



MONTOUR TRAIL-LETTER

Volume 10 Issue 3

May/June 1999

Trail Tip o' the Month

- Spring has sprung!
While "trailing" keep alert for Trail bumps and critters that slither.

Mantra of the Month

- Let your life lightly dance on the edges of time like dew on the tip of a leaf.

Rabindranath Tagore

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2nd International Trails & Greenways Conference to be held this year in Pittsburgh

Governor Tom Ridge and Mayor Tom Murphy invite you to join the Rails-to-Trails Conservancy and the Pennsylvania trails community in celebration of the Second International Trails & Greenways Conference, "Making the Connection II: A Trails & Greenway Revolution" June 23-26, 1999 in Pittsburgh, PA. *Making the Connection II* will be the forum to expand on a new vision of community that makes the connection between trails and greenways and healthy, vibrant, livable places. Across the U.S. and the world, communities are demanding a better quality of life and are looking for new ways to revitalize, restore and recreate the cities, towns and

countrysides in which they live. People want places that encourage neighborhood interaction; where children can walk or ride bikes to schools and playgrounds safely; where it is possible to run errands without using a car; and where community facilities are easily accessible to all including the physically challenged, the elderly and those of limited income. Trails and Greenways have a part to play in the creation of these kinds of communities.

The International Conference sponsored by the Rails to Trails Conservancy, the Commonwealth of PA, and several foundations and businesses, will have special events start-

ing on Wed. June 23, with the **Pennsylvania Kick-Off Reception** held in Mellon Park across from the Westin William Penn Hotel. There, Governor Ridge and Mayor Murphy will greet T.E.A.M. Sports riders (as they arrive after their week-long journey) and you to PA.

On Thurs. June 24 is the **Trails & Greenways Celebration Banquet**. Join conference participants, and international guests for food and drink, music, and entertainment celebrating the contribution trails and greenways have made in human history, culture and quality of life.

Continued on page 7

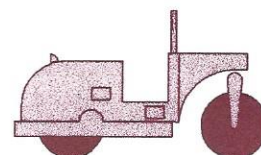
MTC to sponsor new paving demonstration

By Dave Wright

If you plan to attend the International Trail & Greenways Conference in June, consider attending the MTC-sponsored demonstration of a new trail paving technique. The Expanded Asphalt Method uses the existing railroad ballast to provide a paved trail surface. It eliminates the need to truck-in hot-mix asphalt.

First, a 10 foot-wide rotary milling machine cuts up to 16 inches deep to bring-up and mix the fine cinders with the coarse railroad ballast on the surface. It then makes a second pass about 4 inches deep and mixes hot-foamed asphalt with the aggregate. A small amount of water boils when added to the hot asphalt and turns it

into foam. This foam uniformly coats the fine particles which "glue" the coarse aggregate pieces together.



Continued on page 7



MONTOUR TRAIL COUNCIL BOARD OF DIRECTORS

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For administration and
business: 412-257-2328

Newsletter Editor Deborah Hoerster

Circulation Manager Joan Schweiger

Trail Talk

from the Editor's Desk

Today I'm going to tell you a story about a beautiful, bright red cardinal that hangs out in the Trail parking lot near mile 3. I would have to say that this little birdie is either very lonely or extremely daft.

When nobody's around, he swoops down from the trees above the parking area, and lands on a car's side mirror. He prefers larger vehicles to small. He sits atop the mirror and looks down at his own reflection to see if his "friend" is there. When he sees his "friend," he jumps in front of the mirror with little feet gripping the edge. Fluttering his wings, he makes quite a commotion delivering some message, while showing-off his beautiful feathers. When he's finished, he confidently flies to the mirror on the other side of the car. Visits with his other "friend," and delivers the same message.

This little cardinal is so comical to watch, and adds a lot of color to the Trail (in more ways than one).

I'm sure that all of you have some interesting Trail stories to tell. Please send them to me, and I'll be happy to share them with everyone in this column.

Have a happy Spring!

Debby



Newsletter Deadline

All articles for the
July/August Trail-Letter
will be due **no later than**
June 2, 1999.

Please see Page 2 for
submitting correspondence.
Thank you.

COMMENTS/NEWS

Your opinion means a lot
to us. Send your
Comments or news info. to:
Montour Trail-Letter
33 Sterling Dr.
Coraopolis, PA 15108
Or e-mail to:
debho@juno.com

Thanks!

The Montour Trail Council is an *all volunteer* organization founded in 1989 to convert the abandoned Montour Railroad right of way and the abandoned Peters Creek Branch of the Pennsylvania Railroad into a fifty-five mile recreational trail for non-motorized activity regardless of physical ability or financial wherewithal.

May 1999

Mon		Tue		Wed		Thurs		Fri		Sat		Sun	
												1	
2	3	4	5	6	7								
9	10	11	12	13	14	15							
16	17	18	19	20	21	22							
23	24	25	26	27	28	29							

Calendar of Events

June 1999

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

- * Pennies for Your Trail Day – Saturday, **May 8, 1999**. Moon-Robinson fund raising activity held every year for the repair and maintenance of the Moon/Robinson section of the Montour Trail. See page 7 for more information.
- * Memorial Day – **May 31, 1999**.

- * National Trail Day – **June 6, 1999.** Check with your local Friends group for Trail activities in your area.
- * The 2nd International Trails & Greenways Conference to be held at the Westin William Penn Hotel in **Pittsburgh on June 23-26, 1999.** Early registration deadline, **Friday, April 30, 1999.** Late registration and hotel registration deadline, **Friday, June 4, 1999.** See Pages 1 & 7 for more information.
- * Allegheny County Rib Cook-Off – **Sept. 3-6, 1999.**
- * Montour/Ikea 1/2 Marathon 5K Run/Walk – **Sept. 11, 1999.**

Friends' Meetings and Work Parties

- ◆ **MTC Board Meeting:** every **third Monday** of the month - **6:00 pm** at Chartiers Valley High School, in the faculty lounge. Turn left off of the- Kirwan Heights exit of I-79. Turn left at the next light, go under the Interstate, and the school is on your left. Call Dick at 412- 859-6864 for more information or to get on the agenda.
- ◆ **Cecil Events:**
 - Friends of the Trail meeting**, every **first Tuesday** of the month - at the Cecil American Legion, Rt. 50, at **7:30 pm**. Call 412-257-2553 for more information.
 - Work & Clean-up party**, every **third Saturday** of the month - **9:00 am**. Meet at the Storage shed at Hendersonville. Call 412-257-2553 for more information.
- ◆ **Moon/Robinson Events:**
 - Friends of the Trail meeting**, every **Thursday** before the second Saturday of the month at **7:00 pm.**, at the All Occasion Catering party room near the intersection of Silver Lane and Clever Rd. in Robinson Twp. Anyone from the communities near Moon and Robinson are encouraged to attend. Call 412-859-3020 for more information.
 - Work & Clean-up party**, every **second Saturday** of the month - **9:00 am**. Meet at North Star Petroleum (formerly Robinson Petroleum). Call 412-262-3748 for more information.
- ◆ **Findlay/North Fayette Events:**
 - Friends of the Trail**, call Don at 724-899-3695 or Pete at 412-788-4136 for more information.
 - Work & Clean-up party**, every **fourth Saturday** of the month - **9:00 am**. Meet at the Enlow Ballfield. Call 412-788-4136 for more information.
- ◆ **Bethel Park Events:**
 - Friends of the Trail meeting**, every **first Tuesday** of the month at **7:30 pm** in the Bethel Park Municipal Building Council Chambers. Anyone interested in the Bethel Park Trail segment is encouraged to come. For various committee meetings (such as fundraising) contact Peter Kohnke at 412-854-1835 for more information.
 - Work & Clean-up party**, every **second and fourth Saturday** of the month - **8:30 am**. Call Bob O'Connell at 412-833-6259 for location and information.
- ◆ **South Hills Events:**
 - Friends of the Trail Work & Clean-up party**, **last Saturday** of every month. For more information call Dr. Joe Rudolph at 412-653-4900.
- ◆ **MacDonald Events:**
 - Friends of the Trail Work & Clean-up party**, tentatively held on the **first Saturday** of every month. For more information, contact Ray Johnston at 724-356-2621.

...and the *PREZ* sez...

by Dick Quasey

Montour Trail Volunteers can experience recognition for public service. How come? Well, the Montour Trail Council members (you and me) have been selected by the International Trails and Greenways Conference Committee to serve as a Welcoming Committee for the Conference, greeting attendees as they arrive at the Pittsburgh International Airport on Tuesday and Wednesday, June 22 and 23, and assuring that they have transportation to the Conference Headquarters at the Westin William Penn Hotel.

Volunteers for this service will be assigned to a 4 hour shift on Tuesday or Wednesday, scheduled to cover from 10:00 am to 10:00 pm each day. For each shift served Volunteers will then be entitled to attend four hours of Conference programs without charge. However, incidental expenses such as parking fees, meals etc., incurred by Volunteers will not be reimbursed.

Organization of this event has already begun and persons wanting to be Volunteers are urged to contact the event chairman, John Hooton at:

Phone # 412-257-4101,
FAX # 257-4101

E-mail Address –
jonbercran@aol.com

This, of course, is a good way of demonstrating Pittsburgh hospitality, and a good public image of the Montour Trail. It is also be a unique opportunity to develop better relations with City, County and State officials.

Your volunteer help will be much appreciated.



Storage site needed

Our storage facility in Robinson Township, Allegheny County, which has housed the Montour Trail Council's equipment for many years, will unfortunately soon be needed by other occu-

pants of the property. We are scouring the territory near the trail for another suitable storage location.

If you have any possible solutions to

this need, please contact:

Dennis Pfeiffer at:
412-262-3748

MTC WEB
ADDRESS



Visit the Montour Trail web-site at: <http://trfn.clpgh.org/orgs/mtc/>

Cecil Friends Begin Clearing Path On a Tragic Note

By Dennis Sims

Saturday, March 20, brought sunny skies and crisp temperatures and about a dozen members and their friends of the Cecil Friends of the Trail to PA Route 50 and 980 to begin clearing the way for another two-thirds of a mile of trail. By early afternoon, the team had cleared about two hundred yards of pathway of the small trees and bushes that had found a home since the railroad abandoned this section. There is still plenty of ballast in place so the under-footing is excellent.

Clarence Leyda brought his front-end loader and dump truck to assist in removing the brush that we were clearing. The day turned tragic when Mr. Leyda suffered a fatal heart attack while operating his machine. Fortunately, his machine went into the side of the trail away from any workers. Paramedics arrived about five minutes later and performed CPR before transporting him to Canonsburg Hospital where he was pronounced dead.

Mr. Leyda was a Friend of the Trail since it was opened. He had a junk-

yard alongside the trail between Millers Foundry and Cecil Park. Several times he brought us fill to correct low spots at the Kurnick Plot parking area and was even going to build an area on his property for parking horse trailers.

Needless to say, that brought a damper to a very successful day and it was a joint decision to quit and start again on another day.

Contact the Cecil Friends if you would like to help and to find out when our next work day will be.

WELCOME NEW MEMBERS

Membership Chairman

Jerry Agin

Mr. & Mrs. Howard W.
Beam
Buddy Brill
Michael Fichtel
Jay & Carol Galbreath
Janet L. Hilterman
George Hufnagle
Barbara J. Labarbera
Mike Martin
Ted McConnell
Susan McCool
James & Zileen
Moorhouse
Linda O'Leary
Eugene R. Palowitch
Paul Platek
Polen Family
Helen Spence

The Montour Trail Council would like to welcome these new members and thank them for their support. We would also like to thank all our members who have renewed their membership and remind all that a growing membership is one of the criteria foundations look for when we apply for grants.

BENEFACTORS 1998 TO PRESENT

(date recorded)

3/7/98 John and Janet Swanson
4/9/98 William P. Gillespie (Pittsburgh Valve & Fitting Co)
4/9/98 Andrew & Janice Poole
4/20/98 Mark J. Smith
6/10/98 Kris & Linda Routh
7/28/98 Gregory and Juliann C. Brzozowski
11/17/98 Paul Rankin
12/19/98 Kurt J. Lesker Co. (John A. Ross)
1/10/99 Tim Baker
2/9/99 Andrew & Janice Poole
2/9/99 John and Janet Swanson
2/9/99 Bob Gambone
2/9/99 Judy & Gordon Kemp
2/9/99 Lou Steinmiller
3/7/99 E. Steven White
4/6/99 William P. Gillespie
4/6/99 Donna M. Panazzi

Thank You!

LEADERS CIRCLE 1998 TO PRESENT

(date recorded)

4/20/98 Nancy Reed
8/12/98 Mary Jeanne Krob
12/19/98 John & Sandy Newman
1/10/99 Roy Weil & Mary Shaw
1/10/99 Judy & Tom Thompson
2/9/99 Richard J. and Karen E. Bywalski
2/9/99 Dennis Pfeiffer

Thank You!

Yes, I want to help build the Montour Trail!

- ☐ I want to spread the word. Please send me additional flyers.
- ☐ I have written my Legislator and County Commissioners asking them to support the trail.
- ☐ My organization would like to provide a letter of endorsement.
- ☐ I know a group interested in a presentation.
- ☐ I wish to become a member of the Montour Trail Council.
- | | |
|--|------------|
| <input type="checkbox"/> STUDENT/SENIORS | \$15 |
| <input type="checkbox"/> INDIVIDUAL | \$25 |
| <input type="checkbox"/> FAMILY | \$35 |
| <input type="checkbox"/> SUPPORTING | \$50 |
| <input type="checkbox"/> SUSTAINING | \$100 |
| <input type="checkbox"/> BENEFACTOR | \$250 |
| <input type="checkbox"/> LEADERS CIRCLE | \$500 + up |

(Membership is tax deductible)

- ☐ I wish to make an additional tax deductible contribution of \$_____ to the Montour Trail Council to help make the Montour Trail a reality.
(Make your check payable to the Montour Trail Council)

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE (daytime) _____ (evening) _____

E-MAIL _____

By applying for membership in the Montour Trail Council, I indicate my support of its goals.

SIGNATURE _____

A copy of the official registration and financial information may be obtained from the Pennsylvania Department of State by calling tollfree, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Please fill out this application and return it with your check to:

MONTOUR TRAIL COUNCIL
P.O. BOX 11866
PITTSBURGH PA. 15228-0866

DON'T FORGET! The Montour Trail Council may be designated as your United Way Contributor Choice option #3308 where you work.

Choosing a bicycle for Trail riding

By Paul Mckeown

In the last newsletter, MTC President, Dick Quasey, announced intentions to get construction underway this year to connect the two Western-most trail segments. The result of this construction would be continuous trail stretching from milepost 0 to milepost 16. This length is starting to get into serious cycling mileage. What kind of bicycle is required for serious rail-trail riding?

Most people want a bicycle that they can get some exercise on, enjoy the outdoors, and still feel good at the end of the day. The most important thing is the "fit" of the bicycle. You are better off riding a cheap bike that fits your body than an ill-fitting expensive bicycle. The most important indication of fit is seat height. When seat height is properly adjusted for the rider, it should be possible to place his heel on the pedal in its lowest position and straighten out his leg. Actually, the seat needs to be slightly higher for optimum performance, but the latter rule of thumb gets your adjustment fairly close. If the seat is too low, you will get tired faster and you may damage your knees. The other adjustments are mostly for your comfort. If your rear end hurts after a ride, try changing the seat an-

gle. If you cannot find an angle that works for you, do not live with the pain, replace the seat or buy a pad for it. If your hands get numb, try changing the angle of your handlebars or wearing padded gloves. If you have traditional mountain bike handlebars, try installing handlebar end extensions. These will allow you to occasionally change hand positions. If your back or neck aches because you cannot adjust your handlebars high enough or close enough, replace the handlebar stem with one that puts the handlebars where you want them. Sometimes even replacing the handlebars is an improvement.

There are some things your bike must have to enable you to go your furthest and fastest. Make sure that you have tires with a smooth tread or a raised rib down the center. Knobby tires are of no use on a rail-trail, and without a raised rib they use a lot of extra energy. To minimize the rolling resistance of your bike, insure that the maximum inflation pressure molded into the tire

side-wall is at least 70 or 80 PSI. The more pressure you have in the tires, the easier it will be for you to pedal, but beyond some point you will feel the bumps more.

Having a light weight bicycle is less important on a rail-trails because there are no steep hills. Since rail-trails are not devoid of hills, multiple gears will still help optimize your pedaling effort. More than ten speeds, however, will not help you on the trail. A useful advantage to more expensive bicycles is that their higher quality shifting mechanisms are no-

ticeably less susceptible to being jammed up by rail-trail dust. To keep trail dust from jamming your chain and shifting mechanisms, only use dry lubricants that usually come in an aerosol can. Your bike shop has lubricants specially intended for this purpose, but in a pinch WD40 can be used.

Never use 3-in-1 oil as it attracts dust.

For additional help with any of these topics, visit your local bike shop.



Montour Watershed tour featured in Trails & Greenways Conference

by Stan Sattinger

Nearly 1,000 national and international participants will gather in Pittsburgh to attend the Second International Trails & Greenways Conference, June 23-26 of this year. The main sponsors for the Conference, which is subtitled "Making the Connection II: A Trails & Greenways Revolution," are the Rails-to-Trails Conservancy and the Pennsylvania Departments of Transportation, Environmental Protection, and Conservation and Natural Resources. A host of other organizations have signed on as co-sponsors. Invited speakers include First Lady Hillary Rodham Clinton, Director of Oregon Parks and Recrea-

tion Charles R. Jordan, U.S. Secretary of Transportation Rodney Slater and National Park Service Director Robert Stanton in addition to government agency representatives from other countries. Downtown Pittsburgh's Westin William Penn Hotel will be the conference location.

One of thirteen field tours or "Mobile Classrooms" being offered to attendees will be a bicycling tour of the Montour Run Watershed, to be conducted by the Montour Valley Alliance. The theme of the tour will be that trail projects and watershed preservation efforts are mutually

beneficial: trails bring watershed issues to light, while watershed preservation protects trails from flooding, erosion, and contaminated streams. The tour will begin in the upper reaches of the Watershed and will work its way downstream, using the Montour Trail for much of the distance covered. Brief addresses by representatives of area agencies and member groups of the Alliance will be included.

More information on the Conference may be obtained at the website www.railtrails.org, or on the Conference Hotline 202-974-5151.

Trails & Greenways Conference

continued from Page 1

Finally, on Fri. June 25, join the **Trails & Greenways 6th St. Bridge Celebration**. For this event the bridge will be closed while conference participants and Pittsburgh residents will be sampling food from local vendors, and enjoying various activities planned for the party. At the end of the evening there will be an exciting fireworks display along the river.

Post Conference fun will include more great activities such as: biking, skating, triathlon, tours and more.

Also scheduled are several pre-conference meetings on Tues. & Wed. Over 60 Workshops will be offered throughout. Mobile Classrooms, (at least 13), will take place on Thurs. & Fri. afternoons from 1-5 p.m., concurrent with conference workshops. These Mobile Classrooms have an additional

fee. Register early as these spaces fill-up quickly. For detailed descriptions and information on these, and all Conference events, visit the web site at www.railtrails.org.

Registration information and forms can be obtained from the web site, or by calling the Conference Hotline at: 202-974-5151.

You can register by:

Fax - 202-466-3742

or by mail to:

Rails-to-Trails Conservancy
1100 17th Street, NW, 10th Floor
Washington, DC 20036

This is an excellent opportunity to showcase to our visitors the remarkable progress in the Three Rivers Renaissance City and all our region has to



offer. Over fifteen tours will be available to conference participants, showing trails, ecological projects, urban riverfront beautification programs, river based recreational opportunities, historic preservation, etc.

Over 150 volunteers are needed to serve as hosts at the hotel and various conference locations. Tasks may include staffing information tables, assisting with bus boarding, staffing VIP and media rooms, registration and check-in assistance, aiding in welcoming visitors, providing directions, helping with bicycles, helping with the bridge party hosted by the City, and more. For every four hours of volunteering, there will be four hours of free hours of attendance at the conference.

You are invited to become a volunteer by calling Karen or Mike Bilcsik at 412-462-5328

Or E-mail:

bilcsik@yahoo.com.

Pennies for your Trail

The fifth annual "Pennies for your Trail" drive is just days away. Gather all your pennies together and take them to the Moon/Robinson section of the Trail to be weighed and recorded on Saturday, May 8, 1999.

Volunteers will be stationed at Grove-ton (mile 0), and also Park Manor Blvd. Between 9:00 a.m. and 3:00 p.m. to collect and weigh your pennies.

(All other coinage or bills will also be gratefully accepted.)

Chairmen, Barb & Dean Arlett have solicited many wonderful prizes from local businesses to be given to those who bring in the most money.

So don't miss out! Get in on the fun! Bring those pennies to the Trail and maybe you'll win yourself a prize.



New Paving

continued from page 1

A road grader then follows the milling machine and scrapes a crown. Finally, a roller compacts the mixture and pushes the large stones down to provide a relatively smooth surface.

Paving the trail surface will reduce erosion at flood-prone locations. We chose the half-mile section between Wicks Furniture driveway and Scott Station Road along Montour Run Road. This area washed-out a few years ago.

Lang Construction Company of Carne-

gie has generously offered to provide the equipment and do the work at no cost. We will pay \$3,000 for a truck-load of asphalt. Conference participants who pay the fee to ride the bus will also contribute \$1,000.

In addition, we are expecting to receive a proposal from Sterling Lloyd, Inc. for another demonstration at the nearby bridge over McClaren Run next to the Parkway West. This company may apply a waterproofing membrane on the concrete bridge deck.

As discussed, after we remove the fine limestone surface, a contractor will

shot-blast the deck clean. Sterling Lloyd will then apply a quick-drying primer and a 1/4" thick layer of acrylic waterproofing membrane. Fine limestone sprinkled on the top will provide a non-skid surface. We may also cover it with our usual fine limestone surface.

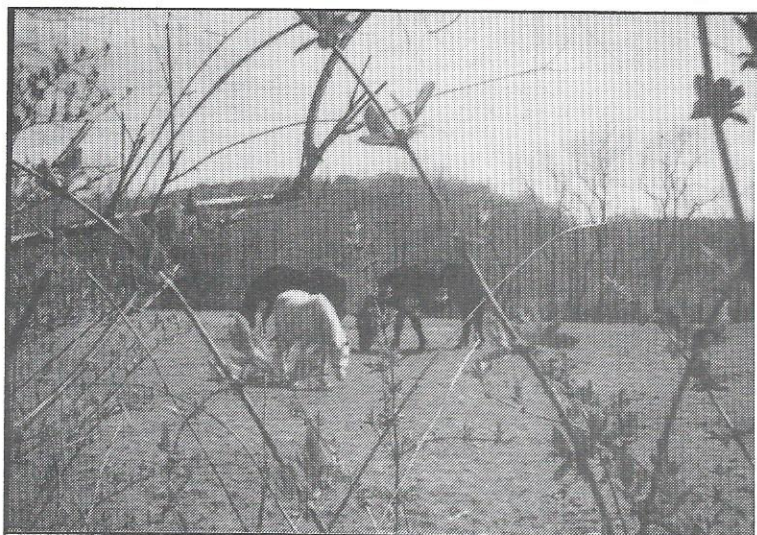
The Conference bus will leave the Westin William Penn Hotel at 1:15 p.m. Friday, June 25, 1999. It will arrive back at 4:50 p.m. in time for the planned Sixth Street Bridge party that evening.



MONTOUR TRAIL COUNCIL
P.O. BOX 11866
PITTSBURGH PA 15228-0866

ADDRESS SERVICE REQUESTED

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Let's get back to nature.
Observe and enjoy the natural beauty along the Montour Trail.

PAGE 8

Trail Monitor Patrols trained in CPR & First Aid by Pgh. Mercy Health System & local EMS Units

By Jesse Forquer

On March 30, at the Findlay Township Municipal Building an intense four-hour training course in CPR and first aid training was given to a group of Trail Monitor Patrols from all parts of the Montour Trail.

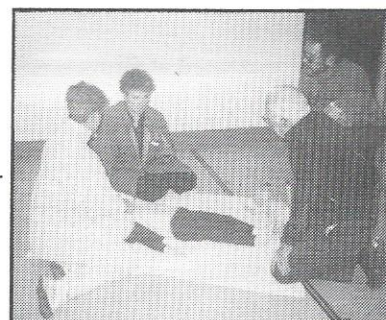
The whole thing was made possible thanks to Theresa Cartier, the Community Training Center Coordinator for the Pittsburgh Mercy Health System. She not only volunteered her time and Pittsburgh Mercy Health System's equipment but she recruited paramedics from surrounding EMS units to help with the training. The Pittsburgh Mercy Health System through their Community Training Center has been advocating training in CPR and first aid in the Greater Pittsburgh area as part of their community service program. The American Heart Association has stated that many lives could be

saved if people would learn enough about CPR to keep cardiac arrest victims alive until the Paramedics arrive.

Central /Mercy Mobile Care instructors were: Richard Ward (paramedic), Bob Twaddle (supervisor and paramedic), and Bill Ryan (EMT and dispatcher). John Romano (paramedic) from Robinson EMS, was also present as an instructor.

Richard Ward, an excellent speaker, gave the narrated part of the training while Theresa and the other paramedics joined in for the hands-on portion.

Many of the Trail Monitor Patrols who attended this session had previously been certified, but it was the unanimous opinion that this was the



Theresa Cartier (ctr) instructs (l to r) Anne Marie O'Toole, Dennis Sims and Hoyt Hall in CPR.

best CPR course they had ever attended.

CPR training of the Mon-

tour Trail Monitor Patrols should help to make the Montour Trail a safer place.

Many thanks to Theresa Cartier, to Pittsburgh Mercy Health System and to all the EMS instructors for their time and patience. Also a big "thank you" to Findlay Township for the use of their conference room.