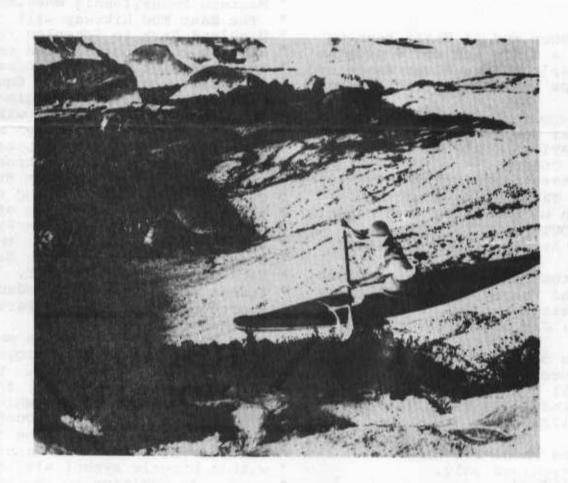
# golden triangle

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pittsburgh council, american youth hostels, inc.

Volume 24 Number 4 April 1973



... NEW RIVERS?

Open House

Thursdays 8:30 pm

April 5

Jay and Margaret Angel show slides of the Phillipines taken while they were there with the Peace Corps.

April 12

"Beaver Valley" Have you ever wondered whet the beavers were doing while you hiked around their homes? Tonight's film describes animal life in the vicinity of a beaver dam.

April 19

"The Other Side of Winter"-- A cross-\* country ski movie for those die hards \* who won't give up yet: \*

April 26

Phil Wissner and Al Hasis team up to present a slide and movie program of last year's Savage River Races and even perhaps this year's Petersburg Races!

DON'T FORGET NOW IS THE TIME TO SIGN UP FOR A NATIONAL TRIP OR THE LEADERSHIP COURSE.

The GOLDEN TRIANGLE is a monthly publication of the Pittsburgh Council AMERICAN YOUTH HOSTELS, INC. 6300 Fifth Avenue, Pgh., Pa. 15232

Editor: Katherine M. Spindt 364-2447 Art Work and Photographic Assistance Jan Swenarton Production: Jay and Margaret Angel

Publication deadline is the Thursday after the second Tuesday. The editor welcomes all contributions. Mail to K.M. Spindt, 135 Buckhill Rd. Pgh., Pa. 17237.

Headquarters Phone-362-8181 Thursday evenings only.

Open House is Thursday evening at 8:30 pm. All are welcome. The program is free!!

PITTSBURGH'S FIRST BIKEWAY TO OPEN IN EAST END APRIL 14 by Larry Giventer

Bicycling--long a favorite activity for many Pittsburghers--will soon find a place of permanence and increased safety on city streets. Pittsburgh's first full-fledged bikeway, hopefully the start of an eventual city-wide network, will open April 14 on Beechwood Blvd. The complete route will be 10 miles long and link Highland and Schenley Parks. It is the first project of a program called "Bikeways for Pittsburgh" being undertaken by the Department of Parks and Recreation and the Bureau of Traffic Planning in cooperation with members of the American Youth Hostels and the Western Pennsylvania Wheelmen.

The East End bikeway will connect Highland Park to Schenley Park along a route through the neighborhoods of Highland, East Liberty, Shadyside, Point Breeze, Squirrel Hill and Greenfield. Beginning in Highland Park, the route will start from the "instant bikeway" on Reservior Drive; follow Lake Drive, Stanton Avenue, Meadow Street, Paulson Street and Dahlem Street; go through Mellon Park and then along a five-mile section of Beechwood Boulevard past Frick Park all the way to Saline Street; then on to Greenfield Road and enter Schenly Park via Pocussett Street. Beacon Street will also be included as a short-cut from Schenley Park to Beechwood Blvd.

The entire route will be marked with official signs guiding bicyclists and cautioning motorists. The signs are rectangular, 24"x30", fully reflectorized, having a white cycle symbol on a green background and the words BIKE ROUTE. The traditional yellow diamond warning sign with a bicycle symbol will also be used. In addition to the signs, Beechwood Blvd. and Beacon St. will have painted bicycle lanes on each side of the street.

\*

Bicyclists are encouraged to ride the bikeway in either direction, at

any time, and for any length.

Bicyclists and motorists are reminded that bicycles by are vehicles. They must obey the same traffic laws that cars and trucks obey. They must ride on the right hand side of the road, with the flow of traffic, never on the left; stop at all red traffic lights and at all stop signs; obey all traffic routing sign such as "one-way", "no left turn" and "right turn only"; signal turns with appropriate hand signals; and at night have a headlight on the front of the bicycle and a taillight or reflector on the rear.

A bikeway is a marked route for bicycling. It is made up of streets and ways in the city of Pittsburgh that are designated by the Directors of the Department of Parks and Recreation and City Planning, within their respective jurisdictions, as special routes for bicycle traffic. A "bike route" is selected for its general convenience, adaptability and comparative safety for regular bicycle travel. Motor vehicle traffic and parking spaces are not excluded, although where the street is wide enough special lanes may be painted and designated as "BIKE ONLY" or "BIKE (or) PARK ONLY". An ordinance authorizing bikeways was passed by City Council on March 7.

The purpose of bikeways is to increase overall safety, convenience and enjoyment for bicyclist and non-bicyclist by channeling bicycle traffic separately from pedestrian and motor vehicle movement. For recreation, they are one of the principal "urban trails" needs of this decade. For transportation, they are potentially an important means toward increasing health and safety while reducing pollution and traffic congestion.

BICYCLING SAFETY--BASIC RULES OF THE ROAD

- Ride on the <u>RIGHT hand side of the road</u>. Ride in a straight line with the flow of traffic.
- Stop at all red lights and stop signs.
- 3. At night, use light and reflectors, and wear brightly colored clothes.

### ADDITIONAL RULES OF THE ROAD FOR BICYCLISTS

Children using bicycles or tricycles must use the sidewalks.

"Square the corner" to make a left turn at major intersections. At big or busy intersections it's always safer to get off and walk your bike across the street.

Ride defensively--learn to use hand signals to warn others of your intentions. An outstretched left arm indicates a left turn, a left arm bent upwards signals a right turn, and a downward bent left arm is a stop signal.

Always ride <u>under control</u>. Keep <u>both hands</u> on the handlebars, except when signalling. Adjust your speed to traffic and road conditions. Do not swerve or wobble out of your lane. Never weave across lanes of traffic or between cars.

Get your bicycle complety off the road at rest stops.

If you are walking your bicycle, you are a pedestrian--use the sidewalk.

Never hook on to a moving vehicle.

Never ride double with an extra rider on the frame or handlebars of your bike.

- When you park your bike USE YOUR CHAIN AND PADLOCK no matter how short the time you intend to be gone. Park your bike in a rack when possible. Never block the sidewalk.
- Stop and look carefully before pulling into the street from a driveway, alley or side street. Make sure the street is free of traffic.
- On a one-way avenue or street, cyclists are encouraged to travel in the left-hand (non-bus) lane. Traveling in the bus-lame (right lane) cyclists breathe bus fumes and run the added danger of being cut off by buses every other block.
- Remember that the pedestrian has the right-of-way, and is even more vulnerable than the cyclist.

### NOTE TO MOTORISTS

- Watch carefully for bicyclists <u>before</u> you:

  open your car door

  pull away from the curb

  pull out of a driveway.
- When passing a cyclists, allow enough room. Don't startle him by speeding or blowing your horn. Watch out on right-hand turns -- don't force the cyclists off the road or into parked cars.
- Although bicycles and cars have equal rights-of-way, your courtesy and consideration is sincerely appreciated when you yield to the slower-moving, more vulnerable vehicle.

#### SPECIAL HAZARDS FOR CYCLISTS TO WATCH OUT FOR

Sand and gravel on the road. Take curves or turns at a slow controlled speed if you see sand or gravel; otherwise the bicycle will slide out from under you.

Potholes, glass, litter on the road. Avoid them if possible, for if you hit them you can blow a tire, get a flat, dent a rim or take a tumble. However, if you suddenly come on a stretch of litter, or a hole, and are going too fast to slow down or stop, ride straight through. DO NOT SLAM ON BRAKES -- DO NOT SWERVE.

Railroad and streetcar tracks. Cross them at a right angle.

Parked cars. Watch out for cars that pull out right in front of you, or suddenly open a door in your face. Protect yourself by looking ahead down the line of cars, and if you see someone in the car, or see exhaust fumes, sound a loud horn or bell or yell -- but be prepared to stop suddenly; the driver DOES NOT SEE YOU IN HIS REARVIEW MIRROR. He is looking for cars.

Wet Conditions. When riding in the rain, remember that it takes about twice as long for your rim brakes to take hold, and your wet rubber tires will skid much more easily than on a dry surface. Avoid riding in snow.

<u>Intersections</u>. At major intersections or when traffic is heavy, make a left turn by 'squaring the corner'. Stay in the right lane, ride straight through to the opposite corner, stop, turn, wait for the signal to change, then proceed. Remember, it is always safer to get off and walk across with pedestrians. Gear down before you come to a stop, so you can start.

Riding two abreast. If road and traffis conditions do permit two people to ride side by side (never more than two), keep alert for cars coming at you or up from behind. The outside rider drops back in single file.

When overtaking another rider, announce "Coming on your left".

Turning car, bus or truck. If you are riding close to the curb, you can get caught by a turning vehicle; be sure the driver sees you.

Storm sewer gratings. In Pittsburgh, most storm sewer gratings are diagonal, and can be ridden over if you are careful. However, a few have long narrow openings which are parallel to the direction you are cycling. These can be treacherous since a wheel can drop in with disasterous results to you and your bicycle.

Steep hills. Going up: Gear down before you start to climb. Stay to the right. Do not wobble. Strong seasoned cyclists usually do not find it necessary to walk at anytime. Many others might walk part of a hill. Still others may walk all hills. It is a restful and beneficial change of pace to walk a little. You will have company. Remember to use the sidewalk.

Going down: Stay under control. Don't speed or race. "Pump" your brakes. Squeeze with both hands at the same time for control. Don't "freeze" on the brake handles and lock the brakes; the blocks will glaze, coat the rim and you will get no friction at all. Also, your hands will soon lose their ability to grip. Use your brakes before going into a turn or curve. Keep your inside pedal high when going through a curve, so it won't catch.

Night Riding. Have a light in front, and a big reflector or light on the back. Wear white or reflective clothing.

Wear shoes when cycling -- don't ride barefoot or in sandals.

Dogs. Everyone who has ever ridden a bicycle has had an encounter with a dog or two. There are 736½ theories on how to handle the beast who charges out at you, barking and growling. The greatest danger is that the dog will bang into your front wheel and knock you down. So, if you have any doubts about your ability to outrun, outsmart or drive the dog off, STOP AND GET OFF THE BICYCLE. Most dogs will lose interest in you — he just doesn't understand those spinning feet. Experienced riders employ all kinds of stratagems to thwart an attack by a dog, from talking and barking back at him to carrying sticks and tossing dog biscuits. But be sure you know what you are doing and don't lose control of your bike.

Dog owners should be aware that if their dog causes an accident resulting in injury to a cyclist, thay can be held liable. They can be taken to court and sued for damages.

Theft. Be sure that you can always say "If I turn my back on my bicycle, it's locked!" Park your bicycle either in a highly visible place, such as near a building entrance, or in a hidden place, such as in your basement. Lock your bicycle with a "Case-hardened" chain with at least a 4" wire diameter. Your padlock should be just as large and also case-hardened. The chain should be strung through the frame and rear wheel and around a secure post. Use a bike rack if one is provided.

Be able to identify your bicycle. Keep a detailed written description of it with you and record its serial number. Slip a card with your name and address on it into the handlebar or seat tube. Register your bike with

"Operation Identification" of the Pittsburgh Bureau of Police.

# Highland Schenley Bikeway



The 1971 edition (IV) of our canoeing guide to Western Pa. and Northern W. Va. is nearly gone (all 1500 copies). So now it is time for AYH's canoeists to recall their experiences over the past few years and consider what they can contribute by way of new or enlarged trip writeups, experiences with guage readings, corrections to the old guide, black and white photos, or anything else that comes to mind. All contributors receive a free copy of the new guide as soon as it comes out.

Within the past year a very excellent and detailed guide to West Virginia streams has come out. Thus one idea we want to consider is that of deleting most or all W. Va. streams writeups from our guide and start giving more detailed writeups of Western Pa. streams, similar to the writeups in the West Virginia guide. There is certainly a sufficient wealth of canoeing experience within AYH to do this. It's simply a matter of getting our canoeists to take the necessary time. Send contributions to Bruce Sundquist 210 College Park Drive, Monroeville, Pa. 15146.

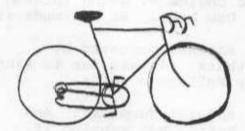
# Annual Canadian Trip Planned

Howard King is again planning early for the summer's Canadian trek. This year he plans to run the Magnetawan River, north of Parry Sound, Ontario. Depart August 17 and return August 26. Check with the ad in this issue for a few more details or with Howard for your reservation!

## CANOEING SEASON OPENS AGAIN

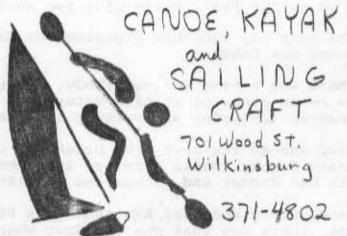
Several AYH canoeists have been out on impromptu trips to such streams as the Little Beaver Creek, the Blacklick and the Stony. The cover of this issue shows Jim Hurst entering Lower Keeny Rapids on the New River.

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c-1's & k-1's for rent with
poolside instruction

Winter hours: 11-5 weekdays; 7-9
Thur. & Fri.

In any community there are a number of relatively simple jobs which must be performed for the common good. Each member is expected to do his share of these jobs because he is a member of the community and enjoying its benefits. These duties are not necessarily related to trips, but include a variety of jobs such as folding and stapling newletters, Open House programs, Headquarters maintainence and equipment repair. Although we call these duties, they need not be chores depending on the individual's interest. For example, in equipment repair, you may have an opportunity to learn a great deal about your own equipment. Pittsburgh Council's active program of trips is supported by volunteer efforts of its active members. There is no paid help and no outside fanancial support. One of the obvious ways to give your support is to lead trips. Below is a list of some of the ways members can contribute to the program that serves them. Please check various ways that you anticipate being willing and able to support your Council's program. Use numbers to indicate your order of preference. Return list to Roy Weil, President, Pittsburgh Council.

mewsletter production cycle maintainence canoe/raft maintainence headquarters maintainence Open House program	trip leadingarea Baker Trail maintainence Visitors hosting photographic/art work for use in guides and newsletter			
instructional assistance	_ mailing list preparation other			
Name Phone	* * * * * * * * * * * * * * * * * * * *			

### COOK'S FOREST 1973

The Annual Weekend must have quite a reputation already! 48 people made it up to the State Park--plus two children and two dogs:

The trip was superbly organized by Marilyn Ham and our home were the Laurel Oak Cabins.

There was hiking for everybody, short trips, long ones, midnight hikes. One creek crossing at high water left us with the choice of going through kneedeep icy water or trusting the ice on Beaver Dam Lake. We all made it:

Food was at its best from breakfast to midnight snacks, prepared by Renate Conner, Marta Hurwitz, Irene McGoff and others. It was fun to sing with Dan Conner and guitar and to listen to Henry Pollack's solos.

Sandy Oberg and Susi Kaltenbaugh's Piñata was a special surprise. And then, there was that one incident where...but we better not mention it.

ADVANCE NOTICE: Annual Canadian White water trip. This year our trip will be on the Magnetawan River located north of Parry Sound, Ontario. The trip may commence at Burkes Falls, Ont. or further downstream and will terminate at Bying Inlet, Ont. near Georgian Bay. The start will be easy with some large lakes thrown in. There will be many rapids and some falls on the latter half. White water experience is necessary. Bring tent, sleeping bag, clothing, messkit, food and \$45-50. Trip will depart Pgh. 8:00 pm Friday, August 17 and return by Sunday, August 26. Reserve with Howard King (264-1386).

# Want Ads

Want Ads

Norm Snyder is looking for people to hike in Zion Canyon in Utah during the last two weeks in April or first two weeks in May. Call Norm at 371-2371 between 6 and 7 pm.

Anyone interested in cycling in the Cape Cod-Nova Scotia area (trip conducted as National trip, group will plan when and where the trip will be, will be less expensive than AHY Nationally sponsored trips) please write to the address below. WE ARE ALSO LOOKING FOR A LEADER. LEADERS WILL GET PAID SAME AS NATIONAL LEADERS, PLUS THEY GET ALL ROOM AND BOARD FOR FREE. Kurt Budke 236 Penhurst Dr. Pgh., Pa. 15235

FOR SALE: two c-1's. CHEAP. Also a pair of Lowa Boots, size 95 wide. Call Miller Myers at 683-9655.

Reprint from April 1972 GT TIME TO PUT AWAY THE SKIS-OR-WHERE DOES THE SNOW GO ? ?

"70 degree weather early in March signalled the end of the ski season and the beginning of the canoe season. Eager to heed the signal, some Hostel canoeists got out their wet suits and launched a "private" trip on the Casselman. (This year it was on the Blacklick and the Little Beaver Ck.) Note the words—WET SUIT. In spring canoeing on white water (Class II and above) the following equipment is almost required:

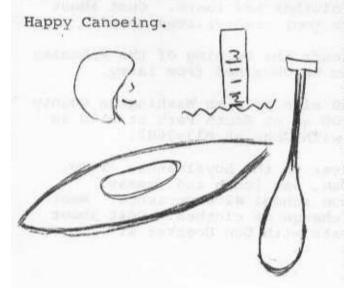
\* Wet Suit, \*Wet Suit Gloves, \*Wet Suit Boots, \*Helmet or Wool Cap \*Nylon Windbreaker Shell"

The equipment above makes the difference between a pleasant day and a disaster

For Trips later in the spring, the wet suit is not as essential. But for all trips include the following on your equipment list:

Lunch
Complete change of dry clothes
River shoes (sneakers)
Bailer
Knee Pads
LIFE PRESERVER

Remember all you learned last year and sign up for new rivers:



MEMBERSHIP APPLICATIO	ON				
NAMEADDRESS					
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Ever been a member? not	yeswhen				
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Youth (under 18)					
Adult (18 & over) Family	\$12.00				
Life					
Organization					
Newsletter Subscript.	\$2.00				

Make check payable to Pittsburgh Council,

AMERICAN YOUTH HOSTELS, INC.

# april Drips and Trails

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

- Sat. 31 <u>HIKING</u>--Baket Trail Exploration. We'll hike two alternative routes near Plumville and blaze the better trail. Leave AYH at 10:00 am. Bring \$1.50 and lunch. Contact Cliff Ham (687-4960) for reservations.
- Fri. 6 <u>CAVING</u>--Norm Snyder leads the trip to West Virginia. Many to formations and more miles of cave: Call Norm between 6-7 pm Sat. 7 at 371-2371 to reserve.
- 'Sun. 1 ANNUAL KITE FLYING--Meet at AYH at noon. Bring kites, tails and string. Traditional High Tea served on the field. Please reserve with Cathy Lynch at 361-3707.
- Sat. 7 CYCLING--Had enough winter? Inflate your tires and gear up to join Jay and Margaret Angel (362-5282) on an easy beginners bike trip around North Park Lake. Leave AYH at 8:00 am with lunch and about \$1.00.
- Sun. 8 HIKING--Come along on an AYH hike in conjunction with Earth Week. This hike will be publicized as part of the Earth Week activities in Pittsburgh. Meet at 8:30 am at AYH and hike about 5 miles in Highland Park and Guyasuta. Joint leaders: Cliff Ham (687-4960) evenings; Al White (362-5100 ext 403) days; Larry Giventer and Jack Batchelar. Cost \$.40 plus transportation.
- Sun. 8 HIKING--with Morie Oberg (661-9043) along Laurel Hill Creek from Route 653 to Humbert, about 10 intermediate miles. Leave AYH at 8:30 am from the upper parking lot.
- Sun. 8 CANOEING--Gene Cone (828-4378) leads the annual ice breaker.

  Hopefully there will be water in an intermediate white water stream.

  Bring change of clothes, warm river clothes and lunch. Cost about \$5.00. Meet at AYH at 8:30 am. Make your reservations soon!!
- Sat. 14 <u>CYCLING</u>--Larry Giventer (422-9282) leads the opening of the Schenley Highland Bikeways route. Details can be obtained from larry.
- Sun. 15 CYCLING--John Edwards is leading a 60 mile trip to Washington County through Mingo Park. Leave AYH at 8:00 am or South Park at 9:00 am. Bring lunch and about \$1.00 Reserve with John at 833-2682.
- Sun. 15 CANOEING--Don's Double Dip; White water on the Loyalhanna. Trip will run from Darlinton to Kingston Dam, eat lunch and repeat. Grumman paddlers should have had canoe school #2 experience. Meet at 8:00 am at AYH. Bring lunch and change of clothes. Cost about \$2.50 plus canoe rental. Reserve boats with Don Hoecker at 265-3672 or 243-8298.

- Sun. 15 HIKING--Baker Trail, Idaho Shelter to Pin-ees Shelter, Atwood, partially over relocated trail off Route 210. Leave upper parking lot at 8:00 am with lunch, \$2.50 and good humor. Reserve with Eb Moll (441-0226).
- Thu. 19 BACKPACKING--Cranberry Back Country. Leave AYH at 7:00 pm with Cliff and Marilyn Ham. Three day trip. Bring food, equipment, rain gear and about \$10.00. Experienced hikers only.
- Fri. 20 <u>HIKING</u>--Spruce Knob. 15-20 miles. Reserve with Norm Snyder to for this hike. Call between 6 and 7 pm at 371-2371. Leave Friday Sat. 21 night, return late Saturday.
- Sat. 21 <u>HIKING</u>--Trillium Trail. For all you beginners, wildflower watchers and serious social hikers, join Cathy Lynch (361-3707) for an afternnon on the Trillium Trail. Leave AYH at 1:00 pm. Cost about \$1.00.
- Fri. 27 BACKPACKING--A good beginner or limbering-up trip. Allegheny to State Park, Minister Campground area. 4-5 miles on Saturday and
- Sun. 29 Sunday. Leave 7:30 Friday evening. Cost approximately \$6.00. The leader will not be at the meeting until April 19. Call Dawid Wassam, 243-4827 to reserve and leave a message.
- Sat. 28 CYCLING--Jack Batchelar leads a 30 mile trip aroung Washington County. Leave AYH at 8:00 am with lunch and about \$2.50. Reserve with Jack at 963-7868.
- Sat. 28 <u>HIKING</u>--For those who missed or didn't get their fill of wild flowers, a tame hike for beginners in Sattler Woods with Linnea Freeburg (361-3707). Leave AYH at 1:00 pm.
- Sat. 28 CANOE SCHOOL #1--The first of the season. For those of you interested in learning white water techniques in the hopes of making the most of this canoeing season. Reserve with Kathy Spindt at 364-2447. Bring lunch, complete change of clothes, warm river clothes, and about \$4.50. See the article this month on canoeing equipment.
- Sat. 28 <u>HIKING</u>--Baker Trail Exploration--We will explore new routes for the Baker Trail in Allegheny County, possibly blazing some areas. Relatively easy 8 miles. Leave AYH at 8:00 am with lunch and \$1.50.
- Sun. 29 CYCLING--Pennsylvania Association for Retarded Children Bikeathon. Call P.A.R.C. at 322-6008 for more information.
- Sun. 29 <u>CYCLING</u>--Mike Hurwitz leads an easy bike trip to Ligonier. Leave AYH at 8:00 am with lunch and about \$2.25. If interested contact Mike or Marta at 731-1083.
- Sun. 29 <u>HIKING</u>--with Larry Giventer (422-9282) somewhere, sometime. Details will be announced at open house.
- Sun. 29 CANOEING--with Rick Rocamora on an intermediate white water stream somewhere not too far away. Reserve with Rick at 521-6477.

  MAY 12-14 TOSRV IS COMING, the 11th annual 210 mile 2 day ride touring the Scioto River Velley in Ohio. Limit 2,500 riders. Deadline mid-April. See John Wronosky or John Edwards for applications.

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