

# The Golden Triangle

PITTSBURGH COUNCIL • AMERICAN YOUTH HOSTELS

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June, 1989

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## Slide Programs for June

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by the Hulls

**June 15**  
**Canoeing the Grand Tetons**  
by Jean & Sayre Rodman

**June 22**  
**The Pacific Northwest**  
by Glenn Oster

Attention: Now there are two locations to serve you! Bob Goff at 761-2837 and his new assistant Rodney Horner at 339-0944 are accepting volunteer slide shows and other programs. The fifth caller wins a choice of any future month's date!

## Sail Away to Pymatuning State Park

by Rose Satnne

Sailing season is finally here and that means it's time to head for Pymatuning State Park where sailing, boating, canoeing and a variety of other activities abound!

Pymatuning State Park is located a little over two hours north of Pittsburgh near Jamestown, Pa. The most notable feature of this park is Pymatuning Lake which is actually a reservoir that was created in the 1930's after the building of the Pymatuning Dam. Most of the reservoir area is located in Pennsylvania with a small section located in Ash-tabula, Ohio.

The primary purpose of Pymatuning lake as set forth by the "Pymatuning Act" of 1913 is for the conservation of waters entering the Pymatuning Swamp and for regulating the flow of water in the Shenango and Beaver rivers. A secondary purpose is to use the dam and lake as a reservoir to impound flood waters during periods of excessive runoff. Because of the tremendous popularity of the lake an ongoing plan developed in 1963 has earmarked funds for the expansion of the recreational potential of this area.

For those who may have wondered where the name of this park originated,

it is derived from the Iriquois and literally means "The Crooked-Mouthed Man's Dwelling Place". It refers to the deceit and treachery these Indians encountered when dealing with the European Settlers of that time.

Now back to present day Pymatuning State Park. Recreational activities include boating which is limited to non powered boats and boats up to 10 horsepower. Floatboats, rowboats, canoes and small motor boats can be rented.

Ample camping is available with over 807 campsites in four areas of the park making Pymatuning one of the largest campgrounds in Pennsylvania. An organized group camping area is also available for groups of up to 400. In addition 194 campsites are open to those of us who prefer modern tent and trailer camping complete with electrical hookups.

With advanced reservations new, modern rental cabins are available for year round use.

Other park activities include ice fishing, ice skating, cross country skiing, snowmobiling and ice boating.

To learn more about the activities at Pymatuning please contact: Dept. of Environmental Resources, Pymatuning State Park, Box 425, Jamestown, Pa. 16134. Telephone: 412-932-3141.

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 through its councils and National Office. AYH is the U.S. affiliate of the International Youth Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide — the largest network of accommodations in the world.



# Returning to a Scioto River Valley Tradition

by Chuck Ezjak

This year, the traditional weather was back! We had enough rain to make up for the last several years when the weather for the tour was beautiful. For the benefit of those who have not yet heard of it, TOSRV is perhaps the biggest two day bicycle tour in the U.S. The acronym stands for Tour of the Scioto River Valley and it is so named because the ride starts in Columbus, Ohio and follows the Scioto south to the town of Portsmouth which is where the Scioto meets the Ohio river.

TOSRV is an annual event and usually attracts over 6000 riders. The maximum number is limited by the overnight accommodations in Portsmouth. Essentially every square foot of gymnasium floor space, every hotel room, and the high school



football field are reserved for cyclists on Saturday night.

The townspeople of Portsmouth really love it. It seems that the town

just opens its doors to welcome the cyclists.

The ride, itself, is over relatively flat terrain and is quite scenic. It follows state route 104 which is overwhelmed with cyclists. Most residents avoid driving on 104 during TOSRV. The distance is about 105 miles each way.

On this year's ride, Saturday was very wet and cold until mid-afternoon. It seems that about half of the people who registered did not ride at all, and a large number of riders drove south to Circleville or Chillicothe to start. The rest seemed to start about an hour later than usual and fairly close together. This made for very long lunch lines despite the reduced number of riders.

The dress of the day was either yellow rain jackets or plastic garbage

bags (usually green, but some were brown).

After lunch, the rain subsided and everyone had a chance to dry out by the time they reached Portsmouth. The weather was still a little on the chilly side for the rest of the weekend but was free from rain.

From what I can gather, there were a dozen or more participants from Pittsburgh AYH. Most were able to finish without much problem, although a couple of mishaps including a broken ankle and a broken wheel prevented a few from completing the ride.

There were even some who realized that the world would not end that night if they didn't ride; instead, they toured the "Son of Heaven" exhibit which happened to be in Columbus that weekend.

## The Golden Triangle

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# Trips and Tales — Fleas and Stoves and Geysers

by Cathy Szymanski

## Flea Market

On Thursday, May 14th AYH held its annual flea market at the Civic Center in Mellon Park. It allowed AYHers to sell some things and buy others.

"Good turn-out," Lynn Ejzak told me. "Say about a dozen different people selling stuff." I asked Lynn what brought her to the flea market. "We never miss a Thursday, period! Had nothing to do with the flea market," was her reply.

"There were many faces old and new," Cheryl told me. She and Rose Sainne staffed the AYH goods table and decided to "feature the new AYH baseball jerseys coordinated with the baseball hats," Rose explained.

There was a nice selection of sporting goods including a mountain bike, ski boots, a pair of downhill skis, paddling equipment, a bivvy-sac dry bag, and a camp stove, which I bought.

I promptly received instructions on how to connect the gas tanks, folded it up like a suitcase and walked over to another table to have it open up and the parts scatter on the ground. "Somebody set down a canoe and sold it before it hit the ground," Bill Johnston told me. He had a kayak for sale and "no one took a nibble at it. There was a sailboat for sale that didn't sell either."

Judy Menosky "sold a bike bag for \$5 and gave a pump away for free." Kim Meather sold a three-person tent. Other items being offered were a gortex coat, a set of speakers, and Norm's usual collection of books and records.

Inside the Civic Center Larry Laude gave a slide presentation that Joe Hoechner ordered from National AYH.

Steve Poprocky sold memberships and provided a lot of information on hosting.

## Laurel Highlands

On April 22, Pat Tiegan met Joyce Lappel at New Stanton at route 9. They hiked 653 — route 31 (or Laurel Highlands). They met up with some people practicing for a 60 mile-long race, and also saw backpackers and hikers. There were some shelters along this trail. Pat told me it took seven hours to hike. They saw many spring flowers. "It was pretty," Pat said. Afterwards, the two hikers enjoyed walking through Seven Springs.

## More on Last Month's Report on the Trip to Yellowstone

On Saturday February 18, Steve Martin led a trip to Yellowstone National Park. Jack Peth, Eric Bower, Joel Platt, Chuck Ejzak, John Pop, Paul Herra, Terry Gossard, and Buck Rogers flew to Bozeman, Montana, arriving at 11pm.

On Thursday some took a guided tour to the Grand Canyon of Yellowstone. John said "in the morning we skied along the edge of the canyon and saw the upper and lower water falls and skied along Mt Washburn in the afternoon."

Terry Gossard said, "having been there in the summer it was interesting to see geysers and hot springs in the winter. In the summer there were white rocks around the springs but in the winter it looks like ice."

The overall landscape was "about three to four feet of snow" said Carla. "When you got off the trail you would sink down."

Though the snow was there, the weather was marvelous. Terry said that "there was very little snowing. The last day the temperatures got up to 45 degrees."

Because of the deep snow, most of the roads are not plowed. They use snow-cab buses. Chuck said "we ended up taking shuttles to all the trips we did."

There are skid trails around Mammoth Hot Springs. There was one trail around Tower Falls. Chuck explained that "some water there does not freeze because it's warm, but some waters do freeze." That makes for fascinating ice structures.

And of course the group saw Old Faithful. Buck Rogers said "it was really neat." And Jack Peth said "Old Faithful really did go off on schedule."

## And Here Are the Tales

While we were lacking snow for skiing, Kathy Pacacha was enjoying one and a half meters of snow in Zermatt, Switzerland according to a postcard she sent to Headquarters. She stayed at "a very small hotel for mountaineers," near the famed icy peak of the Matterhorn. She added cryptically, "There is a Woge in every crowd."

## Congratulations...

And welcome to our newest Lifetime Member —Eric Rothey of Elizabeth, Pennsylvania. May you enjoy many days of skiing and hiking trips in the years to come.

## Go Mountain Biking this Year

Is this the year you try mountain biking? If so, boy do we have the deals for you to get your feet wet! The following mountain bike rental centers will be offering discounts on their rental rates to AYH members who have their membership cards with them. All are along the Laurel Ridge.

**Wilderness Voyagers**—at the south end of the Laurel Ridge in Ohiopyle—25% discount for AYH members—some restrictions may apply—call 329-8336 for information. If no answer try the office at 329-5517.

**Hidden Valley**—In the middle of the Laurel Ridge off Route 31 east of Donegal—their rates are \$4/hr to \$12 for 1/2 day—25% discount for AYH members—they will be renting from the ski lodge this year—call (814)443-6454 ext. 493 for information.

**Shadyside Ski**—at the Northern end of the Laurel Ridge at Laurel Mountain off Route 30 outside of Ligonier.

Their rates are \$4/hr. to \$16/day—10% discount to AYH members—call 238-2050 for information.

# A Rocky Mountain High

by Bill Johnston

As the cool Black Hills of South Dakota recede in the rear view mirror, the desolate, rolling Wyoming plains radiate heat from the blacktop beneath us as John Popp and I head south to Estes Park, Colorado and a climbing area known as Lumpy Ridge.

A few hours will pass before the Front Range of the Rockies appear on the horizon, and a few hours before we reach Estes Park.

Estes Park is one of the gateways to the Rocky Mountains, nestled in a picturesque mountain valley with a quintessential yuppie feel—which we quickly relate to since climbers certainly must be considered upwardly mobile. The hostel, a former dude ranch, sits overlooking this picturesque valley and the Front Range beyond. It's also the closest accommodations at Lumpy Ridge.

The closest outcropping to the Lumpy Ridge parking lot is the Twin Owls where we spent our first day of climbing in the Rockies. The next day we are anxious to try another Lumpy outcropping called the Book and a three star 5.7 climb called Orisis, even though a long days drive from Pittsburgh, and the previous week's climbing at Devil's Tower and the Needles, are starting to take their energy toll.

The Book is a mile and a half walk from the parking lot and then a pretty good grunt up the scree to the base of the climb. Our route is fairly obvious and not hard to find. It has a great 120 foot first pitch with lots of variety. But I'm feeling tired and have to work thru much of it rather than climbing and enjoying the rock's choreography.

The second pitch is a short one up to the pine tree where the weather becomes a bit threatening. But it had been threatening the day before and didn't rain, and the guys at Komito's, a local climbing shop, had said there had only been one afternoon thunderstorm all summer. We note in passing that even if it did rain it would be very difficult to rappel at this point without leaving half our rack on the wall. Therefore, to get off—we have to go up. Besides, the end of this third pitch ends on a ledge, which we think, traverse to a cave and a decent route.

The third pitch ends with some 5.7 cracks, but just as I reach them the rain begins—not a drenching rain but one which manages to get everything wet. Since we have to go up to get out, the prudent thing seems to push ahead

and get out since there is another storm over the trail ridge road to the south, which should pass us by—but who knows. The last 30 to 40 feet are a pair of cracks rather than face climbing which would be even less fun if wet. As I reach the belay ledge the light rain stops and the sky begins clearing in the west while the thunderstorm in the south continues. Things are appearing brighter even though I am feeling drained. John will be up soon, the rain has stopped and we can traverse over to the cave for the descent without even having to finish the last pitch.

John leads the traverse to the cave but it is solid rock and tiredness is rapidly being replaced with concern. The thunderstorm to the south is not passing us by but is rapidly moving toward us.

I lead the retraverse of the ledge, which we have just completed, and John quickly joins me and sets up a belay as I look for the last pitch above the Fang. Now the storm is across the valley but will hopefully hold up until I can finish the worst of this 5.7 pitch. The first part is pretty straight forward with a few sprinkles as I approach the bulge and 20 to 30 feet of crack climbing. But the storm hits before I can start and I yell down to John that I am going to hang out until the storm clears. I can get my head and shoulders in under the bulge and am in a relatively stable position. The daypack I am carrying also gives me some protection. I get in two pieces of pro, neither of them bomb-proof, but adequate, and try to get my chalk bag into a position where it will stay dry, and then since nobody is offering tea or crumpets, you simply wait.

Lightening, thunder, wind and rain are interspersed with mushy hail. The crack above me starts to dry and I am becoming pretty well soaked and starting to shiver.

The storm came from the south so it's relatively warm, but the wind chill makes it feel cold. I am somewhat protected from the wind and just hope that John is alright. I can't see him and the storm makes it impossible to communicate so I just try to keep as comfortable as possible.

The thunder and lightening begin to abate after about thirty minutes and within ten minutes after that the rain stops.

*Look for the conclusion of Bill's climb in the next issue of the Triangle.*

## Be a World Adventurer

It's not too late to sign up for an AYH World Adventure trip. Sixty (60) one-week to multi-week trips in the U.S. and abroad. Biking, hiking, van trips, backpacking—for all ages, all ability levels. Check us out!!!

All trips are described in the 1989 World Adventure Catalog. Pick one up at headquarters free, or send us four 25 cent stamps and we'll send you one.

Please note—National AYH is providing each council one free leadership training spot for their leadership training course which is also described in the 1989 World Adventure catalog. Let your favorite activity chairperson know of your interest. The Activities Board will be selecting someone in June.

## Yough River Trail Day

July 1 will be the ideal opportunity to try out the new and still growing Yough River Trail from Ohiopele to Confluence. The Somerset County Rails-to-Trails Association invites you to join them on the Trail on Saturday July 1st to show your support for extending the Trail from Confluence to Cumberland, Maryland and from Ohiopele to Connellsville. The success of this effort will eventually make it possible to cycle from Connellsville to Washington DC on a scenic trail through the woods of Pennsylvania and along the C&O Canal. A picnic lunch is planned for Ohiopele at a nominal cost, and it's even possible that the first section of the Ohiopele to Connellsville portion of the Trail will be opening.

For more information, call Hank Parke at 814-443-4313 or 814-445-6431. Call Sue Moore at 412-329-4476 if you'd like to stay at the Ohiopele AYH-Hostel before or after the ride.



# Pennsylvania Rails-To-Trails Movement Burgeons

by Dino Angelici

The past month has brought continued optimism to those of us promoting trail development in the Pittsburgh area. On May 4th, an informal meeting was attended by Debra Bennet of the Rails-to-Trails Conservancy; Bill Metzger of the Pennsylvania RTC; George Schmidt of the Western Pennsylvania Wheelmen; Dave Wright, an Engineer from the Allegheny County Planning Bureau; and Stan Sattlinger and myself, representing Pittsburgh Council.

The meeting was very enlightening. We learned firsthand that there are some 53 rail-trails being actively promoted in the tri-state area. Most notable are the Muleshoe Trail near Altoona; the Allegheny Highlands Trail (AHT) from Confluence to Cumberland, Maryland; and the Connelville to Ohiopyle Trail (COT).

Debra is investigating several abandoned or soon-to-be abandoned railroad right-of-ways in our immedi-

ate area, including The Montour; the Allegheny Valley, running from Schenley to Templeton in Armstrong County; and the B&O, running along Route 40 near Uniontown to the West Virginia border and beyond.

Once the most likely right of ways are identified, a coalition of all interested parties must be formed. A good example is the Somerset County



Rails-to-Trails Association headed by Hank Parke, which is actively pursuing development of the COT and the AHT, lying on either side of the Ohiopyle Trail.

• Hank recently informed me that there are two Trail Cleanup Days scheduled for Saturday June 10th and Saturday July 1st. Anyone interested in helping out and learning what is involved in putting a trail together can contact me for details.

Also happening on July 1st is a

Trail Appreciation Day. Numerous rides and hikes from both Confluence and Ohiopyle are planned.

A ground breaking ceremony for the Connelville to Ohiopyle Trail is in the works and Congressmen Austin Murphy (D-Washington and Fayette counties) and John Murtha (D-Cambria, Somerset, and Westmoreland) are expected to be in attendance. Once again, contact me for details.

• An RTC Seminar was held in Harrisburg on May 11th. The purpose of the seminar was to provide information to anyone interested in trail development. The Course was open to

anyone but was aimed at local government officials and it provided information on how

to acquire, zone, develop and maintain Rail-Trails. Bill Metzger attended and has offered his assistance.

• Stan Sattlinger and I continue to explore the Montour on selected weekends. Our goal is to traverse its entire length this summer and put together a presentation to promote its development as a trail for the Pittsburgh area. We continue to be pleased with the positive responses and developments on Rail-Trails and hope to have more good news to report soon.

## Bicycling News — The Great Ride, WAG '89

by Chuck Ejzak

### Bicycle Trips Brochure

This season's trips include many favorites like Gettysburg, Pine Grove Furnace and Presque Isle. In addition, there is a new trip on the Skyline Drive for advanced cyclists. The cycling committee has a brochure listing many of the big weekend trips. Pick up a copy at HQ, or if you prefer, send a self addressed stamped envelope to: Chuck Ejzak, 6858 Wilson St., West Mifflin PA 15122.

### Beginner Rides

If it has been many years since you have ridden a bicycle and you need a refresher or if you want to learn how to ride a bike with gears, we would like to help you. We did have two sessions in May but in case you missed these, Contact Judy Menosky at 242-1573 to inquire about scheduling one. These sessions will cover proper bike fit, proper shifting, safety, and riding in traffic. The Thursday session is more talk and the Saturday session is more ride. Come to one or both. See trips listing.

### WAG '89

WAG stands for the Wheelmen's

Annual Gathering. It is a Western PA Wheelmen event held at Slippery Rock State University and will be June 2-4. It is an annual favorite of many local cyclists. The rides range from 18 to 104 miles and start and end at the campus. You have your choice of staying in dorms, camping, or just coming for the day. Application forms are available at HQ.

### The Great Ride

This year's Great Ride is on Sunday June 11. It will start and end at Flagstaff Hill in Schenley Park which will help to ease some of the parking problem.

The 50 mile ride will follow a hillier course than last year's and will not have a mass start. The other rides will be similar to last year. New feature's include a parade of classic bikes and possibly some celebrity "slow" bike races. Look for application forms at HQ.

### Mon Valley Century Bike Tour

Reserve Sunday August 20 for the Mon Valley Century. This year ride is still in the planning stage, but will include an additional food stop for 100

mile and 65 mile riders. Application forms are available. Stop at HQ for an application form or send a self addressed stamped envelope to Chuck Ejzak, 6858 Wilson St. West Mifflin PA 15122. If you would like to help with the MVC, talk to Chuck Ejzak (466-6196).

### MS-150

This year's MS 150 will be during the weekend of August 26 to 27. The ride is a fund raiser held by the Allegheny Chapter of the National Multiple Sclerosis Society. Registration is about \$25; in addition, each rider must raise a minimum of \$150 donation.

This covers everything except your bar tab. Leave North Park on Saturday morning and enjoy a 55 mile ride over rural rolling terrain. Stay overnight at the Holiday Inn Holidome or at Conley's in Beaver Falls.

Return to North Park on Sunday by a shorter and flatter route. The total trip length is about 95 miles (150 km). Application forms are or will be available at HQ or contact the National MS Society.

# Using Whole Foods for Camping

by Glenn Freund

Whole, unprepared foods are ideal for camping trips, whether you are going on an extended trip or a weekend backpack where you do not want to carry fresh foods or all fresh foods. The main advantages are: They are not bulky, they pack well; whole foods are cheaper than freeze-dried foods or commercially processed foods; they are tasty and protein complimentary (this is explained in *Diet for a Small Planet* by Francis Moore Lappe), and furthermore, they are available at your local (whole/health) food cooperative. If you compliment your foods, you won't miss the meat if you are a meat eater. If you're a vegetarian like me, you can balance your meals as you would at home.

Examples of whole foods on the trail would include bulgur (cracked wheat) which mixes with boiling water (1:1) to make a rice substitute; whole wheat noodles; hard cheese and Parmesan cheese (in cooler weather); dehydrated potato flakes; small beans (lentils, split peas and mung beans); whole wheat bread; rye crisp; peanut butter; dry granola cereal; instant

milk powder; dried fruits and vegetables; nuts and sunflower seeds; super cookies and your choice of trail mix; hot drink mixes; teas; butter, margarine or ghee; honey; soy sauce; sesame oil, sesame salt, and mixed spices and salt.

What to do with all this stuff? Some things cook more quickly than others. It probably depends on how much time you plan to spend cooking. A quick meal would include vegetables and potato flakes in boiling water, with butter, cheese, salt, grated cheese and milk powder or hot chili. For a pasta meal try whole wheat noodles (cook in five minutes) with butter, cheese, and an Italian spice. These can be cooked with lentils or split peas after they have been soaked. If you have the luxury of being in one campsite, then the beans may be soaked in warm water all day with a cup of raw brown rice, and cooked for supper with vegetables and spices. Sweet spice rice is made with raisins or dried fruit, spice and salt, and devoured with butter, honey, milk powder and walnuts or cashews.

## A Solo Trip to Skyline Drive and Harper's Ferry

by Judy Menosky

In October of 1988 I had an opportunity to tour Skyline Drive the scenic road that winds through the Blue Ridge Mountains in the historic Shenandoah National Park. During this time I also had the opportunity to visit Harper's Ferry and stay at two youth hostels in the area.

The first hostel I stayed at was the Bear's Den Youth Hostel. It is located in Bluemont, Va. on top of the Blue Ridge. The Appalachian Trail is just 300 feet away from the hostel and boasts a spectacular view from Bear's Den Rocks. The building itself is made of stone and was previously owned by a wealthy family. Because of the secluded location, the hostel was not very full and I had a peaceful night's rest.

My first major sightseeing stop was Harper's Ferry, the historic spot at the confluence of the Potomac and Shenandoah rivers. There are many activities in this area including taking the walking tour of this historic village, hiking on the surrounding

trails or cycling on the C & O towpath. I hiked up to Maryland heights, a scenic overlook just across the river from Harper's Ferry. Antietam Battlefield is close by this area, and the Appalachian hiking trail winds through the town.

After my day at Harper's Ferry, I stayed at my second youth hostel, the Harper's Ferry Hostel in Maryland. This hostel is not nearly as scenic as Bears Den, but was occupied by many interesting people, including some internationals. I met two hikers who were just finishing their hike of the entire Appalachian trail. In true AYH tradition, we threw a meal together from hostel leftovers and shared it.

Skyline drive was my next major stop. I entered at Front Royal and took the scenic section for a small fee. The speed limit is kept low, and every hundred yards or so there are scenic overlooks rising to elevations as high as 4000 feet. There are numerous places to pull over and park. There are also numerous hiking trails in the

## Ohiopyle is Blooming

If you have been down to our hostel at Ohiopyle State Park this spring, you may have noticed a colorful addition—flowers!

The efforts of a work party last fall are paying off this year. Thanks to a donation by Fred and Eileen Hull, over 500 bulbs and annuals were planted around the hostel grounds. The flowers (daffodils, trillium, cardinal flowers, sweet william, and narcissus) were provided at cost by Landscape Architect Joël Le Gaul. If you think they look good this year, wait until next year! According to Joël, the first year is the worst as the new plants are still in shock and will get stronger as the years go by. (Hope there's no drought this summer.)

Our thanks go out to Fred & Eileen, the work party planters and to Joël for his help and supervision on site.

—Joe Hoechner

park, which are well marked and maintained. Camping is also available at designated sites. I went in the autumn and was able to enjoy the spectacular foliage.

No solo vacation would be complete without a solo overnight camping adventure. Mine proved eventful. I camped at Country Meadows a large campground on Skyline Drive which was fairly deserted because it was the off season. I walked around enjoying the deer which were very tame and acted more like a pet dog.

I set up my tent early and went out to dinner. When I came back and turned in for the night I noticed it was getting a little breezy. As I tried to get to sleep, it got even breezier. Because I was having trouble getting to sleep, I decided to move to my car.

I awoke several hours later to the sound of "clunk, clunk, clunk" against my car. I looked out the window to see my tent, which had worked itself loose, rolling around the campsite in the wind! My next step was to chase it down and dismantle it. By this time I was sure that a major storm was brewing in so I packed everything up and drove off the mountain in a hurry. Waking up from inside my car a few hours later, I discovered it was a very sunny but breezy day, so I went back up, collected a few more tent pieces and enjoyed some more hiking.



# The President's Report

## — Membership Fees, The Great Ride

by Larry Laude

At all the Regional Meetings, the Regions have been asked to take a position on various issues coming before the National Board. One of the most important issues is an increase in the basic membership rate. Yes, memberships will undoubtedly cost more starting in October. (The new membership fee for adults has not been determined yet but is expected to be \$25.)

It also looks like the National Board will be effectively be eliminating associate memberships such as the Activity Membership offered by Pittsburgh Council. The Eastern Region did not endorse National's proposals, but the other regions have. Therefore I expect that these changes as well as some additional related changes will be taking place in October. Although these changes will be providing some crucially needed additional money for operating expenses at the national and Council level, the increase may initially result in decreased membership sales for Pittsburgh Council. The Board of

Directors is evaluating what steps should be taken to minimize the impact on our operations.

### The 1989 Great Ride

This month's newsletter contains a brochure on the 1989 Great Ride sponsored by CitiParks, KDKA TV and the Pittsburgh Press. Please note that



the Great Ride is on June 11th. In order to register for the Great Ride, you must mail in your application TODAY! If you did not receive a copy with your

newsletter, call 681-BIKE to get a copy mailed to you.

There are several big changes in this year's ride. To begin with, the Ride will start and end at Flagstaff Hill in Schenley Park instead of up on the Oval. This should provide for better access and parking and will also eliminate the long uphill at the end of the ride! Also, this year the route of the 50 mile ride has been changed. Riders will be going across the Highland Park Bridge, out old Route 28 and then up through Fox Chapel. The ride will reach the Butler County line before turning back. The return route will pass Deer Lakes Park and then cross the Hulton Bridge to return to Schenley Park. The route will be hillier than last year's but should avoid the traffic that caused problems for riders last year. Finally, the seven mile is not being listed as a "Police Escorted Ride" this year. We will be providing limited protection, but all riders are expected to be able to ride in city traffic.

Larry Laude can be reached at 412-665-9554

## Volunteers Needed To Keep Pittsburgh Council Running Smoothly

*Volunteers have been and will continue to be the mainstay of Pittsburgh Council. We encourage you to help the Council do its work by volunteering for whatever you can help with. If you don't see anything here that suits you, call; there are always a lot of opportunities available.*

—Larry Laude

### The Golden Triangle

As this newsletter evolves from a simple list of trips produced on a typewriter into a monthly journal of outdoor activities, news and features produced on sophisticated computer equipment, the need for help becomes ever greater. The Triangle needs people to type, take photographs, illustrate articles, and help with editing and layout. This provides people with the opportunity to learn new skills and exercise their creativity. Those who own computers and have a few hours to spare each month can type at home. And it doesn't even matter what kind of computer you

have. If you have a darkroom, the Triangle needs you desperately. There are thousands of magnificent photos taken every year by AYH members, but usually in color transparency or color negative form. We want to convert the best of these to black and white in order to be able to use them in The Triangle. If you can help in any of the capacities outlined above or in any other way, call Laura Bates at 681-3473.

### AYH Answering Machine

We need people to help with taking messages off the AYH answering machine and then passing them on to the right person to answer inquiries. All it takes is a touch tone phone and about 15 minutes three times a week. Each person would help for one month. Call Larry Laude at 665-9554 to volunteer.

### Corporate Fundraising

Pittsburgh Council needs a person with the skills to put together a good fund raising letter to local corporations (as opposed to request to AYH members or to local foundations).

This request could be in the format of a general request for a contribution to help support our programs or a specific request to help become a corporate sponsor of a Pittsburgh Hostel project (which could become a reality in the near future). Pittsburgh Council Vice President Joe Hoechner has been collecting corporate directories and would like to help set up the format of these appeals. Please call at Joe at 242-0781 if you can lend a hand.

### Beechwood Farms Outdoor Activities Weekend

On Saturday June 11 and Sunday June 12, the Audubon Society will be sponsoring an Outdoor Recreational Activities Weekend at Beechwood Farms in the Fox Chapel area. Pittsburgh Council will be there to promote its activity programs, including cycling, climbing, canoeing, hiking and backpacking. This will be excellent opportunity to tell people in the greater Pittsburgh about AYH and its programs. The hours are 10 am to 4 pm on Saturday and noon to 4 pm on

(Continued on Page 8)

# Volunteer for the 1989 Great Ride

## —Have Fun and Get a Free T-Shirt Too

The 1989 Great Ride will be held on Sunday June 11th starting at Flagstaff Hill in Schenley Park. The Great Ride is held to provide a fun day of cycling in the City of Pittsburgh. Riders are also being encouraged to obtain pledges to raise money for Children's Hospital. The success of previous Great Rides has been due in large part to the tremendous support of volunteers. Please join us in helping to make the 1989 ride another successful event.

The Great Ride is actually a series of rides: 50 mile Ride starting at 8 am to 9 am with rest stops at Beechwood Farms, Deer Lakes Park and Oakmont. (There will be no staggered start this year.)

- 25 mile Ride starting at 10 am with a rest stop in the downtown area.
- 15 mile Ride at 10:45 am with a rest stop in Frick Park.
- 7 mile Family Ride at 11:30 am.

All volunteers will receive a free Great Ride staff T-shirt. But be sure to sign up early so we can have your T-shirt ready for you on the day of the Ride. Also, if you're planning to be in Schenley Park to wait for someone else who's riding, consider volunteering while you wait.

Volunteers Are Needed For:

1. Rest Areas. Volunteers will set up

tables, hand out water and snacks, and offer general encouragement to the riders. Some cleanup at the end will be needed. Supplies will be delivered and picked up by the Great Ride. We will have radio and/or phone communications at each area.

**Frick Park—10 am to 12 noon.** Near the traffic circle at the intersection of Reynolds and Homewood in Point Breeze. This stop will be used by both the 15 and 25 mile rides.

**Downtown—10 am to 12 noon.** This will be the main stop for the 25 mile ride and will be near the Convention Center at a site to be announced later.

**Beechwood Farms—8:00 am to 10:00 pm.** This will be the first stop for the 50 mile ride and will be at the entrance to the Audubon Society's facility on Dorseyville Road in Fox Chapel.

**Deer Lakes Park—9 am to 11 am.** The second stop for the 50 mile ride will be at Deer Lakes Park.

**Oakmont—9:30 am to 12:30 pm.** The third stop for the 50 mile ride will be in the High School parking lot.

2. Schenley Park. AYH volunteers will be needed for most of the day at the AYH information booth in Schenley Park to hand out information on AYH and answer questions; to supervise the bicycle parking area; to

register riders; and to just help out in general.

3. Street Marshals. We can use Street Marshals stationed at designated locations to provide direction and information to riders. Marshals will be particularly helpful at intersections where the route has changed from last year or where two rides share the same route and then split off. Street marshals will be needed for no more than one hour.

All volunteers are encouraged to come to Schenley Park when done to enjoy the concert and to meet the riders helped during the day.

### Activities Board Meeting

The June Activities Board meeting will be at 8 pm on June 7 at Fred and Eileen Hull's home at 109 Laverne Street in Penn Hills. The meeting will be preceded by a pot luck dinner. Call Fred or Eileen at 242-5379 for directions if you'd like to attend and to let them know what you'll be bringing to dinner. Board members will be getting an agenda and a map in the mail.

### Attention All Sailors

Rick Tomlinson wishes to hear from any person who wants to learn to sail and from any experienced sailors who would



like to sail. Plans are underway to offer sailing clinics on Lake Arthur on July and August weekends. Initial training would be on O'Day 17' centerboard sloops with more advanced training on 22' O'Day keelboats.

We need to determine whether there is interest enough to justify organizing a Sailing section in Pittsburgh AYH. Please call me at 963-8910.

### Volunteers Needed

(Continued from Page 7)

Sunday. Note that this is on the same day as the Great Ride; cyclists may prefer to volunteer for Saturday. The coordinator is Joe Hoechner. If you can help for a few hours on either day, please call Joe Hoechner at 242-0781 as soon as possible.

#### Trail Maintenance

All well-beaten paths and the not so well-traveled trails are maintained by various federal, state or local agencies or by volunteer groups. The Baker and Rachel Carson Trails are maintained through the efforts of the Pittsburgh Council of AYH.

The Baker Trail was conceived and developed more than 35 years ago through the efforts of Council members. Enthusiastic volunteers have helped to keep the trail open by brush cutting, removing blowdowns, grading, re-routing, painting blazes, making and installing trail signs, shelter repair, trash removal and other chores.

The Baker Trail is beginning to show signs of its age, and we need more volunteer efforts to make the trail more enjoyable for the hikers.

You can help by joining in periodic trail maintenance trips or by hiking the trail and doing maintenance on your own. Or you may choose to adopt a specific section of the trail and be responsible for its upkeep. Even hiking the trail and sending in a report on the condition of the trail and the type of maintenance work involved would be of immense help. You can also help by locating organizations, such as Boy Scouts, Girl Scouts and other service groups, who would be willing to help with trail upkeep.

Please contact Pete Srinl at 921-1238 or see him at Headquarters if you can help.

#### The Great Ride

Pittsburgh Council is again helping with the Pittsburgh Great Ride. See the article above for information and call Larry Laude at 665-9554 to volunteer.



## Presque Isle Weekend —Bicycle for Independence

Friday through Tuesday, June 30th to July 4th

Leaders Chuck and Lynn Ejzak (466-6196)

Car camping at a campground near Presque Isle. This is an easy going kind of trip with optional morning bike rides on Presque Isle, to see the Flagship Niagara, or somewhere else. You may choose between staying just for the weekend or stretching your holiday out to the 4th. Spend the afternoons on the beach, sightseeing, going for another bike ride, or whatever. Some group breakfasts will be provided for those who request. Other group cooking on a more casual basis.

### Presque Isle Bicycle Weekend

Name \_\_\_\_\_ Phone-wk \_\_\_\_\_

Address \_\_\_\_\_ Phone-hm \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Need Ride ☐ Can Drive ☐ and carry People ☐ and bikes ☐

Yes, I will attend the group breakfast on Saturday ☐

Nights I will stay: June 30 ☐ July 1 ☐ July 2 ☐ July 3 ☐

#### Reservation Deadline is June 22

Mail a check for \$10 made out to: Pittsburgh AYH. Mail check to:  
Lynn Ejzak, 6858 Wilson St, West Mifflin, PA 15217

## Tour the C & O Canal on Bicycle

June 30 - July 4

Leader Glenn Oster

Phone: 364-2864 (h) before  
9:00 P.M.; 234-3967 (w)

Bike tour the entire length of the C & O Canal Towpath along the Potomac River from Cumberland, MD to Washington DC (180 miles total). The towpath is a national trail set up exclusively for cycling, hiking, and occasionally some other nonmotorized forms of transportation. You'll need a mountain bike or other wide tired bike to cover 40 - 60 miles per day on the dirt trail. You'll also need a rack and panniers for camping gear — primitive camping along the way. Call Glen (before 9:00 P.M.) for information and to reserve. The trip size is limited so reserve early!

## Upcoming Events

### Raft the Yough at Ohlpyyle.

On Saturday and Sunday, July 16 and 17, stay overnight at the hostel and hike, bike or lounge around on Sunday if you wish to do so. Please call Linda Smithyman at 531-1868 to make your reservation as soon as possible. The trips leaves HQ at 7:00 am.

### The Annual AYH Picnic

The picnic starts at Noon on Sunday, July 23 in North Park. Many activities can be enjoyed there. Hike, walk or cycle around the lake, sea kayak, plan "picnic" volleyball, get to know someone new and relax under the shade trees. Bring your own picnic lunch and perhaps some to share. Charcoal will be provided. \$1 donation helps to pay for the shelter. Call Carla Steel at 921-2069 for more information.

## So You Want to Try Rafting

by Linda Smithyman

Why not? It's great fun, exhilarating, and a great way to cool off on a hot summer's day. Maybe you are a little apprehensive about falling out and floating down the river. What happens if it rains? You get wet! But a part of you is just a tad too scared ...

Meeting the challenge and overcoming that fear is one of the reasons that I find rafting such a wonderful activity. The adrenaline gets going before I reach the river at Ohlpyyle. Not to mention great scenery, a great price, and making some new friends on every trip. Those three people you share a raft with will get to know you in just a few hours on the rivers. Of course, a safety lecture is given before each trip so you know what to do, including how to paddle, what to avoid, and what to do when you can't avoid those things you had wanted to.

Imagine the rush of adrenaline when you raft over a waterfall and scream with delight. Several trips for the advanced paddler are scheduled with outfitters on the New, Tygart, and

Upper Gauley rivers, all with Class V whitewater. These trips are more expensive but worth the experience.

Most beginner trips at Ohlpyyle cost between \$15 to \$16 with AYH as compared with \$40 or more with an outfitter. Bring your own lunch and most trips stop for ice cream or dinner before heading back to headquarters. You will be expected to help carry equipment which may lead to a few sore muscles. But after the trip, you'll have a very satisfying feeling of contentment (or exhaustion) and falling asleep will not be a problem for you that night.

Contact the trip leader for details and to reserve a space for yourself. Better yet, call a friend to go too. What a fun way to get some use out of those old sneakers. We provide all of the equipment. The other stuff you'll already have. And you've always wanted to try rafting, so why not try it this summer? By the way, the water is warmer in July and August if you plan on taking a dip.

**Pittsburgh Council  
AHY  
Activity Chairpeople**

**Climbing**

Eric Bauer 687-0766  
Rich Rosenberger 372-2806

**Hiking and Backpacking**

Ben Brugnans 736-2751

**Bicycling**

Chuck Ejzak 466-6196  
Judy Menosky 242-1573

**Family Activities**

Barbara Hanusa 441-7205

**X-C Skiing**

Fred Parker 856-4713  
Rick Ulaky 422-0849

**Volleyball**

Joel Platt 521-5244

**Kayaking**

John Gayler 421-1307  
Ray Yutzy 341-5682

**Sea Kayaking**

Mark Mistrik 521-7688  
Ted Self 795-6286

**Canoeing**

Rick Tomlinson 963-8910

**Rafting**

Jon Malman, Chair 441-2306  
Cindy Rupert 561-7631  
Linda Smithyman 531-1868



# **AYH Trips for June, 1989**

**Trip Categories: A = Advanced B = Intermediate  
C = Easy D = Beginner**

Date	Day	Level	Leader	Phone	Time
<b>Canoeing</b>					
<b>Chair: Rick Tomlinson 963-8910</b>					
<b>General Information:</b> Bring these items on most trips: Lunch, change of clothes, sun hat, knee pads, suntan lotion, waterproof bag, strap for glasses, raincoat. Wear old sneakers and preferably wool clothes.					
6/3	Sat	D	Karen Lukas	661-4835	8:30am at HQ
Paddle with Karen on a Class I river. Practice the skills you acquired in WWI school.					
6/3	Sat	B	Frank Bruns	561-8579	8:30am at HQ
White Water II School. Frank will offer more advanced training in white water paddling. Learn eddy turns, boat positioning and control. Fee for AYH members is \$3.00					
6/4	Sun	B	Mary Shaw & Roy Weil	618-5131	8:30am at HQ
Paddle a more challenging river with Roy and Mary. Great follow on trips for those who have completed WWII school.					
6/4	Sun	D	Bill Whitehead	363-0365	8:30am at HQ
White Water I school. Bill will help you learn the basic white water strokes, river safety, river reading, and ferrying. Fee for AYH members is \$3.00					
6/10	Sat	D	Claire Bunker	244-9788	8:30am at HQ
Claire will lead a Class I trip, an excellent practice run for those who have completed WWI school.					
6/11	Sun	B	Bob Buck	793-1480	8:30am at HQ
Bob offers paddling experience on a more challenging river. Good choice for people with WWII training.					
6/11	Sun	D	Oscar Mayer	422-8216	8:30am at HQ
Come learn basic canoe paddling with Oscar. School will be held on a lake or flat water river. Fee for AYH members is \$3.00					
6/17	Sat	D	Joel Platt	521-5244	8:30am at HQ
Paddle a class I river with Joel. Good experience for those who have completed WWI school.					
6/17	Sat	A	Rick Tomlinson	963-8910	8:30am at HQ
Rick leads a class II/III trip in conjunction with Ray Yutzy and his kayakers. Good river reading and boat control skill are required.					
6/18	Sun	C	Leslie Mayro	442-1644	8:30am at HQ
Paddle a lake or flat water river with Leslie. Good trip for those who finished basic canoeing school.					
6/24	Sat	B	Gordon Bugby	371-4233	8:30am at HQ
White water II school. Gordon will help you learn more advanced white water skills. Learn eddy turns, boat positioning and control. Fee for AYH members is \$3.00					
6/25	Sun	D	Rick Tomlinson	963-8910	6:30pm at HQ
White Water I school. Rick will help you learn the basic white water strokes, river safety, river reading, and ferrying. Fee for AYH members is \$3.00					
6/30-7/3	Fri-Mon	C	Rick Tomlinson	963-8910	8:30am at HQ
Join Rick for a three day canoe camping trip on the Upper Allegheny River; a clear, unpolluted, slow moving stream with lovely scenery. Paddle 40 miles and camp on two islands. An optional community feast is offered for Saturday night. Leaves HQ 6:30pm on Fri. Call Rick for more information. Reservation deadlines are June 15 for the feast and June 24 for the trip only.					

(Continued on Page 11)



## AYH Trips for June, 1989

Date	Day	Level	Leader	Phone	Time
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### Canoeing, continued

7/8	Sat	A	Mary Shaw/Roy Well	681-5131	8:30am at HQ
Canoe Poling school. Mary and Roy will offer training in poling on a shallow, rocky white water river. This is a once a year event so call Mary or Roy early. Fee for AYH members is \$3.00					
7/9	Sun	C	Don Hoecker	243-8298	8:30am at HQ
Don offers a class I trip on an easy river.					
7/10	Sun	B	Bill Whitehead	363-0365	8:30am at HQ
Paddle a class II river with Bill and practice the skills you learned in WWII school.					

### Kayaking

**Chairs: John Gayler 421-1307, Ray Yutzky 341-5682**

**General Information:** Bring appropriate clothing; lunch in waterproof form; money for fees, rentals and dinner on return trip. A limited number of kayaks are available for rental. Reserve early with the trip leader or with Ray Yutzky for all other uses.

**6/3 Sat** Patty Snow 457-9293 Call for time  
Three Rivers Paddling Club. Instructor Clinic, Slippery Rock. For people who want to help teach at the clinics listed below. Reserve Kayaks with Ray Yutzky.

**6/3&4 Sat-Sun** See Canoe trip listings - 4 trips.  
Reserve Kayaks with Ray Yutzky.

**6/10-11 Sat-Sun All** Randy Sheesley 781-9525 Call for time  
TRPC Slippery Rock Whitewater Training Clinic. Instruction for all levels of paddlers. Reserve Kayaks with Ray Yutzky.

**6/10-11 Sat-Sun** Paul Kammer 843-5152 Call for time  
TRPC Youth Training Clinic. Instruction for ages 6 to 14

**6/10-11 Sat-Sun** See Canoe trip listings - 3 trips.

**6/17 Sat** B Ray Yutzky 341-5682  
Class II/III joint canoe and kayak trip.

**6/18 Sun** C Cole Van Ormer 362-6535 Call for time  
Class I/II trip for practiced beginners. During the day call 624-9773 or 624-9733.

**6/17-18 Sat-Sun** See Canoe trip listings - 3 trips.

**6/24 Sat** D John Gayler 421-1307 Call for time  
Introductory Kayak School - no previous experience necessary.

**6/25 Sun** B Jim Large 683-7721  
Class II/III trip

**6/24-25 Sat-Sun** See Canoe trip listings - 2 trips.

### Sea Kayaking

**Chairs: Mark Mistrik 521-7688, Ted Self 795-6286**

**General Information:** On most day trips bring lunch, water, sun lotion, sunglasses, a hat, a change of clothes double-wrapped in waterproof plastic bags, and an old pair of shoes to be worn while kayaking. For cooler weather also bring layered clothing and a water-resistant paddling jacket. For longer trips contact the trip leader.

**6/3-4 Sat-Sun All** see below Call or write for time  
Yough Lake Sea-Kayaking weekend. Fun and instruction. Paddling and rescue techniques, navigation, equipment, AYH trips and adventures. Cooperative meals and hostel overnight. Total cost about \$30. Call Cathy Lynch at 616-345-3130 or write: 211 Paisley, Kalamazoo, MI 49007.

(Continued on Page 12)



### Backpack the Greatest

Enjoy the super scenery of Colorado's high San Juan Mountains. There are three spaces open for the August 4-19 backpack trip in the Durango - Silverton area. Travel by van and visit some of the West's most spectacular area. For info and reservations, phone Glenn Oster 364-2864 (h) before 9 pm or 234-3967 (w).

## Pittsburgh Council Membership Sales Agencies

### Pennsylvania

**AAA Agency**  
317 South Richard St  
Bedford PA 15522  
814-623-5196

**McMullen Travel & Tours**  
Clarion Mall  
Rt 68 & I-80  
Clarion PA 16214  
814-226-1040

**Edinboro Travel Service**  
122 Erie St  
Edinboro PA 16412  
814-734-1639

**Atlas Travel Service**  
400 5th Avenue  
Kaufmann's (9th floor)  
Pittsburgh PA 15219  
412-261-0248

**Pittsburgh Travel House**  
3510 5th Avenue  
Pittsburgh PA 15213  
412-687-2234

**Ohioyle AYH-Hostel**  
Ohioyle State Park  
PO Box 99  
Ohioyle PA 15470  
412-329-4476

**Living Waters**  
AYH-Hostel  
RD#1, 1 mile west  
Schellsburg PA 15559  
814-733-4607

**Lenz Travel Service**  
73 South Main Street  
Slippery Rock PA 16057  
412-794-4833

**Centre for Travel**  
114 South Hiestler Street  
State College PA 16801  
814-238-4987

**Campbell Travel**  
300 South Allen Street  
State College PA 16804  
814-238-4987  
122 Erie St  
Travel Agents International  
1746 Washington Road  
Upper St Clair PA 15241  
412-835-8070

## AYH Trips for June, 1989

Date	Day	Level	Leader	Phone	Time
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### Sea Kayaking, continued

**6/6 Tue All** Mark Mistrik 441-6330-hm 6pm at HQ  
Spend an evening sea kayaking on North Park Lake. Beginner instruction provided. The park is close to Pittsburgh and is home to a large number of Canadian Geese and other waterfowl. Optional food stop afterwards. Call to reserve. Rain date next Tuesday 6/13. Call 647-7609 during the day.

**6/11 Sat D** Mark Mistrik 441-6330-hm 8am at HQ  
Entry-level kayaking trip on Tionesta Lake in the Allegheny National Forest about 100 miles northeast of Pittsburgh. The lake is 6.3 miles long and should include some very scenic backwater areas. Call for more information and reservations.

**6/17-18 Sat-Sun** Mark Mistrik 441-6330-hm 9am at HQ  
Weekend Trip to Lake Tygart, a winding 10-mile long lake in the wooded valleys of West Virginia. Stay overnight at Blackwater Falls Lodge and see the falls and surrounding area Sunday morning. Call for more information. Reservations required as early as possible.

**6/20 Tue** Mark Mistrik 441-6330-hm 6pm at HQ  
Same as trip on 6/6. Rain date next Tuesday - 6/27.

**6/14-16 Sat-Sun** Mark Mistrik 441-6330-hm 6pm at HQ  
Join us for a weekend at Chautauqua, NY. We will spend mornings on the Lake and see the Chautauqua Institute and attend the Summer Arts Festival during the evenings. "Luxury camping" both Friday and Saturday nights and a stop at a Pennsylvania Historical Site in the Allegheny National Forest on the way home. Reservations required by 7/7.

### Rafting

**Chairs: Jon Maiman 441-2306,**  
**Cindy Rupert 561-7631, Linda Smithyman 531-1868**

**6/4 Sun All** Jon Maiman 441-2306 8:15am  
Raft the Yough at Ohioyle, beginners welcome. Call to reserve a space.

**6/10 Sat All** Linda Smithyman 531-1868 10:00am  
Raft the Yough at Ohioyle.

**6/18 Sun All** Linda Smithyman 531-1868 10:00am  
Raft the Tygart River, Arden Section class III-V rapids, in West Virginia. Cost is \$58.00 plus transportation. Continental Breakfast and lunch included.

**6/18 Sat All** Shirley Ulaky 442-0849 8:00am  
Raft the Yough at Ohioyle.

**6/24 Sat All** Linda Smithyman 531-1868 10:00am  
Raft the Yough at Ohioyle. Rent a duckie day for an additional fee and/or share the expense if you want to.

**7/9 Sun All** Jon Maiman 441-2306 8:15am  
Raft the Yough at Ohioyle.

**7/15 Sat-Sun All** Linda Smithyman 531-1868 7:00am  
Raft the Yough at Ohioyle. Stay overnight at the hostel and hike, bike or lounge around on Sunday if you wish to do so. Please call to make your reservation as soon as possible.

### Sailing

**7/12-20 Wed-Thu** Rick Tomlinson 963-8910 Call for time  
A live-aboard sail cruising trip is planned for seven days along the beautiful, craggy coast of Maine. Learn to sail, navigate and man the boat as crew and in command. Both new and experienced sailors are welcome, but you must swim and be congenial. Call Rick for full trip information and cost estimates.

(Continued on Page 13)



# AYH Trips for June, 1989



## Pittsburgh Council Membership Sales Agencies

### Pennsylvania, continued

South West Travel Inc.  
134 South Main Street  
Greensburg PA 15601  
412-836-2929

### West Virginia

WVU Outdoor  
Recreation Center  
Mountain Lair  
Student Union  
Morgantown WV 26506  
304-293-2203

Morgantown Travel Service  
127 High Street  
Morgantown WV 26505  
304-292-8471



Date	Day	Level	Leader	Phone	Time
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## Bicycle Trips

**Chairs: Chuck Ejzak 466-6196, Judy Menosky 242-1573**

**6/2-4 FSS All** See below Below Call for time  
WAG, 12-100 miles. This is not an AYH event, but it is a lot of fun for bicyclists of all ages. WAG is a rally run by the Western PA Wheelmen. All rides start from Founder's Hall at Slippery Rock State University. If you do not already have reservations, may still camp at the university campground. For more information contact Chuck Ejzak (466-6196) or Dave Greenwald from the Wheelmen (327-7056). You may also go up for just one day.

**6/6 Tue B** Judy Menosky 242-1573 6:30pm at HQ  
Call the trip leader ahead of time if you need to rent a bicycle and be at HQ by 6:15. Pay attention to the classification on these trips.

**6/10 Sat C** Jeff Weiss 661-2507 9:00 at HQ  
25 miles The exact trip is still being planned, but it will probably be in the Fox Chapel area and just may include a visit to Beechwood Farms for the Audubon Outdoor Recreational Activities Weekend, and then again it may not. Call Jeff to find out and to reserve.

**6/11 Sun All** See Below 681-BIKE 8:00 at Schenley Park  
The Great Ride, 0-50 miles. Join 2000 other cyclists in the City of Pittsburgh's one and only Great Ride. Rides of 50, 25, 15, and 7 miles are offered, along with lots of fun after the ride as well including celebrity slow bike race and a classic bike display. The rides will start from Flagstaff Hill this year (across from Phipp's Conservatory). AYH needs volunteers to help with the refreshment stops along the route as well as booth manning at Flagstaff. Ride marshals are also needed. Call Larry Laude(665-9554) or Chuck Ejzak (466-6196) to volunteer.

**6/18 Sun C** John LeBlanc 233-0588 10:00 at Elizabeth  
Mon Valley, 35 miles. Come try out this new route to Bentlyville. It features quiet scenic roads with a long, but very gentle climb and a similar descent. Bring money for a lunch stop. Meet under the Route 51 bridge in Elizabeth. Call John for details and to reserve.

**6/20 Tue** Chuck Ejzak 466-6196 7:00 at HQ  
Maintenance Workshop. Go over some of the basics of bike maintenance. We plan to cover how to fix flat tires, going over your bike to check for problems, and general bike maintenance. The session will be from 7:00 to 9:00 (weather permitting) and will cost \$2. Bring your bike, some rags, wear some old clothes, and be prepared to get dirty. Please call to reserve.

**6/23-25 FSS All** Mike Hurwitz 422-9204 HQ  
Gettysburg, 25-40 miles. Join Mike and Marta on their annual visit to Gettysburg. This is a great place to ride gentle roads and lots to see. By bicycle, the battlefield is much more meaningful as you get a feel for the terrain. This is a great trip which you won't want to miss. There may be alternate rides offered if there is sufficient demand. See the ad elsewhere in this newsletter or call Mike for more information and to reserve.

**6/25 Sun B** Chuck & Lynn Ejzak 466-6196 10:00  
at Slippery Rock  
Slippery Rock, 50 miles. A very nice ride through rural countryside. The route is not very hilly and goes through at least one Mennonite town. We will meet at Founder's Hall at Slippery Rock. Call Chuck or Lynn by Thursday night (June 22) to reserve.

**6/27 Tue B** Chris Klein 441-1152 6:30pm at HQ  
Call the trip leader ahead of time if you need to rent a bicycle and be at HQ by 6:15. Pay attention to the classification on these trips.

(Continued on Page 14)

# AYH Trips for June, 1989

## Pittsburgh Council Hostels

**Ohioyle State Park Hostel**  
P.O. Box 99  
Ohioyle, PA 15470  
412-329-4476

**Point Park College Youth Hostel**  
(SA)  
201 Wood Street  
Pittsburgh, PA 15222  
412-392-3824

After 4 PM: 412-391-4100

**Dale Boyer Home Hostel**  
RD 1, Box 273  
Rural Valley, PA 16249  
412-783-6188

**Living Waters Hostel**  
RD 1 (1 mile west on Rt. 30)  
Schellsburg, PA 15559  
814-733-4607



Date	Day	Level	Leader	Phone	Time
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## Bicycle Trips, continued

**6/30 - 7/4 F-T** All Lynn Ejzak 466-6196  
Presque Isle, 0-200 miles. A relaxing weekend near Presque Isle. Car camp and enjoy morning rides on Presque Isle, afternoons on the beach and evenings by a campfire or, if you prefer, enjoying some of the nightlife. Join us for as many or as few days as you wish. There will be a 140 to 200 mile ride up on Saturday for those who want a long distance challenge, and a bike camping trip option starting from Slippery Rock on Saturday arriving at the campground on Sunday. See ad elsewhere in this newsletter. Reserve by June 22.

**6/30 - 7/4 F-T** B Glen Oster 364-2864 hm 6:30pm at HQ  
C & O Canal Bike Path, 180 miles. Tour along the entire C&O Canal towpath. Call 234-3967 during the day. See ad elsewhere in this newsletter

## Mountain Biking

**6/10 Sat** Sam Duff 731-5485 call for time  
Settlers Cabin Park

**6/17 Sat** Norm Snyder 351-4068 call for time  
Explore Montour RailRoad right-of-way.

**6/18 Sun** Bill Johnston 731-7933 call for time  
Laurel Ridge North of Route 653

**6/17 Sat** Norm Snyder 351-4068 call for time  
Explore Montour RailRoad right-of-way.

## Climbing

**Chairs: Eric Bauer 687-0766, Rich Rosenberger 372-2806**

**6/3 Sat** B Eric Bauer 687-0766 8am at HQ  
Mtn. Rescue, High Rocks, Derry, PA. Here you will learn techniques used in rescuing a person who has been injured on the rocks. Much of the information will also be useful for general climbing.

**6/4 Sun** D Eric Bauer 687-0766 7am at HQ  
Coopers, WVa. Beginner Trips are open to everyone. All you need to bring is lunch, water, rain gear and a sunny disposition (we avoid climbing in the rain). We will leave HQ at 7am, stop for breakfast on the way, and return around 8pm. Remember to wear comfortable clothes that give you freedom of movement and bring along a pair of tennis shoes.

**6/24 Sat** B Eric Bauer 687-0766 8am at HQ  
Seneca Prep, High Rocks, Derry, PA. If you are interested in doing multi-pitch climbing over 200 feet, you must attend. Here you will learn how to second a leader on a multi-pitch climb. This will be followed by a trip to Seneca Rocks on July 8th and 9th.

**6/25 Sun** B Eric Bauer 687-0766 8am at HQ  
Lead Climbing Class.

## Hiking and Backpacking

**Chair: Ben Brugmans 736-2751**

**6/3 Sat** C Tom Kaveney 276-8044 8:30 am  
Tom will lead this easy 8 to 10 mile hike on the south loop of Roaring Run.

**6/8 Thu** All Pat Tieman 561-2386 7pm at HQ  
Backpacking Clinic. We will give a basic overview of backpacking including: recommended equipment, how to arrange equipment in your backpack, selecting food, a demonstration of a variety of camp stoves.

(Continued on Page 15)





## AYH Trips for June, 1989

Date	Day	Level	Leader	Phone	Time
6/10	Sat	A	Glenn Oster	364-2864	call
Join in our annual long day's hike on the Baker Trail. This one will be about 20 miles. Call for info and reservations before 9 pm or 234-3967 weekdays.					
6/11	Sun	C	Ben Brugmans	736-2751	8 am
Ben Brugmans will lead one of his nature hikes at Charles F. Lewis. An easy 8 miles.					
6/17	Sat	A	Pete Srini	921-1238	8 am at HQ
Hike the double loop of John P. Saylor Trail. Total distance of 17 miles. Work number is 788-7759.					
6/18	Sun	All	Pete Srini	921-1238	8 am at HQ
This is one of the regular maintenance hikes on Pittsburgh Council's Baker Trail. We need your help. Call Pete at home or at work at 788-7759. Remember, no trip fees on maintenance hikes!					
6/23-25	Fri-Sun	B/C	Glenn Oster	364-2864	6:30pm at HQ
This will be an easier backpack than most that Glenn leads. He'll be covering a section of the Baker Trail in the Red Bank Creek area, about 7 miles on Saturday and 6 miles on Sunday. Call before 9 pm for info and reservations or call 234-3967 weekdays.					
6/24-25	Sat-Sun	D	Jack Peth	921-7214	call
Jack will take you to the John P Saylor Trail. If you have never backpacked, this is the trip for you. Call Jack by the 15th.					
6/24	Sat	B	Jon Malman	441-2306	at HQ
Hike the Mill Creek Trail. Approximately 15 miles.					
6/29-7/2	Thu-Sun	All	Linda Smithyman	531-1868	7 am
Leave early Thursday morning for a trip to Ironmaster's AYH Hostel to day hike on the Appalachian Trail and see Gettysburg and return on Sunday July 2nd. Day hikes and overnights at the hostel. Bring your own food. Call for info and reservations!					
7/1-4	Sat-Tue		Pat Tieman	561-3286	8:30pm at HQ
Backpack the Quehanna Wilderness in north central PA. This is Joy's annual Quehanna trip but Pat's taking the phone calls. About 9 miles a day. Call for info and reservations.					

### Volleyball

Chair: Joel Platt 421-4446, 521-5244

6/6	Tue	All	Joel Platt	421-4446	6:30 at Alderdice HS
6/13	Tue	All	Joel Platt	421-4446	6:30 at Alderdice HS
6/20	Tue	All	Joel Platt	421-4446	6:pm at HQ
6/27	Tue	All	Joel Platt	421-4446	6:pm at HQ

## Classifieds

### For Sale

**Schwinn men's 20" Super La  
Tour bicycle, like new. \$250.00.  
Call 683-8580**

Please submit Classified Ads to the Editor or Advertising Director by the advertising deadline stated in the masthead on page 2. Members may place ads for free! Non-member and commercial ads available upon request. Place ads in Editor's Mailbox at Headquarters or mail the to:

Editor, *The Golden Triangle*  
Pittsburgh Council AYH  
6300 Fifth Avenue,  
Pittsburgh, PA 15232



**Send Me a Free Copy of the World Adventure 1989 Catalog!**

**See next page for more information.**

**Mail to: AYH World Adventure, 6300 Fifth Avenue, Pittsburgh, PA 15232**

**Please include 3 first class stamps.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

ZIP \_\_\_\_\_



# World Adventure 1989

*a taste of the adventure !*

## Bicycle Trips

**Pedaler's Palette**---Fall colors trip through New England/9 Days/\$355/B Cycling/A:9/30 50+ : 10/7

**Salty Dog**---Popular summer trip around Cape Cod and the Massachusetts coast/14 Days/\$500/C Cycling/A:6/17,6/24, 7/14,7/29,8/5,8/19,8/26 O:7/15,8/11,8/25 Y:6/23,6/30,7/7,7/8,7/21,7/22,7/28,8/4,8/12 SY:7/1

**Canadian Breakaway**---Intermediate summer trip from upstate New York to Montreal and back/22 Days/\$700/B Cycling/O:7/23 Y:8/6

**Mainly Canadian Pleasure**---Intermediate summer trip to the Canadian Maritime provinces, Nova Scotia, New Brunswick, and Maine/29 Days/\$695/B Cycling/A:7/19 Y:6/24

**Bay of Fundy Loop**---Three-week cycling trip through Nova Scotia, Prince Edward Island and New Brunswick/22 Days/\$550/B Cycling/A:7/30 Y:7/2

**Finger Lakes Flyer**---Intermediate summer trip around upstate New York/9 Days/\$265/C Cycling/A:7/29,8/19 O:8/12,9/9 Y:7/15, 8/5

**On The Border**---Intermediate summer trip exploring the scenic countryside of both the U.S. and Canadian side of Lake Ontario/16 Days/\$450/B Cycling/O:7/22 Y:7/8

**Erie Breeze**---Intermediate summer trip around the U.S. and Canadian side of Lake Erie/16 Days/\$375/B Cycling/A:7/8 Y:7/29

**Pennsylvania Pilgrimage**---Intermediate trip through the Pennsylvania Dutch country/9 Days/\$300/B Cycling/O:8/5 Y:7/8



## Hiking Trips

**White Mountain Whipsaw**---Intermediate backpacking trip using the alpine hut system in the White Mountains of New Hampshire/9 Days/\$575/B Hiking/A:8/12,8/19 O:8/5

**Adirondack Adventure**---Easygoing trip through the Adirondacks of New York, starting and ending in Lake Placid/9 Days/\$235/ C Hiking/A:8/19 O:8/5 Y:7/29

**Rocky Mountain High**---Challenging summer trip in Rocky Mountain National Park/14 Days/\$350/A Hiking/A:7/29 O:7/22

**Mountain Parks West**---Recreational summer trip to the national parks of the American West and Canada/22 Days/\$990/C Hiking/A: 7/22,8/5 O:7/8

**Great Pacific Parks**---Summer hiking trip through five national parks in Washington and British Columbia/21 Days/\$775/B Hiking/A: 7/15 O:7/22

**Sierra Highlights**---Intermediate summer backpacking trip through the majestic high Sierras of California/16 Days/\$445/B Hiking/A: 7/29 O:7/22

**Bay Stroller**---Recreational summer trip in and around the San Francisco Bay area/9 days/\$400/C Hiking/A:9/16 O:7/22 50+ :9/2

**Anasazi Trails**---Intermediate hiking trip through the Southwest, including Arizona and Utah/16 Days/\$485/B Hiking/A:6/3

### Looking for a Unique Vacation Adventure?

American Youth Hostels, the leader in low cost travel for over 50 years, offers 59 different *World Adventure* trips that allow you to discover great destinations around the world.

### What Trips Does AYH offer?

AYH has bicycling, hiking, adventure, and motor trips throughout North America, Europe, New Zealand and South America. Choose from a cycling trip through New England to a hiking trip around Mont Blanc to a motor trip through Venezuela. The opportunities are endless!

*World Adventure* trips run from 9 to 80 days, so even if you have limited vacation time, there's a perfect trip for you.

### What Makes AYH Different?

AYH designs its trips for the adventurous of any age, from teenagers to seniors. You can choose to travel with others your own age or with a mixed age group. All groups are accompanied by a trained AYH trip leader who is committed to carrying out the spirit of hosting. This means your trip will focus on adventure, personal growth, and cooperation in a small group environment.





Remember to renew

your membership!!!



MEMBERSHIP DEPARTMENT  
AMERICAN YOUTH HOSTELS INC.  
PITTSBURGH COUNCIL  
6300 FIFTH AVE.  
PITTSBURGH, PA 15232



## MEMBERSHIP APPLICATION

Membership types available:

- ☐ \$ 20.00\* Adult (age 18 to 54)
- ☐ \$ 30.00 2 yr. Adult (age 18 to 54)
- ☐ \$ 10.00\* Youth (age 17 and under)
- ☐ \$ 10.00\* Senior citizen (age 55 and over)
- ☐ \$ 30.00\* Family (includes children under 18)
- ☐ \$200.00 Life (individual lifetime membership)
- ☐ \$ 18.00\* Foreign nationals, including Canadians
- ☐ \$ 10.00 Vol I, International Hostel Handbook (Europe & Mediterranean)
- ☐ \$ 10.00 Vol II, International Hostel Handbook (Africa, Americas, Asia & Australia)
- ☐ \$ 14.00 Cotton sleep sack, required at all international hostels
- ☐ \$ 1.00 Postage & handling for each membership ordered
- ☐ Donation for Hostel Development Fund (tax deductible to the fullest extent of the law)
- ☐ Grand total—make all checks payable to Pittsburgh AYH

Name \_\_\_\_\_ (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Middle)

Street \_\_\_\_\_ (Permanent address only) \_\_\_\_\_ Zip code \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Birthday: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Phone \_\_\_\_\_

If you wish membership card sent to a temporary address, give same below:

In care of \_\_\_\_\_ Street \_\_\_\_\_ Zip code \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Were you a member of AYH this past year? ☐ Yes ☐ No

When do you need card? \_\_\_\_\_ (Signature of applicant)

## AYH MEMBERSHIP BENEFITS

- International Hostel membership card plus Pittsburgh Council ID card good for discounts at local bike shops and outfitters.
- USA Hostel Handbook.
- "The Knapstock," National AYH travel newsletter.
- "The Golden Triangle," Pittsburgh Council's newsletter of trips and activities.
- Open house Thursday nights at Council headquarters.
- Access to National travel programs and Leadership Training courses.

\*Memberships valid from September 1 to December 31 of the following year.



AMERICAN YOUTH HOSTELS, INC.  
Pittsburgh Council  
6300 Fifth Ave.  
Pittsburgh, PA 15232



## ACTIVITIES MEMBERSHIP APPLICATION

Membership Types Available: (does not provide access to AYH hostels)

- ☐ \$ 5.00 Youth (17 years and under)
- ☐ \$ 5.00 Senior Citizen (55 years and over)
- ☐ \$ 10.00 Adult (18 years to 54)
- ☐ \$ 15.00 Family (includes children under 18 years)
- ☐ \$ 1.00 Postage and handling (for each membership ordered)

Note: A full AYH membership or a hostel guest membership is required for access to AYH and international hostels. An AYH membership also includes the current U.S. Hostel Handbook.

Make all checks payable to "Pittsburgh AYH" (include \$1.00 postage). Thank you!

NAME: \_\_\_\_\_ (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Middle)

STREET: \_\_\_\_\_

CT: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

BIRTHDATE: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ PHONE: \_\_\_\_\_ No \_\_\_\_\_ Yes \_\_\_\_\_

Were you a full member of AYH this past year? ☐ Yes ☐ No

SIGNATURE: \_\_\_\_\_

Pittsburgh AYH Activities Membership Benefits

Council Membership Card good for discounts at local bike shops and outfitters.

Ability to upgrade to full hostel membership at any time for difference in fee.

Access to local Pittsburgh AYH trips without paying non-member fees.

The Knapstock, National AYH Travel Newsletter, available at council headquarters.

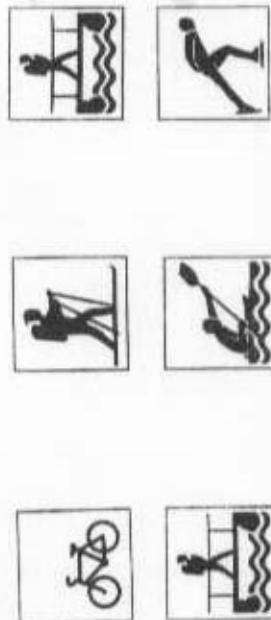
Ability to qualify to lead Pittsburgh Council trips.

The Golden Triangle, Pittsburgh's monthly newsletter of trips and activities.

Open House Thursday nights 8:00 p.m. at Council Headquarters.

Access to National travel programs and Leadership Training Courses.

(Note: Memberships valid from Sept. 1st to Dec 31st of the following year. All candidates for the Pittsburgh Council Activities Board or Board of Directors must hold full AYH memberships to qualify for these positions.)



# The Golden Triangle

PITTSBURGH COUNCIL • AMERICAN YOUTH HOSTELS

Volume 40 • Number 6

June, 1989



## Sunday, June 11, 1989

(Proceeds to benefit the Hematology/Oncology Center and Free Patient Care at Children's Hospital.)

**Schenley Park at Flagstaff Hill**

Ride 50 miles . . . 25 miles . . . 15 miles . . . or 7 miles.

Bring your old bike or tricycle and join  
The Parade of Classic Cycles!

*(Cycles must be at least 20 years old.)*

**Don't miss the Celebrity Challenge Race!**

*(The last to finish wins!)*

**For More Information See the Enclosed Flyer**

**Or Call 412-681-BIKE**

**American Youth Hostels, Inc.  
Pittsburgh Council  
6300 Fifth Avenue  
Pittsburgh, Pennsylvania 15232  
(412) 362-8181**

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