



golden triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 21 Number 6 June, 1970

OPEN HOUSE

9:00 p.m. Thursdays

- June 4 Melvin Tobias leads a climbing expedition and demonstrates some techniques.
- June 11 Come Folk Dancing! Wear your high costume, Hugh Gilmour calls the steps.
- June 18 Fred Kissel's movies show the life of Nepal and also the sparkle of an ice cave.
- June 25 Raft across the Pacific Ocean with Thor Heyerdahl and the movie "Kon Tiki."

It has been suggested that we print a list of phone numbers of the most active AYH members and trip leaders for easy reference. If you would like your number listed, please send a note indicating such, to the Hostel in care of Judy Hurst.

Articles for the GOLDEN TRIANGLE are due the 10th of each month. If you have any contributions, please mail them to Judy Hurst, 1261 Raven Dr., Pgh., Pa. 15243, or put them in the publications mailbox at the Hostel Headquarters.

TRAIL ETIQUETTE

Some years ago one of the fine leaders in the Appalachian Trail Conference, Myron H. Avery, wrote a booklet on Trail Etiquette. This was a message to those who walk or ride in the woods, and what Avery had to say is still important.

Here are a few quotes from the booklet:

"At all times one must remember that there is no inherent right to walk, camp, or use privately-owned lands. There seems to be too often some theory of a public right to use, as one pleases, a wooded area. Any such thought is totally erroneous; you have no more right to use this than to appropriate the well-kept lawn of your neighbor. There is no inherent right to trespass to climb a mountain. Use of such areas is only by tolerance of the owner: in all circumstances, this factor must be kept in mind. Presumably, such toleration will be continued unless experience demonstrates unfortunate occurrences.

"Too often, hikers, when questioned by landowners or by their agents, have exhibited a degree of independence, claimed rights or privileges and have instanced near insolence. For this folly, walkers as a whole suffer. If questioned, be at pains to identify yourself fully and state your objectives and

(cont. on page 5)

TIPS ON KAYAKING

Here are some suggestions for those who are interested in white water kayaking.

First, let's consider the equipment. A kayak should fit a person like a glove. The foot braces should be adjustable, enabling the ball or arch of the foot to rest squarely on the brace. Pushing with your feet should cause your knees to fit very snugly against the deck near the cockpit. Knee pads glued to the inside of the deck are recommended. Do not use knee pads fastened to the legs to take up the extra space. This kind of knee pad will cause you to lag on the rim of the cockpit when a quick exit is required. Your rear end must be tight against the seat. However, the small of your back cannot rest against the rim of the cockpit. You need the complete freedom of movement of your torso for correct paddling technique. You will have the tendency to lean back against the rim of the cockpit. This is only permissible when resting in quiet waters where good balance is not required.

Your paddle should definitely be feathered. In other words, the blades of the paddle should be in planes 90 degrees apart. For better performance, a curved blade requires a different angle of entry to the water than the flat blade. The transition from a flat to a curve blade can be made in a couple of hours. The length of the paddle depends on the person.

A helmet, life jacket and a spray skirt which should be placed under the life jacket are other equipment requirements. A pair of gloves are recommended especially during the first couple of river trips, until your hands become calloused. For the beginner who will be making frequent exits from his boat after a capsize, long wet suit pants are recommended. These pants will not only keep your legs warm while retrieving your boat, but they will also protect your legs from cuts and abrasions caused by the rim of your cockpit. Of course, as you become more accustomed to your kayak, less time will be spent outside of your kayak in the water. And then there will be less need for wet suit pants. A lightweight nylon sweat jacket is recommended for summertime use.

Try to remember the following points for the basic forward paddle stroke. Reach as far forward with your stroke as possible beginning the stroke near the bow and ending it alongside or a little behind the cockpit. Use each stroke as a brace leaning slightly to the side on which you are paddling. Also, push forward with the foot that is on the same side as your paddle stroke. You should never pull the paddle through the water. Always push your paddle with one arm while using the other arm as a fulcrum. The motion of your arms is equivalent to a boxer beating someones brains out. The wrist of the arm that is doing the pushing should be at eye level. The grip of one hand is fixed, while the other hand allows the shaft of the paddle to rotate. There are a lot of things to remember in this basic stroke. It will take many hours of practice. Flat water is just as suitable as moving water for learning this forward stroke. This stroke is the very basis for keeping upright in very fast moving, turbulent water. As was mentioned earlier, each stroke is a brace which keeps your center of gravity inside the boat no matter how turbulent the water is. The forward stroke gives you forward momentum. And equally important, the forward stroke gives you a brace or water which you can push against to prevent you from tipping. For this bracing to be effective, rhythmic strokes are required. If you lose your rhythm for one moment, you could find your center of gravity outside the boat and nothing to push against. This forward stroke can never be overstressed.

This article will be continued in the July issue of the Golden Triangle. The author has some excellent suggestions for exercises such as strokes, rolling the kayak and eddy turns.

TRIPS AND TRAILS

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JUNE

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ri 29th- BACKPACKING - in West Virginia, three days in Otter Creek, the
on 1st newly declared scenic area. This is the first three days of a
week-long hiking and backpacking trip. Group cooking. Cost for
three days about \$11.00 including transportation, food, guides
and fees. Call Cliff Ham (621-7825.) (Some may leave on Thursday
night or Friday morning, depending on when their holiday falls.
Call Cliff or Chriss DeRham at 256-7187 (daytime.)
- ay
ri 29th- BACKPACKING FOR SEVEN DAYS - First three days in Otter Creek, then
hurs 4th four days in the magnificent Dolly Sods Area. Group cooking.
Equipment available. This will be a leisurely but most inviting
trip. Cost about \$22.00 for the whole week. Cliff Ham (621-7825)
leader.
- hurs 4th CYCLE - Helen Brincka (431-6491) leads a cycle trip through the
city parks. Leave HQ at 6:30 p.m. Call early to reserve bikes.
Cost 20¢ plus rental. Beginners and those not in shape welcome.
- at 6th CANOE - Howard King (264-1386) leads a rafting and closed boat
trip to West Virginia. Leaving Friday from the Hostel.
- at 6th CANOE - Intermediate canoe trip, led by Raymond Gabler (521-9373.)
Leaves Hostel at 8:30 a.m., river to be announced.
- at 6th CANOE SCHOOL - Lead by Lloyd Geertz (372-6053) and Jon Dragon.
Students must have their own canoe. White water techniques
will be taught on the Middle Yough starting from Confluence.
- at 6th CYCLE - to Saxonburg with Bob Omlor (264-3658). About 40 miles.
Leave HQ at 8:30 a.m., bring a lunch. Cost about 60¢ plus rental.
- at 6th CLIMBING - at McConnells Mill. Meet at the Hostel at 8:30 a.m.
Contact Ken Horner (457-7085) for details.
- in 7th HIKE - Exploratory hike led by Don Hoecker (243-8298) - destination
to be announced. Plan for an interesting and easy trip. Leave
from the upper parking lot at 9:00 a.m., with lunch and good shoes
and about \$2.00.
- in 7th CANOE SCHOOL - This is school #2 (for those who have taken
AYH school #1 or have some white water experience.) Lead by
Mary Shaw (421-7641 or 683-7000 x284.) The Conney or Buffalo
Creek will be paddled depending on local rainstorms.
- in 7th CYCLE - Allan Sher (421-4429) leads a 25 mile trip near Sewickley.
Leave HQ at 10:00 a.m., bring a lunch, Cost about \$1.00 plus rental
- on 8th CYCLE - A fast-paced 15 mile trip for experienced cyclists. Meet
at the corner of Penn Avenue and Swissvale Ave. in Wilkinsburg.
For more details call Mike Hurwitz (731-1083 or 256-3343.)
- ies 9th ACTIVITIES BOARD MEETING

TRIPS AND TRAILS continued

- hurs 11th CYCLE - Steve Lord (823-7245) leads a city parks cycle trip before the meeting, leaving HQ at 6:30 p.m. Call early to reserve bikes. Cost 20¢ plus rental. Beginners welcome.
- ri 12th CYCLE - with Mike Hurwitz (731-1083 or 256-3343) on a trip through
at 13th "Pennsylvania Dutch" country. It will be a leisurely ride with
un 14th sightseeing stops and also some longer rides for the more energetic. We will be staying at the fine Brickerville hostel. Breakfasts and Sat. dinner will be provided. Bring 2 lunches plus car snacks, a sheet sack and \$20-\$25.00. Leaves HQ at 6:30 p.m. Friday night, returns by 7:00 p.m. Sunday. Limit of 18 people, so reserve early.
- at 13th CANOE - Jim and Judy Hurst (276-0447) will lead a rafting and closed boat trip on the lower Yough, for experienced canoers only. Meet at Hostel at 8:15, bring a lunch.
- at 13th PICNIC AND HIKE - Joint picnic and hike with the Boondockers of Wilkesburg. Meet at Hostel by 8:00 a.m., leave for Laurel Hill State Park and beach. Eleven mile hike for those who are game, led by Bernard McKenna and Cliff Ham. Lunch on the way, return in time for a swim and supper about 6 p.m. Bring lunch and supper, swim suit, and about \$2.00. Families are welcome; hiking is not necessary.
- at 13th CANOE - Fred Hull leads a scout troop on a weekend trip with our
un 14th Grumans. If you have your own canoe and the time, you are welcome to join Fred (242-5379 x3229.)
- hurs 18th CYCLE - Take a trip through the city parks with Vince Widmer (339-6600.) Leave HQ at 6:30 p.m., cost 20¢ plus rental, reserve bikes early, beginners welcome.
- ri 19th BACKPACKING - Two-day backpack with Chris DeRahm in the Bedford
at 20th area. Leave Friday evening about 7:00 p.m., return Sunday
un 21st evening. Please reserve in advance: call Chris daytime at 256-7187.
- ri 19th CLIMB-HIKE - Climb Seneca Rocks with Jim Hurst (276-0447). Leave
at 20th from the Hostel Friday night and camp both days at Mouth-of-Seneca.
un 21st We will climb on Saturday and have both hiking and climbing on Sunday. Bring your own food and camping gear, and good hiking and climbing boots.
- at 20th CANOE SCHOOL - Kathy Spindt (486-9512) leads Canoe School #1 for rank beginners. Beginning white water techniques will be taught on the Yough between Dawson and Layton.
- at 20th CYCLE - W.P.W. Washington and Green Coutny ride. Call Mike Hurwitz for more details - 731-1083 Or 256-3343.
- in 21st HIKE - Further exploration in the Dunbar-Yough Valley area with Morie Oberg. Leave upper parking lot at 9:00 a.m., with boots, lunch, about \$2.00. Check with Morie, other equipment may be needed.

TRIPS AND TRAILS continued

- un 21st CANOE - Eugene Cone (361-8859) leads an intermediate canoe trip for both closed boats and open Grumans on the Lower Lower Yough from Stewarton to South Connellsville or the Cheat Narrows. Approximate cost to be \$5.00.
- un 21st CYCLE - Spend a leisurely Sunday afternoon cycling near North Park for about 25 miles. Leave HQ at 10:00 a.m., bring a lunch, cost about \$1.00 plus rental. Call Vince Widmer (339-6600.)
- hurs 25th CYCLE - Once again take the city parks trip with Helen Brincka (431-6491), leave the Hostel at 6:30 p.m., cost 20¢ plus rental.
- hurs 25th TRIANGLE PARTY - at the Hostel after the meeting, while your talking to friends, put together a few Triangles.
- at 27th HIKE - with Jack Leahy in an area north of Pittsburgh. Call Jack at 935-4188 for more details.
- at 27th CANOE - Sam Prellwitz (242-6105 or 372-1212 x2115) will lead a beginners flat water canoeing trip. Leave the Hostel at 8:30 a.m.
- un 28th CYCLE - Allan Sher (421-4429) leads a 50-mile trip near Cannonsburg. Leaves Hostel at 9:00 a.m., bring a lunch. Cost about \$1.25 plus rental.
- un 28th HIKE - Baker Trail hike with leader Eb Moll. Plan to leave the upper parking lot by 9:00 a.m., with lunch, boots and about \$1.50.
- un 28th CANOE - Roy Weil (521-1336) leads a canoeing trip on the Casselman or Cheat Narrows for experienced canoeists. Open and closed boats are both welcome. Meet at 8:00 a.m. and leave at 8:30 from Hostel.
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at 4th- HIKE - Spend a week on the Susquehannock trail with Dave Porterfield
ri 10th (452-7071.)

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nd outdoor connections. Make no claim of right or privilege; treat the situation as if your property were that effected.

"Further, it is most important to realize that the use of a marked trail confers no right to use land against the owner's objection; if you attempt to claim such rights, you do these projects a distinct disservice. Next in importance to a full realization that there is no question of rights (you have one) or privileges in the use of the woods but of responsibilities and duties, here is a marked need for the exercise of restraint."

Cycling in Ireland

If anyone is interested in cycling through the beautiful countryside of Ireland during the month of August, contact Margaret McKenna 63-0273.

The Northern California Council extends special invitation for all Councils to join them on two 1-week raft trips in the West early this summer:

The DINOUSAUR CANYON RAFT AND KAYAK TRIP, June 7 thru 12, will be down the Yampa-green River in Colorado and Utah and cost \$110 including all meals, overnights, equipment rental, boatman service, insurance and car shuttle for those who fly in to the closest airport at Vernal, Utah. This week on exciting river running will follow the route Powell took in his exploration of the West. For sheer cliffs, beauty and a feeling of wilderness this trip is hard to beat. Leader is Loren Smith,

professional river runner and advisor to the Woodland AYH Club. AYHers with their own 6-man or large rafts or kayakers with considerable white water experience may make special arrangements to bring their own craft.

The ROGUE RIVER INTER-COUNCIL TRIP is an unusual combination of rafting, hiking and survival training for a week thru the Rogue River wilderness in Oregon from June 21-28 for under \$90, including equipment rental, all meals, overnights, insurance, a jet mail boat ride from where the rafting ends at Agness down-stream to the ocean and the airplane shuttle from the Coast back to Grant's Pass where the trip began. Co-leaders are Warren Asa, AYH's Western Regional Director and Loren Smith.

For information on these and other trips this summer write: Northern Calif. Council, AYH; P.O. Box 785, Sacramento, Calif. 95804.

Pittsburgh Council
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