



Pittsburgh Council, American Youth Hostels, Inc.  
Volume 23, Number 9, September, 1972

## OPEN HOUSE

8:45 Thursdays

September 28

Auctioneer, Larry Giventer, will sell your used sporting equipment to the highest bidder! Remember those boots you can't wear anymore or the paddle that sits in the corner since you got your new one... bring them in, someone is sure to want them. (tag what you bring in with your name, size, etc.)

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\* NEW BICYCLE PROCEDURE REPEAT

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\* The new system for Thursday evening cycle rides has been working quite well. Thank you all for your cooperation.

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\* To rent a bike for Thursday evening: Call George Chin at 621-6536 between 5:30 and 6:30 on Wednesday, or Tuesday and Thursday evening at AYH 362-8181.

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\* If you have rented a bike: arrive at AYH by 6:00 p.m. Thur. so that the bike may be adjusted to fit you properly and the trip can be off by 6:30 p.m.

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\* Reservations are lost if you fail to arrive by 6:00 p.m.

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\* Rental costs remain the same, reservations for THURSDAY TRIPS are to be made with George Chin rather than the trip leader.

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\* Happy cycling.

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August 31

That Surprise Program?? Fred and Eileen Hull will give it. The subject is their recent trip to Iceland. Geysers, glaciers, fiords and the Atlantic Rif are all part of the rugged beauty of that country.

September 7

Cycle Racing Films. "A Glimpse of the U.S. National CYCLING CHAMPIONSHIPS" (28 min.) and "1963 TOUR of KETTERING" (12 min.).

In the early 1950's AYH ran cycle races on the Mon. Wharf. You'll enjoy seeing the old timers in action. Maybe you'll even recognize some of them.

September 14

Guest Speaker Frank Martin will talk about the Indians of W. Pa. and W. Va. He has found and studied Indian ruins, graves and artifacts of this area. Should be of special interest to those of us who frequent the area and sometimes wonder.

September 21

"Ski Touring and Cross Country Skiing" -- a look at slides of last year's outings, shown by Charles Ralph. Also two short but great movies to start us thinking about the up-coming snow season. A program of interest to those in the sport last year and to those who would like to get into it this year.

## AN OVERNIGHT SPOT FOR PITTSBURGH COUNCIL??

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The Hostel Policy Development Committee has met to discuss the possibility of starting up a hostel for the Pittsburgh Council AYH. Note that in this discussion, "hostel" means a nationally accredited overnight accommodation with bunks, kitchen, houseparents, and so forth, while "council" means the local organization that schedules trips and overnights (what we usually mean by "hostel"). We made the following recommendations to the Activities Board at the August 8th meeting and the Board accepted it in principle.

1. It is worth investigating the development of some kind of overnight facility for Pittsburgh Council AYH. This could include anything from a primitive campsite to a full-fledged hostel as part of the national chain.
2. The prime area for such an overnight facility at this time is in or around Ohio.
3. Pittsburgh Council should provide limited financial backing for such a project--up to \$2000 for capital investment and \$300-500 per year for maintenance depending on the project.
4. If such a project is going to work out, it needs at least one dedicated person in Pittsburgh Council to act as the project manager.
5. We feel that the most promising route for Pittsburgh Council is to start by developing a simple campsite and then work up to more elaborate facilities.

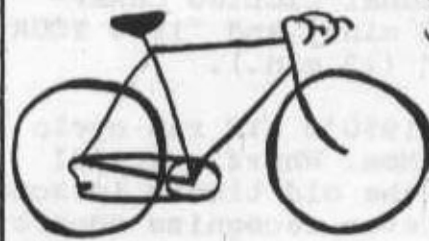
Anyone who is interested in any aspect of starting an overnight spot should get in touch with Mary Shaw 421-7641. The Committee will meet again on Tuesday, September 19 at 8:30 p.m. at the Hostel (oops..at Council Headquarters.)



### CANOE KAYAK and SAILING CRAFT

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## HELP AND ENCOURAGEMENT NEEDED

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The Bartoo family was involved in a fishing boat accident in Juneau, Alaska where they were visiting relatives. Roy Bartoo is in the hospital with second degree burns and a broken leg. Your cards of encouragement would help him greatly.

Roy Bartoo      Room 221      Bartlett Memorial Hospital      Juneau, Alaska  
99801

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The Nominating Committee is in session for 1972. Its job is to nominate the officers for the 72-73 year. If you are interested in becoming more involved with AYH and would like to volunteer for a position on the Activities Board, the policy board of AYH, contact George Robertson. He will also be glad to answer any questions about what each job entails.

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### HELP WANTED: Male and Female

Seeking good workers, no experience necessary. Will train on the spot. Work with wood, wood stain, shingles and food (cooking).

We are building the last Baker Trail Shelter in a chain of eleven. Plan ahead to join the party on Sept. 16/17 for one or two days at Summerville, Pa. If you would like to help (and we can use every hand) contact Eb Moll 441-0226. (See also Trips and Trails announcement).

With this last shelter built, all Baker Trail goals for 1972 have been reached. Other activities completed this year include:

Completion of a 14 mile extension of the northern part, completion of 18 miles of rerouting between Rt. 80 and Cook Forest and the issue of an updated and improved Baker Trail Guide.

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The Hostel now owns another C-1 mold, for a slalom C-1. It's stored at the Boat Technology Club on Mount Washington. For details see G. Robertson.

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### W. PA. HEART ASSOCIATION BIKE DERBY

Pittsburgh's biggest Bike Derby will be held at Three Rivers Stadium, Sunday, September 10 for the benefit of the Heart Assoc.

Dr. Paul Dudley White, noted American heart specialist and a founder of the American Heart Association, gave his approval to the Bike Derby and urged that all bicycle riders in the Tri-State area take part.

It will start at 10:00 a.m. and end at 4:00 p.m. and will be held on the concrete roadway around the stadium, a 1½ mile circuit. Slow riders will ride on the inside and fast riders will take the outside lane.

Dr. White gave these reasons for joining the Heart Fund bike ride:

The first two are physiological. "We as bipeds need something to help us keep the blood circulating from the lower part of our body. There is nothing better than bike riding. Exercise such as cycling has a very good effect on the brain, on the mental state and on the psyche. It is the best antidote for stress and mental fatigue.

Perhaps the most important reason of all is that there is clear evidence now that vigorous use of our muscles helps delay the onset of arteriosclerosis which is the modern epidemic in this country today."

W. Pa. Wheelmen and AYH were the first big bike organizations to join the ride. All the bike clubs within 100 miles of Pittsburgh are being invited to take part on the Bike Derby.

(continued on next page)



## Heart Association Bike Derby Continued

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The ride is for men, women and children of all ages. They will ride around the Stadium according to their ability. The trips around the Stadium will be in five classes: 10 times around 15 miles, 20 times around 30 miles, 30 times around 45 miles, 40 times around 60 miles and 50 times around 75 miles.

Hearts made of felt cloth will be awarded to each rider completing any one of the five classes. Special bike trophies will be presented to the first man and woman to complete the 75 mile ride.

There will be an entry fee of \$1.00. The riders will ask a friend or businessman to donate five cents to the Heart Fund for every mile they ride.

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From the depths of the PAST...

Golden Triangle, August, 1969

" Congratulations to those who passed the 25 in 3 on June 21--  
Zvi Edelson, Bernie Borkowski, Ben Sher, Paul D'Eustachio, Jack Batchelar  
Bruce Merritt, Craig Merritt, Phyllis Flacher, John Hooton, Helen and  
Mary Brincka, Flo Ostrowski, Alan Bartholomae and H. Winston Maue."

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The AYH GOLDEN TRIANGLE is a  
monthly publication of the  
Pittsburgh Council  
American Youth Hostels, Inc.  
6300 Fifth Avenue  
Pittsburgh, Pa. 15232

Editor: Katherine M. Spindt 364-2447  
Production: Peggy Brehm 371-3084

The editor requests that trip leaders  
and activities chairmen submit trip  
reports, equipment or technique  
know-how articles or other interesting  
items for publication. Pictures  
(black and white glossy) will also be  
cheerfully accepted for publication  
to help spread the word about our  
many and varied activities.

Send your contributions to:  
K.M. Spindt  
135 Buckhill Road  
Pittsburgh, Pa. 15237

Publication deadline is the second  
Thursday of each month.

Open House: Every Thursday at  
Council Headquarters.  
Phone: 362-8181 (Thurs. 8-10 p.m.)

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Will you use your AYH pass abroad?	
yes	_____ no _____
Have you ever held an AYH pass?	
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Organization	\$15.00 _____
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Make Checks payable to:	
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American Youth Hostels, Inc.	
6300 Fifth Avenue	
Pittsburgh, Pa. 15232	

# TRIPS and TRAILS

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The trips listed below are open to the public, on a first come, first served basis, with AYH members having priority. Call the trip leader, if one is listed, to make reservations and to find out more about the trip (e.g. experience required, equipment needed). Cost of a trip includes equipment rental (if any), transportation costs, 30¢ for AYH registration and 10¢ for insurance. Each tripper is insured up to \$500 for medical expenses. One last thing: If you should decide to cancel your reservation for a trip, please call the trip leader and let him know.

- Sept. 1 RAFT/CAMP--Roy Weil (521-6477) leads the New River trip.  
to Previous rafting experience is necessary. Bring camping gear  
Sept. 4 and food for 2-3 days. Camp will be set up in Babcock State  
Park. Cost is about \$20.
- Sat.Sept. 1 BACKPACK--Intermediate trip in Allegheny National Forest.  
to Individual cooking. Reserve with Larry Giventer (422-9282).  
Mon.Sept. 4 Trip cost about \$7.00. Leave AYH Friday evening at 7:00 p.m.
- Wed.Sept. 6 CLIMBING GROUND SCHOOL--to learn some of the theory and  
basic technique to approach climbing. Hal VanZoeren  
will teach. This is the prerequisite to the practice climb  
on Sat. Sept. 10. Meet at AYH at 8:00 p.m.
- Thur.Sept. 7 EVENING CYCLE--Jack Batchelar leads the evening tour of  
the city parks. Reserve a bike with George Chin (621-6536).  
Leave AYH at 6:30 p.m. Cost is 25¢ plus rental.
- Fri.Sept. 8 CANOE/CAMP--White Water Canoe Trip on the Spanish River  
to located northwest of Sudbury, Ontario. This 82 mile trip  
Sun.Sept. 17 starts easy and builds up to some real whitewater with a  
mile portage around Graveyard Rapids. Bring tent, sleeping  
bag, mess kit, clothing, food and \$48.00. Car Shuttle will  
be provided by a hired guide, which will allow more time on  
the river. Depart AYH Friday at 8:00 and return Sunday.  
Reserve with Howard King (264-1386).
- Sat.Sept. 9 HOSTEL WORK PARTY--AYH Headquarters needs several repair  
to jobs before winter comes. If you are not interested in  
Sun.Sept.10 watching the program under a leaky roof or sitting in a  
cold draft, come to HDQ. at 10:00 a.m. Saturday morning  
with your tools, your skills, and your enthusiasm to help  
our efficient House Chairman make our house a place we  
can inhabit comfortably for many years to come. Reserve  
Sunday for work on any jobs still uncompleted.
- Sat.Sept. 9 HIKE--Dunbar Creek (beginner, intermediate) Hike 7-8  
miles along scenic Dunbar Creek with Bob and Vi Omlor.  
(264-3658). Bring lunch, canteen and about \$3.00. Leave  
AYH at 8:30 a.m.
- Sat.Sept. 9 Fall Council Meeting Keystone Trails Assoc. Plan to attend  
to this KTA meeting to be held at Camp T. Frank Soles near  
Sun.Sept.10 Somerset. Contact Don Woodland (563-5419) for information.
- Sun.Sept.10 CAVE--Trip for beginners to Barton's Cave. Call Mike LaMark  
(381-3563) for reservations and information.

TRIPS AND TRAILS CONTINUED

- Sun.Sept.10 CLIMB--Hal VanZoeren (243-6564) leads this prectice climb to Cooper's Rocks. Beginners welcome if you have attended ground School on Wednesday, Sept. 6 at AYH. Bring any climbing gear you have, leather gloves, lunch and \$3.00.
- Sun.Sept.10 CYCLE--Larry Giventer (422-9282) leads a trip to Three Rivers Stadium for the Heart Association Bike Derby. Call Larry for information and reservations. See the article in this issue about the Bike Derby.
- Tue.Sept.12 EVENING CYCLE--Doug Ramsay (837-2353) leads this evening's tour of the city parks. Cost 25¢ plus rental. Reserve with Doug.
- Thur.Sept.14 EVENING CYCLE--Roy Weil leads the city parks tour tonight. Cost 25¢ plus rental. Reserve a bike with Gorge Chin 621-6536.
- Fri.Sept.15 to  
Sun.Sept.17 BAKER TRAIL BUILDING PARTY--Leave Friday evening or Saturday morning. Sleep in tents or next shelter. Community food. Share food and transportation costs, no trip fees. Contact Eb Moll (441-0226). See separate article.
- Sat.Sept.16 to  
Sun.Sept.17 CYCLE--Jay and Margaret Angle lead an easy, 20-25 mile flat, level ride/camping trip in the Amish country of Ohio. Recommended for a beginner who has made an evening cycle trip. Cost about \$7.00 plus food and rental. For more information call Jay or Margaret at 362-5282. Leave AYH 7:00 a.m.
- Sun.Sept.17 CYCLE--Maumee Valley Wheelmen sponsor a Century Run titled "I Rode to Hell and Back", that is Hell, Michigan. For information and applications contact Rita Gleason, 2048 Scottwood, Apt. 2, Toledo, Ohio, or Skip Adelpia or Bill Clayton at 408 N. River Road, Waterville, Ohio.
- Tue.Sept.19 EVENING CYCLE--Mike LaMark leads the evening tour of the city parks. Reserve with Mike at 381-3563. Cost 25¢ plus bike rental. Leave AYH at 6:30 p.m.
- Thu.Sept.21 EVENING CYCLE--Vince Widmer leads tonight's tour of the parks. Reserve a bike with George Chin (621-6536). Cost 25¢ plus rental. Leave AYH at 6:30 p.m.
- Fri.Sept.22 to  
Sun.Sept.24 CANOE/CAMP--Intermediate White Water canoeing on The Stair-Case. Phil Mason (521-6477) leads another joint trip with Washington Council AYH. Canoe School #2 experience or equivalent required. Bring sleeping bag, stay in Sandy Hook Hostel. Cost less than \$10.00. Reserve with Phil.
- Sat.Sept.23 to  
Sun.Sept.24 CYCLE--Doug Ramsay leads a 2 day, 75 mile each day, bike camping trip to Seven Springs. Bring camping gear, lunches and about \$10. Leave AYH at 7:00 a.m. Saturday and return Sunday evening. For more information and reservations call Doug at 837-2353.
- Sun.Sept.24 HIKE--in Upper Allegheny area. For additional details contact Fran Czapiewski (371-6696).




## TRIPS AND TRAILS CONTINUED AGAIN.

- Sun.Sept.24 HIKE--Wander through Bushy Run Battlefield with J.D. and Elinor Myers (372-7599). Recommended for all ages (6 to 60 plus). Bring picnic lunch. Leave AYH at 1:00 p.m. Cost about \$1.50. No reservations necessary. Come to AYH if you are interested in going.
- Sun.Sept.24 CYCLE--The Western Pa. Wheelmen's Annual WAG (Washington and Greene County) ride was rained out this year by Agnes. SO, they are holding a return to WAG ride. The ride will have 25-45 and 60 mile routes and a patch to all participants. 50¢ entry fee. Contact Rich Diehl (653-1893).
- Sat.Sept.16 CYCLE--The Western Pa. Wheelmen are sponsoring their fourth annual Century Run ride around North Park Lake. The cost is about \$3.00. For more information and reservations, call John Wronosky at 431-1373.
- Tue.Sept.26 EVENING CYCLE--Gary Ludwig (521-4964) leads the tour of the city parks. Leave AYH at 6:30 p.m. with 25¢ plus rental. Reserve a bike with Gary.
- Thu.Sept.28 EVENING CYCLE--Jay and Margaret Angel lead the city parks tour. Reserve a bike with George Chin (621-6536). Leave AYH at 6:30 p.m. with 25¢ plus rental.
- Fri.Sept.29 to Sun.Oct. 1 ANNUAL MEETING KEYSTONE TRAILS ASSOC.--to be held at Camp Swatara on the Appalachian Trail near Harrisburg. Hiking, folk dancing at night. Meals. Contact Don Woodland for more information. 563-5419.
- Fri.Sept.29 to Sun.Oct. 1 HIKE--Tuscorora Trail hike and maintenance trip. Reserve with Jack Leahy (935-4188). Bring tent, sleeping bag, mess kit, individual food. Leave AYH Friday evening at 7:00 p.m. Cost about \$6.00.
- Fri.Sept.29 to Sun.Oct. 1 CYCLE--John Edwards leads an energetic advanced cycle trip to Spruce Knob, W. Va. Bring camping gear, lunches and about \$20.00. For more information and reservations call John at 833-2682. Leave AYH Friday at 7:00 p.m.
- Sat.Sept.30 CANOE--Family flat water trip lead by Bill and Dixie Wulf. Bring lunch, complete change of clothes, \$4, and the kids. Meet at AYH by 8:30 a.m. Reserve with Bill or Dixie at 242-6029.
- Sun.Oct. 1 CYCLE--Jim Hurst (276-0447) leads an easy beginners flat 25 mile bike trip to Pymatuning Lake. It's all flat, no hills. Bring lunch and about \$3.50. Leave AYH at 8:00 a.m.

Sometime in September: A Wild Food Gathering Hike. Check with Sametta Richter (421-3591) for additional details.

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There is still a raft missing from AYH. Please, check your trunk, your garage, or basement to make sure it hasn't accidentally been forgotten. The raft belongs to AYH Pittsburgh Council and is for the use of all of our members.

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
September				1 Backpack-Alleg. Nat. Forest Raft-Camp New River	2	3
4	5	6 climb, ground school	7 Open House evening cycle	8	9 Hike Hostel Work	10 Cave Climb Cycle Party
11	12 evening cycle	13	14 Open House evening cycle	15	16 Cycle-100 Cycle weekend Baker Tr. Shelter Building	17 Cycle 100
18	19 evening cycle	20	21 Open House evening cycle	22	23 Cycle Weekend-75 Springs Canoe Weekend-The Staircase	24 Hike Cycle-WAG
25	26 evening cycle	27	28 Open House evening cycle	29 Hike-Tuscorora Tr. Cycle-Spruce Knob	30	

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