D.C., crises and goals. I suspect some of our newly elected board members have not been to a Thursday meeting or to Ohiopyle to see our oldest and neediest hostel.

There is a distinct gap between the highly commendable goal of our national organization to found and maintain hostels, and the wish for outdoor activities.

The AYH has lost activities in Columbus, OH, Detroit, and San Diego. The Sierra Club has maintained both its environmental emphasis, and an active outdoor program in many places in the U.S.

The board of the AYH plans to meet for a retreat, to discuss goals, direction and the future of our Pittsburgh group. I hope for the best, for me this will be the first chance to talk to people I only know from official monthly meetings, to get to know personally and hopefully get to know better. Perhaps they too, can reach out and get to know some of our long term members who publish, mail, run the weekly slide shows and meetings or organize the canoeing, sea kayaking, climbing or hiking outings in which so many of our local members still participate.

Wishing all a great spring, good wildflower walks in April and may the boaters have fortuitous water conditions this year. I will be going out to Utah this May, and hope to renew the very successful and pleasant Ambles in the fall.

Ben

**CANOEING**

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

A thank-you to all who attended the canoeing planning meeting held at the Elbow Room in February. We have scheduled quite a few trips for the season. A listing follows detailing trips through mid-May. Please call the name(s) and number(s) listed for further information. Trips are subject to change, depending on weather and water levels.

Many of the early trips are unscheduled, pick-up trips. The smaller creeks and streams have plenty of water in late winter, early spring, making for great paddling. If the weather forecast is good---above 60 F and sunny, someone is usually working on a trip. The important thing is to call Brian Mc Bane by Friday night if you want to be included.

Saturday, Feb. 26th was the first pick-up trip of the season, as well as a record-breaking day for temperature. Wolf Creek, above Slippery Rock was the chosen run—from Linley's to a takeout just beyond the confluence of Wolf Creek and Slippery Rock Creek (7.7 miles). It is mostly Class I, with some Class II rapids—just right for those of us out of practice. The run includes the beautiful Wolf Creek Narrows, protected by the Conservancy. With the exception of the last mile where cabins appear, the entire run is very quiet and scenic. Birds spotted were kingfishers, red-tail hawk, pileated woodpecker, and small ducks. Skunk cabbage and iris were emerging from low banks, and many woodpecker holes and paper wasp nests were visible in the bare trees. Mr. and Mrs. Linley kindly granted us permission to put in and park on their property, and were most appreciative for us asking. They own ½ mile of both sides of the creek, and keep it pristine. On river left, across from their home is a gauging station operated by Slippery Rock University. A marked staff was also visible---it read 2.3', which we found to be a perfect level.

**Trips and Schools through mid- May:**

Call Brian Mc Bane (724) 443-8972 for information on pick-up trips on sunny, warm weekends in March and April.

**Sunday, April 16th Janet Supowitz (412) 247-4016**

Depending on water levels, the Buffalo (II).

**Saturday, April 29th Janet Supowitz (412) 247-4016**

If the weather co-operates, Laurel Hill (II+).

**Tuesday evenings in May (May 2,9,16,23)** are introductory classes in paddling fundamentals, for those with little or no experience. The complete program is repeated each week, so come to any or all of the classes. Paddling is done locally on the Allegheny River. If you are interested in taking or helping to teach these classes call George Schnakenberg (412) 731-3046

**Sunday, May 7th Hope King (724) 898-1891**

Join AYH birders Ellie and Hope for a pleasant naturalist's paddle on French Creek, (flat water) or other scenic, easy run.

**Saturday, May 6th Brian Mc Bane (724) 443-8972**

Moving water school. Basics—good for beginners or rusty paddlers!

**May 12-14th Paul Henry (724) 347-3282**

**Joyce Appel (724) 526-5407**

Pine Creek Canoe Camp. Join Paul and Joyce on their ever-popular annual trip. The Pine Creek Gorge (I-II), also known as the Grand Canyon Pennsylvania, is spectacular, and only runs early in the season. 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.

**Sunday, May 14th Brian Mc Bane (724-443-8972)**

Brian is the AYH co-leader for a Class III run on the Mile of Slippery Rock Creek. Joining him will be expert paddlers Mark Pavkovich and Larry Wentzel from TRPC. They will provide teaching and support for those desiring to improve their whitewater skills. Mark and Larry run the canoe clinics for TRPC, which should be of interest to intermediate paddlers.

**Sunday, May 14th AJ Stoner (412) 241-6042**

A day canoe trip down the Clarion River (I), 14 miles, with or without Mom!

The May newsletter will continue these listings, but looking ahead some things can be noted that will be detailed later: Memorial Day Weekend Canoe Camp with Jon and Becky Maiman (724) 242-7179. Memorial Day weekend is also Joyce Appel's Outdoor Extravaganza (724) 526-5407.

There will be another Yough River Sojourn this year, June 11-17th. Bob McKinley of the Regional Trail Corporation is looking for help with canoe instruction on June 11th at the Confluence COE Campground. If you would like to volunteer, or want more information on the Sojourn, please call him.

**OUTDOOR COOKBOOK FOR SALE BY LOCAL SCOUTS**

Cadette/Senior Girl Scout Troop 83 have put together 400 recipes -- ideal for picnics, cookouts, camp and cabin meals. As avid outdoor enthusiasts who camp together three times a year, rappel, hike, and have completed outdoor survival training and high adventure programs, they've compiled favorite recipes from other scouts and campers across the US to create "A Taste of the Outdoors". This cookbook includes menu ideas from breakfast entrees to midnight snacks...and everything in between; and offers a variety of cooking methods -- foil, Dutch oven, campstove, box oven, campfire, grill, solar, etc. Most recipes can be adapted for cabin (indoor - with minimal equipment) cooking. Cost of the cookbook is \$12.50 and includes shipping and handling (in the US). You can visit their website at <http://members.aol.com/janed5/recipe/cookbook.htm> or send payment along with your name, address and phone number to: Troop 83, c/o Barb Koehler, 30 Center Ave., Pgh., PA 15202. Cookbook sales will be used to fund a 2001 trip to the Girl Scout World Center - Our Chalet in Switzerland.

**Rambles For Spring 2000****April**

- April 5** Round Hill Farm. Bag lunch. Billie Woodland. 886-1603
- April 12** Ramble along north side of the Mon from Duck Hollow to Glenwood Bridge. Dick Fischer. 421-9215
- April 19** See the Spring flowers in Murdoch Farms. Rut Fischer. 421-9215
- April 26** Wild flower time at Raccoon Creek Park. Bag lunch. Jim Hurst. 276-0447

**May**

- May 3** Deer Lake Park and Wagman Observatory. Bag lunch. Don Hoecher. 243-8298
- May 10** New Kensington Memorial Park. Bag lunch. Pat Rossi. 724-335-5067
- May 17** Twin Lakes, Greensburg. Bag lunch. Loretta Scalzitti. 724-523-2104
- May 24** West Newton. Bag lunch. Bill Phoennik. 279-5411
- May 31** Beechwood Farms (hilly). Bag lunch. Margaret Laske. 421-5219

**June**

- June 7** Aspinwall. John Hartman. 241-5031
- June 14** Nevillewood. Helen Brownhill. 279-3672
- June 21** Troy Hill. Lunch at Allegheny Brewery. Marilyn Ham. 687-4520
- June 28** Blackridge. Bag lunch. Alex Federowicz. 421-0922

**Fall rambles begin at 10:00 AM. Meet in Mellon Park, upper parking lot at Fifth and Shady Avenues. Carpooling is encouraged. For trips over 10 miles, please pay driver \$2.00.**

**Call trip leader for more information, especially if you plan to meet us at the trail head.**



## BICYCLING

### Bicycling Program Off to a Slow Start

On February 23rd, seven enthusiastic people met to set up a ride schedule for the year. So far the following rides are scheduled:

- Late March** Emerald Necklace/Stanford House Hostel. Glen Oster plans to bicycle the parks circling Cleveland known as the Emerald Necklace. Anyone interested in joining Glen, please call him at 412-364-2864 or [goglen25@telerama.com](mailto:goglen25@telerama.com)
- April 29 Sat.** Wildflowers and Waterfalls along the Yough Trail. Ride 36 miles from Connellsville to Ohiopyle and back. Meet at 10am at the trail parking lot in Connellsville. Bring a lunch. Led by Bob and Mariann Brayer. 412-828-3965
- May 6th Sat.** Ride the Country Roads in Beaver Co. We meet at the upper parking lot of the Holidays Inn just off of the Beaver Valley interchange. This is the same 30 miles used by the American Heart Assoc. color ride. We also know it as "the Cow Ride" due to the many cows staring back at you as you ride. There is beautiful farm country along the way. Led by Sue Groskin and Joan Roof. Call Joan at 412-351-2061. Bring a lunch. Meeting at 10AM.
- June 11th Sun.** Antique, Candy and Ice Cream Fun Ride. This ride will be about 20 mi. with several stops for antiques, Sardis Candy and Ice Cream. On roads in the Canonsburg area. Relatively flat - but fun! Led by Sue Groskin and Joan Roof. Meeting at 9:30AM at Sardis Candies in Canonsburg. Call Joan 412-351-2061
- June 25th Sun.** Allegheny Rive Ride. Did you know you can ride from Blawnox to Tarentum and back using flat roads, getting onto the back streets in the towns as you go (there is a famous ice cream stop in Cheswick). Call JoAnn Bary at 724-339-7472 or [jbary@kiski.net](mailto:jbary@kiski.net)
- July 18-19-20 Tues/Wed/Thur** Stanford House Hostel in the Chuyahoga National Recreation Area in Ohio. A change of pace! A midweek trip. Enjoy the many rail trails and tow paths without the large crowds. This is a wonderful place in mid-week. There is an old stone quarry turned into an "old swimming hole" to cool off. Come enjoy. Call Joan Roof 412-351-2061
- Oct 7th&8th** Wilderness Lodge Biking Weekend. Details not available at this time.

## HELMETS ARE REQUIRED

As you can see this program is not complete. We need more interested people, so..

### Second Bicycling Planning Meeting

We are looking for more happy bicyclists looking for some action. Meet a Joan Roof's in Forest Hills on Wed. April 19th at 7PM - Refreshments. Call 412-351-2061 for directions.

### Events and news courtesy of George Schmidt

#### VISIT YOUR FRIENDLY NEIGHBORHOOD BIKE SHOP- NOW!!!

Now is the time for all good bicyclists to come to the aid of their bicycle. Beat the rush and visit your friendly neighborhood bike shop to have your bike checked out and perhaps overhauled before we break into the good weather. Despite catalog and on-line sales, nothing can replace a humanoid bike shop owner who can answer your questions about bicycle repairs and perform the magic that will make your bike ride

## RIDE-A-BIKE EARTH WEEK EVENT

You probably know of the Critical Mass event held regularly in San Francisco and other cities. At a specified time of day cyclists take to the streets of SF to show that pedal power is a viable alternative to automotive power. To draw attention to the poor state of cycle lanes, etc. in Pittsburgh, a Critical Mass event is being organized .....

from 4:00 to 6:00 p.m., Thursday, April 20,  
in Downtown Pittsburgh.

The ride itself starts at 5:00 sharp, at a point to be announced.

OWNERS AND RENTERS OF BIKES are encouraged to stretch their legs, oil their chains, and get ridin' down town.

If you wish to HELP organize this event, PLEASE contact Vince Trevellini at [gogreennow@hotmail.com](mailto:gogreennow@hotmail.com).

### WANTED!

#### BIKING PARTNER FOR EUROPEAN TOUR

Ride 700 miles from Amsterdam to Strasbourg through Holland, Belgium, Luxembourg and France. Leaving May 22 and returning June 12 (22 Days). Ride an average of 40 miles/day. Estimated cost \$1800 including airfare. If interested call Larry Ridenour evenings at 412-366-0446 or e-mail: [landsign@aol.com](mailto:landsign@aol.com).

like new.

The new revised Allegheny Trail Alliance website is out and ready for your perusal. [www.atatrail.org](http://www.atatrail.org)

### PPAC REPORT

"Another acronym," I hear you cry. "What the heck is it?" PPAC is PennDOT's Pedestrian and Pedalcycle Advisory Committee. Despite Bill Metzger's recommendation I was appointed to PPAC by Governor Ridge and attended my first meeting on September 14, 1999. The meeting was a complete shock to one who has attended meetings with PennDOT for years to advocate more bicycle facilities. Bicycling is now a high priority in the Pennsylvania transportation mix. While we have been babbling for years about the benefits of health, recreation and bicycle commuting, the Ridge administration has discovered that bicycles are good business. Improved bicycle facilities are relatively cheap and they draw big returns from tourism. When I mentioned the recent study that stated the Youghiogheny River and rail-trail bring in \$14 million a year in tourism money, people sat up in their chairs. Right now our major project is to establish six marked bicycle routes across Pennsylvania. (Please read the "A" Bicycle Route article.) I was appointed to PPAC to represent the interests of the WPW, the AYH, and other bicyclists in western Pennsylvania. I would like to form a sub-committee to gather information and issues to present at PPAC meetings and distribute information about the meetings. Anyone interested? Give me a call at 412-521-1538 or e-mail: [wpwgeorge@aol.com](mailto:wpwgeorge@aol.com). PPAC also has a web site under PennDOT's home page.

### TAKE THE "A" BICYCLE ROUTE FROM MORGANTOWN TO ERIE

Governor Ridge wants six bicycle routes across Pennsylvania as soon as possible. And when the Governor talks, people listen. PennDOT's Pedestrian and Pedalcycle Advisory Committee (PPAC) has formed a sub-committee to layout the routes. They are two across the length of our state, three running north and south and one connecting Ohio and New York through Erie. The "G" Route, running down the center of the state through Altoona, is complete, as is the "Z" Route from Ohio to New York.

Appropriately, the "A" Route is on our turf. It will run from the PA border near Morgantown, WV north to Erie, PA. PennDOT's District 12, based in Uniontown has the overall responsibility for posting route-marking signs. Local PPAC members Linda Boxx and Bill Metzger are heading the "A" Route Committee. Linda is Presi-

(Continued on page 9)

### Thirteen State Rail-trail Bicycling Excursion

Join Glenn Oster on all or part of a van trip across the USA to bicycle many of the major rail-trails that you've read about or just wanted to ride. The trails in the sequence planned are -

- \*Mt. Vernon to Alexandria Virginia
- \*C&O Canal Trail - Maryland
- \*Allegheny Highlands Trail - Pennsylvania
- \*Youghiogheny River Trail - Pennsylvania
- \*Olentangy - Sciota Trail - Ohio
- \*Little Miami River Scenic Trail - Ohio
- \*Wabash Cannonball Trail - Ohio
- \*Pere-Marquette Trail - Michigan
- \*White Pine Trail - Michigan
- \*Elroy - Sparta Trail - Wisconsin
- \*Gandy Dancer Trail - Wisconsin
- \*Paul Bunyan Trail - Minnesota
- \*George S. Mickelson Trail - South Dakota
- \*Route of the Hiawatha - Idaho
- \*Cowboy Line Trail - Nebraska
- \*Cedar Valley Nature Trail - Iowa
- \*MK&T Fitness/Katy Trail - Columbia to St. Charles, Missouri
- \*Thomas J. Evans Bike Trail - Ohio

The trip will take place June 20 thru July 23, 2000. One van is planned for transportation between trails with trippers alternating as the driver of the day to transport gear to the trail's terminus. We will share costs and generally will be camping to limit expense. The trip will be limited to a maximum of eight riders in any segment. Because of the logistics, the trip will not be sponsored by any organization. Rather, it will be a tour of friends sharing wonderful trail experiences. For info and reservations, E-mail Glenn Oster [goglen25@telerama.com](mailto:goglen25@telerama.com) or telephone him at (412) 364-2864.

## Pedal Pittsburgh Sunday, May 21, 2000

The Pittsburgh Council of AYH has joined forces with the Community Design Center of Pittsburgh (CDCP), a non-profit organization dedicated to supporting community revitalization and design awareness, to help promote Pedal Pittsburgh, a fun educational bicycle tour of the neighborhoods and design landmarks that make Pittsburgh unique. This year the event will highlight "Favorite Places", a campaign launched by the CDCP in which citizens, community leaders, and Pittsburgh personalities were asked to nominate their favorite places throughout the city. With over a 100 nominations received, a small portion of those will be highlighted throughout the 15-, 25-, 35-, 50-, and 60- mile course options. Designed as a ride, not a race, Pedal Pittsburgh accommodates everyone from the weekend cyclist to the hardcore fitness enthusiast. Please join as we celebrate the Favorite Places of Pittsburgh on Sunday, May 21.

For registration, volunteer information, or general questions please call the event hotline at (412) 232-3545 or visit the web site at [www.pedalpittsburgh.org](http://www.pedalpittsburgh.org).



## HIKING/BACKPACKING/TRAILS

**March 25 Saturday Jim Ritchie 828-0210**

**Baker Trail, Mill Creek Gamelands.** The first of a series of three hikes on the northern stretches of the Baker Trail. The hike starts just north of I-80 near Corsica, goes past the new Corsica Shelter, roller coasters along a gas pipeline right-of-way and then enters the Mill Creek Gamelands, about 10 miles in total. Dinner in Brookville optional. This hike is for experienced hikers who are accustomed to hiking 10 miles or more. It is not a beginner's hike. Rated intermediate or higher. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**March 26 Sunday Blanche Asherman 412-828-8158**

A leisurely walk in Boyce Park, 3 to 4 miles. Go eat at a local restaurant of Blanches choice. Meet at 10:00 AM at Mellon Park.

**April 16 Sunday Veronique Schreurs 412 422 0358**

Veronique will walk 4 leisurely miles at Duff Park. Early wildflowers are anticipated. Bring a lunch. Meet at Mellon Park H.Q. at 10:00 A.M.

**April 23 or 24 Saturday/Sunday Don Stone 412 441 2027**

Exploratory Wildflower Hike of 10+ miles on lower Indian Creek Valley Trail (Rt. 381) to Yough River past big blue holes & 1850 ghost town. Return via Hampton Rd. to Mill Run.

**April 23 Sunday Ben Brugmans 412 361 3623**

Ben will lead a three or four mile walk in Raccoon Creek nature reserve. This is probably the finest place to see the spring ephemerals in Western Pa. Bring a lunch. Meet at Mellon Park H.Q. at 10:00 A.M.

**April 30 Sunday Veronique Schreurs 412 422 0358**

Veronique will watch the wild flowers unfold at Duff Park as the season progresses. Trillium expected! Five leisurely miles. Bring lunch. Meet at Mellon Park H.Q. at 10:00 A.M.

**April 30 Sunday Jim Ritchie 828-0210**

**Baker Trail, Fisher-Sigel Section to Cook Forest Fire Tower.** The second in a series of three hikes on the northern stretches of the Baker Trail. This hike will begin near the village of Fisher in Clarion County and end at the Cook Forest Fire Tower, crossing the new Gravel Lick bridge, about 10 miles in total. You will see some early spring wildflowers. Dinner at the Farmer's Inn near Sigel optional. This hike is for experienced hikers who are accustomed to hiking 10 miles or more. It is not a beginner's hike. Rated intermediate or higher. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**May 14 Sunday Jim Ritchie 828-0210**

**Baker Trail, Cook Forest to the ANF (Allegheny National Forest).** This is the last of three hikes to the northern terminus of the Baker Trail. The hike begins at the Cook Forest Fire Tower, traverses Cook Forest State Park including the Forest Cathedral, Brown's Run, the "secret" Hemlock Cathedral, Clear Creek State Forest, and finally the ANF—14 miles in total. This is a peak "wildflower weekend" in Cook Forest. Dinner at the Vowinkle Inn optional. This hike is for experienced hikers who are accustomed to hiking 10 miles or more. It is not a beginner's hike. Rated intermediate or higher. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**June 3 Saturday Jim Ritchie 828-0210**

**NATIONAL TRAILS DAY: The "June Hikes" on the Rachel Carson Trail, Harrison Hills.** On the "June Hikes", we will get ready for the Rachel Carson Trail Challenge 2000. In a series of four hikes, we will trace the route just as you will encounter it on June 24th. This is the first of four hikes covering the 34-mile Rachel Carson Trail end-to-end. This hike begins at Harrison Hills Park, skirting the bluffs over the Allegheny River, covering some easy and pleasant terrain. Then we hit Burtner Hill, one of the biggest and toughest hills on the Trail. The last mile to Bull Creek Road consists of quick-paced road-walking. About 8 miles, moderately strenuous, intermediate level hiking. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**June 4 Sunday Jim Ritchie 828-0210**

**Rachel Carson Trail, Allegheny Vistas.** This is the second of four hikes covering the 34-mile Rachel Carson Trail end-to-end. We will start on Bull Creek Road near Tarentum and tackle Bakerstown Hill, Bailey's Hill, Creighton Hill, and Murray Hill in short order. We will finish along the bluffs over the Allegheny River near Springdale. About 8 miles, intermediate hiking, moderately strenuous. Be sure you've gone 8 miles before, don't make this the first time. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**June 10 Saturday Jim Ritchie 828-0210**

**Rachel Carson Trail, The Roller Coaster.** This is the third of four hikes on the Rachel Carson Trail covering all 34 miles of the Trail. We begin in Springdale and immediately tackle the "roller coaster", followed by the backside hill of Mile 14, LaFever Hill, down Rich Hill, and then up to Emmerling Park and Myers Hill. About 10 miles, definitely strenuous, not recommended for beginning hikers. Call Jim for more information and reservations. email: jimritch@aol.com.♦

To: KTA Member Clubs

From: Joe Healey  
Keystone Trail Crew Coordinator

### FOURTH YEAR OF THE KEYSTONE TRAIL CREW SET/COOK NEEDED

Keystone Trail Crew, sponsored by KTA, will be having three weeks of TrailCare in June. The work week runs from Thursday through Monday.

The dates are June 8 through 12, Quehanna Trail; June 15 through 19, Chuck Keiper Trail and June 22 through 26, Mid State Trail Southern Extension. Meals and lodging will be provided. If you can spare a week, volunteer a weekend, or come for just a day or two, please think about signing up. No volunteer will be turned away. Forward all inquiries to Joe Healey, 93 Cedarwood Drive, Laffin, PA 18702 e-mail: jnlhealey@aol.com or feel free to call him at (570) 655-4979. Detailed information and a map directing you to the respective camp-site/campsites will then be forwarded.

A cook is needed for the above time frames. This is a paid position and all pots, pans, etc., will be supplied, although the cook will be responsible for the purchase of the food. Cost of the food can either be reimbursed after purchase or given up front as a lump sum. If you are interested or know of someone who is, please contact Joe.

**June 11 Sunday Jim Ritchie 828-0210**

**Rachel Carson Trail, North Hills.** This is the last of four hikes on the Rachel Carson Trail covering all 34 miles of the Trail. We begin at the Cedar Run Road in Dorseyville, do some spirited (dirt) road-walking for about a mile, and then hike past Hidden Pond, climb to the roof of Allegheny County, into the Hampton Nature Reserve, Crouse Run Valley, and finally North Park, ending at the Beaver Shelter. About 8 miles, this is the easiest of the four sections of the Rachel Carson Trail. There may be one or two wet crossings. Intermediate hiking. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**June 24 Saturday Jim Ritchie 828-0210  
Leo Stember 681-1385**

**Rachel Carson Trail Challenge(?).** If the Rachel Carson Trail Challenge gets all its permits and clearances, this is the date. The RCTC2000 will begin at Harrison Hills County Park at 5:50 AM and will end at 8:54 PM at the Beaver Shelter in North Park, 34 miles later. Watch for the April *Golden Triangle* for the final details. Trail guides are available for \$7.50 plus s/h and sales tax at (412) 431-4910 (AYH Travel Store).

**The following outings are sponsored by CCAC A.J. Stones 412 241 6042**

April 2 Sunday Fish Run trail in Linn Run 4-5 miles

April 9 Sunday Charles F Lewis Natural area 5.0 miles

April 16 Sunday Quebec Run 7-8 miles

May 5,6 and 7 Friday to Sunday 19.5 miles  
Overnight backpacking on Laurel Highland Trail  
Linn Run to Rt 271  
Friday night @ Turnpike Shelter, Saturday night @  
Rt. 30 Shelter, take out Sunday @ Rt.271

May 14 Sunday Day Canoe trip down Clarion River 14 miles

Hiking trips will leave from Jaden's Restaurant Rt.22 East Monroeville at 8.30 AM . Please if you are going to leave a car at the restaurant park closest to Elliot Rd.

## Official Rachel Carson/Baker Trail Website

is now live; the URL is  
<http://members.xoom.com/rachelbaker>.

Also, I discovered the following website, by accident; you may (or may not) enjoy it. I thought it was quite interesting.

[www.bakertrail.com](http://www.bakertrail.com)

-jim ritche



## SEA-KAYAKING

Activity Co-Chairs: Vickie Gotaski 412-344-4929  
Fran Fleming 412-363-1221

The season begins. After all the hype, it's finally here. Y2K [YEAR TO KAYAK] If you have never kayaked before, or your a seasoned veteran, it's time to join us out on the water. We have kayaks available and are happy to offer instruction to new paddlers.

**April 8** Oil Creek We will paddle through the scenic Oil Creak Gorge, camping overnight in a rustic Adirondack shelter thats just a short hike from the creek. Intermediate level. Vickie 412-344-4929 Russ 412-331-2073

**April 11** April paddlers dinner Do you like to paddle? Would you like to know more about our trips? Do you just like to eat? Then meet us at Benihanna's Japanese Steak House in Greentree. Everyone is welcome. Vickie 412-344-4929 Russ 412-331-2073

**April 15** Wheeling Creek Join us as we venture out into Wild Wonderful West Virginia. this is a scenic trip thru class I & II rapids on Wheeling Creek. Call Ron for details. Ron 412-831-5054

**May 6** RedBank Creek Come with us and discover Red Bank Creek as it serpentine thru central Pennsylvania's deep valleys. We will paddle a 12 mile run from Climax to Lawsonham. Call Ron for details. Ron 412-831-5054

**May 9** May Paddlers Dinner Restaurant to be announced Come share your stories, pictures and suggestions. Everyone is welcome. Russ 412-331-2073 Vickie 412-344-4929

**May 13** PA Grand Canyon SEA-KAYAKERS AND CANOEISTS UNITE! Once again we shall join forces to paddle the mighty Pine Creek. We will continue our tradition of paddling this majestic gorge, encountering class I & II white water, hikes to breathtaking waterfalls and primitive riverside camping. Intermediate level. To reserve a kayak : Vickie 412-344-4929  
To reserve a canoe: Joyce 724-526-5407

**May 19,20** Pymatuning Lake Join us Friday evening for a moonlight paddle on Pymatuning. Saturday we'll do a nature along the marsh-like shore. Car camping. everyone is welcome Russ 412-331-2073

**May 26,27,28** Allegheny River We will put in at just below Kinzua Dam Saturday morning and enjoy a leisurely day paddling down to Buckaloons. Sunday we will paddle on the reservoir, then drive up and explore Rim Rock. Optional camping Friday night. Car camping. Everyone is welcome. Russ 412-331-2073

**May 26,27,28,29** Butler Outdoor Club Weekend We'll join B.O.C. for a weekend of paddling, hiking, biking, sailing and eating. Come for one day, or endure it all! Reservations and details Joyce 724-526-5407  
To reserve a kayak Vickie 412-344-4929

**June 2,3,4** Tionesta Creek One of my favorites! We'll paddle from Lynch to are base camp in Kellettsville Saturday, then on to Nebraska Bridge Sunday. Car camping Friday and Saturday nights. Join us for the breakfast til you burst. Call for details. Everyone is welcome, but be advised that we will cover 27 miles over 2 days. Russ 412-331-2073

**June 8** Introduction to Sea-kayaking at North Park Lake Have you ever thought about Sea-kayaking? Here is your chance to give it a try on the non-threatening waters of North Park Lake. Russ 412-331-2073

**June 16** Three Rivers Arts Festival Paddle We will be paddling down to the Arts Festival from River Front Park on the Southside. Once we arrive, you can wander around as a group or on your own to admire the arts and crafts and sample the food from the many vendors. We will regroup and paddle back under a full moon. Beginners with some experience welcome Russ 412-331-2073

Seeking weekday paddling partners for kayak touring during season.  
Jonoho@yahoo.com

## STATE PLANS INCREASES ATV TRAILS IN STATE

by Jeff Schmidt, SPEL office

The Department of Conservation and Natural Resources (DCNR) is quietly plotting a strategy to significantly increase all-terrain vehicle (ATV) trails. In private meetings DCNR staff are implementing a directive from Secretary John Oliver to launch a five-year plan to significantly increase ATV trails on state forest and state park lands. DCNR leadership apparently believes that the 184-mile ATV trail system is insufficient to meet the demands of the ATV industry. Local ATV clubs, organized by the motorcycle industry (which sells ATVs), have been mounting pressure on state officials to further subsidize their industry by opening more public lands to their vehicles.

### Variety of Negative Impacts

All-terrain vehicle use results in a wide range of negative impacts. Noise pollution invades the serenity of the forest, terrorizing wildlife and other forest inhabitants. Air pollution contaminates otherwise pristine areas.

Water pollution occurs when ATV users run their machines through streams, springs, bogs, etc. Trampled vegetation, erosion and sedimentation occur when ATV users inevitably ride off trail and sometimes while remaining on trail.

Conflicts with other trail users means ATV users want separate trail systems which result in further forest fragmentation and habitat loss. Even snowmobilers don't want to share trails with ATVs.

### Legislative Pressure

DCNR has held private meetings with legislative proponents of expanded ATV trails such as Mike Hanna (D-Clinton). Hanna has been a proponent of opening existing state forest roads to ATVs. Hanna is reportedly drafting legislation to require an expansion of ATV use in state parks, forests and gamelands.

Currently, PA law allows ATVs access to trails on state forest and park lands. No trails have yet been constructed on park land, while the state forest ATV trail system has grown to 184 miles. The PA Game Commission prohibits ATV use on state gamelands, with the exception of a pilot program for disabled hunters. An annual \$10 ATV registration fee goes into a fund administered by DCNR for ATV trail development on state forest land.

The new Hanna legislation has not been introduced, but is expected to be referred to the House Environmental Resource and Energy Committee, which has oversight of DCNR. The legislation, even if it fails to pass, would serve as a "prod" to keep pressure on DCNR to submit to the ATV industry.

### Another "Foot in the Door"

The motorcycle industry has long been working to expand access for motorized vehicles on public lands. In addition to ATVs, the motorcycle industry also wants access for off-highway motorcycles (OHMs), also known as dirt bikes.

The motorcycle industry has a goal of creating yet another separate trail system for OHMs because their riders do not want to compete with the slower and less agile ATVs. So any expansion of ATV use in state lands represents a "foot in the door" for OHMs.

### Rip and Tear Sites

DCNR plans two kinds of riding opportunities for ATV users. One experience would include a traditional trail, with scenic views and generally one-way travel. The other type of site envisioned by DCNR would utilize what is called "Rip and Tear" sites. As the name implies, these would be areas for stunt-riding and "hot-dogging" that would result in significant erosion and soil compaction (ripping and tearing). Under DCNR's plans, "Rip and Tear" sites would be connected by scenic trails. Apparently it is hoped that rip and tear activities would cease when riders use the scenic trails.

DCNR has no plans to utilize the ATV fund monies to purchase land for ATV trail construction. Rather, it plans to use existing state forest land for the new trails. In addition, DCNR plans to expand ATV use into state parks by creating more ATV trail-heads in state park lands, which currently are generally free of these polluting vehicles.

As this article is being written, DCNR has no plans to solicit public opinion about this radical proposal to expand motorized use of "Penn's Woods". In fact, DCNR has decided to reduce public input meetings over the entire state forest planning process. The schedule of public meetings on forest planning has been postponed repeatedly, and even the release of the promised draft plan is in question.

WHAT YOU CAN DO: Contact Governor Ridge and DCNR Secretary John Oliver to express opposition to the expansion of motorized vehicles on state lands.

Thomas J. Ridge, Governor  
Commonwealth of Pennsylvania  
Room 225 Main Capitol Building  
Harrisburg, PA 17120  
717-787-2500

John C. Oliver, Secretary  
Department of Conservation and Natural Resources  
7th Floor, Rachel Carson State Office Building  
P.O. Box 8767  
Harrisburg, PA 17105-8767  
717-787-2869

## INTERNSHIPS

### INTERNSHIP/PROJECT TITLE: OUTREACH COORDINATOR

#### BACKGROUND:

The Pittsburgh Council of AYH has been in existence since the 1950's. In 1997, a youth hostel was constructed. The board of directors is interested in broadening its marketing for both activities and overnights at the youth hostel. As such, this position will concentrate on short-term marketing activities.

#### RESPONSIBILITIES:

Review and update current Group Marketing package  
 Establish five permanent contacts with targeted groups (universities)  
 Organize and expand current mailing list  
 Create a canned (power point) marketing presentation about Hostelling International-Pittsburgh  
 Give canned marketing presentation to three to five groups  
 Establish two monthly educational/cultural community outreach events at the hostel facility  
 Implement a sign-up system for attendance of outreach events that can be used as a marketing tool  
 Work on joint promotion with Pedal Pittsburgh  
 Organize distribution system for HI-AYH literature  
 Establish immediate media contacts for outreach events, program activities, etc.  
 Other marketing duties as required by hostel management

#### REPORTING RELATIONSHIP:

This position reports to the Manager and Assistant Manager of the hostel.

#### EDUCATION:

Graduate student or upperclassmen undergraduate in the following degree programs:  
 Marketing, Public Relations, Business Administration, Journalism, English or a related field.

#### SPECIAL SKILLS:

- Excellent communication skills, including writing, public speaking and telephone usage. Self-motivated, detail oriented, problem solver.
- Knowledge of computers, including Microsoft Office, Power Point, and Internet Research

#### TIME COMMITMENT/HOURS:

Flexible hours starting as soon as possible

#### COMPENSATION:

Stipend, free bus pass

#### SUBMISSION REQUIREMENTS:

Submit letter of interest, resume, and reference list to Jessica Carpenter, Manager, Hostelling International, Pittsburgh, by April 15, 2000.

### INTERNSHIP/PROJECT TITLE: MARKETING COORDINATOR

#### BACKGROUND:

The Pittsburgh Council of AYH has been in existence since the 1950's. In 1997, a youth hostel was constructed. The board of directors is interested in broadening its marketing for both activities and overnights at the youth hostel. As such, this position will concentrate on short-term marketing activities.

#### RESPONSIBILITIES:

Follow up and implement portions of the Robert Morris marketing plan prepared for the hostel  
 Update and maintain hostel website  
 Develop various marketing packages with local attractions  
 Develop and implement a comprehensive media strategy  
 Organize long term, dedicated programming on site  
 Assist in hostel participation in events such as the Neighborhoods USA conference  
 Other duties as assigned by Hostel Manager or the Marketing Committee

#### REPORTING RELATIONSHIP:

This position reports to the Manager and Assistant Manager of the hostel.

#### EDUCATION:

Graduate student or upperclassmen undergraduate in the following degree programs:  
 Marketing, Public Relations, Business Administration, Journalism, English or a related field.

#### SPECIAL SKILLS:

- Excellent communication skills, including writing, public speaking and telephone usage. Self-motivated, detail oriented, problem solver.
- Knowledge of computers, including Microsoft Office, Desktop Publishing, Graphic Design, Web Design, HTML

#### TIME COMMITMENT/HOURS:

Flexible hours starting as soon as possible

#### COMPENSATION:

Stipend, free bus pass

#### SUBMISSION REQUIREMENTS:

Submit letter of interest, resume, and reference list to Jessica Carpenter, Manager, Hostelling International, Pittsburgh, by April 15, 2000.

### JOIN THE PITTSBURGH/OHIOPYLE HOSTEL MAINTENANCE TEAM

Our two hostels in Pittsburgh and Ohiopyle need some attention and we need people to wrestle them into shape. Carpenters, plumbers and other building trade craftsmen are needed for extensive repairs and improvements to the Ohiopyle hostel. If you don't have these skills you are still most welcome to join us to learn some tricks of the trade and help with the less glamorous jobs like cleaning and painting. The Ohiopyle Hostel is in a gorgeous natural setting and we want a hostel that will complement it.

The Pittsburgh hostel in Allentown is only two years old and has been receiving rave reviews by travelers as the nicest hostel they have ever visited. The staff keeps it immaculately clean, but occasionally they need some help and small maintenance issues are beginning to pop up that we would like to nip at the bud.

As we are all so busy these days, we want to form a large corps of volunteers we can call on by phone or e-mail for work parties at the hostels.

We also hope that the work parties will degenerate into serious parties by the end of the day's labors. If you are interested in joining us contact George Schmidt. Phone 412-521-1538 or e-mail [wpwgeorge@aol.com](mailto:wpwgeorge@aol.com).

## My Story about the Pittsburgh Hostel

WRITTEN BY: DANA JOHNSON

Hello my name is Dana Johnson. I am a volunteer at the Pittsburgh Hostel; I have been volunteering at the Hostel for about three years. The Hostel is in Allentown that is where I live. Well everyone around this neighborhood knows me and my group of friends. Their names are Shawn, Johnny, Mark, Robert, Sam, Shelly, and my brother Brandon. I have two sisters and one brother. My friends and me are the big news around Allentown. Every Sunday we play a game of tackle football. We also play basketball, hockey, and baseball.

Well back to me, I am a sports kind of guy. I can play any sport that you can dish out. You name the sport I bet I can play it. I think I am a pretty smart kid. I made the Honor Roll with the grade point average of a 3.1. I am twelve years old in the 8 grade. I started school at the age of 4 years of age. My Birthday is on February the 25 I will be 13 years old. I go to school at WLCA well West Liberty Classical Academy. I like that school the teachers teach me a lot in my school. I am the average type of kid, I get paid allowance for doing my chore and behaving. I have a dog her name is sash-shay she is a husky mixed with chow. I live in a house on Manton Way. Well that is enough about me.

During my time at the Hostel, I have helped with potluck dinner, the Bikeathon, the carnival, and the ZOO BOO. It is a lot of fun doing work down at the Hostel. What I do at the Hostel is clean and set up things for the Hostel. Being at the Hostel is not just fun it helps me stay out of trouble. The Hostel is a great place to be.

The hostel is a very clean establishment. The staff working at the hostel are very nice. Their names are Brain he use to be manger of the hostel until he and Jessica switched places. Wade is a worker at the hostel he is very nice. One time Wade and Brian took me with them to get candy for the zoo boo. But first we had to go and get his girlfriend in Sewickley that is pretty far. It was the girls birthday her name was Nicole. Ada is very nice she is still in collage she is pretty down to earth like meaning cool. Nicole she is into nature. That is why her and me get along so well remember I told you like all sports I left out one hiking. Hiking is very fun you get to endure the nature have fun.

Helping the hostel have helped me to become a more mature adult. I have been able to see what work is really like. The responsibility of coming on time and having a set schedule. This really will help me out in the future to become mature. I think I have set a good example for people in the future. I encourage every one to take some time to go traveling it's really fun and you will probably get to stay in a Hostel as great as the Pittsburgh Hostel.

---

*(Continued from page 3)*

ing "travel days." The fewer the "travel days" you buy, the less you'll spend overall. It's your trip, so only you can figure out what's best, though lot's of people estimate that about 25-30% of their total trip will be spent on the train.

The first way to count "travel days" is as a regular calendar days - 12:01 am until midnight the following day for a total 24 hours of rail (or other) travel.

The second way to define a "travel day" is what is called "the 7pm rule." This option is not always available for single-country railpasses, but is for most multi-country passes. For direct overnight trains that leave after 7pm you put the following day's date on your pass and get 29 hours of travel. You can cover a lot of ground in Europe in 29 hours, especially if you take night trains! (see below)

Putting it all together you might end up with the following, for example: Eurail Youth Flexipass valid for 10 days in 2 months, or a Swiss Flexi Saverpass, 2nd class, valid 5 days in 1 month.

No matter which way you count "travel days" you are allowed to ride as many of the nationally run transportation services (trains, plus in some cases ferries) as you need or want to during the travel day which you, the passenger, will write on your pass (talk about flexible!) You just have to complete travel by midnight of the date you will write on your pass (as defined above) before you board the train, or you'll need to use another "travel day." On a designated travel day you can stopover for a few hours of lunch time exploring of a place that looks interesting from the train, for example, then take the next train out to your final destination. Discounts are often available when your railpass does not entitle you to full travel coverage because the transportation provider is operated by someone other than the national government.

Taking night trains, in addition to decreasing the number of "travel days" you'll need to purchase, can save you lot's of time, money, and hassle. For the price of one travel day you can cover the route you need and sleep on the train, thus saving the price of a night's accommodation. Plus, you will also arrive early in the day at your destination, go straight to the hostel, check in and get rid of your luggage, and know that you're all set for a day of exploring a new place - often setting off before lunch time.

The less you think about your trip before you go, usually the more your trip will cost you overall. We have some resources available at the Travel Center that can help you answer these and other important questions, like how long does it take to get from point "A" to "B" so you can figure out how many rail days you need.

We issue European railpasses at our Travel Center in Pittsburgh, PA. If you need your railpass mailed to you, you'll need to pay for the postage. Purchasing your railpass from us helps support our efforts in the Pittsburgh area. We'd be happy to help you plan your trip.

This article was written by Holly Ridenour, previous manager of HI-Pittsburgh and current Travel Center Manager/Newsletter Editor for the Rocky Mountain Council. Special thanks to Holly for allowing us to publish this article in the Golden Triangle!

---

## HAVASU CANYON - OBSERVATION

Subject: Havasu Canyon  
Date: Thu, 17 Feb 2000 17:43:47 -0800  
From: "Gerald Eicher" <geicher@icubed.com>  
To: <joelplat@yahoo.com>

Joel,

I read the article in the AYH newsletter by Glenn Oster on his hike into Havasu Canyon. I did that hike in the Fall of '98" and wanted to add a couple of my own observations.

The cataracts in the canyon were formed by old lava flows. The tunnels Glenn climbed through at Mooney Falls were not "hacked out" by man but rather were natural lava tubes formed by molten lava once flowing through them. Several years ago there used to be a mule trail around Mooney Falls but recent flooding in the canyon washed out the trail. The Havasupai Indians have not yet been able to restore the trail and two chains precariously draped over the cliff wall are all they can manage at this point.

Also was a bit surprised when we entered the rather primitive "Visitor's Center" at the edge of Supai village to find a Havasupai logging hikers in using a personal computer. There was one book in the center titled "People of the Blue Water". Written by a missionary schoolteacher, whom spent many years in the village, the book provided an expanded perspective of the culture of the Havasupai people.

My friend developed a rather sever blister on her foot while hiking into the canyon. This necessitated the Indian's mule train carrying her pack on the way out. Of course the mule could carry up 140 pounds, so without much hesitation, my pack also went along for the mule train ride.

We spent three days exploring Havasu Canyon and found it to be a very interesting, informative, and challenging experience.

\*\*\*\*\*

Hope we get some more snow so we can ski at Laurel Ridge again.....Jerry Eicher



## ROCK CLIMBING

Rock Out with AYH!

### Rock climbing trips from Pittsburgh Council of American Youth Hostels

The AYH Rock Climbing program is a great way to experience the thrill of rock climbing. Our Beginner trips are focused on teaching "never evers" the basics of rock climbing. AYH supplies the climbing gear plus a group of experienced climbers to set up the climbs and teach the course. All you need to bring is a bag lunch, water, and a sunny disposition. Wear loose-fitting, comfortable clothes (shorts and T-shirts in the summer) and tennis shoes. It's not a bad idea to pack raingear in the event of a late-afternoon thunderstorm.

### 1999/2000 AYH ROCK CLIMBING TRIPS

No trips currently planned, as everyone is gearing up for cross-country skiing. Call Chuck Jones at (412) 242-6172 to see if anything comes up.

### 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 bedsheets.

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

## TRI IT YOU'LL LIKE IT!

JOIN  
**FRIENDS OF THE RIVERFRONT**  
FOR THE THIRD ANNUAL

**PITTSBURGH**  
**TRIATHLON**  
SUNDAY, JUNE 25, 2000  
STARTING TIME: 8:00 AM

**6K RUN**  
**5K CANOE/KAYAK**  
**18K BIKE**

**NEED A CANOE OR KAYAK?**  
**RESERVE ONE WITH FRIENDS OF THE RIVER FRONT!**  
**CALL (412) 488-0212 TO REGISTER**  
**OR VISIT TRFN.CLPGH.ORG/FOTR FOR AN ON-LINE APPLICATION**

**THE EVENT TAKES PLACE ON HERR'S ISLAND AND THE THREE RIVERS HERITAGE TRAIL ON THE ALLEGHENY RIVER.**

## Skiing/Skating/Sledding

**Cross-country skiing, Ice Skating, Downhill Skiing, Sledding:** If you are interested in any of these and want to be put on a calling list, call Jim Ritchie at (412) 828-0210 or send email to jimritch@aol.com. Throughout the months of December, January, and February, when the conditions are right, impromptu trips will be organized for these activities. **Cross-country skiing** will be at Harrison Hills Park or Laurel Mountain, depending on conditions. **Ice Skating** will be at North Park (outdoor) or BladeRunners in Harmarville (indoor), depending on conditions. **Downhill skiing** will be at Seven Springs, Hidden Valley, or the new Laurel Mountain Ski Area. **Sledding** will be at Indian Hill in Boyce Park. There are several sleds available for your use. Difficulty level will be easy to easy intermediate, suitable for advanced beginners and up. If you send email, be sure to include a telephone number, too.

(Continued from page 5)

dent of the Allegheny Trails Alliance and lives in New Stanton. Bill Metzger is a legendary rail-trail advocate from Mt. Lebanon. Along with help from our own Ned Williams, they have laid out the route from Morgantown to Elwood City. They have asked me, the newest PPAC member from western PA, to help out and get the WPW involved to complete the route. As bike clubs already exist in these areas we intend to solicit the input of bicyclists and tourist agencies along the "A" route to achieve the best possible route.

You better sit down before you continue reading. PennDOT said the preferred routing is on state roads so they could make improvements to shoulders, perform maintenance and post signs without the red tape involved when dealing local and federal maintained roads.

This is an opportunity we can't pass up. The founders of the WPW dreamed of setting up a bicycle route system like this thirty years ago. Now it will be a reality. If you would like to become involved in the "A" Route Committee contact George Schmidt at 412-521-1538 or e-mail wpwgeorge@aol.com.

### CYCLE THE SOUTHERN ALLEGHENYS!

The Southern Alleghenies Regional Tourism Confederation has put together a program called "Cycle Southern Alleghenies" (CSA) to promote bicycle tourism in the Southern Alleghenies Region of Pennsylvania. This includes Bedford, Blair, Cambria, Fulton, Huntingdon, and Somerset counties. Altoona, in Blair County, was named one of America's Five Best Bike Towns by Bicycling Magazine. It hosts the annual Tour de Toona, the largest pro-amateur road race in the country. Altoona was also the two time host to the United States Cycling Federation National Championships and Olympic Trials. CSA has published a set of seventeen maps of bicycle tours in the region that feature the gorgeous scenery of the area and other cultural and historical attractions. The maps may be copied from the CSA web site, www.cyclesa.com, or ordered by phone by calling 1-800-458-3433.

**THE 2000 RACHEL CARSON TRAIL CHALLENGE  
OFFICIAL ENTRY FORM  
JUNE 24, 2000**

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 6/24/00) \_\_\_\_\_ 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 "2000 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/rctc2000/GtArticleApr2000

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**

**RCTC2000  
The Fourth Annual Rachel Carson Trail Challenge  
"34 Miles in One Day"  
June 24th, 2000**

RCTC2000 is a 34-mile, one-day, endurance hiking event, held in the spirit of the Eco-Challenge, the Boston Marathon, the Alaskan Iditarod, the 70-mile Laurel Highlands Trail Run, and the Race Across America. Sponsored by the Pittsburgh Council, American Youth Hostels, the Year 2000 Challenge will be held on June 24<sup>th</sup>, 2000, the Saturday closest to the Summer Solstice. Starting at the crack of dawn, this event extends through a 34-mile roller coaster of hills, hollows, and bluffs between North Park and Harrison Hills in Allegheny County, ending just as the sun dips below the horizon. The essence of 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 rugged terrain with the "Challenge" being described as one of the most difficult trail events in the United States. The hike begins at sunrise and officially ends 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. Hikers must maintain or exceed a pace of 2.25 miles per hour, exceeding a "typical" hiker's pace of 2 miles per hour on a primitive trail.

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 through the trail. 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 had finished the 34-mile event. In 1999, the gods converged to deliver cool, dry weather; a major drought in western Pennsylvania resulted in dry streambeds with no wet crossings; and, RCT volunteers had done a remarkable job of maintaining and marking the Trail. As a consequence, 74 out of 200 hikers managed to finish the hike. In contrast, the summer of '96 brought temps in the mid 90's, humidity to match; high water in the streams forced 3 wet crossings, and a skinny volunteer base made following the trail an exercise in elusion. 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.

The Year 2000 Challenge will follow the Harrison Hills to North Park, east-west, route, only for the second time. It is to participant's great advantage to get out before Challenge Day and get the "look and feel" of the Trail. Look in this issue of the Golden Triangle under "Hiking/Backpacking/Trails" for a series of warm-up hikes to be held in June in preparation for the Challenge; the June Hikes will all move from east to west.

**More...About the Rachel Carson Trail Challenge  
2000**

**DETAILS**

- ▶ **STARTING POINT:** The 2000 Challenge will begin at 5:50 AM at the Ox Roast Shelter in Harrison Hills Park, near Freeport. Take the Route 28 Expressway to Exit 16, turn right off the Expressway and go to the T-intersection with Freeport Road. Turn right. The Park is about one mile down the road on the left.
- ▶ **PARKING:** Harrison Hills Park will be open at 5:00 AM on June 24; however, the park is closed at dusk, daily. You must have your car out of the park **before** that time. If you leave a car at Harrison Hills, 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. At North Park, there are several parking areas in the vicinity of North Park's Beaver Shelter but parking space is generally limited. Car pooling is suggested.
- ▶ **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. Do not park on the street.
- ▶ **WATER:** Checkpoints will be located approximately every 6-7 miles with water and light snacks available for participants. Marshals will have cell phones provided by **Bell Atlantic Mobile** for communications.
- ▶ **THE FINISH:** Rachel Carson Trail Challenge 2000 will end at precisely 8:54 PM (official sunset time) at the Beaver Shelter in North Park. The Beaver Shelter is 100 yards north and west of the junction of Babcock Blvd. and Pierce Mill Rd. North Park is located on the "Yellow Belt" between Route 19 (McKnight Rd.) and Route 8.

**"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 Challenges 96, 97, and 99 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 2000 issues).

**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, 1997, and 1999 Challenges at the Rachel Carson/Baker Trail Website: <http://members.xoom.com/rachelbaker> Learn more about American Youth Hostels/ Hostelling International Pittsburgh, the organization the built the Rachel Carson Trail at: <http://trfn.clpgh.org/ayh/>.**

## La Anna, Pennsylvania Hostelling International-Poconos



**Address: La Anna Road**  
**Mailing Address: R.R. 2, Box 1026,**  
**Cresco, PA 18326**  
**Phone: 717-676-9076**  
**Fax: 717-676-9076**  
**Web: www.hi-dvc.org**

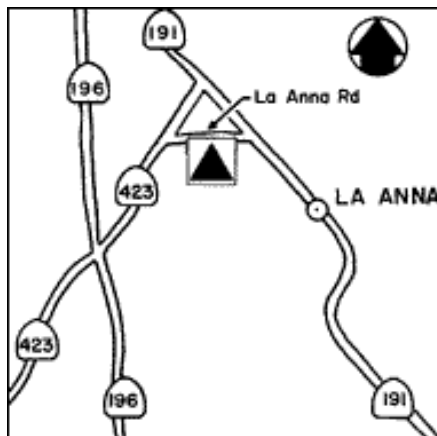
### Hostelling International - Poconos

Only two hours from New York City and Philadelphia, Hostelling International-Poconos is a charming, rustic lodge set in the woods by a gently rolling stream. Tobyhanna and Promised Land State Parks are nearby for recreational activities. Visit the Everhart Museum or the Kelley Car Museum, or take the Lackawanna Coal Mine Tour.

The Steamtown National Historic Site, featuring steam locomotives and a museum complex, will introduce you to America's railroading heritage.

Experience downhill/cross-country skiing, boating, hiking, or fall foliage, or just relax in the great outdoors. HI-Poconos gives you the opportunity to enjoy it all!

Price: \$12 U.S.  
 Closed: never  
 Office Hours: 7-9 am, 5-10 pm  
 Access Hours: 7-9 am, 5-10 pm  
 Beds: 40  
 Private Rooms: 1  
 Facilities: kitchen, parking  
 Reservations required: essential  
 Dec-Feb; accepted by Mail/Phone/  
 Fax  
 Credit Cards: not accepted  
 Managers: Aaron M. Sweeney



Directions: Interstate 84 to Exit 6 (Greentown/Pau-pack).  
 Take Rt. 507 South to Rt. 191 South. Take 191 South 5.5 miles to La Anna Road and turn right. Hostel is the first left.

## 4th Annual Outdoor Extravaganza May 26 - 29, 2000

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

Friday eve. wiener roast, hay ride, W.Pa. Indians Program  
 Sat. eve. pig roast, speaker. Sun. eve. Speaker.  
 During the days hike, mtn. and road bike, canoe, cave, sail, kayak, & swim.  
 Moraine Pontoon Boat Tour and Colonial Reenactment at Old Stone House.  
 Pig roast and 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 or camping fee for children \* Half price meals for children under 12.

	Fees:	Fri 5/26	Sat 5/27	Sun 5/28	Mon 5/29	Totals
Activity Fee	\$5/day/adult or \$15/weekend					
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 (per person)	\$15 rental					
Canoe (per canoe)	\$25 rental					
Camping 3 nights = \$25	per adult kids free				additional	
2 nights = \$20 1 = \$15	Totals:					
Select 1 <sup>st</sup> & 2 <sup>nd</sup> choice activities each day (shaded days not available)						
Road Biking						
Mountain Biking						
At nearby stables \$13hr Horse Back Riding						
(Rentals available) (14 Miles) Bike North Shore Trail						
Hiking						
Rock Climbing						
Pontoon Boat Tour of Moraine SP						
Hike, Tour & Colonial Reenactment						
(Rentals available) Canoeing/Kayaking stream or river						
(Rentals available) Canoeing/Kayaking on Lake Arthur						
Beginning Sailing by Moraine Sailing Club						
Beginning Caving by Pittsburgh Grotto						

