

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 6

AUGUST 2000



Hostelling - International Pittsburgh PA



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



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- Phipps Conservatory
- Historic Point State Park
- Three Rivers Stadium

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EARNING STRIPES on RCTC by alexis rzewski

Well, felt I needed to earn the stripes to wear that Rachel Carson Trail T-shirt I got. After missing last week's challenge, was looking for a buddy that could come along to do this trail. Found Reed, living nearby, that said his only limitation was that he needed to be home by 4 PM. Also, he could not take his car along, since his wife needed it. We then decided I was going to pick him up at 5 AM on Sunday, and we were going to leave the car in Springdale, and do 10 miles in one direction and back. Then Saturday evening I got a call from Annemarie, a radiologist from Ireland that works here in one of Pittsburgh's hospitals, asking me if I was planning to go hiking Sunday. She knows that on Sunday I am always outdoors doing something, and I had told her several times that anytime she wanted to come along, she was most welcome. This time she remembered, called me up, found me, and I answered that, as a matter of fact, yes I was planning a hike on Sunday. I then told her that I was picking up this other buddy at 5 in the morning, and that I could then pick her up at 5:10. She didn't blink. "Fine", she said. "I just gotta go get some stuff at Giant Eagle". And I told her that with her car, we could attempt at doing a shuttle with two cars and do half of this Rachel Carson trail, if she agreed. She agreed.

At 5:40, we left one car in Harwick, and at 6:00 at the intersection of Freeport Road and Millerstown Road. Then the three of us walked to locate the trailhead of the RC trail. Had some trouble finding it. There was dense fog. Then, just by chance, saw the signpost. The river was not visible. The fog was really mystical. Mushrooms were popping on the ground. Found two Boletus Edulis. The colorful playground of Harrison Hills park glowed in the disappearing fog. The Ox Roast Shelter, where the RC Challenge started from, came to light. Half a mile later, a beautiful pond with water lilies and staring deer. An early morning jogger.

At Bull Creek Road, we weren't sure where the trail was, and the text description was excellent. Not too far later, reached the summit of the bluff overlooking the expressway interchange, and a log gravitated us on it and have our first reststop. Later, descending on Bailies Run Road, we met a fellow named Nino Guiciardi, 72 years old. He said "hey, you guys were here last week". He showed us pictures of WWII and told us about being a POW in Nazi Germany. He said he always sees a guy running up the road, but this year he didn't see him. He likes to offer cold spring water to the Challengers, water that he gets 165 miles away in Potter County. His website is www.salsgiver.com/people/nguiciar. Gave us his card that reads "Member 303rd Bomb Group".

(Continued on page 12)

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 .

2000 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**

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HOSTELLING



Pittsburgh Council, American Youth Hostels, Inc.

Serving Western Pennsylvania & West Virginia Panhandle
Since 1948, Incorporated 1955

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NOTICE

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

August ISSUE
All copy, August 3
Binding/Mailing, August 17

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), 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 2000.

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

August 3: Phyllis Monk, "National Parks". Spectacular slides of landscapes, flowers and hiking. Grand Teton, Glacier, Olympic, Rocky Mountains, Yosemite, Bryce Canyon, Yellowstone, Grand Canyon.

August 10: Melissa Melan, "Traditional Medicine And Mayan Culture In Belize". Learn about plant medicines from native healer Rosita Arvigo at Ix Chel Farm.

August 17: Fruit pie and cake party, if possible out of doors.

August 24: Chuck Tague, "Heart's Content". This Scenic Area in the Allegheny National Forest has very old trees. Chuck will show birds such as warblers, flowers such as Wood Sorrel, flowering shrubs such as Hobblebush.

August 31: We show the 16 mm film "Flash, The Teenage Otter". This capricious little otter has encounters with foxes and bobcats. Produced by Disney Corporation with the Wisconsin Conservation Department.

September 7: Blanche and Jack Asherman, "Central Europe". Hungary, Slovakia, Czech Republic, Poland. Walking tour of Prague includes the famous bridge on the Moldau and the astronomical clock.

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



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(724) 329-4476

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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

E-KIT IS HERE!

HI-AYH eKit is the all-in-one travel communication kit

Staying in touch can be a hassle when you're on the road. You have to juggle phonecards, email accounts, voice messaging, strange phone systems and sky-high connection rates. Which is why you need eKit—it combines Internet and telecommunications technology to take care of the hassles for you. And it's absolutely free to join!

Open an eKit account to get all this and more:

Low cost calls

Save buckets of money on international calls from over 50 countries. For example long-distance calls within the USA are a mere 9.5¢ a minute.

Voicemail

Listen to voice messages no matter where you are, over any phone or for free right over the web.

Email

eKit's advanced email features make this much more than your average email service. Does your current provider support text-to-speech tools, so you can listen to email over any phone?

Travel safety net

Travel safety net gives you help both before you go and while you're away. You can even store your important details online in eKit's travel vault.

Travel information

A range of travel tools, services, and information at your fingertips.

With so many features, HI-AYH eKit is the easiest way to stay in touch when you're out of sight.

How to sign up:

Go to www.hiayh.org, click on e-kit, and type in your membership number. Activate it now to receive a free \$10 bonus!

Visit Spain without leaving Home!

How? Come to the Pittsburgh International Hostel For Our First Theme Dinner!

When? Thursday, August 3, 2000 6pm-9pm

R.S.V.P by Tuesday, August 1, 2000

Cost: \$4

Info? Call Jeff or Nicole 412 431-1267

If you would like to take part in cooking or entertainment please call with your suggestion!

The Pittsburgh International Hostel Writing Contest

The Pittsburgh International Hostel is holding it's first ever writing contest! To enter, choose one of the five questions below, and write a minimum 750 word, maximum 2500 word essay. Entries should be typed, double-spaced with a size 12 font, and 1/4" margins. Include a cover page with the title, your name, address, phone number, and age. Entries can be mailed to or dropped off at the Pittsburgh International Hostel at 830 East Warrington Avenue, Pittsburgh, PA 15210. *No email or fax entries will be accepted!* **Deadline: September 1, 2000.**

Prizes will be awarded by October 1, 2000. Questions? Call Jeff or Nicole at 431 1267.

1. If you could travel anywhere in the world, where would you go and why?

1. If you were going to a deserted island, what one item would you bring and why?

1. If you could visit one place in Pittsburgh, that you have never been before, where would it be and why?

1. If you had one million dollars, how would you spend it?

1. Out of any person dead or alive, who do you admire most and why?

(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

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

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.

AYH ACTIVITIES WITH BEN

This years Rachel Carson challenge was a great success. Jim and crew outdid themselves, to give every participant a great time. He likes to keep the participants to 200, in consideration of the landowners, without whose goodwill and generosity the trail would not be possible. Some extra people showed up, were accommodated, and the whole event went better than ever.

The key to success is the volunteers and organization by the Rachel Carson leadership. I was most pleased to be able to help in a very small way. The event is for a good cause, the volunteers are cheery and dedicated, the participants in a happy mood. Many expressed their thanks as they passed by at the check stations and water stops.

All in all, the challenge has all the right ingredients for what I hope will be a long and successful future.

The Rachel Carson trail group has taken on a manageable size task. They limit their expenses by all volunteer labor. The Challenge is kept to a size which is sustainable, and shows respect for the land owners. And most off all, the work is divided so the volunteers know the size of their job on the challenge day, so you know when you are finished.

Truly a fine event, with a positive long term outlook, that Western Pennsylvania and Pittsburgh can be proud of and benefit from. And most of all, my highest regards for Sue, Leo and all the other volunteers who I saw in action and who give so much to make it all possible. Ben

Rambles For Summer 2000**July**

July 26 Hampton Township. Bag lunch. Bill Phoennik 279-5411

August

Aug 2 Jennings Nature Reserve. Bag lunch. \$3 trip. Bill Phoennik 279-5411

Aug 9 Cedar Creek Park Trail. \$3 trip. Bag lunch. Alex Federowicz 421-0922

Aug 16 Mystery Ramble. John Hartman 241-5031

Aug 23 Saltsburg. Bag lunch Joan Roof 351-2061

Aug 30 Twin Lakes-Greensburg. Bag lunch. \$3 trip. Edmund Appleby 724-834-5077

September

Sep 6 Boyce Park. Bag lunch. Marge Patterson 821-4218

Sep 13 McConnell's Mill. \$3 all-day trip. Bag lunch. Marty Brigham 521-1913

Sep 20 South Park. Bag lunch. Billie Woodland 886-1603

Sep 27 Frick Park. Bag lunch. Margaret Laske 421-5219

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.

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.

**CANOEING**

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

Here are some of the trips scheduled for the rest of the summer--for a change we have been fortunate with the amount of water available to boaters. Thank you to all of the trip leaders and instructors who have provided leadership this season. Some trips went begging for trippers, a disappointment to some of the leaders who worked hard to arrange them.... The season is now in the low water stage, so trips are fewer, and choice of rivers limited.

Sat., July 22 Kate Fissell (412) 683-2157 e-mail fissell+@pitt.edu

Kate did a great job last year getting a Mahoning release from the Army Corps of Engineers, and she has done it again. Call for details. The Mahoning has a fun play spot for eddy turn practice, ferries and attainments!

Sun., July 23 Larry Wentzel (724) 444-1929

This safety workshop is being offered through TRPC. June's was very educational, with lots of hands on activities. It will be held at Eckert Bridge, with an option to run the Slip afterwards, level permitting.

Sat., Aug. 19 Jon Maiman (412) 242-7179

Last year Jon ran a basic water safety class which emphasized self rescue, swimmer to shore rescue and boat rescue techniques. Everyone had a chance to cool off as they practiced these safety skills.

Sat., Sun., Aug. 26,27 Joyce Appel (724) 526-5407

Two days of fun water activities are being planned for the Second Annual Regatta to be held at Moraine State Park on Lake Arthur. Fellow boaters from WPPSA will be helping to introduce the public to canoeing. If you would like to help, call Joyce, or just come to enjoy all the activities!

Trip Report---July 4th Canoe Camp

Nine Ayh'ers attended a three day canoe camp on the South Fork of the Shenandoah, doing about 34 miles. Warm, sunny weather was a plus. We arrived Fri night at the Harper's Ferry Youth Hostel to camp. Saturday morning found us on our way to the Bixler's Bridge put-in near Luray, VA. The water was well above minimum and we started off with adequate current. The Shenandoah winds through a very historic agricultural valley (lots of cows --in the water!), and featured caves, Native American fish dams, limestone ledges, cliffs and spectacular views of the Blue Ridge Mountains. It has been under pressure from development, so camping is becoming scarce. Comptons Rapid (a long Class II) was the best of the trip and was encountered on the second day. The third day was slow, with lots of pools and riverside cottages/camping--much like Kennerdell on the Allegheny. We were glad to pull out at Karo Landing and head back to the hostel for showers and dinner at a restaurant! After a filling breakfast at Cindy-Dee's, an optional private boating trip was held on the Shenandoah, including Bull's Falls and the Staircase which leads into Harpers Ferry, joining there with the Potomac for Whitehorse Rapids. Lots of opportunities for surfing and ferries were satisfied and big waves kept us cool on the hottest day of the trip.

Water reading skills got plenty of practice as we picked our way through the diagonal ledges of the Staircase. The last day provided the best whitewater of the trip, and the consensus was that we were glad to have done the South Fork (no one in the group had ever been there), but do not need to return. Unfortunately the put-ins and take-outs for the section near Harper's Ferry are not good--most people were tubing, rafting!

Shelley C. Nilson shelleycn@yahoo.com

AMERICAN CANOE ASSOCIATION**MIDWEST REGIONAL FREESTYLE COMPETITION AND INSTRUCTIONAL CLINIC**

September 9 & 10, 2000
Medina, Ohio

A new regional FreeStyle Canoeing competition and instructional clinic are being offered for those interested in competing or learning more about FreeStyle canoeing. This event is sponsored by the Kilted Yak and sanctioned by the American Canoe Association.

Plans call for FreeStyle instructional clinics at different skill levels from beginner to advanced. Competition and exhibition in FreeStyle Canoe paddling will be held Saturday. Learn from ACA certified FreeStyle instructors and watch the first Midwest Regional Competition.

Contact Elaine or Bob Mravetz (330) 239-1725, or e-mail at rmravet@uakron.edu
FreeStyle Canoeing: Obedience training for your canoe.



BICYCLING

Everyone who likes to bicycle are welcome. We are trying to build a group of like minded cyclists who enjoy sharing the experience. So come join us. I know you are out there!

August 20, Sun Mon-Valley Century. See next page!

September 8,9,10 Niagara on the Lake weekend. This is a splendid area for bicycling due to the bike path the entire length of the Niagara River. There are also many country roads among the vineyards and much to do in the area. Jim and Andrea Getsy are working out the details. They offer options of bed and breakfasts or a motel. Call them at (412)795-2607

September 23rd, Sat. Mike Robertson will lead a ride on the Allegheny Highlands Trail between Markleton and Garrett. This is a part of the long trail going from Pittsburgh to Washington, DC This part of the trail follows the Casselman River and is not as heavily used. Call Mike at (412)678-4039

Oct 1, Sun SABRE. More information to follow.

Oct 6th,7th&8th Wilderness Lodge Biking Weekend. See application below!

As you can see there are other times when we need rides to be led, especially August, and October. There are many other great places to bicycle. Maybe you know of some yourself. Call Joan Roofl at (412)351-2061 to share your ideas.

HELMETS ARE REQUIRED!

Events and news courtesy of George Schmidt

July 29, Sat Five Star Trail 2000 Poker Run. Starting point: Lynch Field in Greensburg PA, Ride start 9 AM Two separate events 12 mile bike ride or 4 mile walk. Registration fee \$12 before July 14 and \$15 after. T-Shirt provided. Trophy and special prize for poker hand. All entrance fees benefit the Five Star Trail. More information call 724-830-3950.

August 6th, Sun @ 8AM The Eighth Annual Smicksburg Century Entry fee of \$20 gets you SAG support, Road markings Maps and Cue sheets, Two snack stops, Lunch and a commemorative Tee Shirt. The ride starts in Avonmore Pa. Contact Tim Townsend at 724-697-5460 or E-Mail - capricycling@hotmail.com I've changed the starting point of the Smicksburg Century Ride from Avonmore to Saltsburg in honor of the selection of the Conemaugh and Kiskiminetas Rivers as Pennsylvania Rivers of the Year. If anyone needs directions, or wants to register for this ride, they can call or e-mail me. The date is August 6th and the starting time is 7am to 8am at the little park at the end of Salt Street in Saltsburg.

September 9-10 That Dam Trip to Confluence, Fee \$45.00, Overnight trip includes rest stops, lunch, dinner, camping, gear transport, and T-shirt. For information see www.thatdamtrip.org or call 412-462-5328. Photos of last year's ride, registration forms, and a list of Confluence b&b's are included. If you plan on going, and will stay at a b&b, register early. B&b reservations will fill quickly.

September 16 Hammer The Hills for Habitat charity bike ride. 9/16/2000 at Brady's Run Park in Fallston, Pa off route 51. Registration is \$15.00 and starts at 9:00 AM. Distances are 30, 50, and 62.5 miles. Jeff Milnes, 724-775-5197, jjmilnes@usaor.net

September 17 NEOC (North-East Ohio Century) In addition to the century we will offer 62 and 30 mile rides. Gary Bradshaw 1549 Columbiana-Lisbon Rd. Columbiana OH 44408, phone (330)482-2891 e-mail neoc27@aol.com.

TOUR DE GRAPE HARVEST

WILDERNESS LODGE

OCTOBER 6TH, 7TH, AND 8TH

HAVE A PERFECT FALL WEEKEND AT THE PEAK OF THE FALL COLORS.

THIS YEAR DON HUTCHINSON, OUR LOCAL GUIDE WILL LEAD US ON RIDES BOTH SATURDAY AND SUNDAY. WE RIDE AMONG THE VINEYARDS, STOP AT THE WINERIES AND RIDE THE COUNTRY ROADS. ENJOY A HOMECOOKED MEAL SATURDAY AT WILDERNESS LODGE (IF WE HAVE AT LEAST 10 PEOPLE.)

THE COST IS: \$38. PER PERSON (\$48. NON-MEMBERS) FOR A DORM STYLE ROOM(3-6) \$90. PER ROOM(\$100 NON-MEMBERS) FOR A PRIVATE DOUBLE ROOM

SATURDAY'S DINNER IS \$11. (IT WILL BE COLLECTED THAT WEEKEND) BREAKFASTS ARE EXTRA. LUNCH WILL BE AT A RESTURANT ALONG THE ROUTE. WE WILL RESERVE THE SPACE.

RESERVE EARLY. SPACE IS LIMITED TO 23. PRIVATE ROOMS ARE LIMITED ALSO. SEND A CHECK AND THE APPLICATION BELOW TO :

**HI-PITTSBURGH HOSTEL
830 E. WARRINGTON AVE.
PITTSBURGH, PA. 15210
ATTENTION: TOUR DE HARVEST**

**TOUR DE GRAPE HARVEST BICYCLE TOUR
WILDERNESS LODGE
OCTOBER 6-7-8**

NAME: _____ **AYH PASS #** _____

ADDRESS: _____

TELEPHONE: _____

ENCLOSED IS A CHECK FOR \$ _____

- I AM DRIVING AND CAN TAKE _____ PASSENGERS.
- I NEED HELP FINDING A RIDE.(WE WILL TRY)
- I WILL DRIVE AND MEET THE GROUP AT WILDERNESS LODGE.

LIABILITY WAIVER

In consideration of your acceptance of my application for participation in the cycling weekend at Wilderness Lodge, I, the undersigned, for myself and 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, American Youth Hostels, Inc., Wilderness Lodge, their activity leaders, and their respective agents, boards, commissions and any other involved employees, representatives, and volunteers from all liability arising out of, or connected in any way with my participation, 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 weekend. 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. I attest that I am physically fit and sufficiently trained for participation in 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 services and is not a waiver of any of the said parties of any right hereunder.

SIGNATURE: _____ **DATE:** _____

The 2000 Mon Valley Century

August 20, 2000

Presented by
Hostelling International Pittsburgh
and
the Monesson Amateur Radio Club

Note the new date. The MVC is one week early this year on August 20th. Application on page 14

The Start: As usual, the MVC will start in Elizabeth, PA at the dance studio. There will not be a mass start – please feel free to start as soon as you register. Registration opens at 6:30 am. The following starting times are recommended so you will not be too early (or too late!) for any of the rest stops: 100 and 70 miles: 6:30 am - 8:00 am. 50 and 30 miles: 8:00 am - 11:00 am.

The Route: Large sections of each ride follow the Monongahela River. The scenery varies from industrial towns to spectacular views of the river and wooded hillsides. You will have a choice of 100 miles, 70 miles, 50 miles or 30 miles. The 100 and 70 mile routes are composed of equal portions of hilly, rolling, and flat terrain. The most challenging climb occurs just out of Brownsville and is nearly two miles long. (The other hills are gentler). The 50 and 30 mile rides are flat to gently rolling with the exception of one medium hill just south of Elizabeth and are well suited for intermediate and beginner riders. All routes will also be marked with arrows on the pavement where practical. A map of the route will be provided.

The Food: A lunch stop is included for all riders. 70 milers will receive one additional snack stop, and Century riders will receive 2 snacks in addition to lunch. There are also many convenience stores along the route.

Support: A sag will pick up those who can't finish due to bike problems or fatigue. (You and your bike are expected to be in good shape before the ride starts. And please ... carry a spare tube.)

Applications: Applications will be mailed out to those who rode in the MVC or SABRE in the last two years and will also be available on line on the AYH web site: <http://trfn.clpgh.org/ayh/>. Applications will also be available at the Pittsburgh Hostel, at the Activities Headquarters, and at most bike shops in the area. You can also call 412-431-4910 and ask for a copy to be mailed to you.

The Cost: The cost this year will be \$14 for early registration and \$17 on the day of the ride.

The Proceeds: Proceeds will be used to support the Pittsburgh Hostel. A portion of the proceeds will help the Monesson Amateur Radio Club (MARC) maintain their equipment.

The Volunteers: Plenty of volunteers are needed to make a ride like this successful. The MARC volunteers have been an essential part of the ride for years. AYH volunteers are particularly needed to help with the rest stops and at the start/finish in Elizabeth, and to help with MVC setup the week before the ride.

Who to call: Call the council office at 412-431-4910 to volunteer. If you can't help with the MVC, consider volunteering for SABRE, being held in Settlers Cabin park on October 1st.



SEA-KAYAKING

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

July 28, 29, 30 Lake Erie Ohio Coast Come for a weekend of camping, paddling, and exploring the wonders of Ohio's north coast. Visit Kelly's Island and see glacial grooves and Inscription Rock. Other sights include Marblehead Lighthouse and Vermillion., the "Venice of the Midwest". Russ 412-331-2073
Vickie 412-344-4929.

Don't have a boat? We have kayaks available for all club events.



ROCK CLIMBING

Rock Out with AYH!

The Pittsburgh 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.

Beginner trips and Seneca Prep trips are held at Coopers Rocks State Forest, Exit 15 on Rt 68, east of Morgantown, WV. Trips leave from AYH headquarters at 7:30 am. We arrive at Coopers Rocks around 9:30 am, followed by a short walk to the climbing area. We are back at the cars by 4:30 or so. Many climbers stop at a local restaurant for dinner before driving back to Pittsburgh. We typically arrive back at AYH headquarters by 8 pm.

Cost is \$10 for AYH members (\$12 for non-members). Gas money (\$5/person, if you car pool from AYH Headquarters) and dinner are NOT included in the trip fees. Beginner trip fees break down as follows:

- \$3 activity fee (for first-timers only)
- \$3 harness/helmet rental (if you don't own your own)
- \$3 rope fee (for periodic rope replacements)
- \$1 AYH registration fee (\$3 for non members)

Experienced climbers are welcome on our "Beginner" trips since we top-rope climbs of varying difficulty (through 5.10). Seneca Prep trips teach seconding skills in preparation for a multi-pitch climbing trip to Seneca Rocks. AYH climbers also make frequent "unofficial" trips to Seneca Rocks, New River Gorge, the Gunks, and local climbing areas. Several AYH climbers can be found hanging out (pun intended) at The Climbing Wall, located in The Factory on Penn Avenue, on Thursday nights from 7 to 9:30 pm. Then we retire to the Evergreen pub (also on Penn Avenue) for a few cold ones and to make plans for the coming weekend.

Check the latest newsletter for the current trip schedule and leader. Call the leader listed for information about a trip or to sign up for the trip. Please call before 10 o'clock at night.

To find out more about the AYH climbing program, call Chuck Jones at (412) 242-6172. To sign up for a specific trip, call the Trip Leader listed in the table below.

2000 - AYH ROCK CLIMBING TRIPS

DATE	DAY	LEVEL	TRIP LEADER	PHONE
Aug 12	Sat	Beginner	Barb Homistek	(412) 687-7328
Aug 26	Sat	Seneca Prep	Pat Holtzinger	(412) 343-8379
Aug 27	Sun	Rain Date **	Chuck Jones	(412) 242-6172
Sept 8-10	F/S/S	Seneca Rocks	Chuck Jones	(412) 242-6172
Sept 24	Sun	Beginner	Jim Wojciechowski	(412) 322-4524

** Rain Date trips are make-up dates in the event a prior Beginner trip is rained out. Contact the trip leader as the date approaches to see if the trip will be run.



SAILING

The Sailing Activity is looking for a new chairperson. If you have experience and interest please contact Bob Zavos at 412-241-0659. We will still offer daily rentals on the two AYH Sunfish at \$20 per boat. You must have prior Sunfish experience and be able to rig the boats yourself. Other activities:

July 29 Sat. Lake Arthur Bob Zavos 412-241-0659
SAILBOAT RACING. If you are new to sailing or want to participate in a sailboat race you can join Bob in a 19' Flying Scot Sailboat. There is usually one race in the morning around 10am and a second after lunch around 1:30pm. Races generally last around 2 hours. If you know how to sail you can also skip the races and take out one of the AYH Sunfish for the day.

I want to buy- a new or used [in very good condition] 'Super Snark' or 'Snark Sun-

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 -jim ritchie



HIKING/BACKPACKING/TRAILS

July 30 Sunday Bruce Sundquist 724-327-8737
Umteenth Annual Youghiogheny River Valley inner-tube hike from Johnson's Run to Morgan Run (3 miles on foot--3 miles on inner tube. Weather must be hot and sunny. Limit: 18

August 12 Saturday Jim Ritchie 828-0210
Glacier Ridge Trail (North Country Trail). From the bicycle rental in Moraine State Park across the Hidden River Bridge and onward to Route 536, about 8 miles. Most of the trail, but not all, is shaded woodland. What good is summer if you can't sweat a little? Optional swimming at the beach after hiking. Dinner in Portersville is another option. Call Jim for more information and reservations.
email:jimritch@aol.com.

August 20 Sunday Don Stone 412-441-2027
Hike, exploratory, 10+miles, in Lower Indian Creek Valley from Rt.381-Mill Run Reservoir to the Yough River. See what's left of the 1850 ghost town Hampton and the big blue holes. Creek-crossings and swimming depending on temp. and water levels. \$6.00 carpool-55 miles. Call Don Stone, 412-441-2027

August 27 Sunday Judy Woodring 412-828-9002
Ramblers rejoice; our first ramble of the fall season. Weeee're back for another Sunday season of 10:00 AM hikes for keeping in shape and good company. Location to be announced, lunch at a restaurant afterwards, fun factor rating high.
Call Judy for details or show at Mellon Park, lower parking lot.

ALLEGHENY GROUP--SIERRA CLUB--OUTINGS THRU SEPT 24, 2000, Courtesy Bruce Sundquist

For a more up-to-date listing, visit their Internet web site. Address:

<http://www.enviroweb.org/alleggheny-sc/>

EVENING CONDITIONING WALKS (Call for meeting time and place):

South Park (year-around). Times/locations may vary. Call Bonnie Thomas, 412-833-1068

Duff Park (Murrysville) Tuesdays and Thursdays. Call Nick Broskovich 724-863-6707

East End Wednesday Evenings, 7 PM. To Frick, Schenley, or Highland Park. Call Don Stone, 412-441-2027

Sat. July 29 Snorkel Trip on Yough Reservoir. Call Steve Tubbs, 412-279-4866

Sat. Aug. 5 Leisurely berry-picking walk near Lock 6 along the Allegheny River. Possible swim. Call Janna Zuroski, 412-422-3406

Sat.-Sun. Aug. 5-6 Backpacking in Allegheny National Forest. \$17.50 carpool-150 miles. Call Harold Kotchig, 412-341-1196

Sun. Aug. 6 Fast-paced intermediate 7-mile hike at Deer Lakes Park. Call Judy or Don Ziegler at 412-826-0519.

Sun. Aug. 13 Hike, strenuous/exploratory, in Ohiopyle State Park, southeast reaches from Sugarloaf Knob. Highest and among the most remote areas of the park. \$7.25 carpool-65 miles. Call Dick Pratt, 412-362-5567

Sat. Aug. 19 Visit Lemon Hole Cave (intermediate) on Chestnut Ridge. \$3.50 carpool-35 miles. Call Norm Snyder, 412-351-4068

Sat. Aug. 26 Snorkel Trip on Yough River. Call Steve Tubbs, 412-279-4866

Sat. Aug. 26 All-Day Allegheny River Island flatwater canoe/kayak school. Try different canoes and kayaks. \$8. Limit: 8 \$1.00 carpool-10 miles. Meet at Harmarville Ames at 10 AM. Call Ed Divers, 412-828-5154

Sat. Sept. 2 Hike an intermediate 12-mile loop in Oil Creek State Park starting at Drake Well. \$8.50 carpool-84 miles from Richland Mall. Call Alan Aliskovitz, 412-781-3482

Sat.-Sun. Sept. 2-3 Backpacking on the southern half of North Fork Mountain Trail in Monongahela National Forest. Outside Magazine rates it the best foot trail in West Va. Countless spectacular views. Carry your own water (9#) and be able to do a steep 2300' elevation drop to Seneca Rocks. Prior backpacking experience required. For those who want to make it a full 3-day weekend, on Sunday PM a sub-group will set up a base camp in northern Dolly Sods and spend Monday (9/4/00) exploring the high, open, scenic country of northeastern Dolly Sods (an area too new to have established trails). Limit: 25. \$20 carpool-173 miles. Call Monika Vucic, 412-829-2311

Sun. Sept. 10 Bicycle on the Yough River Trail from Dead Man's Hollow to Cedar Creek Park. 35 miles round trip, but you can turn around whenever you wish. \$1.50 carpool-15 miles. Call John Dern, 412-856-4642

Sun. Sept. 17 Easy 5-mile loop, five-cave walk near Sarver. Buffalo Creek swim optional. Bring flashlight. \$2.00 carpool-20 miles. Meet at Harmarville Ames at 10 AM. Call Ed Divers, 412-828-5154

Sun. Sept. 17 Cole Run Falls, Blue Hole Creek and the Blue Hole, Gary's Run to Grindle Ridge, returning via Fall Creek and its waterfall. Strenuous and exploratory. \$6.75 carpool-60 miles. Call Dick Pratt, 412-362-5567

Sat. Sept. 23 Canoeing, easy, on the Youghiogheny River. Call Steve Tubbs, 412-279-4866

Sat. Sept. 23 Bicycle on Allegheny Highlands Trail between Markleton and Garrett along the Casselman River. This is a part of the bicycle trail from Pittsburgh to Washington DC. \$8.25 carpool-73 miles. Call Mike Robertson, 412-678-4039

Sun. Sept. 24 Fast-paced, intermediate, 8.5-mile hike at McConnells Mill State Park--Alpha Pass to Hell's Hollow. \$2.75 carpool-27 miles from Cranberry Mall. Call Judy or Don Ziegler at 412-826-0519.

Advance Notice:

Sat. Oct. 7 Hike an intermediate 12-mile loop in Mill Creek Park near Youngstown OH. \$5.25 carpool-52 miles from Cranberry Mall. Call Alan Aliskovitz, 412-781-3482

NOTES: Ask leader for names & phone numbers of trippers for you to arrange a car pool. Reserve at least 36 hours in advance. Notify leader to cancel your reservation. Bring lunch, rain gear, water, first-aid kit, small flashlight and extra clothes for changes in weather. If you have a cell phone, bring it along; they have saved the day on several trips when accidents have required evacuation of injured trippers.

New Hiking Guide for the Laurel Highlands Available

The ridges of southwestern Pennsylvania – Chestnut Ridge, Laurel Ridge and Allegheny Front – contain the bulk of the scenic public lands in the region. Nowhere else in southwestern Pennsylvania can one find large expanses of nature-oriented and outdoor-recreation-oriented public lands for public enjoyment. The best way to gain access to the scenery and natural values of the region is by way of the roughly 550 miles of foot trails that blanket the 218 sq. miles of state forests, state parks and state gamelands of the "Laurel Highlands".

The Sierra Club's new guide "The Laurel Highlands: A Hiking Guide", gives you all the information you need to enjoy this major recreational and natural resource. This 288-page Guide describes opportunities for hiking, backpacking and ski-touring on 446 miles of foot trails on the public lands of these Laurel Highlands. Note: It omits the 70-mile Laurel Highlands Hiking Trail because that is described in a separate guide devoted exclusively to that trail. It also omits some trails in the Mt. Davis area of Forbes State Forest, the 26-mile Lost Turkey Trail on Gallitzin State Forest (which offers a map and brief guide), and some trails on State Gamelands #51 adjacent to Ohiopyle State Park. Covered in this guide are the foot trails of the following public lands in the Laurel Highlands:

State Parks, Area (square Miles): Ohiopyle,30; Laurel Ridge,24; Cooper's Rock,20; Blue Knob,9; Laurel Hill,6; Linn Run,1; Kooser,0.4

Forests: Forbes,86; Gallitzin,30

Public Lands: Bear Run Nature Reserve,8; Lower ICV Trail,4

Total Public Lands: 218 square miles

Peaks on ridges in the Laurel Highlands are at altitudes between 2500 and 3000 ft. Allegheny Front is the "backbone" of the Appalachian Mountains in this part of the country. It is the highest, the most rugged, and the most remote from major centers of population. Laurel Ridge is closer to population centers and contains an amazing wealth of public lands—state forests, state parks, and state gamelands. It is probably the most popular region for outdoor recreation in western Pennsylvania. Chestnut Ridge is closest to major population centers but contains less public land so it is not as popular among outdoor recreationists as Laurel Ridge. All of these ridges are heavily forested, largely because the steepness of the ridge slopes makes them poor sites for urban developments. Besides trail descriptions, this 6x9" soft-cover Guide provides 26 pages of USGS topographic maps showing trail routes. Trail routes on the maps are keyed to the descriptive text to make using this guide as easy as possible. This Guide gives other information as well: How to get to the trailheads Information on ski-touring and backpacking in the Laurel Highlands 32 photographs of some of the scenery to be seen along the trails Ratings of trail scenery, condition and difficulty (hiking and skiing), Altitude changes, stream crossing and other maps Information on organizations open to the public that use foot trails foot-trail maintenance, water purification, and hiking ethics "The Laurel Highlands: A Hiking Guide" costs \$11.95 and is available at the Activities Headquarters on Thursday nights, at the Pittsburgh Hostel and Travel Center, or by calling 412-431-4910. For mail orders, send \$11.95 plus 84 cents tax and \$1.50 postage (\$14.29 total) to Pittsburgh AYH / 830 East Warrington Ave / Pittsburgh PA 15210-1560.

Rachel Carson Trail Challenge Drawing Nets 7 Winners

All 34-miles finishers in the Rachel Carson Trail Challenge 2000 have their names entered into a drawing for gift certificates and hostel weekends. This year the winners of a weekend at the Pittsburgh International Youth Hostel or the Ohiopyle Youth Hostel are: Andy Schromm of Glenshaw, PA; Carol Savage of Gibsonia, PA; and Justin Mazur of Pittsburgh, PA. Staying at a youth hostel (no, you don't have to be young) is a different and thoroughly enjoyable experience. At Ohiopyle, go for the weekend and hike on the many trails, bike on the Yough River Trail, or raft or canoe on the Youghiogheny River. In Pittsburgh, explore Carson Street, Mt. Washington, and Station Square using the inclines to go up or down. At either of the hostels, you're likely to meet travelers from all over the world.

We also had drawings for four \$50 gift certificates at Eastern Mountain Sports (EMS). EMS has three stores in the Pittsburgh area: Ross Park, Monroeville, and South Hills Village. The winners are: Babs Peterson of Pittsburgh; Michael Bown of Liberty, PA; Bob Means of Pittsburgh; and Dave Sansom of Pittsburgh. EMS carries a full line of hiking, biking, and watersports clothing and gear.

FREE NORTH CENTRAL WEST VIRGINIA RAIL TRAIL MAPS

A new map and brochure for Rail Trails of North Central West Virginia is now available.

This map includes the following trails in Monongalia, Preston and Marion counties:

Mon River Trail - North and South / Caperton Trail
Deckers Creek Trail
Cheat Haven Trail
MCTrail
West Fork River Trail

This full color map is available at no charge from:

The Greater Morgantown Convention and Visitors Bureau
709 Beechurst Ave.
Morgantown WV 26505

Backpack with detachable daypack -- 4500 cubic inches capacity, dark green. Used once - gently. \$150 firm. Cash only.
Eleanor Hohman, Phone # - 531-4648, ehohman@sgi.net

Golden Triangle - Pittsburgh Council, American Youth Hostels

Rachel Carson Trail Challenge 2000 — Split Times

Name	City	Start	Bull Creek	Agan Park	Homeste- ad Spur	Log Cabin Rd	Shafer Rd	Sample Rd	North Park	
		Mile 0	Mile 6.9	Mile 13.9	Mile 16.1	Mile 20.2	Mile 26.5	Mile 31.5	Mile 34.3	
1 Brian	Schwadron	Pittsburgh	5:42	7:07	8:44		10:31	12:30		2:46
2 Mike E.	Gasper	Gibsonia	5:37	7:06	8:49		10:38	12:32	2:09	2:49
3 Donald	Erdeljac	Glenshaw	5:27	7:06	9:09	9:50	11:17	1:06	2:35	3:14
4 George	Loewenstein	Pittsburgh	5:46	7:20	9:13	9:50	11:08	1:03	2:33	3:14
5 suzanne	weightmann	greensburg	5:28	7:06	9:09	9:50	11:16	1:06	2:35	3:14
6 CHRIS	FOX	OAKMONT	5:44	7:21	9:13	9:50	11:08	1:03	2:42	3:30
7 dario	donatelli	Pittsburgh	5:33	7:17	9:12	9:50	11:08	1:20	3:15	4:19
8 dario jr.	donatelli	Pittsburgh	5:33	7:17	9:12	9:50	11:08	1:20	3:15	4:19
9 david	frease	boardman, oh	5:46	7:20	9:13	9:50	11:08	1:40	3:27	4:21
10 cynthia	sanchas	carnegie	5:34	7:25	9:29	10:15	11:30	2:00	3:30	4:21
11 Eric E.	Schloss	Pittsburgh	5:41	7:40	9:36	10:15	11:31	2:00	3:30	4:21
12 Jeffrey	Ellis	Pittsburgh	5:40	7:40	9:36	10:15	11:30	2:00	3:38	4:32
13 Gregory J.	Gallagher	Pittsburgh	5:46	7:21	9:13	9:50	11:08	1:40	3:39	4:39
14 Tim	Jackovic	Pittsburgh		8:15	10:04		11:50	2:05	3:44	4:40
15 Don	Regan	Pittsburgh		8:15	10:04	10:45	11:50	2:05	3:44	4:40
16 bert	davis	pgh	5:46	7:35	9:33	10:25	11:40	2:05	4:05	5:00
17 jim	weaver	Glenshaw	5:44	7:32	9:33	10:20	11:40	2:05	4:05	5:00
18 Frank A.	Noll	Pittsburgh	5:31	7:19	9:19	10:05	11:40	2:10	4:09	5:03
19 Barbara	Peterson	Pittsburgh	5:28	7:30	9:36	10:30	12:00	2:25	4:09	5:03
20 MANNY	SIDERIS	PGH	5:42	7:27	9:29	10:15	11:30	2:10	4:09	5:03
21 JONATHAN	MCANNEY	GIBSONIA	5:39	8:10	10:47	11:42	12:50	2:50	4:26	5:13
22 Kenton	Zellars	Valencia	5:40	7:58	10:29	11:28	12:41	2:55	4:28	5:29
23 Christopher E.	Eyerman	Pittsburgh	5:43	7:47	10:12	11:39	12:59	3:00	5:09	5:53
24 Kathy	Fabish	Gibsonia	5:28	7:27	9:55	10:45	12:11	3:00	4:59	5:53
25 lou	petrone	Pittsburgh	5:42	7:47	10:12	11:39	1:00	3:20	5:09	5:53
26 Andy	Woods	Sewickley	5:29	7:30	9:55	10:45	12:11	3:10	4:58	5:55
27 Jeff	Woods	Sewickley	5:29	7:27	9:55	10:45	12:13	3:00	4:58	5:55
28 Ronald E.	Hannan	Cranberry Twp	5:43	7:26	9:26	10:15	11:31	2:00	4:50	6:01
29 JUSTIN	MAZUR	PGH	5:52	7:53	9:58	10:45	12:07	2:45	4:59	6:01
30 Frank R	Shymatta	Monongahela	5:40	7:19	9:35	10:35	12:06	3:00	5:00	6:09
31 Brian	Foist	Cincinnati, OH		7:30	9:55	10:50	12:01	3:01	5:05	6:10
32 Martin	Hart	Blue Ash, OH		7:27	9:55	10:45	12:11	3:01	5:05	6:10
33 John	Havel	Monongahela	5:39	7:18	9:36	10:35	12:03	3:00	5:03	6:12
34 ANDREW E	SCHROM	GLENSHAW	5:32	7:36	10:00	10:45	12:11	3:05	5:12	6:19
35 STEPHEN A	SCHROM	GLENSHAW	5:32	7:36	10:00	10:45	12:11	3:05	5:12	6:19
36 MARK	HANISH	BADEN	5:54	7:56	10:20	11:15	12:38	3:21	5:25	6:27
37 Tom C.	Meyers	Pittsburgh	5:47	7:58	10:20	11:15	12:36	3:21	5:25	6:27
38 ron	carey	canonsburg	5:51	8:05	10:23	11:15	12:51	3:35	5:32	6:30
39 Ray	Burdett	Pittsburgh	5:36	7:29	9:56	10:50	12:25	3:15	5:25	6:39
40 NORMAN	TONTI	PGH	5:41	7:30	10:00	10:50	12:32	3:10	5:25	6:39
41 Martin B	Wendell	Pittsburgh	5:40	7:45	10:00	10:45	12:09	3:00	5:21	6:41
42 D. Tyler	Gourley	Tarentum	5:54	8:05	10:38	11:27	12:50	3:45	5:52	6:51
43 tim	kostka	natrona heights	5:54	8:05	10:37	11:27	12:50	3:45	5:56	6:51
44 joseph	griffith	sisterville, WV	5:55	8:05	10:38	11:26	12:50	3:45	5:56	7:04
45 EDWARD	LOPEZ	RUFFS DALE	5:46	8:00	10:23	11:15	12:38	3:30	5:53	7:05
46 Kevin	O'Connor	Pittsburgh	5:39	7:38	10:08	10:58	12:30	3:50	5:55	7:05
47 Larry P.	Wolfe	Greensburg	5:42	8:00	10:23	11:15	12:35	3:30	5:52	7:05
48 George L.	Bender	Pittsburgh	5:36	7:50	10:32	11:28	1:10	4:04	6:03	7:12
49 Diana	Marongiu-Lutz	New Kensington		8:09	10:20	11:16	1:07	3:51	6:03	7:12
50 Brenda L.	Popovich	Ardara	5:40	7:45	10:20	11:16	1:19	4:10	6:03	7:17
51 Carol V.	Savage	Gibsonia	5:40	8:20	10:50	11:41	1:06	3:51	6:08	7:17
52 Bob	Coblentz	Pittsburgh		7:59	10:23	11:25	12:55	4:00	6:15	7:30
53 William A.	Grech	Pittsburgh	6:04	8:10	10:27	11:25	12:51	4:00	6:14	7:30
54 Abby R.	Margolis	Pittsburgh	5:45	7:58	10:26	11:25	12:59	4:03	6:16	7:30
55 Mariann	Mondik	Pittsburgh	6:02	8:10	10:27	11:25	12:55	4:04	6:16	7:30
56 christopher	north	mconnellsburg	5:42	7:47	10:13	11:11	12:52	3:55	6:18	7:30
57 Bill	Retsch	Pittsburgh	5:48	8:01	10:32	11:29	1:10	4:08	6:16	7:30
58 Jennifer	Retsch	Pittsburgh	5:48	8:01	10:32	11:29	1:10	4:08	6:16	7:30
59 Thomas V.	Snee III	Pittsburgh	5:43	8:01	10:30	11:29	1:09	4:05	6:10	7:30
60 PAUL	TOMPKINS	PGH	5:42	7:58	10:26	11:25	12:56	4:02	6:15	7:30
61 Tom G.	Conroy	Morgantown, WV	5:45	7:59	10:26	11:25	12:57	4:09	6:15	7:31
62 jeremy	hollinshead	harrisonville	5:42	7:49	10:13	11:11	12:52	3:55	6:18	7:33
63 nan	walther	gibsonia	5:42	7:34	10:08	11:05	12:55	4:15	6:16	7:33
64 randy	walther	gibsonia '	5:44	7:34	10:08	11:05	12:55	4:15	6:16	7:33
65 Kimberly	Eddy-Bross	Pittsburgh	5:44	7:57	10:44	11:40	1:19	4:05	6:14	7:37
66 Bob	Means	Pittsburgh		8:00	10:45	11:40		4:05	6:14	7:37
67 David S.	Sansom	Pittsburgh	5:44	8:06	10:46	11:24	1:39	4:57	6:38	7:37
68 BILL	KOLICIUS	PGH	5:55	8:02	10:37	11:27	1:02	4:12	6:29	7:44
69 randy	edelman	exans city	6:30	8:35	11:00	11:40	2:07	4:55	6:55	7:49
70 john	neff	SEWICKLEY	6:30	8:35	11:00	11:46	2:06	4:55	6:55	7:49
71 John C.	Spurlock	Greensburg	5:42	8:08	10:41	11:42	1:23	5:00	6:46	7:51
72 adam	baron	Avonmore	5:38	7:41	10:26	11:16	12:56	4:10	6:42	7:54
73 JAMES	LANCIA, JR	PGH	5:42	7:40	10:20	11:16	12:55	4:10	6:43	7:54
74 JASON	TURKO	WASHINGTON	5:41	7:40	10:20	11:16	12:56	4:16	6:43	7:54
75 JOSEPH	WOLF	TRAFFERD	5:43	7:45	10:20	11:16	12:59	4:10	6:42	7:54
76 Steven P.	Sibenik	McKees Rocks	5:32	8:03	11:00	11:51	1:15	4:10	6:34	7:55
77 DAVID	KNAVISH	VERONA	5:48	8:15	10:49	11:46	1:15	4:15	6:50	8:03
78 Jeff	Koontz	Pittsburgh		8:15	10:49	11:46	1:14	4:15	6:50	8:03
79 Lynn Marie	Nixon	Moon Township	5:41	8:15	10:49	11:46	1:15	4:17	6:51	8:03
80 Andrew E.	Toy	Pittsburgh	5:43	8:15	10:50	11:46	1:15	4:19	6:51	8:03
81 Aaron Jeffrey	Riesmeyer	Cranberry Twp	5:28	7:39	10:06	11:05	12:40	4:00	6:33	8:09
82 steve	rossetti	monroeville	5:33	7:43	10:01	10:55	12:36	4:00	6:33	8:09
83 Linda G.	McCusker	McMurray	5:46	8:10	10:38	11:37	1:31	4:50	7:00	8:20
84 Daniel E.	Thomas	McMurray	5:45	8:11	10:28	11:37	1:31	4:50	7:08	8:20
85 keith	Crytzen	Freeport	5:49	8:11	11:11	12:19	2:03	4:55	7:11	8:21
86 greg	mrozek	n.Versailles	5:30	8:05	11:11	12:18		4:55	7:11	8:21
87 eric	huber	allison park	5:46	8:05	10:44	11:41	1:41	5:01	7:18	8:23
88 J. Alan	Mochnick	Jeannette	5:41	8:03	10:45	11:44	1:44	4:55	7:13	8:23
89 michael	bown	library	6:45	9:03	11:35	12:21	2:07	5:00	7:11	8:29
90 scott	bown	bethel park	6:45	9:02	11:35	12:21	2:07	5:00	7:11	8:29
91 Stephanie	Bown	Avella	6:45	9:03	11:35	12:21	2:07	5:00	7:11	8:29

Golden Triangle - Pittsburgh Council, American Youth Hostels

Rachel Carson Trail Challenge 2000 — Split Times

	Name	City	Start	Bull Creek	Agan Park	Homeste-	Log Cabin	Shafer	Sample	North Park	
			Mile 0	Mile 6.9	Mile 13.9	ad Spur Mile 16.1	Rd Mile 20.2	Rd Mile 26.5	Rd Mile 31.5	Mile 34.3	
92	Jack	Ehland	Pittsburgh	6:45	9:03	11:35	12:21	2:07	5:00	7:11	8:29
93	Gene	Pochapsky	Cheswick	5:45	8:22	11:20	12:18	2:10	5:08	7:27	8:34
94	gerard	vaerewyck	tarentum	5:47	8:23	11:22	12:19	2:10	5:08	7:27	8:34
95	richard	marcotte	cranberry	5:50	8:20	11:24	12:39	2:25	5:45	7:35	8:37
96	robert	paul	allison park	5:58	8:20	11:24	12:39	2:25	5:45	7:31	8:37
97	julie	snyder	Pittsburgh	5:43	8:04	11:24	12:25	2:28	6:05	8:03	9:04
98	MARK	PROVENZA	VERONA	5:30	7:56	10:34	11:38	1:46	5:38	8:30	9:20
99	Gino	Santucci	Verona	5:29	7:55	10:32	11:38	1:46	5:38	8:30	9:20
100	Richard L.	Parker	Wilmington, DE	5:58	8:05	10:45	11:42	2:29		5:07	
101	Andrea	Frenchick	Youngstown	5:57	8:20	11:26		2:25	5:50	7:46	
102	Edward L.	Shriver	Latrobe	5:54	8:20	11:24	12:40	2:25	5:50	7:46	
103	Helen	Best	PGH	5:31	8:08	11:15	12:16	2:04	5:45	8:02	
104	Dennis	Minarik	Pittsburgh		8:05	11:20	12:16	2:00	5:15	8:02	
105	Jennifer	Fetterolf	Sewickley		7:54	10:20	11:20	12:51	3:45		
106	Brian	Fetterolf	Sewickley		7:54	10:20	11:20	12:51	3:45		
107	steve	liadis	pgh	5:54	8:25	11:23	12:14	1:50	5:02		
108	lori ann	lloyd	finleyville	5:47	8:25	11:23	12:14	1:50	5:02		
109	michael	vukelja	finleyville	5:45	8:26	11:24	12:14	1:50	5:02		
110	cheryl	connolly	Pittsburgh	6:20	8:32	11:45	12:59	3:20	7:00		
111	james	riley	Pittsburgh	6:16	8:30	11:45	12:59	3:20	7:00		
112	Mark T.	Eyerman	Allison Park	5:43	7:47	10:12	11:39	12:59			
113	Mark	Hamilton	Allison Park	5:28	7:40	10:23	11:25	1:24			
114	gary	hitechew	gibsonia	5:39	8:11	11:11	12:18	2:03			
115	A. Thomas	McGill	Pittsburgh	6:02	8:05	11:00	12:02	2:04			
116	Rita L.	McGill	Pittsburgh	6:02	8:05	11:00	12:02	2:04			
117	harry	crytzer	brackenridge	5:57	8:14	11:04	12:09	2:14			
118	Manus	O'Donnell	Mars	5:45	8:12	1:01	12:02	2:20			
119	Jonathan M	Priganc	Pittsburgh	5:41	8:07	11:15	12:14	2:24			
120	Sean	Griffin	Pittsburgh			11:20	12:19	2:27			
121	Steve	Mentzer	Allison Park	5:58	8:10	10:45	11:42	2:29			
122	Sara	Martin	Bradford Woods		8:05	11:25	12:42	2:34			
123	Richard L.	Friedline	Glenshaw	5:40	8:22	11:50	12:54	2:56			
124	Philip M.	Osterhus	Allison Park	5:44	8:22	1:50	12:56	2:59			
125	Anthony	Busofsky	Turtle Creek	5:31	8:00	11:00	12:04	3:19			
126	Jessica	Pytlik	Glenshaw	5:35	8:05	11:29	12:25	3:39			
127	judy	pytlik	Glenshaw	5:35	8:05	11:29	12:26	3:39			
128	Aaron K.	Heimberger	saltzburg	5:34	8:33	11:45	1:20	3:50			
129	Kierstin K. L.	Carlson	Pittsburgh	5:34	8:33	11:45	1:20	3:51			
130	Meredith A.	Hubbard	Gibsonia	5:29	7:26	9:29	10:05				
131	Lynde M.	Judson	Gibsonia	5:29	7:30	9:26	10:05				
132	SEAN	ATKINSON	NATRONA HEIGHTS	5:29	7:40	10:00	10:45				
133	amanda	swartzlander	Natrona Heights	5:34	7:45	10:00	10:45				
134	Mark	Burke	Pittsburgh		8:22	10:23	11:10				
135	pat	carey	canonsburg	5:51	8:05	10:23	11:15				
136	Jim	Crist	Allison Park			10:20	11:20				
137	Justin D.	Scholl	Natrona Heights	5:50	8:05	10:38	11:28				
138	robert	tompkins	Tarentum	5:45	7:58	10:29	11:28				
139	Richard H.	King, Jr	Pittsburgh	5:32	7:58	10:37	11:41				
140	Timothy B.	Moret	Lower Burrell	5:32	7:57	10:37	11:41				
141	Nancy E.	Sansom	Pittsburgh	5:44	8:06	10:46	11:41				
142	Martin C.	Sedicko	Pittsburgh	5:40	7:57	10:38	11:41				
143	Samuel	Steimer	Pittsburgh	5:35	8:00	10:44	11:46				
144	jennifer	renda	duquesne	5:36	8:00	10:50	11:51				
145	kenneth	thompson	duquesne	5:37	8:00	10:50	11:51				
146	Robert M	Todd	Cheswick	5:40	8:18	10:55	11:53				
147	Bob J.	Augustino	Pittsburgh	5:34	7:57	10:53	11:57				
148	George E.	Fecik	Pittsburgh	5:35	7:57	10:54	11:57				
149	R. Kent	Galey	Pittsburgh	5:58	8:20	10:57	11:57				
150	christopher	rose	state college	5:36	7:58	10:40	12:01				
151	matthew	bekker	Pittsburgh	5:31	7:50	11:01	12:05				
152	kathleen	broda	Pittsburgh	5:31	7:50	11:01	12:05				
153	lydia	perr	Pittsburgh	5:37	7:50	11:01	12:05				
154	Michael	Steimer	Leechburg	5:35	8:05	11:04	12:08				
155	Tom A.	O'Keefe	Glenshaw	6:01	8:33	11:23	12:13				
156	Michael J.	Riesmeyer	Cranberry Twp	5:27	8:10	11:04	12:13				
157	debbie	mcfarland	Pittsburgh	5:52	8:30	11:18	12:16				
158	ron	morris	bethel park	5:36	8:03	11:11	12:18				
159	Coleman	Griffin	Pittsburgh			11:20	12:19				
160	samuel	danzuso	Pittsburgh	5:42	8:04	11:25	12:25				
161	Brian	Toy	Allison Park	5:37	8:05	11:29	12:25				
162	Gregory P.	Pytlik	Glenshaw	5:35	8:05	11:29	12:26				
163	Derek Lee	Burrell	Pittsburgh	5:32	8:08	11:20	12:36				
164	Naomi R.	Fertman	Pittsburgh				12:40				
165	Joel	Ettinger	Pittsburgh	5:26	8:20	11:37	12:42				
166	Stefan V.	Petty	Pittsburgh	5:41	8:05	11:20	12:48				
167	kimberly	stroz	Pittsburgh	5:51	8:30	11:40	12:48				
168	sandra	Stroz	Pittsburgh	5:51	8:30	11:40	12:49				
169	john	swick	Pittsburgh	5:43	8:20	11:50	12:55				
170	Janet M.	Hayes	sewickley	5:31	8:37	12:01	12:56				
171	Thomas A.	Huddleston	sewickley	5:51	8:37	12:01	12:56				
172	David R.	Hiles	Pittsburgh	5:33	8:10	11:45	12:57				
173	Tom	Busse	Pittsburgh	5:40	8:27	12:00	1:00				
174	Lisa M.	barry	Pittsburgh	5:55	8:37	12:11	1:09				
175	Marcia	Papale	Pittsburgh	5:55	8:38	12:11	1:10				
176	Christian	Blattenbeyer	Pittsburgh	5:48	8:05	10:46	1:40				
177	Denise M.	Dandrea	McKeesport	5:37	8:18	12:15	1:43				
178	Daniel	Lopretto	McKeesport	5:37	8:15	12:15	1:43				

Rachel Carson Trail Challenge 2000 — Split Times

Name	City	Start Mile 0	Bull Creek Mile 6.9	Agan Park Mile 13.9	Homeste- ad Spur Mile 16.1	Log Cabin Rd Mile 20.2	Shafer Rd Mile 26.5	Sample Rd Mile 31.5	North Park Mile 34.3
179 Nikki	Lopretto	McKeesport	5:37	8:15	12:15	1:43			
180 Benjamin	Venator	Pittsburgh		9:36	12:55	1:51			
181 mathew	applegate	Pittsburgh	5:57	9:36	1:06	2:15			
182 Mark	Ellingson	Smithton	5:58	9:28	1:06	2:15			
183 Laura	Pesa	Pittsburgh	5:52	9:30	1:06	2:15			
184 Joe M.	Seiler	Pittsburgh	5:54	9:45	1:05	2:15			
185 Jamie	Vacula	Pittsburgh	5:35	9:26	1:06	2:19			
186 Angela	Pompa	Cranberry Twp	6:35	9:17	12:55	2:20			
187 Daniel	Pompa, Jr.	Cranberry Twp	6:35	9:17	12:55	2:20			
188 Diane L.	Kostka	Natrona Heights	5:47	9:06	1:15	2:24			
189 Joel	kostka	Natrona Heights	5:47	9:06	1:15	2:24			
190 Rachel	Weleski	Natrona Heights	5:52	8:30	1:15	2:30			
191 Robert M.	Brown	Natrona Heights	5:55	8:30	1:15	2:43			
192 Cristina	Cowley	Natrona Heights	5:55	8:30	1:15	2:43			
193 Sandy	Werderitch	Pittsburgh	5:48	9:02	1:16	2:58			
194 Vicki	Werderitch	Pittsburgh	5:48	9:02	1:16	2:58			
195 Marlene	Proden	Pittsburgh	5:55	8:35	1:19	2:59			
196 Luann	Eyerman	Wexford	5:43	7:47	10:12				
197 brian	olsavsky	gibsonia	5:42	8:10	11:11				
198 PATRICK	MCMAHON	BADEN	5:27	7:54					
199 Victoria	DeDonato	Pgh	5:41	8:06					
200 robert	kennedy	pgh	5:41	8:06					
201 laura	stevens	Pittsburgh	5:43	8:07					
202 david	stevens	Pittsburgh	5:43	8:07					
203 Catherine	Morgan	Columbia, MD	5:48	9:06					
204 Adalgisa	Bosonetto	Wexford	5:56	9:45					
205 brian	funk	Pittsburgh	5:49	9:45					
206 jeffrey	lehman	carmichaels	5:58	9:45					
207 nicole	mannino	Pittsburgh	5:50	9:45					
208 kyra	straussman	Pittsburgh	5:44	9:45					
209 Richard J.	Hagerty	Bethel Park	5:30						
210 Ben	Schramm	Cheswick	Hiked at North Park						
211 David	Schramm	Cheswick	Hiked at North Park						
212 Jordan	Schramm	Cheswick	Hiked at North Park						
213 Lynn A	Duddy	Allison Park	Started at Bull Creek						
214 ralph	maruscak	pittsburgh	Started at Bull Creek						

Pictures of the Rachel Carson Trail Challenge 2000 courtesy of Jim Ritchie



Trying to Make Time Down Log Cabin Hill



Crossing Bailey's Run



Another "Killer Hill" on the Rachel Carson Trail!



Coming in Tall at North Park



Hikers Cautiously Descend Loose Rocks and Gravel on Log Cabin



Brian Schwadron is the First Finisher at 2:46 PM



Determination Paints Challengers' Faces



"Are We There Yet?"

Golden Triangle - Pittsburgh Council, American Youth Hostels

"Whew...!"

or "How I learned to love/hate the Rachel Carson Trail Challenge in the Year 2000"

-by jim ritchie

This is the fourth year my buddy, Leo, and I have done this: organizing a 34-mile, summer-solstice-day-long hike on the oft-designated "muddy, bloody" Rachel Carson Trail. The Trail is cursed with miles and miles of steep, treacherous hills, each dropping or rising nearly 300 feet at a crack, straight up, straight down: "switchbacks are for wimps". The cumulative elevation gain, one-way, is 6,970 feet. Climbing Mt. Everest, from the 19,000 foot base camp to its 29,000 foot summit is a mere 3,000 feet more.

The RCT is a hodge-podge of trailways ranging in surface and character from winding country roadways laid out along local drainage like Bailey's Run, Crawford Run, Tawny Run, ... you get the idea, to primitive, semi-jungle, single-track, barely eeking its way through explosions of poison ivy, nettles, brambles, and Japanese knotweed. Throw in a smattering of power line and gas line rights-of-way and you've got a formidable trail.

This year we go westbound: from Harrison Hills to North Park. The first 7 miles have only Burtner Hill to negotiate, first a toe-pounding, heel-scraping, butt-sliding downhill and then a lung-busting, knee-burning, head-aching uphill that seems to go on forever and ever. We see hills like this from our car window. They're not made to be walked or hiked or run. Yet walk them, hike them, run them we do. 'Til we drop. And drop we do, too.

All 214 of us, hikers, runners, volunteers, got up at 3:30 AM (or earlier) on the morning of June 24, 2000, took a quick shower, ate some breakfast, grabbed our gear, jumped in the car and headed out. I arrived at Harrison Hills at 5:20 AM, jumped out of the car and began throwing boxes of t-shirts, papers, food, and water on the ground all around my parking spot. Happy hikers (they're all happy at 5:20 AM) obliged by grabbing a box and hauling it down to the Ox Roast Shelter, Registration Central.

For some reason, seems like more people than ever before are here early. The first hikers to go clock out at 5:29 AM and, minutes later, they're on the Trail. By 6 AM, more than 200 hikers have lit out through the calmness and early morning tranquility of Harrison Hills Park. They pass over one foot-wide stream, past the beaver pond, and through the trees. And then they burst out onto Freeport Road where loyal Vince (he's been a volunteer every one of our four years) assists the Harrison Police getting our hikers safely across the road.

Next I assist Ben and Ron at their stations in Thompson's Thoroughbred Farm, where they help hikers negotiate the barbed wire into and then out of the corral. We all look strong, pumped. At the first big hill, Burtner Hill at Burtner Road, I watch hikers flailing recklessly down the hill, out of control, risking legs, ankles, and necks, disaster only one bad turn of events away. As they chug up the other side, looking like the famous photograph of the Yukon gold-seekers, stringing their way up the Chilcoot Trail like a string of a thousand ants stretching to the sky, I can feel the effort, the heavy breathing, the burning of calf and thigh, stopping momentarily to look upward, getting a glimpse of "how much is left to go?".

At Bull Creek Checkpoint #1, 6.9 miles, many of the hikers, especially the "trail runner-types", come running into the stop, barely stop long enough to check in, grab some water, maybe a banana, and then they're off like Mario Andretti zooming out of the pits after a 30-second tire change. I see the intrepid Don Erdeljac, standing next to his running partner, Sue Weightmann, doing a water dance: pouring water over his head and body while turning in a square-dance circle to ensure maximum coverage. Don has put in hours of hard labor on the Trail, in exchange for this opportunity to test his mettle yet one more time on Challenge Day. Then, off they all go, heading up the steep, but mercifully short Bull Creek Hill, and becoming engulfed in the high vegetation of this wet, 5½-inch-rainfall, summer.

At Agan Park Checkpoint #2 (13.9 miles), I arrive in time to meet Dario Donatelli (age 40) and Dario Donatelli (age 12) running in to briefly re-

fresh and run back out again. Ex-Challenger Barb and her partner Nicole, the Agan Park Marshals, are the perfect pair to greet and urge the hikers on, Barb knows what it's like, she's been there, Nicole's learning.

In another mile, all hell breaks loose. "It's the roller coaster" he said. All of a sudden, you're in the open, now it's noon, and the hot sun is burning down on your head, your back, and the high grass is hiding extra humidity left over from the early hours of the morning, moisture hovering about head-high, waiting to ambush the sensibilities of anyone daring to come through. Hikers who felt strong and posh 30 minutes ago were getting sick on the roller coaster. One hiker asked the Melzena Marshals, Sue and Trisha, at Melzena Road, midway, "Is this the roller coaster?". "Yes" was the answer. "Good", he said, "If it wasn't, if something worse than this was coming, I was going to quit right now!".

The Melzena Marshals had to set up a little "hospital" in the shaded bushes beside the Trail for those who began "not feeling so good" while they awaited for friends or family to come bail them out of this horrific situation in which they found themselves. And, even tho' we were trying to keep all the hikers out of people's yards at the top of Melzena (landowner's request), some struggled to the top of the hill only to collapse, unable to move another single inch without at least one minute's rest.

Chaos. I saw one hiker, in desperation, walking the road around the roller coaster; when I stopped to ask if she was ok, she answered "I just can't go up those hills anymore; I'm done". Indeed at the next checkpoint, she stopped and went home, done for the day. In contrast, Brian Schwadron, of Pittsburgh, who capped a brilliant day of running the Challenge with a 2:46 PM finish at North Park, got confused on the roller coaster and, running, retraced his route back two hills to ask the runner behind him where the trail went, and then turned around and reran those same hills once again.

Many hikers, feeling strong at the Homestead turnoff, continued ahead only to give it up in the clutches of the roller coaster, beaten down by exposure to the heat of the sun, high temperatures (the high today was 86 degrees), and smothering humidity. All in all, 66 hikers finished their day at the Rachel Carson Homestead in Springdale (16.6 miles); another 14 quit somewhere during the first half, many at Sheetz in Creighton, a few just beyond the Homestead turnoff.

By Emmerling Park, runners and hikers stopped for water and rest, many just plopping on the grass, many resting for as long as an hour, trying to regain the strength and composure they would need to finish the hike. Many people have the strength and the stamina to do this hike; relatively few have the will, and the discipline, and the determination to get the job done. It's a mental thing. As one hiker, who suffered a painful injury with 14 miles to go, put it "Quitting is not an option".

Trouble on the trail. In the late afternoon, from five o'clock on, we began to get reports of people who felt sick, or who "didn't feel so good". We called an ambulance in to Shafer Road Checkpoint #4 (Mile 26.5) on a report that one hiker "wouldn't mind" having medical personnel "check me out". He was ok, but left the trail to go home, with a ride donated by an observer who, earlier in the day, had finished at the Homestead. Later, another hiker was shuttled home from Shafer Road where Marshals Kathy and Jo-Ann served up sympathy in globs.

Shortly after, I encountered a hiker standing on the corner of McCaulley Road and Middle Road, looking worried, a little disoriented, and maybe even a little confused (why am I here? why am I doing this?). So I pulled over and asked if he were lost or what? Whatever he said didn't make complete sense so I asked him a few other questions. It turned out that a woman hiker he and a friend had been with had collapsed at the top of "Duck Pond Hill" where the geese, not ducks, stand guard. The friend was tending the patient. I hopped out of the car and we ran (!!) up to the top of Duck Pond Hill and sure enough, a young woman was lying on the ground in a fetal position, and, although covered with windbreakers, was shivering like it was 25 degrees in a high January wind. After checking her out briefly (breathing, skin temperature and surface condition, asking a couple of

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Golden Triangle - Pittsburgh Council, American Youth Hostels

(Continued from page 11)

questions), I called for an ambulance. Heat exhaustion. Arriving only a couple of minutes later, a police car drove up the hill and took her back down and to the hospital in the awaiting ambulance. The next day, Sunday, I spoke with her briefly; she was in good spirits and felt fine, a little tired maybe, but was focused (maybe fixated) on the fact she didn't get to finish. Her mood was primarily disappointment.

I was finishing my rounds of the checkpoints, now at Sample Station Checkpoint #5 (mile 31.5) with Marshals Colette and Joey, when the call came. Hiker down. In the woods "a mile after the railroad track turnoff". I jumped in the car, raced to the nearest entry point, and ran down the trail to the scene. A strong-looking, muscular woman had collapsed. Medical personnel were called immediately and within just a few minutes I met them on the road to lead them to our fallen comrade. After an initial assessment on the scene, it was decided a rescue team would have to come in and get her out to the ambulance. She was admitted to the hospital and remained hospitalized until Friday, six days later, being in intensive care until Thursday. Meanwhile, we prayed for her recovery. I spoke with her on Friday morning, and, wouldn't you know it, her only complaint was "I didn't get to finish. I was only 1.5 miles from the end and I didn't get to finish". She indicates that she loves the Challenge and will most likely volunteer to help out with the event next year rather than hike it.

Other "Trail Stories"

The HIP (Hostelling International Pittsburgh-the Challenge organizational sponsor) team, consisting of President Kyra Straussman, and Hostel staff Ada Bosonetto, Brian Funk, and Nicole Mannino were last seen somewhere between Bull Creek and Sheetz in Creighton, smelling the flowers; it was reported, however, that they were having a great time!!

One Challenger, who finished up at North Park, went home to shower and clean up and then returned to North Park to cheer in other finishers, reported losing 11 pounds on the day, weighed on his home scale.

George Bender lost his hat somewhere on the trail; he, all of a sudden, realized it was gone. Seeing me at Agan Park, he literally begged me for my extra hat (I always carry on), saying that there was no way he could finish without a hat. So I loaned him my spare hat, and he did finish, 7:12 PM. Congrats, George, and, you're welcome.

Dario Donatelli and his son Dario Donatelli, Jr. finished at 4:19 PM, looking pretty healthy at the end. In truth, Dario, Jr. looked a little fresher than Dad. Dario, Jr., at age 12 may be the youngest finisher ever.

Alexis Rzweski came ready to go hiking at Harrison Hills Park bright and early at 5:30 AM on **Sunday!!** Guess what. There wasn't a soul around. Alexis asked for his t-shirt later that week and I gave it to him at Open House, Thursday night. Then, because he felt he owed the trail some sweat, Alexis roused a couple of friends out of bed early the next weekend and they went out and hiked a cool 20 miles. I guess he earned the shirt.

Barb Peterson (Babs) got separated from her trail partner, Frank Noll, early on in the Challenge. Barb was feeling bad for Frank thinking she had left him behind, and, "what if he got lost" or "what if he got discouraged and quit" or "what if ...". Finally, at Shafer Road Checkpoint #4, she thought to check the time roster and found he *was ahead of her!!* By 15 minutes!! Off she went, like a bat out of ..., and, lo and behold, she caught up to him. They finished together at 5:03 PM.

Congrats to Gerry Vaerewyck and Gene Pochapsky; these two have been trying to finish the Challenge since '96. In '96, they bailed out at Bailey's Run (going eastbound) because time was running out. Something else happened in '97. This year they finished at 8:34 PM.

For the record, we had 250 registrations, 36 no-shows, putting a total of 214 hikers on the trail. We had 96 hikers who finished within the time constraint of "sunrise to sunset, 5:50 AM to 8:54 PM" and 3 more who finished after hours. We had 96 who made it as far as the Rachel Carson Homestead, of whom 66 stopped there (Half-Challengers) and of whom 30 continued past but did not make it to North Park. We also had 14 dropouts before the Homestead. We also had 5 "creative" hikers who started and/or

stopped in places other than Harrison Hills or North Park.

Now, the Trail returns to its normal pace, lone hikers, couples and small groups, a few trail runners, hardly ever intersecting paths on the Trail. The Challenge ensures the future of the Trail, by not only putting a few hundred boots onto the treadway, cutting in a permanent trace, but by providing funds for maintenance supplies like cutting tools and tool repairs, paint, brushes, and postage for mailings designed to recruit maintenance volunteers. The Challenge also benefits the (AYH-American Youth Hostels) Pittsburgh International Youth Hostel by relieving it of the financial burden of funding trail activities. For all these benefits, Leo and I thank Ben, Ron, Sue, Trisha, Jim Jr., Jon, Vince, Blanche, Jack, Tim, Jo-Ann, Kathy, Colette, Joey, Margie, Vaughn, Nicole, Barb, Steve, Greg, Stan, Marilyn, Hugh, Jerry, Jessica, the "other" Nicole, Wade, all of our other helpers and supporters, and all our sponsors; and we all thank you-all, the Challengers, for making this the best Challenge Day ever.

See other Rachel Carson Trail Challenge letters and stories in this issue.

Also, go to our web site for photos from the Rachel Carson Trail Challenge 2000:

<http://members.xoom.com/rachelbaker>

(Continued from page 1)

Another encounter was a woman living in Riddle Run Road who said that the trail used to be on her property, but she didn't give authorization this time for the trail to be on her property. "Well, you know, it's private property. I don't want people painting trees everywhere, throwing candy wrappers. Rachel Carson never hiked this trail". When comparing an old trail map with the current map, I noticed that the trail was once going directly from the radio tower to the bluff overlooking the New Kensington bridge. Now, the trail goes on a lengthy detour along a paved road.

On the bluffs facing the river, had lunch and took pictures. Annemarie fell asleep. I took advantage by taking close-up pictures.

Halfway between Freeport Road in Springdale and Peterson's Nursery, Annemarie and Reed really wanted to bail out. They had it. A phonecall to Reed's wife went something like this: "Well, I got two more hills to go". Annemarie too was on her last drops of life. So we took a side road to get us out of the roller-coasting pipeline, and then hiked along the Butler-Logan Road to the nursery. From there, the "last hill" was easily crested, to yield a view of "last descent", and a quite spectacular one. As we entered Harwick, and the feeling" of the parked car being near, Annemarie felt compelled to call a friend with her cell phone and tell the tale of how she did 20 miles on foot. She was still talking when we got to the car, still taking when we were inside the car, and still taking when I started to drive *her* car. It was 4:30 PM.

The trail will be remembered for some its small details: a cemetery of junk cars, models going back to the 40's, lying in rest in the quiet of the forest; going through the playground of a small elementary school; the horizontal lighting poles protruding forward at the base of a highway sign; the anchorage to the ground of four radiating steel cables that hold at different heights a radio antenna hundreds of feet away; the porch and patio of the house above Peterson's nursery, painted in "Frank Lloyd Wright red".

The only litter item we found was a card of the University Shop that made the RC Challenge 2000 shirts. Otherwise, not even a scintilla of human passage was found, aside from the stomped grass on the grounds of the gas and power lines.

Driving towards Harrison Hills to pick up the second car, we could recognize the trail pathways visible from the expressway ("hey, there: that's the trail!"), and in some cases, even spot a couple of yellow blazes. "You are going to dream yellow blazes tonight", I told Annemarie. And speaking of blazes, that reminded me on the "craft" of blazing a trail. Sure, as a blazer, you feel compelled in blazing informatively, so to ensure that the hiker doesn't get lost, but you don't want to over do it, otherwise the beauty of a natural habitat be distracted by a one-too-many prints of human signature. And walking the trail, I could "feel" the blazer's intent of providing direction, and yet, done in a way so to keep nature pristine.

Rachel Carson Trail Challenge 2000: Letters from Challengers

I just wanted to send you a short note to thank you for all your efforts in organizing an event such as the "challenge". I hope that everyone made it safely to their destination and that there were no serious injuries.

Dario Donatelli and Son.

p.s. We'll contemplate future participation in the event as physical and mental pain of yesterday become fond and distant memories.

I participated in the Rachel Carson Challenge this past weekend and just wanted to drop you a quick line to thank you for the opportunity. It was unlike any other endurance race I've ever done. Thank you and all of the volunteers who gave their time to help out. It was a great event and a truly difficult challenge.

Take care,

Andy Woods
Cincinnati, OH

Rick is fine; it seems the heat was too much. After we left you, he drank some Gatorade (which I think you recommended), got cleaned up at my apartment and we went out for pizza that night. He was pretty disappointed that we didn't make it all the way. By Sunday we both had recovered enough to drive over to Johnstown. I talked to Don Erdeljac and learned he made a concerted effort to get as far as possible during the cool morning hours. We'll adjust our strategy next year.

By the way, thanks to you and Leo for setting up the Challenge. It's really a unique, fun event to be part of and I really appreciate all the work you folks do. And let me know if you need any help setting it up next year.

Steve

Just wanted to drop you a line to congratulate you on a remarkably well-run RCT Challenge this past Saturday. I had a great time and was very impressed with the volunteers' efforts to make the hike easier for all of us. Through the hike I not only challenged myself physically and mentally, but also experienced a part of Western PA I had previously never seen. Thanks again for all of your hard work in orchestrating the event. Your efforts, and those of all of the volunteers, were evident and appreciated.

Take care,

Jeff Ellis

The RC Hike was very well organized. As a hiker I was really impressed. Now if you could just do something about the temperatures.

Jim C.

I was really impressed with the organizational success of the RC challenge. Not only did it go well, but the happy trekkers thanked me as they went by. An outstanding example of hard work by you and your crew of an not so easy job.

Ben (Trail Marshal and VP of Hostelling International Pittsburgh)

I had a great time last weekend. Just put me on the list for next year!

Nicole (Trail Marshal)

I was a first-time participant in the 2000 Challenge. I have included a quote from Calvin Coolidge that I thought would be an appropriate posting on the web site:

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."
--Calvin Coolidge

I finished the challenge along with three friends of mine. I have to say that this is one of the more challenging things that I have accomplished in my life. That day tested our persistence, determination, and discipline. Around the 20 mile mark, I had noticed problems with my shins and related muscle groups (Tibius Anterior). Going into the Challenge, I vowed that quitting was not an option and that we would all finish the trail by days-end. So, I pushed for the remaining 14 miles (at some points on my hands and knees). It would have been very easy to say "I quit" and fall out of the race. Quitting was not an option.

I found out the following Monday that I had separated by Tibius Anterior muscle from my Tibia on both legs. My doctor was amazed how I was able to complete the hike (pain and loss of strength) in this condition. My teammates suffered from severe leg cramping, chaffing, swollen feet, and blisters. A lot of people think that my continued effort in the hike was not the smartest decision to make. I beg to differ. I was physically able to complete the Challenge. Eventhough I may have made my condition worse by continuing, I know that I have the strength and discipline to overcome physical impediments and meet my goals. I think this day was more a test of mental conditioning than it was physical. I think that these feelings were shared by my teammates and the numerous participants who completed the Challenge.

I wanted to share my experience with you as an example of the dedication, persistence, and discipline that was present in everybody during that day. I saw many hikers that were persistently pushing forward in light of their aches, pains, and injuries. I would like to congratulate all who completed the challenge. I think we all have one thing in common: we are people who facelife's challenges and difficulties head-on and do not quit in the face of these challenges and difficulties.

Good luck throughout the year and hope to see you next year.

Joe Wolf

It was a pleasure to meet you and all the volunteers on Saturday. I wanted to compliment you on a truly enjoyable and well organized event. It was great to meet all the walkers from different backgrounds and age groups. What an interesting variety of people your event attracts. I was also amazed at how clear that previously overgrown section of the trail was. It was almost unrecognizable. I'll probably see more of you and the other folks in the future since I plan on joining AYH ASAP. Just out of my perverse curiosity, how many people wound up finishing on Saturday? Again, thanks for everything Jim.

Kevin O'Connor

Sorry, forgot the best part -yes we got out and did approx 4 miles between North Park and Boston Market. It went really well. The renewed family route directions were in case the internal personnel didn't work out with rides etc., but it did, and we are already looking forward to next year. How many folks finished? Thanks again.

Dave

**Thunder Mountain
Native American Festival**
AT the Conemaugh Dam
Sat. August 19th & Sun. August 20th
10:00AM - 6:00PM
Rain or Shine
Festival events include
Cultural center
Dancers
Children's Theater
Native American artists
Storytelling
Craft Booths
Native Foods
FREE ADMISSION

Golden Triangle - Pittsburgh Council, American Youth Hostels

Mon Valley Century Bicycle Tour
Sunday, August 20, 2000
Presented by
Hostelling International Pittsburgh
and
Monesson Amateur Radio Club

Start The MVC will start in Elizabeth, PA at the dance studio. Pick up registration packets containing map, rider number and related items before starting your ride. There will not be a mass start – please feel free to start as soon as you register. Registration opens at 6:30 am. The following starting times are recommended so you will not be too early (or late!) for any of the rest stops.

100 and 70 miles: 6:30 am - 8:00 am
50 and 30 miles: 8:00 am - 11:00 am

Route Large sections of each ride follow the Monongahela River. The scenery varies from industrial towns to spectacular views of the river and wooded hillsides. You will have a choice of 100 miles, 70 miles, 50 miles or 30 miles. The 100 and 70 mile routes are composed of equal portions of hilly, rolling, and flat terrain. The most challenging climb occurs just out of Brownsville and is nearly two miles long. (The other hills are gentler). The 50 and 30 mile rides are flat to gently rolling with the exception of one medium hill just south of Elizabeth and are well suited for intermediate and beginner riders. All routes will also be marked with arrows on the pavement where practical. A map of the route will be provided.

Food A lunch stop is included for all riders. 70 milers will receive one additional snack stop, and Century riders will receive 2 snacks in addition to lunch. There are also many convenience stores along the route.

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

Cost \$14 postmarked by August 11, 2000; \$17 thereafter and on the day of the ride. (Please note that T-shirts are not included in the basic price.)

T-shirt \$8: Only riders who prepay for a T-shirt with their registration by August 11 will be guaranteed to receive an MVC shirt. There will be a limited number of shirts for sale on the ride day (mostly L and XL).

Contact:

AYH Office: 412-431-4910
AYH Fax: 412-431-2625

Helmets AYH requires all cyclists in this event to wear an approved bicycle helmet. Look for helmets meeting ANSI Z.90 or Snell B90 standards.

Proceeds Proceeds from the MVC will be used to support the new Pittsburgh International Hostel. Call 412-431-1267 for more information.

A portion of the proceeds will be used to help the Monesson Amateur Radio Club maintain their equipment. MARC is a community service organization that can provide vital communication links during weather emergencies and other natural or man-made disasters. In addition, they actively participate in community events such as air shows, marathons and parades. MARC has also been a vital part of the Mon Valley Century for the last ten years.

World Wide Web Interested in more information about AYH and Hostelling International? Check out our web pages at <http://trfn.clpgh.org/ayh/>.

2000 Mon Valley Century Registration Form

One rider per form, please. Copies accepted (be sure to include release form on back). Please write legibly.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Emergency Phone for Ride Day: _____

I plan to ride (check one): 100 70 50 30

Age (check one): Under 18 18 or older

T-shirt (if ordered): S M L XL

Registration

(\$14 by Aug 11, \$17 Aug 12 or later) \$ _____

T-shirt (\$8): \$ _____

Donation for Hostel: \$ _____

Total: \$ _____

Check/Money Order payable to "Pittsburgh AYH".

Visa Mastercard Discover/Novus

Card # _____ Exp Date: _____

Signature: _____

Mail to: AYH - MVC
830 E WARRINGTON AVE
PITTSBURGH PA 15210-1595

Include a self-addressed stamped envelope for confirmation.

You must sign the liability release to participate.

2000 Mon Valley Century Waiver

In consideration of your acceptance of my application for entry in the Mon Valley Century Bicycle Tour, 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 in the Mon Valley Century Bicycle Tour.

I, the undersigned, discharge, and release the promoters, the sponsors, Hostelling International, Pittsburgh Council, American Youth Hostels, Inc. and their respective agents, boards, commissions and any other involved municipalities, and employees and representatives of the foregoing from all liability, arising out of or connected in any way with my participation in this event, whether or not caused by the negligence of any of the above parties.

I acknowledge that the Mon Valley Century Bicycle Tour involves riding on public roads which are not closed to other traffic and which may have other hazards including hills, potholes, loose gravel, and sewer grates. 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 this event. I attest that I am physically fit and sufficiently trained for the completion of this event. I hereby consent to and permit emergency treatment in the event of injury or illness while participating in the event. I understand and agree that medical or other services rendered to me by, or the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such services, and is not a waiver by any of said parties of any right hereunder.

I understand that serious accidents occasionally occur during bike rides and that participants in bike rides occasionally sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume these 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 whatever kind or nature. I attest that the bicycle and equipment I will use in the Mon Valley Century Bicycle Tour are in good mechanical condition. I agree to wear a helmet meeting either the ANSI Z90.4 standard or Snell Memorial Foundation 1984 standard while riding in this event. I agree to abide by the rules of the event as established by the promoting organization and to obey the directions of the officials.

I hereby grant full permission to Pittsburgh Council, American Youth Hostels and/or its agents to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.

I have read and understand everything written above and voluntarily sign this agreement.

Signature of Participant _____ Date _____

Signature of Parent/Guardian _____ Date _____
(if registrant is under 18)

New Chicago Hostel Opening Soon



This fall, thousands of young travelers will discover all Chicago has to offer - thanks to an exciting new hostel under construction downtown. The Chicago hostel will be the fourth-largest in the world, and will serve as a model for future youth hostels everywhere. Part of Hostelling International- the oldest and largest network of hostels in the world- it will also stand as a symbol of Chicago's commitment to international exchange and understanding.

The 500 bed-facility will draw visitors from around the globe, serving both the international travel community and the city itself. For many, the hostel's affordable downtown location will make a trip to Chicago possible. While there, a variety of hostel programs will

help visitors truly experience the city. For local residents, the Chicago hostel will offer travel education workshops that encourage them to explore new places and cultures. And a large Student Center on the hostel's second floor will serve as an activity hub for students from 43 Chicago-area colleges.

The Chicago hostel project is a first for the city, and a milestone in the movement to encourage international youth travel, education and cultural understanding.

For more information on the Chicago project or for donations, call Susan Hyatt at 202/783-6161 ext. 145, or e-mail shyatt@hiayh.org. Donations can be made via phone, email or through our Online Store.

The Chicago hostel is expected to open no later than October 2000. Individual reservations for the Chicago hostel will be taken June 15. Group reservations can be made now at (312)360-0300. The Chicago Summer hostel which is located four blocks from the new hostel will be open from June 15th - August 1st to accommodate our guests until the Chicago hostel opens.

**Chicago, Illinois
HI-Chicago Summer Hostel**



Hostelling International-Chicago Summer Hostel

Come to Chicago and experience the city where blues music was born. Enjoy Chicago's free festivals all summer in Grant Park- only blocks from the hostel. Attractions such as the Art Institute, Field Museum, and Shedd Aquarium are within walking distance of the hostel. Enjoy free walking tours from the hostel and low-cost sailboat rides on beautiful Lake Michigan. See Chicago atop the skyscrapers, Sears Tower, and John Hancock Buildings. The hostel, convenient

to public transportation, offers 24-hour access.

Price: 19-20 U.S. plus tax

Open dates: 6/15-8/1

Office hours: 7 am-midnight

Access hours: 24 hours

Beds: 226

Facilities: kitchen, meeting room, storage, laundry

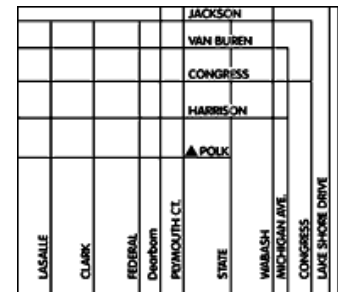
Reservations: advisable; accepted by Mail/Phone/Fax/IBN International Booking Network with credit card

Credit cards: MasterCard, Visa

Address: 731 South Plymouth Court
Mail Address: P.O. Box 0452 Chicago, IL 60690

Phone: 773-327-5350 (summer),
312-360-0300 (off-season)

Email: reserve@hichicago.org



Directions: Downtown on Plymouth Court at Polk St. between Dearborn and State.

Airport (O'Hare): subway to Jackson. Exit Dearborn, go south 4 blocks to Polk; turn left; go 1/2 block to hostel. Airport (Midway): "L" to State/Van Buren: Exit Van Buren, walk east 3 blocks on Van Buren to Dearborn, turn right. Walk south 3 blocks on Dearborn to Polk, turn left. Walk 1/2 block to hostel. Amtrak: #1 bus to Jackson and Dearborn; walk south 4 blocks on Dearborn to Polk, turn left. Go 1/2 block. Greyhound: #60 bus to Jackson and Dearborn. Walk south 4 blocks on Dearborn to Polk, turn left. Go half block.

CASPARIS CAVE

by alexis rzewski <alexis_rzewski@hotmail.com>

Saturday six people went to Casparis Cave, on the Chestnut Ridge near Connellsville, PA. This Sierra Club outing trip was lead by Norm Snyder, who is 61 years old, and resident of Pittsburgh. Participating were Steve, Mark, Alexis, Monica, Annie. Steve and Mark have been going caving with Norm for several years. For Alexis, this was his third caving trip in three months. Monica and Annie, both 23 years old, are from Michigan and traveling to Washington DC, and decided to stop in the Pittsburgh area for the weekend. Using the internet, they discovered that the Sierra Club had this caving trip scheduled and contacted Norm by phone before leaving Detroit. "I think this is the farthest anyone came to do one of my cave trips", Norm would latter say. For both Monica and Annie, this would be the first caving trip.

The rendez-vous was at 10 AM on the parking spot in front of Taco Bell on Braddock Avenue near the I-376 intersection. Casparis Cave is located two miles south-east of South Connerville, and easily reachable by vehicle on a gravel road. There are actually two caves: "Big Casparis" and "Small Casparis". The "big cave" is man-made, a limestone mine, with ceiling vaults 80 feet high and 60 feet wide, so large that ATV enthusiasts drive into one of the four entrances (and unfortunately leave beer cans and other litter). The "little cave" is a small opening on the side of a limestone cliff, reachable by hiking a narrow trail in thick vegetation.

The cave immediately presents some narrow passages. A stream of water four inches deep at the most is often found. Not as extensive as Bear Cave, the cave ends with a waterfall of water dropping for a high chamber. Several large rooms, or chambers, dot the cave length.

A family of four was also caving. The youngest of the group was four years old, wearing a helmet with a headlamp. He could crawl easily through the tightest spots.

Pictures were taken using throw-away cameras (with flash, of course), and soon will appear online.



