

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 4

JUNE 2000



Hostelling - International Pittsburgh PA



Now Open

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



Be Sure To Visit:

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

RCTC2000-June 24, 2000

"34 Miles in One Day"

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

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

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

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

NEW! NEW! NEW! NEW!NEW! NEW! NEW! NEW! NEW!!

CHALLENGE SHUTTLE SERVICE NOW AVAILABLE

A shuttle service has been arranged for the Rachel Carson Trail Challenge 2000. The shuttle bus will arrive at North Park at 4:15 AM, load for 15 minutes, and then depart promptly at 4:30 AM. The bus will then go to the Springdale High School Parking area near the Rachel Carson Homestead in Springdale, arriving at 5:00 AM, load for 15 minutes, and, once again, leave promptly at 5:15 AM. The shuttle will arrive in Harrison Hills Park at the Ox Roast Shelter in time for you to be on the trail at the "crack of dawn", 5:54 AM. Cost for the shuttle is \$5 in advance with a guaranteed seat or \$10 on site on a space available basis only. If you want to take advantage of the shuttle service, send a check (no cash) for \$5 to H.I.P. Shuttle, 830 E. Warrington Ave, Pittsburgh, PA 15210, postmarked no later than June 17th. **Be sure to indicate if you will board the bus at North Park or at the Springdale High School parking area (on Marian Avenue in Springdale) near the Homestead.** Nonrefundable. If you have any questions, please call Steve at 412-512-4544 or send email to: steve@thcoregrp.com

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



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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INTERNATIONAL

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NOTICE

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

July ISSUE
All copy, June 1
Binding/Mailing, June 15

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 1999.

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

Editor...

UPCOMING SLIDE SHOWS

June 1: Joyce Appel and Paul Henry, "Travel In Zimbabwe". Foot safari to track white rhinos. Black rhinos live in the forest. Aerial pictures of Victoria Falls. Stay at Missouri Ranch.

June 8: Kyaw Win, "A Journey Through Myanmar On A Bike". On the old Burma Road. From the China border down to Rangoon. Amazing ruins of the city of Pagan.

June 15: Cake and icecream party.

June 22: John Kocon, "Backpacking In Montana And Wyoming, Hiking In Pennsylvania". See the Bob Marshall Wilderness, the Wind River Range, and the Baker Trail.

June 29: We show the 16 mm film "The Emperor's Eye: Art And Power In Imperial China". Displays the priceless treasures of China's imperial art collection. Offers a glimpse of another culture and age.

July 6: Alexis Rzewski, "Hiking In Italy: Dolomites, Abruzzi, Etruscan Necropolis, Venice".

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

Oops...

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

Mail regarding the Newsletter should be addressed to:

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

Office: (412) 431-4910
or

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



Pittsburgh Council Hostels

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

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

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



HOSTEL HAPPENINGS

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

Special activities and events at the hostel

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

Potluck Dinners!

Wednesday, June 21 @ 6:30pm

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

Budget Travel 101 Workshops!

Wednesday, June 14 @ 6:30pm

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

Volunteer Opportunities:

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

Examples of volunteer positions available at the Pittsburgh Council:

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

Pittsburgh Hostel Wishlist:

The Pittsburgh hostel is in need of the following items. Any donations are greatly appreciated.

- Van (or any vehicle) for shuttling guests to Fallingwater/Ohiopyle hostel, airport, guided daytrips, city tours, etc.
- Commercial coffee maker or espresso machine.
- Small armchairs
- Lamps
- Small Couches
- Computers, color printer, scanner
- Artwork/posters for hostel walls
- Indoor bike rack, tire pumps, bicycle toolkits
- Television/cable sponsorship.
- Walllocks
- Security Cameras for parking lot

Donations of baked goods and/or yard sale items for our Saturday, July 29 Bake Sale & Second-Hand-Sidewalk-Sale fundraising event. (More details to come in the July newsletter).

Call Jessica or Nicole at the hostel for more details. 431-1267.

The Pittsburgh Council of Hostelling International would like to thank the following individuals and institutions:

- **Saint Paul's Retreat Center** for hosting the council's retreat on April 15.
- **Travis Major, H.I.'s National Outbound Travel and Education Director** for coming to Pittsburgh to train Pittsburgh, Buffalo, Columbus, and Chicago hostel staff and volunteers to present effective World Travel 101 workshops.
- **Geographers** from around the world who stayed at the hostel in large numbers for the Geography Conference in Pittsburgh. We enjoyed having you!
- **IKEA** for donating a beautiful set of kitchen chairs to the hostel.
- **Marc Reisman** for his tenure and service to the Pittsburgh Council of AYH.
- **Larry Laude** for his generous monetary donation (as well as all the time and effort and patience) to the Pittsburgh Council of AYH.

(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

AYH Librarian Needs Help!

AYH Librarian Needs Help!

I have only 1 copy of the Feb/Mar 1999 newsletter. If anyone has a copy they care to give to the librarian, please call me, Joel Platt, at 412-521-5244 or email at joelplat@yahoo.com

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

At the retreat held April 15, high above the Southside at St. Paul, the board and staff of the the Pittsburgh AYH gathered for a discussion on the future of our hostel and local organization.

Two major issues came to the fore; the status of our hostels, and the status of our outdoor group.

As came apparent, the board has centered attention on the pressing issue of financing and staffing for a number of years. These issues are certainly critical, and very time consuming.

The second issue of extensive discussion was of our outdoor program, the trip leaders, chairs and active members who make up our outdoor activity program, their time honored tradition, and where we stand.

The majority of the board has very little exposure to our long tradition of sponsoring activities. And as far as I found by going to various trip planning meetings, very little is known by most of the outdoors men and women of the boards makeup or doings.

So, I would like to invite the board of directors, as well as trip leaders and chairs to meet.

More precisely, at the Allentown hostel, Wed. June 21. Food and refreshment will be served, complements of yours truly, at 6:00 PM. Discussion from 7 till 9.

Suggestions on thoughts to bring up :
What you like about the Pittsburgh AYH.
What you find troublesome.

How the relationship between the board and outdoor activities can be improved, changed, redefined.

Also, a chance to get to know each other.

I hope to encourage opening up some channels of communication. We are unique in Pittsburgh in having a wide range of equipment. We still have some outstanding people in canoeing, kayaking and climbing who have taught the safe use of these skills for years. I would like to see these skills passed on in Pittsburgh for another generation to enjoy. I hope you will come and see how we can do just that. And finally, my personal thanks to Jessica, our hostel manager, for letting us meet in Allentown and for her enthusiastic support.

Ben

**CANOEING**

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

The April trips were fun and well attended. Because of trout season, the Buffalo trip was re-routed to the Mahoning. Low water moved the Laurel Hill trip to the Casselman where lots of beaver activity and wildflowers were viewed. The Tuesday night schools are off to a good start, and more trips and schools are planned for aspiring students.

May 26-29 Jon and Becky Maiman (412) 242-7179

The river has yet to be picked for the annual Memorial Day canoe camping trip, but a good time is guaranteed. Call for information.

Saturday, June 3 Paul Henry (724) 347-3282

Join Paul for a flatwater trip on the Shenango River, one of his favorites---call for details.

June 4-10 DCNR Conemaugh/Kiski Sojourn

Saturday, June 10 Brian McBane (724) 443-8972

Brian will teach moving water skills, as a follow up to Tuesday night classes or for those who need a review of the basics.

June 11-17 Yough Sojourn

Volunteers are needed to help with canoe instruction--call Bob McKinley (724) 872-5586 for more information.

For the past ten years DEP has sponsored a River Sweep clean up of the Ohio River and its tributaries in the middle of June. Locally, Sylvan Canoe Club is a site from which clean-up crews are dispatched. Betty Mallison (412) 442-4182 takes names of people who want to volunteer or report a site that needs attention, and should be able to provide a correct date. Paddlers are very sensitive to litter and work to keep put-ins and take-outs trash free. If you can spare a few hours, the River Sweep is a good way to make a big difference!

Sunday, June 18 Eric Nilson (412) 487-3255

Father's Day Paddle, Eric's choice.

June 24,25 Tandem Canoe Clinic sponsored by Ohiopyle State Park, instructors from TRPC. Learn to paddle or improve your skills on the Middle Yough. Call the park (724) 329-8591 for more information.

July 1-4 Eric/Shelley Nilson (412) 487-3255

Annual July 4th canoe camp---river to be determined according to water levels.

Saturday, July 8 Brian McBane (724) 443-8972

Moving water school, a repeat of June 10.

Wednesday evening paddles at North Park Lake continue throughout the summer. Bring your own boat, PFD, whistle and flashlight. Park at Babcock and Pierce Mill lot for put in. Time is flexible. Call Shelley Nilson (412) 487-3255 for more info.

OUTDOOR COOKBOOK FOR SALE BY LOCAL SCOUTS

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

Rambles For Spring 2000**May**

May 31 Beechwood Farms (hilly). Bag lunch. Margaret Laske. 421-5219

June

June 7 Aspinwall. John Hartman. 241-5031

June 14 Nevillewood. Helen Brownhill. 279-3672

June 21 Troy Hill. Lunch at Allegheny Brewery. Marilyn Ham. 687-4520

June 28 Blackridge. Bag lunch. Alex Federowicz. 421-0922

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

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



BICYCLING

Two Bicycle Rides a Success

On April 29th, 8 bicyclists rode the approximate 36mi. round trip between Connellsville and Ohio. It was a sunny spring day with lots of wildflowers and waterfalls along the way. Led by Bob and Mariann Brayer.

On Sat., May 6th, 6 bicyclists rode 27 miles on some of the most scenic country roads in Western Pa. There were moderate hills, and it was hot but we stuck together and cheered each other on. The ice cream was delicious at Brusters. Led by Joan Roof and Sue Groskin.

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!

Additional Bicycle Rides added to the schedule

June 3rd Sat. Twin Lakes Ride. This ride is 23 miles and is in Westmoreland County. The scenery is beautiful and there are some hills, but nothing too scary. The pace will be gentle. Call Joan Roof for the meeting place and time. (412)351-2061

June 11th Sun. Antique, Candy and Ice Cream Fun Ride. This ride will be about 20 mi. with several stops for antiques, Sardis Candy and Ice Cream. On roads in the Canonsburg area. Relatively flat - but fun! Led by Sue Groskin and Joan Roof. Meeting at 9:30AM at Sardis Candies in Canonsburg. Call Joan 412-351-2061

June 25th Sun. Allegheny Rive Ride. Did you know you can ride from Blawnox to Tarentum and back using flat roads, getting onto the back streets in the towns as you go (there is a famous ice cream stop in Cheswick). Call JoAnn Bary at 724-339-7472 or jbary@kiski.net

July 15th Sat. Ride one of the most scenic sections of the Yough Trail from West Newton to Boston and back, a distance of about 30 mi. In the middle we will take a hike at Dead Man's Hollow. Bring a Lunch. Call Grace Pischke at (412)731-0966 for details.

July 18-19-20 Tues/Wed/Thur Stanford House Hostel in the Chuyahoga National Recreation Area in Ohio. A change of pace! A midweek trip. Enjoy the many rail trails and tow paths without the large crowds. This is a wonderful place in mid-week. There is an old stone quarry turned into an "old swimming hole" to cool off. Come enjoy. Call Joan Roof 412-351-2061

September 8,9,10 Niagra on the Lake weekend. This is a splendid area for bicycling due to the bike path the entire length of the Niagra 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 7th&8th Wilderness Lodge Biking Weekend. Details not available at this time.

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 Roof at (412)351-2061 to share your ideas.

HELMETS ARE REQUIRED

Events and news courtesy of George Schmidt

The new revised Allegheny Trail Alliance website is out and ready for your perusal. www.atatrail.org

June 16-25 "Y2K TREK - THE SECOND ANNUAL YOKATOMAC TREK Bicycle from Washington, DC to Pittsburgh via rail-trails. Limited riders. Camping. Sponsored by WPW Bicycle Club. For more information:

www.atatrail.org/yoktrek/y2ktrek or contact: ned@washtool.com

Ride with the through trekkers from McKee Marina to Cedar Creek Park or Connellsville. Schedule:

- > 9:30 a.m. Bagels and fruit at McKee Point Marina in McKeesport
- > 10 a.m. Grande Departure from McKee Point Marina
- > Noon - Lunch and fun at Cedar Creek Park
- > After lunch, return to McKeesport or ride on with through trekkers to Connellsville.
- > SELF SHUTTLE.
- > Y2K shirts will be available for purchase on site.
- > \$6 per person includes lunch at Cedar Creek and bagels/fruit at McKee Marina

JUNE 18 WHEELMENS ANNUAL GATHERING (WAG), Greene County Courthouse, Waynesburg, PA 8:00 a.m.
The 2000 Wheelmen's Annual Gathering (WAG XXXI) will be held in Waynesburg,

Greene County on Sunday, June 18, 2000. Yes, Father's Day. The Greene County Tourist Promotion Office has produced some great bicycling maps. These will be the routes we use for WAG. The rides are: the Waynesburg Workout Ride, 11 miles; The Brave Ride, 34 miles; and The Road to Prosperity, 35 miles. Riders may ride distances of 11 miles, 35 miles or 70 miles. WAG participants will receive, food and beverages at registration; Rest Stops on the 35 and 70-mile rides; Marked roads; SAG wagon service; T-shirts for pre-registered riders; Greene County Bicycling Maps. Registration Fee is \$12/ rider before June 4 and \$15/rider after June 4 and the day of the event.

Waynesburg is located an hour south of Pittsburgh on I-79.

For more information call George Schmidt, 412-521-1538 or e-mail: wpwgeorge@aol.com

June 4 Yough & Roll, Mon/Yough Trail Council, Boston, PA. Yough River Trail. A level 15-or 40-mile ride at your own pace along the Yough River Trail. Rest stops, Sag Wagons, Fully equipped communications support. Registration begins at 8:00 a.m. at the Boston Fire Hall. 8-9 a.m. start for the 40-mile ride. 9-10 a.m. start for the 15 mile ride. Entry fee: \$12 before May 20, \$15 after May 20. For more information call 412-754-1100, mailbox #4.

June 4 O.T.H.E.R. ride Over The Hills Enjoyable Riding. The ride is replacing the Pedal The Lakes and Tour De Two Tired rides, which are taking a break this year. But it benefits the Greenville Area. Leisure Services Association. Riverside park on Alan Ave. (just off route 58) in Greenville, Mercer Co. There will be 5 routes, a 12 mile family ride with a halfway cutoff and three 33 mile routes, which you can ride one loop or all three. All rides meet back at one central location for your convenience. Sag service will be provided for all routes. Showers are available at the Greenville Recreation Center. Bring a towel. LUNCH will be provided for all routes, starting at 11:00 a.m. except for the 12 mile route. A snack will be provided for this route. REGISTRATION opens at 7 a.m. and ends at 9 a.m. at the Greenville Recreation Center.

	Before 5/20	After 5/20
12 mile family ride for whole family	\$12	\$12
any or all 33 mile routes	\$12	\$15

Phone (724) 588-4810 E-mail: other@bikerider.com or GALSA Recreation Center, P.O. Box 244, Greenville, PA 16125

June 11 Trail Appreciation Day, Cedar Creek Park, Pavilion 19, Westmoreland Co. Westmoreland Youghiogheny Trail Council. We invite all our trail friends to join us for free food and drinks and information. Time - 11:00 to 3:00 For more information: biker116@stargate.net

June 2-5 The Covered Bridge Rally, Bloomsburg University, Bloomsburg, PA Call (202) 822-1333 or the web at www.bikeleague.org

June 4 Tour de Cure, LaRoche College, minutes north of Pittsburgh. Rides of 32, 60, 72 and 100 miles. \$15 early registration plus raise a minimum of \$75. Benefits American Diabetes Assn. For more information: Phone: 1-888-342-2383. Website: www.diabetes.org/tour

June 17-24 Great Ohio Bicycle Adventure Outdoor Pursuits, P.O. Box 14384, Columbus, OH. 43214 614-447-0971, www.goba.com Ride Limited to 3000.

July 23 The Great Ride, Pittsburgh, PA

See Page 7, MORE BICYCLE RIDES

Thirteen State Rail-trail Bicycling Excursion

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

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

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



HIKING/BACKPACKING/TRAILS

June 3 Saturday Jim Ritchie 828-0210
NATIONAL TRAILS DAY: The "June Hikes" on the Rachel Carson Trail; Hike #1: Harrison Hills. On the "June Hikes", we will get ready for the Rachel Carson Trail Challenge 2000. In a series of four hikes, we will trace the route just as you will encounter it on June 24th. This is the first of four hikes covering the 34-mile Rachel Carson Trail end-to-end. This hike begins at Harrison Hills Park, skirting the bluffs over the Allegheny River, covering some easy and pleasant terrain. Then we hit Burtner Hill, one of the biggest and toughest hills on the Trail. The last mile to Bull Creek Road consists of quick-paced road-walking. About 8 miles, moderately strenuous, intermediate level hiking. Call Jim for more information and reservations. email: jimritch@aol.com.♦

June 4 Sunday Jim Ritchie 828-0210
Rachel Carson Trail, Allegheny Vistas. This is the second of four hikes covering the 34-mile Rachel Carson Trail end-to-end. We will start on Bull Creek Road near Tarentum and tackle Bakerstown Hill, Bailey's Hill, Creighton Hill, and Murray Hill in short order. We will finish along the bluffs over the Allegheny River near Springdale. About 8 miles, intermediate hiking, moderately strenuous. Be sure you've gone 8 miles before, don't make this the first time. Call Jim for more information and reservations. email: jimritch@aol.com.♦

June 10 Saturday Jim Ritchie 828-0210
Rachel Carson Trail, The Roller Coaster. This is the third of four hikes on the Rachel Carson Trail covering all 34 miles of the Trail. We begin in Springdale and immediately tackle the "roller coaster", followed by the backside hill of Mile 14, LaFever Hill, down Rich Hill, and then up to Emmerling Park and Myers Hill. About 10 miles, definitely strenuous, not recommended for beginning hikers. Call Jim for more information and reservations. email: jimritch@aol.com.♦

June 11 Sunday Jim Ritchie 828-0210
Rachel Carson Trail, North Hills. This is the last of four hikes on the Rachel Carson Trail covering all 34 miles of the Trail. We begin at the Cedar Run Road in Dorseyville, do some spirited (dirt) road-walking for about a mile, and then hike past Hidden Pond, climb to the roof of Allegheny County, into the Hampton Nature Reserve, Crouse Run Valley, and finally North Park, ending at the Beaver Shelter. About 8 miles, this is the easiest of the four sections of the Rachel Carson Trail. There may be one or two wet crossings. Intermediate hiking. Call Jim for more information and reservations. email: jimritch@aol.com.♦

June 24 Saturday Jim Ritchie 828-0210
Leo Stember 681-1385
Rachel Carson Trail Challenge 2000. The RCTC2000 will begin at Harrison Hills County Park at 5:50 AM and will end at 8:54 PM at the Beaver Shelter in North Park, 34 miles later. Read all about it in this issue, *April Golden Triangle*. Registration is required and is limited to 200, so get your application in today. Trail guides are available for \$7.00 plus s/h and sales tax (total = \$8.99 at (412) 431-4910 (AYH Travel Store)).

July 15 Saturday Jim Ritchie 828-0210
Slippery Rock Gorge Trail (North County Trail). Eckert Bridge to Hell's Hollow and More!!! The basic hike is about 6 miles but we'll joust it up to around 10 miles. The Gorge Trail was built between 1991 and 1994 by the Keystone Trails Association through the more inaccessible south end of McConnell's Mill State Park. This is a great mid-summer hiking spot; most of the trail is wooded in the cool, shady gorge of Slippery Rock Creek. Intermediate difficulty, not a beginner's hike. Optional swimming at the beach after hiking. Maybe dinner. Call Jim for more information and reservations. email: jimritch@aol.com.♦

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.

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

To: KTA Member Clubs

From: Joe Healey
 Keystone Trail Crew Coordinator

FOURTH YEAR OF THE KEYSTONE TRAIL CREW SET/COOK NEEDED
 Keystone Trail Crew, sponsored by KTA, will be having three weeks of TrailCare in June. The work week runs from Thursday through Monday. The dates are June 8 through 12, Quehanna Trail; June 15 through 19, Chuck Keiper Trail and June 22 through 26, Mid State Trail Southern Extension. Meals and lodging will be provided. If you can spare a week, volunteer a weekend, or come for just a day or two, please think about signing up. No volunteer will be turned away. Forward all inquiries to Joe Healey, 93 Cedarwood Drive, Laffin, PA 18702
 e-mail: jnlhealey@aol.com or feel free to call him at (570) 655-4979. Detailed information and a map directing you to the respective campsite/campsites will then be forwarded.

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

foot notes
 -by jim ritchie

The Rachel Carson Trail has been designated a National Millennium Trail by the American Hiking Society.

The RCT will host a National Trails Day event on June 3rd in the form of an 8-mile Rachel Carson Trail Challenge "training hike" from Harrison Hills to Bull Creek Road. The public is welcome.

The Baker Trail welcomes several new volunteer trail stewards: Bob Derry from Indiana, PA and his friends, including Paul Snider, are taking over the section from the Atwood Shelter to the Milo Weaver Shelter. Mike Nagel, AT through-hiker among other noteworthy designations, has taken the section of the BT from the covered footbridge at Horney Camp Run to Cochran's Mill; Gerry Vaerewyck and friends have taken on the gargantuan task of wading through all the bureaucratic red tape needed to restore the cable bridge across Cherry Run near Cochran's Mill. Bill Grove and Elizabeth Taylor are working the section of the Baker Trail from Bethlehem Chapel to the Summerville Shelter.

Ed Divers *talked* with the folks from the Kiski Valley Rail Road (KVRR) about using the railroad bridge across the Kiski River. Charlie, the KVRR guy, seemed to realize that our Baker Trail hikers are not crazies, and are not likely to be run down by a train while crossing the tracks.

The Keystone Power Plant clear cut a large section of woodland on which the Baker Trail is located-repairs needed.

Verona Boy Scout Troop 139, under scoutmaster John Hackett, organized their own National Trails Day project on the Baker Trail; they're going to do some major maintenance work on the Mahoning section of the trail, north of Dayton.

Bob Roth of AYH and Don Landfried of the North Country Trail Association, Clarion Chapter, along with several other volunteers, completed a relocation of the Baker Trail, north of Cook Forest, in order to accommodate an unfriendly landowner. Seems the landowner felt having folks walk by the front of his summer cottage on the road was intrusive (?). So he bought the land where the trail was leading out to the road, and then forced the trail to follow a different route, cutting out about a half mile of virgin hemlock forest.

The section of the Baker Trail between Iron Bridge Road and Fisher-Sigel Road in Clarion County had a "select cut" logging done on it. Since yellow paint was used to mark the trees to be cut, all of our blaze trees came down. And, instead of a nice woodland jeep trail, a nasty logging road was cut through this plot. The same happened in State Game Lands #74 near Mill Creek in Clarion County. Now that a lot of the 3rd and 4th growth trees in Western PA are reaching a foot in diameter, the loggers are rushing to chop them down.

I attended an Eagle Scout ceremony in Brookville PA, back in March, where Jimmy and Mike Walter received their Eagle Scout badges. Jim and Mike each built a shelter on the Baker Trail; one is now at Corsica and the other is near Langville (North Freedom). And, they raised all the money needed to purchase the materials.

Cook Forest State Park, a National Natural Area, which I had understood could not be blazed for hiking because of its Natural Area Status, has, all of a sudden, been blazed several times over, and in a very inconsistent and confusing pattern. Now there are orange squares nailed to trees, silver aluminum circles with arrows on them, also nailed to the trees; and someone has taken it upon

(Continued on page 7)

foot notes
-by jim ritchie

(Continued from page 6)

themselves to spray paint splotches of yellow paint on trees along the trail (God help us I hope they are not marking the Baker Trail!!), and the North Country Trail Association has put up a number of NCT "medallions" through the Park at strategic locations. Well, I will be talking with Steve Farrell, the new superintendent up there, and we will to get the "rogue blazing" under control. I intend to volunteer to go in there and "clean it up", if Steve OK's it.

Last fall, hiking the Baker Trail near Heathville, we stopped in to see Mr. Himes (who, according to Baker Trail legend, offers cold water to hikers). The purpose of our visit was to honor Mr. Himes with a Baker Trail t-shirt. Alas! He was not at home. So, we left the t-shirt anyway. I called him about a week later, and he did get the shirt, and he was very thrilled. And he said, "You know, if you wanted to camp on my property, you are welcome to do so, right behind all the insulator displays". You have to see what that man does with electric insulators to believe it.

Thanks to everyone who worked at an EMS store on Club Night, April 27. We were well covered at each of the three stores and I was proud of the AYH presence that night.

Jessica, the new manager at the Pittsburgh International Youth Hostel, is doing a fine job of managing our Rachel Carson Trail Challenge 2000 registration for us. Jerry Agin, our computer guru/registrar, taught Jessica how to use an Access database and how to run several reports off the database and she just ran with it. Thanks, Jerry and Jessica.

Steve Mentzer is trying to organize a shuttle for the Challenge. The shuttle, contracted from Laidlaw Transportaton, would pick hikers up at North Park at 5 AM on June 24th and ride them out to Harrison Hills to start the 34-mile trek back to where their cars will be waiting.

Ed Beck, president of Keystone Trails Association for the past six years, not only has stepped back from the presidency, he is also retiring from work. Ed has written his retirement manifesto, laying out his plans for quite a few years to come. Thanks, Ed, for the contribution of your leadership on behalf of Pennsylvania hikers and trails.

Hugh Downing, a Rachel Carson Trail volunteer maintenance steward, is the new KTA president.

George Dull, an Indiana Township supervisor, and I rode around the Rachel Carson Trail in that township recently, discussing how to make the trail more accessible to township residents.

Thanks to Greg Pytlik, of Pytlik Design Associates in Station Square, for the wonderful graphics work contributed for the Rachel Carson Trail Challenge 2000 brochure. Greg was also able to negotiate a favorable cost for printing up the brochures from Night and Day Press, downtown Pittsburgh.

Ken Chute, of Edgewood, has agreed to help us re-design and re-produce the AYH activity brochures. Specifically, brochures for canoeing, sea kayaking, rock climbing, the "Rambles", sailing, and hiking and backpacking are targeted.

Lance Neeper and his friends in the IUP Outing Club in Indiana, PA have done several Baker Trail cleanups in the past six months. I gave a Baker Trail slide show at IUP earlier this year at that campus.

Leo Stember, Hugh Downing and I have completed the Banyas Bypass of the Rachel Carson Trail in Frazier Township. The Banyas pulled the plug on the trail over their property last year after the Challenge. The reason cited: "I just don't want anyone on my property". It seems, in this business, some people just can't do enough and want to share their good fortune with others and then there are other people who won't do anything for anyone.

Patty Brunner has been busy organizing numerous work projects for various scout troops on the Baker Trail. She attends the meetings to tell the scouts and scoutmasters about our trail and then to sell the project. She's done so well, along with our many other volunteers, that all the work on the trail is nearly caught up. Only the really big projects seem to be left.

I want to publicly thank some new friends of the Rachel Carson Trail, specifically these are landowners who have extended their permission for the trail to cross their property: Mike Dalphonse of Hampton, Pam Reberg and Warren of Springdale. In spite of the occasional inconvenience of having a trail cross their property, these folks have extended their hospitality in the true spirit of neighborliness. Please, hikers, when you are hiking the trails, be courteous and thankful to all the land owners and land managers who allow us to use their property for our enjoyment and pleasure.

MORE BICYCLING EVENTS

Volunteer for the Great Ride And help raise money for the Pittsburgh Hostel!

Yes, the Great Ride rides again!

This year's Great Ride will be on Sunday July 23rd and once again, a portion of the proceeds will go to supporting our Pittsburgh Hostel. Last year, the Pittsburgh Hostel received over \$3,500, and we hope to see a similar contribution this year, thanks to Pittsburgh Citiparks and the corporate sponsors of the Great Ride.

In return, Pittsburgh Council AYH is committed to providing volunteers as course marshals on Sunday the 23rd and to help with early registration on Saturday the 22nd. Last year we had almost 40 volunteers and hope to have at least that many this year.

What's involved? On Saturday, July 22, 2000 from 9:00 a.m. until Noon, Great Ride participants will have the opportunity to pick up their Great Ride packet in advance. Packet Pick Up will take place at the start/finish location at 300 Technology Drive (you can also register here!). Local bike mechanics will be on hand to perform free safety checks. If you can volunteer 3 hours of your time on Saturday, Citiparks can use your help.

On Sunday, we primarily need course marshals – friendly folks to stand at intersections and make sure the riders make the right (and left) turns and just to say hello to the riders as they go by. It's a lot more fun in pairs, so why not bring a friend with you? We would like to have most everybody on the course, especially on the first half, in place by 8 am and would need you for as little as two hours to perhaps as long as 5 hours. If you're a late starter, we can place you closer to the end of the course. Bring the Sunday paper, a folding chair, your favorite brew of coffee, a hat and some sunscreen and you'll be all set. We'll provide directions, instructions, and one of those red traffic flags, which you can pick up at the Saturday registration, Saturday afternoon or evening at the hostel, or early on Sunday at the starting point.

One other place to help and that's on the Mount Washington loop that goes past the hostel. We try to provide extra help along this part of the course and an extra water stop on Mount Washington.

Ready to help? Call the council office at 41-431-4910 and leave your name, telephone number, part of town you're available to help in, and which day you can help on.

For more information on the Great Ride itself, check out the Citipark's web site at <http://www.city.pittsburgh.pa.us/greatride/>. Why not check the course maps at http://www.city.pittsburgh.pa.us/greatride/html/course_maps.html and see if the ride passes by your house and help from there!

A free Great Ride T-shirt to everyone who helps!

Please pass the word on an upcoming bicycling tour. The second annual **Bike to Break** the cycle ...of domestic violence is Sunday May 28, 2000. 15, 30, or 50 mile course options. Fee before 5/16/00 is \$15 or \$20.00 after that date. Benefits the Women's Center and Shelter of Greater Pittsburgh. Brochures are available at local bike shops or call 412-687-8017 ext #337. The ride starts at the West Allegheny Middle school in Imperial which is only 15 minutes from downtown. Reyne M. Kacsuta Event Chairperson

The Steel Valley and Mon Yough Trail Councils are sponsoring the second annual "Dam Trip To Confluence" this September 9/10 to raise money for trail maintenance. You can learn more about the ride by visiting home.att.net/~damtripride Thank you. Mike Bilcsik.

National Trails Day 2000

The North Country Trail Association in Pennsylvania, along with its chapters, are celebrating National Trails Day June 3. The North Country Trail has been designated a Millennium Trail, and the members and volunteers will be holding activities at Moraine State Park beginning at 9:00 a.m. There will be a backpacker's cooking contest, which is being judged by Thom Hogan Editor of Backpacker magazine. Hikes will be scheduled throughout the day along with trail work and a backpacking class (there is a \$15 fee for materials and lunch; it will run from 9 a.m. to 2 p.m.). To register, e-mail Heather at <mailto:etajoyh@aol.com> or call 412-231-1113. We will also honor our volunteers and hold a dedication of a new section of the trail at the Stone House on Route 8. For more information, contact our state headquarters at 724-287-3382 or e-mail nctapa@zbzoom.net

Dose any one want to help with the hike across Butler County July 30 to Aug 5 please contact me, if it is only a day or two.

Bob Tait, Penna. State Coordinator
eMail BobTait@zbzoom.net North Country Trail Assoc.
212 E Metzger Ave, Butler Pa 16001 Box 2968, Butler Pa 16003-2968
Phone 724-287-3382 <http://northcountrytrail.org/pa/> Check out our new Trail Forum
<http://www.hypernews.org/HyperNews/get/trails/NCTA.html>



SEA-KAYAKING

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

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

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

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

June 11 Yough River Join us for an old-fashioned summer float trip. We'll be launching at Cedar Creek for a lazy trip to Boston. Paddle, play in the water, and stop for icecream along the way. Barry 653-6584

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

June 18 Moraine state Park Have you ever thought about giving sea kayaking a try? Well now's your chance. Join us for a day of paddling fun. We'll bring the boats and gear, be there to give instruction and answer questions, and it's all free! Try one boat or try them all. Vickie 412 344-4929 Russ 412 331-2073

July 1 Presque Isle Trip Eriesistable! This trip has something for everyone. We'll spend the morning paddling the peaceful, calm waters of lagoons. Abundant wildlife reside in this watery paradise. We'll take a lunch break at the historic Perry Monument. Then you can choose a relaxing afternoon of sunbathing on Pa.'s best beaches, or try the more challenging water of Lake Erie. Russ 412-331-2073
Vickie 412-344-4929

July 8 Yough River Come on out and try a se kayak in the Class II whitewater of the Middle Yough. They aren't as maneuverable as whitewater boats, but they're just as much fun! Russ 412-331-2073 Vickie 412-344-4929

July 11 Paddlers Dinner Frank's choice. Bring your stories, pictures, and ideas. See some old friends, and make some new ones. Frank 412-362-1614

July 16 Full Moon Paddle at Moraine With a little luck we'll have a clear sky on a warm July night, Leave your troubles at home, but don't forget your flashlight. Russ 412-331-2073 Vickie 412-344-4929

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.



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:

June 10 Sat Lake Arthur Bob Zavos 241-0659

WOMEN'S SUNFISH REGATTA. AYH women may participate in the first of three MSC Women's Sunfish Regattas. Men may help with equipment setup serve on the committee boat. Experienced sailors may also be placed as crewmembers on Flying Scot sailboats for racing if space permits. We will go out for dinner after the races in the Zelionople/Portersville area.

June 10-11 Sat- Sun Lake Arthur Joe Shields 412-367-3697

GO SAILING. This is a non-AYH Charity event that benefits United Cerebral Palsy of Butler County. Wind & Water, Rita James, Moraine Sailing Club, and Sail America are the joint sponsors at the Crescent Bay rental area on the South Shore. From 11am-3pm on each day, volunteers will provide sailboat rides for a \$10 donation.

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 Sunflower' sailboat. Contact Irene Povlish at 412-422-2313 or at ipovlish@hotmail.com.

STATE PLANS INCREASES ATV TRAILS IN STATE

by Jeff Schmidt, SPEL office

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

Variety of Negative Impacts

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

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

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

Legislative Pressure

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

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

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

Another "Foot in the Door"

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

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

Rip and Tear Sites

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

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

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

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

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

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



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
June 11	Sun	Beginner	Ann Minard	Call Chuck
June 24	Sat	Rain Date **	Chuck Jones	(412) 242-6172
June 25	Sun	Seneca Prep	Pat Holtzinger	(412) 343-8379
July 7-9	F/S/S	Seneca Rocks	Chuck Jones	(412) 242-6172
July 23	Sun	Beginner	Tom Kaveny	(412) 276-8044
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.**

**TRI IT
YOU'LL LIKE IT!**

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

PITTSBURGH TRIATHLON

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

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

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

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

REMINDER TO TRIP LEADERS

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

AYH Sheet Sleeping Sack DON'T LEAVE HOME WITHOUT ONE!

Required in all youth hostels, the sleeping sack serves as your top & bottom sheets, with a built-in pillowcase. Regular sleeping bags are not allowed at hostels due to public health regulations. Our nylon sleep sack is especially light, compact, and dries extremely quickly (handy on trips). The cotton/polyester sleep sack is a little heavier and bulkier, but feels just like your bedsheets. Order one today! See the order form on the back page for prices.

Golden Triangle - Pittsburgh Council, American Youth Hostels

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

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

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

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

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

Age (as of 6/24/00) _____ email address (if available) _____

Street Address _____

City, State _____ Zip Code _____

Telephone: daytime _____ evening _____

Registration Fee Enclosed: \$20 per participant _____

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

Registration Fee includes a "2000 Rachel Carson Trail Challenge" T-shirt; please provide your t-shirt size here.

LIABILITY WAIVER

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

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

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

c/jlr/rctc2000/GtArticleApr2000

Participant's Signature in Full _____

Parent or Guardian's Signature if hiker is under 18 _____

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

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

RCTC2000 is a 34-mile, one-day, endurance hiking event, held in the spirit of the Eco-Challenge, the Boston Marathon, the Alaskan Iditarod, the 70-mile Laurel Highlands Trail Run, and the Race Across America. Sponsored by the Pittsburgh Council, American Youth Hostels, the Year 2000 Challenge will be held on June 24th, 2000, the Saturday closest to the Summer Solstice. Starting at the crack of dawn, this event extends through a 34-mile roller coaster of hills, hollows, and bluffs between North Park and Harrison Hills in Allegheny County, ending just as the sun dips below the horizon. The essence of the "Challenge" is to endure, to finish the hike in one day, rather than to "come in first" or "win" the hike.

The Rachel Carson Trail is characterized by its roller coaster hills and rugged terrain with the "Challenge" being described as one of the most difficult trail events in the United States. The hike begins at sunrise and officially ends at sunset, 5:50 A.M. to 8:54 P.M., giving Challengers a total of 15 hours and 4 minutes to complete the 34-mile route. Hikers must maintain or exceed a pace of 2.25 miles per hour, exceeding a "typical" hiker's pace of 2 miles per hour on a primitive trail.

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

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

Of the 270 people who started the 1996 and 1997 Challenges, only 32 had finished the 34-mile event. In 1999, the gods converged to deliver cool, dry weather; a major drought in western Pennsylvania resulted in dry streambeds with no wet crossings; and, RCT volunteers had done a remarkable job of maintaining and marking the Trail. As a consequence, 74 out of 200 hikers managed to finish the hike. In contrast, the summer of '96 brought temps in the mid 90's, humidity to match; high water in the streams forced 3 wet crossings, and a skinny volunteer base made following the trail an exercise in elusion. Of those who registered for the Challenge in 1996, only 5 people finished 34 miles.

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

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

More...About the Rachel Carson Trail Challenge 2000

DETAILS

- ▶ **STARTING POINT:** The 2000 Challenge will begin at 5:50 AM at the Ox Roast Shelter in Harrison Hills Park, near Freeport. Take the Route 28 Expressway to Exit 16, turn right off the Expressway and go to the T-intersection with Freeport Road. Turn right. The Park is about one mile down the road on the left.
- ▶ **PARKING:** Harrison Hills Park will be open at 5:00 AM on June 24; however, the park is closed at dusk, daily. You must have your car out of the park **before** that time. If you leave a car at Harrison Hills, you may consider parking your car outside the front gate. A few cars may be parked at the Volunteer Fire Dept. about a half mile north of the Park on Freeport Road. Call, if necessary, for further details on parking at Harrison Hills. At North Park, there are several parking areas in the vicinity of North Park's Beaver Shelter but parking space is generally limited. Car pooling is suggested.
- ▶ **SHUTTLE:** See Article on Page 1 of newsletter.
- ▶ **HALF CHALLENGE.** The Rachel Carson Homestead is a quarter-mile from the halfway point (17 miles) of the Challenge. Water, snacks, restrooms, telephones, and Trail Marshals will be available at the Homestead. You may "spot" a car at the Springdale High School parking area, 2 blocks from the Homestead. Do not park on the street.
- ▶ **WATER:** Checkpoints will be located approximately every 6-7 miles with water and light snacks available for participants. Marshals will have cell phones provided by **Bell Atlantic Mobile/Verizon** for communications.
- ▶ **THE FINISH:** Rachel Carson Trail Challenge 2000 will end at precisely 8:54 PM (official sunset time) at the Beaver Shelter in North Park. The Beaver Shelter is 100 yards north and west of the junction of Babcock Blvd. and Pierce Mill Rd. North Park is located on the "Yellow Belt" between Route 19 (McKnight Rd.) and Route 8.

"HOW DO I COMPETE?"

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

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

THE ALTERNATIVE: While the organizers recommend you outfit yourself as a "hiker", it is recognized that several participants in Challenges 96, 97, and 99 had some success participating in "runner mode" wearing light low-top trail running shoes, and carrying only water and a small waist pack for gear instead of a day backpack (rucksack/knapsack).

THE PRIZE: All 34-mile finishers will be entered into a raffle; three names will be drawn with each winner receiving an overnight for two at either the new Pittsburgh International Youth Hostel or the Ohioyle Youth Hostel. All 34-mile and 17-mile finishers will receive six issues of the *AYH Golden Triangle* newsletter free (July-December 2000 issues).

For more information call (412) 681-1385 or (412) 828-0210. Email may be sent to POL1385@hotmail.com or Jimritch@aol.com. Read about the 1996,1997, and 1999 Challenges at the Rachel Carson/Baker Trail Website: <http://members.xoom.com/rachelbaker> Learn more about American Youth Hostels/Hostelling International Pittsburgh, the organization that built the Rachel Carson Trail at: <http://trfn.clpgh.org/ayh/>.

STEP TREK 2000

On Sunday, April 30, 2000, several hundred people walked on a pedestrian course on the South Side Slopes that included public stairways. There are 700 such stairways in Pittsburgh, maintained by the Public Works Department. Below are pictures by Alexis Rzewski.



4th Annual Outdoor Extravaganza May 26 - 29, 2000

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

Friday eve. wiener roast, hay ride, W.Pa. Indians Program
 Sat. eve. pig roast, speaker. Sun. eve. Speaker.
 During the days hike, mtn. and road bike, canoe, cave, sail, kayak, & swim.
 Moraine Pontoon Boat Tour and Colonial Reenactment at Old Stone House.
 Pig roast and meals catered by Fairground Market.

For more information call Joyce Appel, 724-526-5407 or email apple@penn.com
 Mail form to Joyce Appel, Box 204D, RD#1, East Brady, PA 16028.
 Sponsored by the Butler Outdoor Club

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

* No daily activity fee or camping fee for children * Half price meals for children under 12.

	Fees:	Fri 5/26	Sat 5/27	Sun 5/28	Mon 5/29	Totals
Activity Fee	\$5/day/adult or \$15/weekend					
Parking (if not camping)	\$ 2/day					
Breakfast	\$ 5/day *					
Bag Lunch	\$ 5/day *					
Dinner	\$ 8/day *					
Pontoon Boat Tour	\$ 5.50 Adult \$ 3.50 Child					
Kayak (per person)	\$15 rental					
Canoe (per canoe)	\$25 rental					
Camping 3 nights = \$25 2 nights = \$20 1 = \$15	per adult kids free				additional	
Totals:						
Select 1 st & 2 nd choice activities each day (shaded days not available)						
Road Biking						
Mountain Biking						
At nearby stables \$13hr Horse Back Riding (Rentals available) (14 Miles) Bike North Shore Trail						
Hiking						
Rock Climbing						
Pontoon Boat Tour of Moraine SP						
Hike, Tour & Colonial Reenactment						
(Rentals available) Canoeing/Kayaking stream or river						
(Rentals available) Canoeing/Kayaking on Lake Arthur						
Beginning Sailing by Moraine Sailing Club						
Beginning Caving by Pittsburgh Grotto						

