



golden triangle
pittsburgh council american youth hostels inc.

vol. 29 no. 5
MAY 1976

Make plans now and reserve for this year's exciting Morgantown Weekend, on MAY 21 to May 23. This area beckons AYHers of all interests. You can polish your climbing skills on Coopers rocks, or you can meet the challenge of the Cheat River and test your nerves on a raft. And of course there's plenty of hikes in this beautiful area.

The rustic stone hostel buliding has a large covered porch with a fire-place - a perfect place to gather for meals and popcorn. The kitchen is equipped with a gas stove and cold running water. The rooms are dormitory style, but on a warm May evening, many AYHers find it a bit more appealing to sleep amongst the pines, beneath the starry sky.

The trip will leave pittsburgh Friday night and arrive at Chestnut Ridge Youth Hostel in time for an evening snack, a nice time to relax and anticipate the many activities of Saturday, or reminisce about last year's raft trips, or chuckle about the couple who brought their tent but forgot their tent poles.

There will be group breakfasts Saturday and Sunday and a group dinner Saturday night. You must bring your own lunches and sleeping bag. If you'd like to plan or shop for one of the meals call Sue or Bill Leathen at 366- 8996.

The cost of the weekend will be approximately \$18.00, which includes transportation, meals, hostel overnight fees and registration. Any additional rafting, climbing, or hiking fees will be collected by the trip leaders.

If you plan to go rafting be sure to reserve with Linda Paul; climbing with Jim Gogots : Hiking with Joe Curlee. Find out what prerequisites are required. Be sure to have your Hostel Pass, a member without a pass will be assessed a non-member fee.

Reservations and a \$3.00 deposit must be in by May 12. That's not far away, so fill out the form below and bring it to the next meeting or mail it to :

Bill or Sue Leathen
167 East Wedgewood Dr.
Pittsburgh, Pa. 15229 366-8996

.....

NAME _____
PHONE _____
CAN YOU DRIVE ? _____
No. PASSENGERS _____
AMOUNT ENCLOSED _____
AYH PASS NO. _____

.....

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PITTSBURGH, PA 15229

PHONE 412/931-6711

(WEST VIEW)

THE LAW AND YOU

At the time of this printing the new motor vehicle code is being voted on in Harrisburg.

The code is being completely re-written to prevent loss of federal funds. The preliminary copy of the proposed code contains several interesting sections on bicycles, their operations, bikeway use, night riding etc.

When the final approved version is received, the bicycle section will be published for your use and information.

Can you hike 100 miles a year ???
If so, you will soon be able to earn a patch to prove it.

Check next month's GOLDEN TRIANGLE for information on Pittsburgh Council new hiking and cycling patch program.

HOSTEL NEWS

There is a new Houseparent at the Laurelville Mennonite Church Center Youth Hostel. She is Ms. Susie Bontrager and replaces The Burkhalter who moved to Canada.

When making reservations at Laurelville, don't be surprised if you are asked for a deposit. This Council has urged that they establish a policy of one-night deposit in advance. This would be \$3.00/person and up to \$25.00 for a small groups.

Don't forget to call or write well in advance. Their phone number is still 423-2056.



Everything for camping and hiking... **packs & frames** Gerry, JanSport, Camp Trails and Class 5... **Down bags**, Polarguard too... Tents from Eureka, JanSport & Gerry... Mountain House, Teakettle & Chuck Wagon **Trail Food**... **Boots** from Pivetta, Lowa & MT 10... **Camp Stoves**, Bluet, Svea & Optimus... **Climbing Gear** from Forrest, SMC & Eiger. **Peter Storm** Sweaters & foul weather gear. Just out...our own Laurel Highlands Trail map.

LIGONIER MOUNTAIN OUTFITTERS

Rt. 30 • Laughlintown, PA 15655 • 412/238 6246

HEADQUARTERS FOR TRAIL INFO

HOURS: 9 till 6 p.m. Mon. Sat. Open till 8 p.m. Fridays

ACCIDENT WITH INJURIES: ACTION NOW

BITES AND STINGS

How to treat a victim bitten by a venomous animal is often a perplexing problem, since much of the current literature does not agree on the recommended therapy. Additional confusion arises in view of the fact that therapy differs with the type of venomous animal bite so that the rescuer is confronted by the task of trying to identify which type of animal inflicted the injury.

Generally, more bites occur on the extremities rather than on the trunk. Bites on the limbs are less serious than those on the body because the venom is relatively isolated from the rest of the body, the bite is easier to treat, and the venom is slowly absorbed. However, if the bite occurs in an area with a rich supply of blood like the face or if the venom directly enters into a vein, the bite is more serious no matter what part of the body is injected.

Poisonous snakes include pit vipers and coral snakes. Pit vipers have a depression ("pit") behind and below the eye, between the eye and the nostril. A pit viper need not have a triangular shaped head, verticle pupils, or rattles. A poisonous snake must have fangs. A nonpoisonous snake does not have fangs.

Snakes are more alert and have optimal body function when the environmental temperature ranges between 80 to 90 degrees F. A snake need not be flexed for striking. The snake can strike to a distance about 1/3 to 1/2 of its body length. The snake usually strikes and then recoils, but it can strike again.

Snakebite Prevention

Before discussing the treatment of snakebite, let us consider how to keep from being bitten. The following principles apply:

1. Do not put your hands or feet where you cannot see
2. When walking, avoid clumps of bush or weeds
3. Wear heavy leather high top shoes and loose fitting pants; the fangs will snag in loose fitting pants.
4. Cross under fences only in clear areas
5. Freeze when you hear a snake rattle, since they usually strike only moving objects
6. Do not pick up a dead snake. Studies indicate that a snake head severed from its body can remain alive and are able to inflict a bite for 15 to 30 min. after being severed.

Signs and Symptoms of Pit Viper Snakebite

1. Immediate, intense burning pain in the bitten area
2. Swelling
3. Rapid appearance of a bruise around the bitten area
4. Bloody drainage around the wound
5. Puncture marks from the fangs

(cont.)

6. Muscle twitching, especially around the mouth
7. Slurred speech
8. Nausea and vomiting
9. Blister formation within the hour; the blisters later become hemorrhagic (blood-filled)
10. Weakness and faint feeling
11. Rapid pulse

Management of a Pit Viper Snakebite

General principles in the care of a pit viper snakebite victim are :

1. Remove as much of the venom as possible. Avoid mouth suction on the wound if at all possible. Use a suction cup from a snake bite kit. Start suction within 3 min. after the bite and continue it for at least 15 to 30 min. Generally an inexperienced rescuer should avoid making incisions over the wound to remove the venom, especially if the bite involves a hand since there is the danger of severing major blood vessels and nerves causing permanent paralysis of the hand.
2. Prevent further absorption of the venom. Have the victim lie down in a cool area. Let the affected limb dangle below the level of the heart. Keep the bitten extremity at rest, using splints if necessary. Some authorities advocate placing a constricting band between the bite and the heart just tight enough to stop blood flow in the veins but not the arteries. The rescuer should still be able to feel a pulse in the extremity after placing the constricting band. Keep moving the constricting band to keep it between the swelling and the heart.
3. DO NOT give the victim anything stimulating such as coffee, tea or alcohol since these increase circulation which speeds the spread of the venom.
4. Wash the wound since venom may have been deposited on the skin around the wound.
5. If the snake is available and can be killed safely, bring it to the medical facility with the victim. However, do not waste time looking for the elusive "snake in the grass". There are only two types of snake antivenom readily available in the U.S.: for the pit vipers and one for coral snakes.

Coral Snakes

The second type of poisonous snake in the U.S. is the coral snake. This snake is banded around the body with black, red, and yellow bands. The front part of the head is black which distinguishes it from the non-poisonous king snake which is also black, red and yellow, but does not have a black head. The coral snake lives under loose soil and debris. It is a burrowing type of snake.

(cont.)

Signs and Symtoms of the Coral Snakebite

Coral snake venom is paralytic in action. There is no tissue reaction, that is little or no swelling, redness, pain, bruising, or blisters. Symptoms usually do not appear for several hours. The signs and symptoms that do appear are:

1. Apprehension
2. Giddiness or euphoria
3. Drooping of the eyelids
4. Nausea and vomiting
5. Increased salvia
6. Weakness and paralysis
7. Shortness of breath
8. Convulsions

Managemnt of the Coral Snakebite

The treatment of the victim of the coral snakebite is similar to that of a pit viper bite victim. Care should begin even though there are few if any signs or symptoms. Proceeds as follows:

1. Wash the wound and the surrounding area to remove any venom splattered on the skin
2. If ant fang marks are present begin suction
3. Apply a constricting band if there will be several hours delay in starting the antivenom.
4. Be prepared to treat respiratory difficulty with artificial ventilation
5. Keep the victim at rest
6. Transport to a hospital

The treatment and management of insect, tick, and spider bites will be discussed and considerd in the JUNE edition of the Golden Triangle.

The series of First-Aid articles, ACTION NOW, that has been appearing in the Golden Triangle is solely the responsibility of the author, Lurana Patterson, RN, REMT of the Western Pennsylvania Regional Medical Program. The conten s of the articles are in no way a reflection of the Western Pennsylvania Regional Medical Program, The Health Services and Mental Health Administration, or the Dept. of Health, Education & Welfare.

CANNONDALE

WILDERNESS SERIES

After three predecessor packs, one and a half years of research and development and six months of testing and modifications, the Cannondale Corporation has introduced a distinctive new line of internal/external frame packs — the Wilderness Series. By using an internal frame design with the "suspender" harness at the top of the packs and an external extension of that frame with a wide padded waist belt at the bottom, the Wilderness Series combines the best features of an external frame design with those of an internal frame design.

The packs have the same capacity of most large external frame packs with considerably less mass on your back. The main compartment of the biggest pack in the series (OP 60) has large capacity (2,500 cu. in.) yet it is only eight inches deep, fourteen inches wide, and twenty-four inches high. This narrow profile hugs your body and holds the weight in close, which means a very comfortable carry and considerably improved maneuverability.

Previous internal frame designs have had several drawbacks. First, they have allowed a heavy pack to settle too low on the base of the back, causing premature fatigue. (It is important to support a heavy load on the small of the back, while containing the load itself above that point.) Second, they have not provided an adequate means of attaching a heavy-duty waist belt, and third, it has been extremely impractical, if not uncomfortable, to carry anything on the outside at the top and/or the bottom of the packs. These are the reasons, for instance, why we do not recommend the OP 40 for extended use and place a comfortable load limit on the pack of 26 lbs.

The Wilderness Series solves these problems. The frame extends through the pack at the bottom where a wide contoured padded waist belt with anti-roll straps is properly positioned to support heavy loads. Straps are anchored to the top of the pack and to the back of the belt for carrying tents, ground cloths, sleeping bags, etc. The straps are captive so that they won't get lost when not in use but can easily be removed when the need arises.

The workmanship of the Wilderness packs, in our opinion, is unsurpassed. All load-bearing seams are double-stitched with size 12 Reda Trusew polyester thread, developed by Coates & Clark for the circus tent industry. (To the best of our knowledge, we are the only ones in the backpacking industry to use this strength thread.) The wrap-around zipper on the main compartment is double stitched and is bar-tacked at each end. All straps pass through frame-anchored swivels and are bar-

tacked to themselves. We have tried to consider all such details and finish each in the best possible way.

The overall result is a superbly made, large-capacity pack that's easier to handle and maneuver, and much more comfortable than any other backpack we have tested.



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T.O.S.R.V. - TRAVEL TIPS

by

Joe Hoechner

All those who have been accepted should be riding daily to get into shape. During the week you can easily cover 12-15 miles in the early evening and 30 -40 miles on AYH weekend trips.

If you are like most Pittsburgh AYH'ers, you will be going by car pool on Friday Night. Joe Hoechner and Warren Kennedy should have all the transportation problems worked out by then. When you check in at the Columbus State Fairgrounds, you'll receive an information packet, which you should check over very carefully.

In the kit will be your I.D. number to be pinned to your shirt back, and the route map. (you'll probably only use the town map of Portsmouth to find your dorm location.) Also in the kit will be an I.D. tag for your gear, so it gets shuttled on the right truck to the right dorm. The most important item in the kit is your I.D. bracelet, which entitles you to your next 5 meals & the overnight stay - PUT IT ON, DON'T LOSE IT

You should be up and riding between 6:30 & 7:00 On Saturday morning. It will be cool but wear your shorts anyway. As it warms up you can shed your windbreaker, sweaters, T-shirt, Tank-top etc. Don't forget your cycling gloves, they really help. Set a steady pace, don't burn yourself up in the first 25 miles. But keep in mind that the longer you take, the hotter it will get as the day progresses. When you get to Portsmouth, find your dorm & check in & spread out your sleeping bag to claim some floor space. Then go to dinner. You should have no trouble getting to sleep that night.

WHAT SHOULD YOU PACK ? Well, a cheap-o sleeping bag, a towel, soap, toiletries, etc. If rain isn't threatening on Saturday morning you can shuttle your rain gear down to the other end for Sunday. You should be prepared with a complete change of cycling clothes, even an extra pair of shoes. You don't need a chain and a lock during the ride, but include one in your shuttle gear - you'll sleep better. Don't forget such comfort items as talcum powder, ointments etc, you'll need them.

WHAT ABOUT YOUR BIKE ? Limit your load to a small under the seat pack, water bottle, tire pump. Don't bother with food they'll be enough supplied. Avoid front handle bar bags that block your vision on your front wheel. You may be riding in packs of maybe hundred riders. Try to stay on the inside, so if you have to crash, you can aim for the grassy shoulder. Don't bring a bike safety flag, with all the fall road and all the riders, the cars seem to stay away. Take off unnecessary weight - headlights, generators, etc. Helmets are being worn in increasing number bring yours if you have one.

T.O.S.R.V. is quite an experience - Let's have fun, but take it easy and play it safe.



THE OUTDOOR CHEF

by

Ben Brugmans

As spring approacheth, and the chilled veins of the hibernating hikers begin to flow faster, time approacheth when you want to go camping overnight again. And, as always the thought of overnight camping brings up the considerations of being prepared, especially for campers of lesser experience and proportionately greater trepidations.

First a word on equipment. If you can share with others, you will save weight and effort. An easy approach is to cook a one pot meal. This can be going on the gas stove while you are still trying to pitch your tent, gather wood and set twigs and logs ablaze for the romantic campfire. Personally, I find my little SVEA gas stove just fine for about three people, although models with an attached pump perform easier on a cold day or at high altitudes.

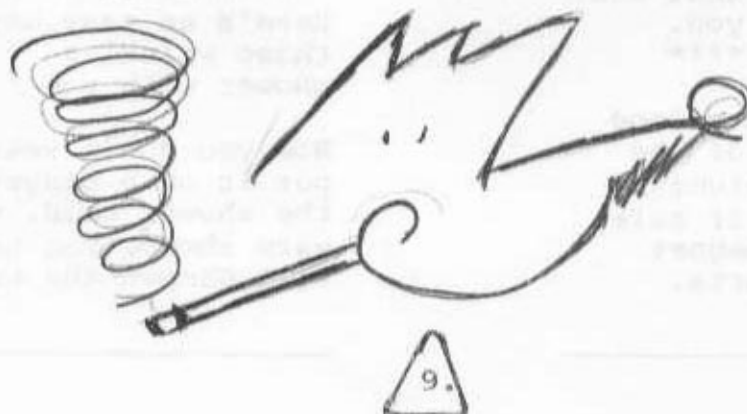
To eat a one pot stew is easily served on one of those plastic deep margarine bowls - unbreakable, lightweight, and handy for soup, solid food or cereal. An easy dish is macaroni with cheese - a la camper style :

Boil noodles till done, pour off water, slice in generous amount of cheddar shaving, dab of margarine (butter melts sooner than margarine on the trail), let sit for 5 minutes - EAT.

A rule of the thumb is an open handfull of elbow macaroni, and a quarter pound of cheese per person. Combined with an aperitive of salad mixed in the same pot which you are eating while cooking the macaroni - a great filling dish after a hardy day of hiking.

For breakfast combat the fruit shortage by soaking some dried fruits overnight - you will have almost whole fruit in the morning. Especially good are figs and plums (reconstituted prunes).

In the great tradition of the ox roast of the annual 13th, or the Hawaiian spit pig of the immemorial 17th, we are proclaiming the 23rd ANNUAL GOURMET WEEKEND. (See Trips and Trails for details).



TIPS AND TALES

Are you interested in information regarding the local Audubon Society ? You can hear a recorded message about meetings, trips, special events etc. by calling # 486-2090.

Do you plan to cycle on Martha's Vineyard this summer ? A few Pittsburgh Hostellers made it to the island last summer and had a "super " time.

If you would like free hostel information and a cycle route of the island send a self-addressed-stamped envelope to:

Manter Memorial Hostel
West Tisbury
Mass. 02575

If you are getting used to cycling among Pittsburgh's potholes, cobblestones, cars and trucks - Guess what - something new for '76 - SKATEBOARDS

If you do your bicycling in the residential areas, you shouldn't be surprised to be sharing the road with them. Sometimes with or without a little person or even a big person on the top.

Give them a warning on your approach. The skateboard wheels make so much noise that kids can't normally hear you.

Do you plan to buy a second hand bike ? Be-aware of the owner's claims of "aluminum alloy parts ". Play it safe, take along a small magnet, and check out the parts.

If you are cycling T.O.S.R.V. this month, why not show your "club colors " ???

If you want a Pittsburgh Council AYH T-shirt, see hostel store-keeper, Joe Hoechner.

They are available in white & yellow, priced at \$2.50 and \$3.00 respectively.

With evening park rides starting soon, now is the time to buy safety equipment for your bike.

Bike flags, \$2.50 and fanny bumpers, \$2.25 can be purchased at any Thursday Open-House meeting. If interested see Joe.

Hey, Cycle RACERS Interested in reducing your wind resistance and thereby increasing your speed ?

Try taping your ears back It's true, tests have shown that despite the increased weight of the tape (about 1/8gram) a reduction in wind resistance is achieved. For the average eared person, this could mean an increase in speed of nearly 3mm. / hr.

Does your favorite nylon wind-breaker have more wrinkles in it than an old road map ? Are you ashamed to be seen in a down pour?

Here's an easy way to get rid of those wrinkles - take it in the shower with you

Now you don't wear it, silly You put in on a hanger and hang it on the shower head, while you take a warm shower. The heat & humidity will dampen the wrinkles.

OPEN HOUSE

Open House at the Hostel Headquarters is held every Thursday evenings. Doors open at 7:45 with a program at 8:45. The programs are always of interest to old, new, and perspective AYH'ers.

Our Open House is for all members, as well as, non-members. This is a great time to see friends, to reminisce about past experiences, to make plans for future trips. If you're a perspective member, this is an ideal time to meet AYH's and discover the ART of having FUN.

May 6 Hm What are the Hams up to this time ??? Come and join Cliff & Marilyn as they relate the adventures of their Florida experience.

May 13 " COOK'S FOREST '76 " - Dave Gasvoda was there & so was his camera. A great weekend always constitutes a great show.

May 20 Mike & Marta Hurwitz share glimpses of castles, dikes, and hedgerows. Cycling in England, Germany, and Holland.

May 27 " The Art of Orienteering ". Tyrone Adderly, ISSC of CMU will share his skills with us and attempt to enlighten us on the subject of orienteering.

ATTENTION : Anyone signed-up for the Bikecentennial Leadership course at Williamsburg, May 14-23 ???????????? Marilyn Ham would like to share the driving. Phone : 687-4900.

THE EVENING CYCLE

The days are once again long enough to have our week-day evening rides. The rides are a good therapy to forget the problems of the day and enjoy the sights of Pittsburgh.

The rides are from 6:30-8:30 starting and ending at the Hostel. Bicycles may be rented for 50¢, but please notify the leader prior to that evening and be at the Hostel no later than 6:15.

May 6	Rich Feder	421-5708
May 13	Phyllis Blumberg	422-938
May 20	Joe Hoechner	343-2465
May 27	Joe Hoechner	343-2465

NOTE TO THE LEADERS : If you cannot make it, please get a replacement. Come on the trip before yours to get the HQ key; and the trip after to return it. Leaders should always be at the Hostel no later than 6:00.

RIDERS - Bring a light since we will be riding at dusk, carry a spare tube to guard against a flat, and know how to change one just in case. Bike flags and fanny Bumpers are STRONGLY RECOMMENDED

SUMMER OLYMPICS?????

The Metropolitan New York AYH is putting together travel packages to visit Montreal this July. For more information contact:

Bill Barbanes
NYC. A.Y.H.
132 Spring Street
N.Y., N.Y., 10012

FOR SALE - 23½" Schwinn World Voyageur. Call Jack at 963-7868.

TRIPS AND TRAILS

AYH members are given top priority on all AYH trips. If a trip listed has a limited space, or requires AYH owned equipment, then it will be limited to members, until the Thursday before the outing. Members must show AYH pass on ANY AYH trip in order to avoid the nonmember fee.

The Trip costs include 50¢ registration and insurance fee (\$500 medical), plus transportation costs and equipment rental. Call the trip leader to find more about the trip, to reserve a place , or to cancel a previously made reservation. Please call during normal hours (6:30 -9:30 PM) unless otherwise noted. Make reservations as early as possible, but in no case should they be made later than the thursday before the trip.

- Sat. May 1 Come and hear Pittsburgh AYH talk about bikeways in Pittsburgh to representatives of the Federal Government and PennDot. The meeting will be held from 10:00 AM to 4 PM. After the symposium there will be a short 1-hour, beginners bicycle trip to the Northside, Roberto Clemente Park, Three Rivers Stadium, and the Mexican War Streets. If interested in attending the symposium or joining the bike ride call Rich Feder at 421-5708.
- Sat. May 1 CANOE SCHOOL I. We've promised to start schools early this year so here it is. Jim Roberts (5215386) will take reservations. You should have some paddling experience. Bring lunch and perhaps woolies, a set of dry clothes and about \$7.00. MEMBERSHIP CARD IS REQUIRED.
- Sun. May 2 Join Marta & Mike Hurwitz on the famous downhill bicycle trip at Ligonier. The trip is about 25 miles as is suitable for advanced beginners. Bring a lunch and meet at the Hostel at 8:00 A.M. The cost will be about \$3.00. to Reserve please call 731-1083.
- Sun. May 2 Get in shape with Joe Hoechner on a exploratory cycle trip in the Ohio valley. Cover 25-35 miles. NOT for BEGINNERS. The cost will be about \$3.00 includes Ferry Ride on the Ohio River. Reserve by calling 343-2465. Meet at the Hostel at 8:20 AM with Lunch, Bike flag etc.
- Sun. May 2 Join Mike DeRoy on an intermediate hike (NOT RIGOROUS) in an area around the Yough Rapids. The trip will be quite interesting and quite fun. You may even get a chance to get a few shots of the rafters. Bring your camera and of course, you're lunch. Call Mike at 371-6943 to reserve yourself a place.
- Sun. May 2 A WILDFLOWER-CANOE TRIP on flat but flowing water. Jan Bugby (371-4233 between 7-9PM) will lead the annual Spring adventure. You'll need a lunch, change of clothes, and you're AYH pass. You'll need \$5.00 plus a Dairy Queen allowance.
- Sun. May 2 Kathy Reilly is leading a hike (4-5miles) on the trails of the Wildflower Reserve near Raccoon State Park. The trip will leave at 8:30 AM and return by 4:00PM. To reserve call Kathy at 243-2632.
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TRIPS AND TRAILS

- Fri. May 7 HOSTEL WORK-PARTY at MORGANTOWN - Pittsburgh Council's
Sat. May 8 full fledged Hostel is in need of repairs. We need able
Sun. May 9 bodied workers skilled in painting, woodwork, general
repair and clean-up. Call Jim Gogots at 384-9149 if
you feel like being a part of this restoration attempt.
FOOD AND FEES will be provided to ALL WORKERS.
- Sat. MAY 8 Western Pennsylvania Whitewater School. See Gorden Bugby
Sun. May 9 for details.
- Sat.& Sun T.O.S.R.V. Weekend Riders see story on page 8.
- Sun. May 9 Bicyclists not riding in T.O.S.R.V. - Cycle through town
to the lovely Riverview Park (Home of the Allegheny
Observatory). Approxiamtely 25 miles will be covered
& the trip will be for beginner to intermediate cyclists.
The trip will leave at 10:00 AM and will return early -
in time to take Mom to dinner. Don't forget to bring
a picnic lunch. To reserve call Sally Brunson at 231-6074.
- Fri. May 7 Ah a Dolly Sods backpack trip. If you are interested in
to Sun spending a pleasant weekend with pleasant Jack Leahy
call him at 935-4188 to resve yourself a place.
- Tues. May 11 The Activity Board Meeting. Time : 8:00 PM ; Place Joe
Levine's residence. All active members are invited to at-
tend.
- Fri. May 14 Norm Synder is leading a hike on the Black Forest Trail
Sat. May 15 which is one of the more beautiful trails in Penn.
If interested call Norm between 6&7 PM at 371-2371.
- Sat. May 15 The 7th Annual Cheat Valley Float Trip from Parsons to
Sun. May 16 Hannahville. The trip will be about 18 miles with an
overnight camp stop at St. George. The total cost of the
trip will be about \$8.00. If interested call Bruce Sun-
quist at 327-8737.
- Sat. May 15 Join Ed Sieger on a intermediate hike of the Laurel
Highlands Trail. The trip will leave the Hostel at 8:30 AM.
If interested see Ed at an Open-House Meeting.
- Sat. May 15 Joe Curlee will lead a bicycling trip through South Park.
the trip will be about 15 miles and everyone is welcome.
Bring a lunch and about \$1.50. The trip will leave at
10 :00 AM and return at 5:00 P.M. If interested call Joe
at 422-9672 / 422-9764.
- Sat. May 15 Second Annual Cheat River Gorge Mountaineering - Jim Gogots
will lead this 8 mile scramble-hike-climb. Descend into the
gorge from Cooper's Rock; hike along the Cheat River; ascend
along a stream bed with a 30 foot waterfall. Good hiking boots
and a strong heart are designed for this trek to get
you into shape. If you're daring enough call Jim at 384-9149.

AND THERE'S MORE

- Fri. May 21 THE GREAT MORGANTOWN WEEKEND - Sue & Bill Leathen ,once
Sat. May 22 again invite all AYH'ers to the fun and thrills of Cooper's
Sun. May 23 Rock and the Cheat River. For more details on this annual
AYH outing see the cover story on pg. 2., or call Bill or
Sue Leathen at 366-8996.
- Sat. May 22 Join Skip Chapman on a rather historic bicycling trip
from Bushy-Run Battle field to Hannistown. The trip will
be about 30-35 miles for intermediate cyclist. Bring a
lunch, raingear, and about \$3.50. If interested call
Skip at 683-0053.
- Sat. May 22 CANOE SCHOOL II - For persons who have survived CS-I
Reserve with Gordon Bugby at 371-4233. You'll need a
lunch, dry clothes, and \$7.00.
- Sun. May 23 The canoes will go; but where???????? The trip will be
announced at Thursday night open house meeting.

SPECIAL MEMORIAL-DAY WEEKEND TRIPS - May 29-31

Canoe Camping Instead of Pine Creek, Bill and Elaine Corwin will lead
a trip on the heated (yes, heated) waters of the West
Branch of the Susquehanna. Some camping and canoeing
experience are required. The cost will be about \$15.00.
A deposit and a AYH Pass are necessary to reserve. For
details call 687-2794 between 7 & 9 P.M.

Backpacking Holiday Backpack - Three days of fast-moving hiking on
the western end of the North Country Trail. The trip
will leave AYH at 7:00 Friday , May 28 and return
Monday evening May 31. Call Cliff Ham for more inform-
ation at 687-4960.

Otter Creek revisited. Do some off-trail exploring with
Don Levenson. Leave Friday evening and return Monday evening.
Bring own food and about \$7.00. To reserve call Don at
421-0987.

Bicycling Mike DeRoy is in the process of organizing a Holiday
Cycling Tour. The trip will cover about 125-150 miles.
Listen for more details at the open house meetings/or
if the anticipation is killing you call Mike at 371-6943.

Hiking Join Joe Curlee on a fun-filled holiday hike on May 31.
The hike will be about ten miles of walking with a
million laughs. If interested call Joe at 422-9764 /or
422-9672.

LETTER TO THE EDITOR

The article in the April '76 Triangle entitled "the Leader's Guide for Cyclists", presents a useful series of suggests for the organization and guidance of a cycling trip. It also demonstrates a bias that to me is simultaneously embarrassing and unfair. The description of an advanced cyclist indicates that a rider in that category is not within the range of normal sanity. I am capable of and would enjoy riding the seven steepest hills in Allegheny County. I have participated in two day 150 mile camping trips & have found them to be rewarding activities. When I am subjected to this type of ridicule, it has the effect of discouraging my future organization of or participation in AYH tours.

I contend that advanced tours and advanced cyclist are of value to AYH for these reasons: 1. Advanced riders on intermediate tours can be distinctly useful due to their ability to repair bicycles or their ability to ride ahead and return with automobiles to pick up disabled or worn out riders. 2. Bicyclist are a minority group and should stick together in a spirit of mutual cooperation and respect in spite of their varying levels of ability. 3. It is of little value to criticize individuals who enjoy strenuous activities.....

A reasonable step that can be taken to rectify this difficulty would be a redefinition of the advanced classification. "there are a few riders in AYH who are attracted to trips requiring unusual degrees of endurance, cycling expertise and mechanical ability.....These riders are often in training for competitive cycling. Tours on this level are not designed for inexperienced or unconditioned individuals.".....

When, if ever, is it necessary to needlessly offend other people ??

Sincerely,

Tony Trosan

GOLDEN TRIANGLE

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EDITOR.....Elaine Merisko
Cover.....Marta Hurwitz
Printing.....Sue Leathen
Production.....Aileen Pastorek

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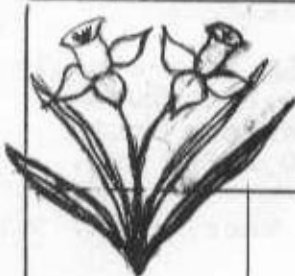
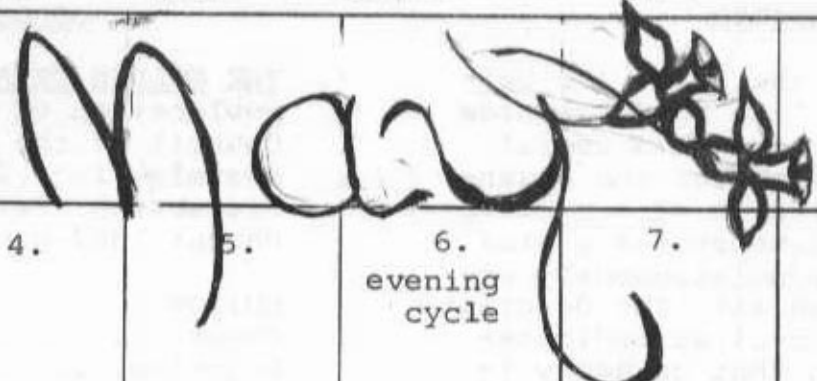
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Call for HELP - THE GOLDEN TRIANGLE is in dire need of new art! Every month a new front cover is needed. If you are a dabbler of the Arts (photography and/or drawing) perhaps you would like to share some of your artistic abilities with other AYH'ers. If you think that you may be interested in designing a cover for our publication, then contact:

The Editor
AYH Pittsburgh Council
6300 Fifth Ave.
Pittsburgh, Pa. 15232

The DEADLINE for the JUNE edition of the GOLDEN TRIANGLE will be THURSDAY MAY 13. Send all articles to the editor at the above address

Many thanks to all our faithful advertisers who were responsible for the door prizes, that made THE '76 AYH BANQUET extra special

MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
					1.	2.
					hiking	
	4.	5.	6. evening cycle	7.	8.	9.
					cycling	
10.	11. Board Meeting	12.	13. evening cycle	14.	15.	16.
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17.	18.	19.	20. evening cycle	21.	22.	23.
					MORGANTOWN	
24.	25.	26.	27. evening cycle	28.	29.	30.
31.					Happy Holiday	

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