



golden triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 20 Number 5 May 1969

PADDLE POWER

As you all know, March went out like a lion with a prolonged skiing season and little canoeing. Gene Cone broke ice for us with his Middle Yough trip and shortly afterwards, Beth and Harvey took a good second in the Red Mos-hannon Races. In early April, the waters of the Upper Yough parted and swallowed up three of five AYH boats that ventured on them. Most were repairable, although it took some doing to retrieve them. After that Fred Hull led a fine trip on the Redbank. AYH was out in force at Petersburg. The balance of April will fulfill this early promise.

RACE DAY-Saturday, May 10, our first club races! Prizes galore! Excitement!-Thrills!!! The big event of Hostel Week.

Where: The Loyshanna from Story Book Forest down to the bridge or dam; or the Castleman if low water.

When: A. Solo closed boats off at 9:30 am
B. Men's tandem Grumman's at 11:00 am
C. Mixed Grumman's at 2:30 pm

How much: For the first class entered (insurance, boat and registration included) \$2.50 each in AYH boat; \$1.50 each in your own boat for any second or third class: \$1.50 each entry

Prizes: Men's tandem--handsomely engraved racing cups donated by the Grumman Company--I, II & III. Others--engraved pewter trophies, the number depending on the entries: 5 boats a I I--I & II, more--I, II & III

Classes: As above. The mixed class C is either boy & girl tandem, or over and under 16 years of age, the other over 16. No pair entering the men's tandem B may enter this C event.

Application forms are available at Headquarters; please register early so we can schedule starts and boat assignments more easily. And if anyone has a mobile CB radio in the ear, we need you! Shuttle cars will be in short supply too.

YOUGH TOUR-on Memorial Day Weekend, May 30, 31, & June 1. We are running three days of boating on the Youghieny to open the summer season. The first day hopefully will be on the magnificent Upper Youghieny (110 feet drop a mile the river for sacrificing closed boats. The second day, Saturday, is Ed Redgate's trip from Confluence to Chiopyle with easier wild water for Grumman's and closed boats. The third day sees the rafts and closed boats on the busy Lower Yough with Gene Cone. Come out and join us!

HOSTEL WEEK-5th to 11th

Join our fun-filled frivolous week of fine festivities:

Monday-Quickie hike with Kathy Bullano in Frick Park. Meet at HQ at 7:30 pm, hike for about an hour and roast marshmallows, bring flashlights.

Tuesday-Cycle with Bob Omlor in Pgh. Parks for an hour or so--meet at HQ at 6:30 pm. If you must rent a cycle call Bob at 264-4485.

Wednesday-Cycle with Dave Pattison in Pgh. Parks for about one hour. Meet at HQ at 6:30. If you must rent a cycle, reserve with Dave at 242-9442.

Thursday-Folk dancing at HQ with Hugh Gilmore. 8:30 pm. Bring a canteen.

Friday-Festivities at the Hostel including refreshments, dancing and merriments. Call Mary Mioules 621-8643 for reservations & to volunteer. (Sat. & Sun. see Trips & Trails for info)

EXTENDED TRIPS:

A rafting trip down the Middle Fork of the Salmon River (120 miles) is being planned for mid-July (2 weeks). The Middle Fork of the Salmon runs through central Idaho and some of the most remote, rugged and beautiful wilderness in America. Besides rafting there will be hikes up side canyons and a little sightseeing perhaps. Cost per person (by car) should run about \$130. Call Bruce Sundquist (351-3100 x2416).

White water canoeing and camping on the Dumoine River in Quebec for intermediates and experts in Grummans. Trip will end on Ottawa River. Beautiful scenery and spectacular rapids. C-1s are welcome but will be required to carry own food and gear. Leave Pittsburgh AYH at 8:00 p.m. Friday, August 22 - return Sunday, August 31. Cost - \$35 includes transportation, canoe rental and hostel fees. Call Howard King (264-1386).

FROM NORTHERN CALIFORNIA COUNCIL:

This year, try a roller coaster in the sparkling foam; join the Western Region for the excitement and thrills of a week-long RAFT TRIP DOWN THE KLAMATH in northern California, July 26 thru Aug. 2. The rafts are heavy inflated military assault boats and will be manned by a team of experienced AYHers who will give instruction to all participants.

These inter-council trips are designed to give AYH leaders the skills and experience necessary to schedule river tours for their own councils and clubs. Co-leaders are Warren ASA Western Regional Director of AYH and Loren Smith, advisor to the Woodland AYH Club and professional river runner during the summer. For a trip brochure, write to Warren Asa, 833 East Laurel Avenue, Glendora, Calif. 91740.

Camping on sparkling sand bars and quiet coves, singing around the campfire, good food and fellowship are always included on these tours. Loren and Warren co-led the 8-day canoe trip last year on the upper Sacramento. The group, with AYHers from 4 councils and 3 clubs represented, landed at Collusa State River Park happy and tanned to report only one upset on the 100 mile stretch. This year's total cost is \$75, which includes raft and camp equipment rental, all food, accident insurance and shuttle service back to cars in Yreka; a dramatically lower price than most river raft tours. If you are arriving by air, arrangements can be made to pick you up at the Sacramento airport. For a two week visit to California, try the Klamath River Raft Trip July 26-Aug 1, then the 3rd Annual Lassen Tour (250 miles by bike) Aug 2 thru 9.

If you cannot make this year's river trip at the time scheduled, Loren Smith would be glad to have you make reservations on any of the American Guides Assn. trips which will include the Rogue in Oregon, the Salmon and Selway rivers in Idaho. There are family discounts available. Write for his schedule at Rt 1, Box 881, AM, Woodland, Calif 95695; be sure to mention AYH.

APPLICATION FOR MEMBERSHIP:

Name: _____ Phone: _____
Street _____ City _____ Zip _____
Age (if under 21) _____ For use abroad? _____ in Pgh? _____
Type of pass: Youth (under 18) _____ \$5.00
Senior Youth (18-20) _____ \$8.00
Adult _____ \$10.00
Family _____ \$12.00 (includes children under 18
for local activities)
Life _____ \$50.00
Family Life _____ \$100.00
Sponsor _____ \$10.00

Make checks payable to: Pittsburgh Council, American Youth Hostels, Inc.

Mail to: American Youth Hostel, 6300 Fifth Avenue, Pittsburgh, Pa. 15232. Attention: Membership Chairman

The GOLDEN TRIANGLE is published by the Pittsburgh Council of the American Youth Hostels, located at 6300 5th Ave. Pgh., Pa 15232 Phone: 362-8181 (Thurs. eve.) Editor: Sue Simler 371-6755 Asst Editor: Diana Sepich Prod Editor: Terry Sickeler Art Work: Janet Mercer Contributors: Don Hamilton, John Rich, Ann Fisher TRIANGLE subscription without membership is \$2.00 Advertising rates available upon request. Want ads taken in publications nook at Hostel Headquarters.

SPRING IS HERE, so naturally the fancy of every Average Normal Young Man or Women turns lightly to thoughts of--- you guessed it --- cycling! (well after all, anything that comes with a bar can't be all bad.) So being a A.N.Y.M.O.W. I sauntered on down to Ye Olde Cycle Shoppe where I learned that cycles come in several styles: uni, bi, tri, motor and exer--the most important thing being the seat. . .yours not its.

The proprietor, recognizing that I was a tenderseat (the "in" term for a beginner), passed on the following useful information regarding the real functions of the cycle's components. I have put it in a form convenient for memorizing in order to be able to recall it time of need.

Parts of a cycle:

Wheels: them roundish things. (Early cycles had large front wheels and small rear wheels. They were later modified to the same size. It is interesting to note that cycles in and around the AYH area have carried refinement even farther by introducing some slightly elliptical wheels. Perhaps this is a result of the canoe school influence.)

Tires: Tires should be kept as hard as possible--this insures protection of the rims and permanent damage to the kidneys.

Seat: Adjusted just high enough to make toughing the ground with your feet impossible. (This discourages frequent stopping. . .helpful when attempting a "25 in 3")

Brakes: Brakes are useful devices. Learn to know and love your brakes, someday they may save your life. For example, imagine that you, yes YOU, have just become a party to the old irresistible force approaching the immovable object gambit. In this event the cycle comes equipped with brakes either the pedal style, which make sense as you back pedal frantically, or the hand caliper style, which become effective the instant you grab the handle bar in sheer panic. (The old white white knuckle phenomenon) Incidentally, getting a good grip on the front brake first leads to some interesting maneuvers.

Handlebar: Designed after a moustache of the same name, it keeps your hands from getting bored while your feet are busy as hell, and provides a place to attach lights, horns bells, fox tails, hand brakes, gear shifts, and other status symbols.

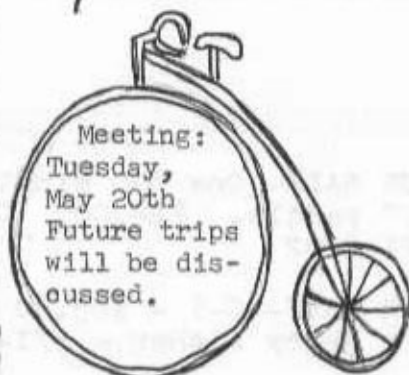
Spokes: The spokes support the bicycle hub in the wheel and must be adjusted by tuning. A master spoke tuner will strike an A on his tuning fork and proceed from there. (personally I prefer the key of "C"...no flats) Contrary to popular opinion, a well tuned wheel does not play "Stars and Stripes Forever" when you stick your finger in it.

Other parts: Lest we leave a part of the cycle offended, let us speak of the other parts. . . There, so much for that.

Cycling does have its advantages. Cycles always start even in the coldest weather--no gas line freeze up either. Cycles are safe. . .ever hear of a bicycle getting a ticket for speeding. (especially up some of our more scenic hills) Cycling gives you legs of steel. . . well actually this takes a while--they're more like rubber at the end of a good ride. How about the joy of skirting through a traffic jam as you wave at the poor blocked motorists (with all fingers) picking gnats out of your teeth.

And now--a word on behalf of my sponsor. . .AYH does sponsor cycle trips which are, as a rule, kicky!?! (oh well) Even the long up hill treks are bearable, if only because every upside has a downside. And don't forget the pleasure of cycling in large groups. At least you better not forget it because Pittsburgh motorists are afraid of many but they seem to take a lone cyclist as a personal challenge. So taken all in all I leave you with one important parting phrase. . .LEAD A TRIP!!!

Cycle Club News



OPEN HOUSE MAY

- 1 - Rich Bartoo has slides of life in the Dominican Republic
- 8 - Hugh Gilmore is back for folk dancing.
- 15 - Backpacking & hiking in the White Mts. of Vermont as seen in the slides of Matthew Goldsmith
- 22 - J.D. Myers has slides of a recent trip to Florida featuring Florida wildlife
- 29 - All those who missed backpacking, hiking, climbing excursion to the Cascades can re-live it with Henry Fisher when he shows his slides.

OPEN HOUSE Begins at 8:30 p.m.

To place ad--write description on 3x5 card and place in publications nook at HQ.



FOR SALE--One 64" single bladed metal "T" paddle. \$14.00. Call Henry Fisher 521-8992

FOR SALE--C-1 - \$65.00
See Henry Fisher - 521-8992

NOW ON SALE--3rd Edition of the canoe guide for 75¢. See Bruce Sundquist

Hiking guide is almost ready for publication - any contributions (descriptions of hiking trips) will be happily received by Bruce Sundquist

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TRIPSTAILS

- FRI 2 - Backpack with Eb Moll in beautiful Virginia. See (and smell) the wild azalea as you
- SAT 3 - hike the trail to old Rag Mountain. Bring camping gear, two lunches and about \$10.
- SUN 4 - Leave HQ Friday evening. Reserve with Eb Moll (824-2914) or Ann Fisher (521-8992). Climbers welcome.
- SAT 3 - Hike around Coopers Rock - about 10 miles - with Larry Smith (681-4595). Leave HQ at 8:30 a.m. Bring lunch and \$2.00.
- SAT 3 - Cycle Washington County. Transport bikes from Hostel at 8:00 a.m. Bring lunch and \$1.75 plus rental. About 40 miles. Beautiful scenery and roads. Call Bob Omlor at 264-4485.
- SAT 3 - Canoe School -- Camp Carondowanna
- SUN 4 See Don Hoecker for details (243-8298)
- SUN 4 - Tour the city parks. About 10 miles. 40¢ plus cycle rental. Leaves HQ at 1:30. See Dave Davenport.
- MON 5 - Quickie hike with Kathy Bullano (362-8568) in Frick Park. Meet at HQ at 7:30 pm. with flashlights.
- TUE 6 - Cycle. Meet at HQ at 6:30 p.m. Bob Omlor Leads (264-4485)
- WED 7 - Cycle. Meet at HQ at 6:30 p.m. Mike Hurwitz leads (731-1083 or 256-3343)
- THU 8 - Cycle to one of the city parks. Leaves Hostel promptly at 6:30 p.m. Cost 10¢ plus rental. Call Howard Scott (242-5854).
- FRI 9 - Party at the Hostel. See article on Hostel Week (first page) for details.
- SAT 10 - Climb with Cora Addicott (521-0169) at Coopers Rock. Leave HQ at 8:30 a.m. with lunch, \$2.50 and whatever climbing gear you have. Beginners welcome.
- SAT 10 - AYH Club Races. Don Hamilton (242-7400-x383) and Bruce Sundquist have the details. Application forms are available at AYH. There are three classes: Men's tandem Grummans; mixed tandems and over and under 16 yrs; and closed solo boats. Entry, insurance and registration is \$2.50/person if you use an AYH boat (\$1.50 if not) for the first class; and \$1.50 for further classes. The river will be the Loyalhanna, starting time 8:00 a.m. sharp from AYH, boats away at 9:30 on the river. Some white water experience is required; members only. May 11th is a reserved date in case we not finish the 10th.
- SAT 10 - Cycle 210 miles on the tour of the Scioto River Valley in Columbus, Ohio. Registration
- SUN 11 - fee is \$6.00. For more information call Mike Hurwitz (731-1083) or Dave Pattison (242-9224)
- SUN 11 - Fun hike (about 6-7 miles) with Abbie Geertz (372-6053) in her secret place. Leave HQ at 8:30 a.m. with lunch and about \$2.00.
- SUN 11 - Tour the city parks - about 10 miles. 40¢ plus rental. Leave Hostel at 11:00 a.m. John Rich leads (881-3974)
- THU 15 - Cycle to one of the city parks leaving hostel promptly at 6:30 p.m. Cost 10¢ plus rental. Call Mary Micules (621-8643)

- SUN 25 - John Henry and hopefully Tess (265-3761) will be leading an easy canoe trip on fast water, river to be decided later. This will be a pleasant relaxer, leaving HQ at 8:30 a.m. Bring a lunch, sun tan oil and about \$4.00. Mainly for Grumman's, but closed boats always welcome.
- MON 26 - Cycle to one of the city parks. Leaves hostel promptly at 6:30 p.m. Cost 10¢ plus rental. Call Dave Pattison (242-9224).
- THU 29 - Three-day backpacking trip into the Cranberry back country of West Virginia--one of the state's most scenic wilderness areas. The trip will cover about 8 miles per day.
- FRI 30 - Leave Thursday evening from HQ with backpacking gear, three lunches and about \$10.
- SAT 31 - For experienced backpackers only. Limit 12 people. Reserve with Bruce Sundquist (351-3100 x2416).
- THU 29 - Cycle to one of the city parks. Leaves hostel at 6:30 sharp. Cost is 10¢ plus rental. Call Tom Weet (521-9032).
- THU 29 - Climbing at Seneca Rocks. All grades (except first-timers). Leave HQ at 7:30 p.m.
- FRI 30 - on Thursday evening and return early Sunday. Bring rubber-soled shoes, camping and
- SAT 31 - and cooking gear and about \$6. Restaurant and grocery stores nearby. Bring whatever
- SUN 1 - climbing gear you have and register it with the leader. Leather or canvas gloves required for each climber for rappel. To facilitate transportation arrangements, you must sign up by Tuesday, May 27 with Bob Strong (327-6267). Volunteer rope leaders please call Bob.
- FRI 30 - A surprise hike with Hugh Gilmore and the first picnic of the year. Meet at HQ at 9:30 a.m. Call Hugh for reservations (731-7387).
- AYH Youghiogheny Tour. See next three listings. Join us for one or all.
- FRI 30 - We hope to start the AYH Youghiogheny Tour with the experts on the Upper Yough., Sang Run to Friendsville. Because of the difficulty and remoteness of this section of water, the trip is by invitation; see the Canoe Chairman--Don Hamilton(242-7400x383) to see if a party can be worked up.
- SAT 31 - Ed Redgate (EM 27136 home) next takes the Grumman's to some easier white water, the Middle Yough from Confluence to Ohiopyle, continuing our tour of this river. Ed says the weather will be good, so bring lunch, a change of clothing and about \$4.50. Leaves at 8:30 a.m.
- SUN 1 - The AYH Yough Tour continues with Gene Cone (621-2600 x341 business) taking rafts and closed boats down the Lower Yough on June 1. It will be a great trip, for the white water crowd is always out in force this day and there will be plenty of boats to watch. Bring dry clothes, bathing suit and sneakers, lunch and about \$4.50 and plan to leave at 8:30 a.m.
- SUN 1 - Hike on Laurel Ridge with Roch Mercier (361-5794). Leave HQ at 9:00 a.m. with \$2.00 and lunch.
- MON 2 - Cycle to one of the city parks leaving hostel promptly at 6:30 p.m. Cost is 10¢ plus rental. Call Dave Pattison (242-9224).
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TO ALL MEMBERS:

Are you getting tired of the same old trips? Have any fresh ideas (whoops! about trips, that is) Call your activities chairman and volunteer to lead. They are:

HIKING -- Doug Ettinger (523-5883)




CLIMBING -- Bob Strong (327-6267)

CANOEING -- Don Hamilton(327-3511 or 242-7400x383)

CYCLING -- Dave Pattison (242-9224) or

TRIPS & TRAILS -- Ann Fisher (521-8992)

Mike Hurwitz (731-1083)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			OPEN HOUSE 1	2	Backpacking Canoe School Cycle Climb Hike 3	Cycle 4
HOSTEL WEEK May 5 thru 11th Hike 5	Cycle 6	Cycle 7	OPEN HOUSE Cycle 8	Party 9	Cycle 200 s and 10 miles Canoe Races Climb 10	Hike Cycle 11
Trips due Triangle Article due 12	Activities Board Meeting 13	14	OPEN HOUSE Cycle 15	16	Canoe and Raft Cave Hike Cycle 17	Cycle Canoe Hike 18
19	Cycle Cycle Club Meeting 20	21	OPEN HOUSE Cycle 22	Roller Skate 23	Canoe & Raft Cycle Hike & dinner 24	Canoe Hike Cave Cycle 25
Triangle Assembly Party Cycle 26	27	28	OPEN HOUSE Cycle 29	MEMORIAL DAY Canoe Hike & picnic Climbing - Seneca - Three Days Back- 30	Canoe 31 Backpacking - 3 days	Canoe & raft Hike June 1

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