

THE GOLDEN TRIANGLE

The Newsletter of the Pittsburgh Council, American Youth Hostels

Volume 42 Number 7

July, 1991

July Programs

July 4

No Program Scheduled
Independence Day
(HQ closed)

July 11

Camping in the Everglades
Marty Joyce

July 18

The Wilderness Survival
Training School
(Outdoor Survival)
Ralph Moffat

July 25

No Show Scheduled
Join friends at HQ for
informal conversation

Headquarters opens at 8:00
Programs begin at 8:15

We need shows!

To Volunteer Call
Rodney Horner
(339-0944)

The Mon Valley Century Bicycle Tour

A warm, sunny day last August, western Pennsylvania's Mon Valley had its share of tourists. Not your average tourists, mind you, but tourists on bicycles. They came from all over the area, from Butler to Follansbee, WV, from Arnold to Greensburg. A few came from Chicago, New Hampshire and Colorado. Why? To take part in the Mon Valley Century Bike Tour, sponsored by the Pittsburgh Council, American Youth Hostels. They came to experience what only a few had known before. That the Mon Valley was a wonderful place to spend the day on a bike—relatively flat roads along the river and quaint towns for stops to take a break and talk to local folks.

If you were there last summer on August 19th, you would have noticed the cyclists. There were over 500 of them enjoying the Valley and the day. Some of them were challenging themselves to a ride of over 100 miles, which took them through Bentleyville and Beallsville to Ten Mile Creek Park where they received a well-earned snack, then it was a hilly ride to Brownsville, up over the "Big Brown Bear" into Gillespie. There they met up with others who chose the 65 mile ride, and they all headed to Mingo Creek Park for lunch. In the park, other riders who had opted for a leisurely 35 mile ride

joined in for the fun before the ride back to Elizabeth, where all had started their day.

This summer, on Sunday, August 18, Pittsburgh AYH will be sponsoring the ride for the fifth time. Bicyclists receive lunch and for the longer rides, at least one additional snack. Commemorative T-shirts, maps of the route, and on-road support are also supplied. The cost is \$10 until August 3rd, 1991 and \$13 thereafter and on the day of the ride.

Join us this August 18th if you can. We want to help spread the news that the Mon Valley is a great place to spend a beautiful summer day exploring historic steel mill sites and river front towns.

For an application or more information about the 1991 MVC, write or call Pittsburgh Council AYH/MVC, 6300 Fifth Avenue, Pittsburgh, PA 15232, (412) 362-8181.

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An Introduction to AYH Tripping

by Chuck Lanigan

I had my introduction to tripping AYH/Pittsburgh style in April, the weekend of my birthday, when I saw an announcement in *The Golden Triangle* for a hiking/backpacking adventure to the Cranberry Bog of West Virginia. I called Mark, the trip leader.

"Mark," I said, "I think I'd like to visit a swamp with you this weekend."

"Fine," he said. "Can we use your car?"

After some hemming and hawing over gas, mileage and wear and tear, I allowed that we could if we had to.

I arrived at 6:30 on Friday evening at AYH headquarters. I had been up til midnight the night before trying to locate my gear in the nooks and crannies and various locations where I'd left it the last time I used it. Two people were there ahead of me:

Blanche and her husband Jack. Jack wasn't going. He seemed dubious about the weather and the enterprise in general, not to mention the people who were going to spend the first night at their condo at Snowshoe. "It's supposed to rain all weekend," he said.

"That's alright," I thought. A little rain never hurt anyone.

Two more members of our group appeared: Brian and Jack. Finally, Mark himself pulled up. After much consulting of maps and discussion of who would ride in what car, the entourage started for West Virginia. I rode with Jacki, who was, she told me, originally an out-of-towner from Liverpool, England now living in Pittsburgh.

Eight hours into what was supposed to have been a six-hour trip, Jacki and I drove through pouring rain, lost on the unlit back roads of West Virginia. We had lost the rest of the group (or they had lost us) somewhere around Davis. We drove back and forth between the main highway and where Snowshoe should have been. In the meantime, trapped in the car by the circumlocutiousness of things, we discussed war, sex, love, death, divorce, marriage and children, not necessarily in that order. Eight hours of driving without sleep is a cheaper, though more tedious, substitute for alcohol, and provides the same result in increasing volubility. I am told this is fairly common on AYH trips, where individuals of diverse backgrounds find themselves on intimate terms with strangers about whom they know nothing and with whom they might never associate in the normal course of things,

and contributes both to the beauty and weirdness of the occasion. Jacki noticed she was running low on gas, and we began looking for an open gas station. An hour later we were still looking, and running really low on gas. The night grew darker and wetter. Charming though Jacki was, I began wishing fervently for my birthday not to run out of gas in the middle of nowhere in West Virginia in a driving rainstorm. What I wanted was to be warm and dry and getting some sleep somewhere. What I wanted for my birthday was a gas station. Miraculously, one appeared. We pulled in, got gas and phoned for directions. It turned out that we had almost been there, but in the fog and rain had missed the sign. Did I mention the fog? Fog, along with rain and cold, formed the major theme of the trip.

The next day (actually, that same morning) I got up after a restful two hours' sleep to pouring rain and grey skies. It was the same rain that had been falling all night, but at least I could see it. After breakfast we reconnoitered: the rain was predicted to last all day and into the night. No one particularly wanted to set up and sleep in soaking tents. We decided to do a day hike in the Cranberry Bog area and return to the condo that evening. This was, I was emphatically told, not normal AYH practice. I slept in the car as we drove toward the park. It seemed we were doing a lot

more driving on this trip than walking.

Things began to look up once we got to the trailhead. The sun began shining tentatively through the mist. The swamp itself was beautiful in a slightly exotic kind of way. Mark pointed out that many of the plants and bird species were indigenous to an alpine ecosystem and lived normally hundreds of miles north in Canada. The boardwalk took us through the middle of the bog. At one point the rain had raised the water level a good twenty feet of the path were submerged, and we had to wade through the icy water. The boardwalk then turned into a trail that took us along the edge of the swamp on higher ground. The effect was that of traversing a huge bowl.

Heading back, we saw a man and two boys coming toward us carrying net bags. We learned they were collecting wild ramps. "We're going to cook 'em and eat 'em," the man said. "They're good with eggs, potatoes and red-

August Deadlines

All Copy
July 5

(more on page 8)


Binding & Mailing
July 26

AYH Tripping ————— continued on page 11

The President's Corner

Highlights Of The 1991 Great Ride

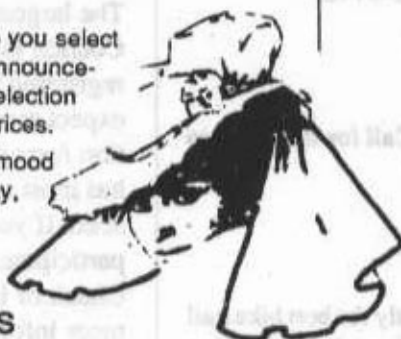
Thanks to Citiparks and all the AYH and Western Pennsylvania Wheelmen volunteers, this year's Memorial Day Great Ride was another success. Over 1,800 riders turned out for 17, 25 and 50 mile rides throughout the City of Pittsburgh. This year's 50 mile ride featured an exciting trip down the HOV (high occupancy vehicle) lane on I-279 from the Park and Ride lot to Three Rivers Stadium. A strong head wind slowed down the riders on the 5 mile downhill but everyone seemed to enjoy the trip nevertheless! Many of the riders also deviated from the designated route up Mount Washington to try the hill climb up Sycamore and then down McCardle that had challenged the racers the previous day during the Thrift Drug Classic.

There were a few "minor" problems, such as many of the 25 mile riders missing the turn to the rest stop at Three Rivers, but all in all the day was a success. In addition to the cycling, the Great Ride also brought another significant donation to the Pittsburgh Hostel Fund. A portion of the proceeds will also be used to support various cycling projects in Pittsburgh. By the way, if you'd like to get one of this year's Great T-Shirts, we've ordered extras; they should be available for purchase at Headquarters by the end of June. 

Wedding Invitations

Our wedding consultants will help you select beautiful wedding invitations and announcements. They offer you the largest selection of invitations at very reasonable prices.

Invitations that let you express the mood you wish to set for your special day.



By Appointment
SUNDOWN GRAPHICS


373-9198

discount for AYH members

This has certainly been a busy season for the Council. For the months of March, April and May, we've answered over 700 phone and mail requests for information. Ohiopyle had the busiest month in its history with 172 overnights in May. We just completed helping with the Great Ride and also with the Thrift Drug Classic Bicycle Race. We are continuing with plans for Headquarters and for a Pittsburgh Hostel. And the summer activities are ahead of us as well. Our long term volunteers are looking a bit frazzled (well maybe a lot frazzled) at this point are looking forward to enjoying some of them. Thanks to all of you and to our newer volunteers as well who are stepping in to take up the cause. Larry Laude

Allegheny Highlands Trail

The Somerset County Rails to Trails Association (SCRTA) has raised over \$300,000 to purchase the right-of-way through Somerset County for the Allegheny Highlands Trail. Contributors included the Richard King Mellon Foundation, the Vira Heinz Foundation, Somerset Trust Company, Somerset Jaycees, Somerset Exchange Club, and the Somerset County Chamber of Commerce. The Allegheny Highlands Trail will extend the Ohiopyle to Confluence rail trail towards an eventual connection with the C&O Canal in Cumberland Maryland.

The first parcel, 17 miles from Confluence to Rockwood, was purchased at the end of 1990. The second transaction for property located south of Meyersdale was completed in February. The SCRTA is negotiating on the purchase of the last two parcels to complete the trail in Somerset County. The Somerset County Conservation District, through a cooperative agreement with the National Park Service, is completing the design work for the trail in preparation for construction to begin this summer. Funding for construction has been provided by the federal government through the America's Industrial Heritage Project. 

Bicycling in July

Thursday to Sunday, July 4-7

Weekend at the Shore

Car camping and riding near Cape Vincent in upstate New York (Lake Ontario). Call for more information and to reserve. **Leader: Bill Eberle - 833-9732.**

Tuesday, July 9

Evening Cycle (C)

Meet at 6:30 p.m. at HQ, 20 miles evening cycle; ride near HQ. The route will depend on who shows up. **Leader: Jeff Weiss - 661-8831.**

Friday to Sunday July 12-14

Biking at Stanford House Hostel B/C

Stay at a restored farmhouse in the Cuyahoga National Recreation Area. Hostel is located in great cycling area with bike trail and road riding available. Reserve Early, space is limited. **Leader: Lori Prucha - 343-9863.**

Saturday, July 13

South Park (B/C)

Meet at 9:00 a.m. at South Park, 20 miles, a somewhat faster paced ride. Call to confirm and to find out the precise starting point. **Leader: Bill Eberle - 833-9732.**

Sunday, July 14

Tour of Pittsburgh (B/C)

Meet at 10:00 a.m. at Village Square, 35 miles. Tour Pittsburgh's very own submarine. The ride will also include Clemente Park, inclines, and whatever strikes the riders' fancy. Bring lunch or money. **Leader: Bill Eberle - 833-9732.**

Tuesday, July 16

Bicycle Maintenance Clinic (E)

Meet at 6:30 p.m. at HQ; ends by 9:00 p.m. Topics will include changing tires, cleaning chain, and overall bike inspection to identify potential problems before they get bad. Bring your bike, some rags, and \$1.00. Wear old clothes. **Leader: Chuck Ejzak - 466-6196.**

Saturday July 20

South Park (C)

Meet at 9:00 a.m. at South Park, 20 miles, a somewhat faster paced ride. Call to confirm and to find out the precise starting point. **Leader: Bill Eberle - 833-9732.**

Saturday to Sunday July 20-21

C&O Canal (C)

Ride on the towpath bike trail. **Leader: Ober Rooney - 364-3956.** Call for details & to reserve.

Saturday, July 27

Ohioyle Bike Trail (C)

Meet at 9:00 a.m. at HQ, 20 miles Ohioyle bike trail; this is currently the best bike trail close to Pittsburgh. The terrain is level and the scenery is great. Bring a lunch or bring money to buy lunch. Call for more details & to reserve. **Leader: Jeff Marsh - 384-7827.**

Mountain Bike Rides

Tom Mantle 343-6885 (business hours). Rides meet at South Park every Saturday. There are trips for beginners and for intermediate/advanced riders. Locations change along with times, so call for more information. #3

Evening Bike Rides

10 to 20 miles rides from South Park. These go many evenings. Call to find out details for the day that interests you. **Leader: Bill Eberle - 833-9732.** #3

Preview of Bike Trips in August

Ironmaster's Mansion Weekend, August 2-4. See the write-up on page 11 for information about this ride. Reserve early to ensure a spot. **Larry Laude (665-9554).**

Niagara Falls Weekend, August 9-11. Ober Rooney will lead this trip. Stay at the Canadian Youth Hostel, ride along the Niagara River, and see all the touristy stuff you care to see.

Mon Valley Century, August 18. The largest ride that Pittsburgh Council runs. We had over 500 registered riders last year, and we expect more this year. The application form included in this newsletter has most of the information you will need. If you don't ride, but want to participate, be a volunteer! Call Chuck or Lynn Ejzak (466-6196) for more information about riding or volunteering. #3

Canoeing in July

Sunday, July 7 **Class II Trip**

Paddle the middle Yough unless the water level is high enough to explore a different stream. Leader: Dave Casassa - 963-1869.

Saturday, July 13 **Basic Canoeing School**

There's still time to learn canoeing basics this summer! Leader: Jim Porcelli - 271-4776.

Sunday, July 14 **Class II Trip**

Where the water goes, Roberts goes. Leader: Jim Roberts - 244-8332.

Saturday, July 20 **Class II Trip**

The middle Yough is the likely destination. Leader: Becky Sahl - 521-1945.

Sunday, July 21 **Class I Trip**

Leader: Don Hoecker - 243-8298.

Saturday, July 27 **Class II Trip**

Meet at HQ at 8:00 a.m. Third annual Mid-Summer, Mid-Yough Mid-Day potluck canoe trip. Good paddling and good food! Leader: TBA.

Climbing in July

Saturday and Sunday, July 6 & 7 **Seneca Rocks Trip**

The Seneca Rocks trips are designed to give climbers their first taste of multi-pitch climbing. Climbers that have just "graduated" from Seneca Prep are given top priority so that they can practice their skills. Space is usually tight, so sign up early. Leader: Eric Bauer - 687-0766.

Saturday, July 20 **Beginner Trip to Coopers Rocks, WV**

Meet at HQ at 8 a.m. Beginner trips are geared towards teaching basic rock climbing skills to people that have never climbed before. All you need to bring are tennis shoes and lunch. AYH supplies all climbing equipment. Leader: Eric Bauer - 687-0766.

Mid-Week Rambles Each Wednesday

We meet each Wednesday at 10:00 a.m. in the upper parking lot at Fifth and Shady Avenues. Call Cliff or Marilyn Hamm - 687-4520 (H) for more information on current activities or to make arrangements to meet the group. 🐾

Pittsburgh Council Hostels

Ohiopyle AYH Hostel
Ohiopyle State Park
P.O. Box 99
Ohiopyle, PA 15470
(412)329-4476

Charleroi Youth Hostel (S.A.)
Rego's Hotel & Restaurant
601 McKean Ave.
Charleroi, PA 15022
(412)483-6200

Little Hickory Home Hostel
East Hickory, PA
(814)755-4908

Living Waters AYH-Hostel
RD#1 (1 mile west on Route 30)
Schellsburg, PA 15559
(814)733-7607

Point Park College Youth Hostel
(S.A.) (summer only)
201 Wood Street
Pittsburgh, PA 15222
(412)392-3824
(412)391-4100 (after 4 p.m.)

The Pittsburgh-VRC Hostel
1323 Forbes Avenue
Pittsburgh, PA 15219
(412)471-2600

Family Activities in June/July

Friday to Sunday, June 28-30

Tent Camping in Cook Forest State Park

Leader: Dan Cornell - 242-6928.

Saturday, July 13

Family Caving

Space is limited for this trip so call the leader by July 8. Leader: Cindy Walter - 834-6264.

Friday to Sunday, July 19-21

Overnight Tent Camping

A trip to Blue Knob State Park. Leader: Jim Lenkner - 241-7494.

Hiking & Backpacking in July

Sunday, July 14

Take the Plunge - Innertube "Hike"

Meet at HQ at 8:00 a.m. to drive to the Camp Carmel Area for an innertube "hike" on Johnson Run in the Youghiogheny Valley. Leader: Bruce Sundquist - 327-8737.

Saturday, July 20

Intermediate/Advanced Hike on the Rachel Carson Trail

Meet at HQ 8:00 a.m. to hike the Allegheny Crest Section of the Rachel Carson Trail from Springdale to Tarentum. 8 miles; steep hills and grand vistas. Leader: Jim Ritchie - 828-0210(H), 624-1220(W).

Saturday, July 27

Easy Hike in Ohiopyle

A "goof off" trip of 6-8 miles in Ohiopyle. Bring your swimwear. Call Pete Srini 921-1238 for starting time and to reserve a place.

Sunday, July 28

Baker Trail Maintenance Trip

There's no fee for this trip. Leader: Pete Srini - 921-1238.

Sunday, July 28

Beginner's Hike to Jennings's Environmental Education Center

Meet at HQ at 9:30 a.m. See the blazing star wildflower in full bloom at the Center north of Butler, PA. Leader: Linda Smithyman - 531-1868.

Saturday and Sunday, July 27-28

Backpacking Trip on the Laurel Highlands Trail

Meet at HQ at 8:00 a.m. Hike a total of 12 miles and spend Saturday night at the Grindle Ridge Shelter. Leader: Pat Tieman - 561-3286.

Pittsburgh Council Activity Chairs

Bicycling

Chuck Ejzak	466-6196
Bill Eberle	833-9732

Canoeing

Clare Bunker	244-9788
Royanne Mac	335-7326

Caving

Dan Martt	921-4638
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Climbing

Eric Bauer	687-0766
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Family Activities

Barbara Hanusa	441-7205
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Hiking & Backpacking

Ben Brugmans	736-2751
Pat Tieman	561-3286

Kayaking

Ray Yutzy	341-5682
John Gayler	421-1307

Mid-Week Trips

Cliff Ham	687-4520
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Rafting

Jon Maiman	441-2306
Linda Smithyman	531-1868

Sailing

Bob Zavos	241-0659
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Sea Kayaking

Ted Self	795-6286
Mark Mistrik	441-8293

Volleyball

Jeff Marsh	384-7827
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X-C Skiing

Fred Parker	856-4713
Steve Tubbs	279-4866

Kayaking this Summer

Saturday and Sunday, July 13-14

AYH Introductory Kayak School

Meet at HQ at 8:00 a.m. See the write-up in the next column. Leaders: Ray Yutzy - 341-5682 (H) and John Gaylor - 366-4062 (H).

Saturday, July 20

Kayak Whitewater River Trip

Meet at HQ at 8:30 a.m. Class I-II whitewater trip. Beginner's School (or equivalent experience) is a prerequisite. Trip location will be dependent on water levels. Leader: Ray Yutzy - 341-5682 (H).

Saturday and Sunday, August 3-4

TRPC Turkey Bash Whitewater Kayak Training Clinic

This Clinic is sponsored by the Three Rivers Paddling Club. Introductory or advanced kayak training will be held all weekend at Ohiopyle. Along with excellent whitewater and a whole crew of paddlers, you also get to enjoy turkeys roasted on an open pit. Lots of fun, so put it on your calendar early. Contact: Tim Chase - 748-3029 before 9:30 p.m. for details of the event; Ray Yutzy - 341-5682 (H) to reserve an AYH kayak and equipment.

About the Beginning Kayaking Schools

AYH beginning kayaking schools are held once a month, June through September, each summer. These schools provide an introduction to the exciting sport of white-water kayaking. They are open to complete beginners (those who have never been in a kayak before) and to those who have never kayaked on whitewater before, and they are great fun! The schools last an entire weekend and include an overnight stay at the Pittsburgh Council hostel in Ohiopyle. The first day of the school is spent learning the basic skills of kayak paddling on a very nice, calm lake. The second is spend developing those skills on a very easy (Class I-II) whitewater river. Space is limited and preference will be given to AYH members, so sign up early. Call John Gaylor (366-4062) or Ray Yutzy (341-5682) for more information.

MVC Planning Meeting, July 11

The MVC committee is looking for volunteers to help with this year's ride. If you would like to be a part of one of this area's biggest bicycle events, please contact Chuck Ejzak (466-6196). A planning meeting is scheduled for Thursday, July 11, 7:00 p.m. at HQ (immediately before the open house). You do not have to know anything about riding to volunteer.

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341-3111

703 WASHINGTON RD. PGH (2 MILES FOR SOUTH HILLS VILLAGE)

Rafting in July

Saturday, July 6 **Beginning Rafting Trip**

Meet at HQ at 8:15 a.m. for a trip on the Lower Youghiogheny River. Everyone is welcome, including first time rafters. Approximate cost of the trip is \$18-20 for AYH members. **Leader: Linda Smithyman - 531-1868 (H).**

Sunday, July 21 **Beginning Rafting Trip**

Meet at HQ at 8:15 a.m. for a trip on the Lower Youghiogheny River. Everyone is welcome including first timer rafters. Approximate cost of this trip is \$18-\$20 for AYH members. We'll probably stop for dinner on the way home. **Leader: Jon Maiman - 441-2306 (H).**

Saturday, July 27 **Beginning Rafting LOOP Trip**

Meet at HQ at 1:00 p.m. for a LOOP trip on the Lower Youghiogheny River. **FIRST TIME RAFTERS ARE ESPECIALLY ENCOURAGED TO COME ON THIS TRIP!** Approximate cost of this trip is \$18-\$20 for AYH members. **Leader: Linda Smithyman - 531-1868 (H).**

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GENERAL INFORMATION ABOUT RAFTING

What to Bring: Suggested attire for raft trips includes old sneakers, bathing suits, t-shirt (optional), sun screen, bandana, glasses strap and a towel. You'll also need a full set of dry clothes to change into after the trip. Wool clothing and/or rain gear are needed for cool or rainy days. Bring your own bag lunch to eat on the river. Most trips take a full day and stop for ice cream or dinner on the way back.

How to Participate: Always call the leader to reserve a space. Please be considerate and do not call a home phone number late at night or early in the morning. Starting times depend on the time we have been assigned to put on the river in Ohio State Park.

Impromptu Trips: When the river water levels cooperate, we frequently organize impromptu trips. These are usually on rivers other than the Lower Yough. and are announced at the Thursday evening open houses.

Ron Wadoski To Be Triangle Editor For August

Ron Wadoski has volunteered to be guest editor for August's issue of *The Golden Triangle*. Because there will not be an open house at HQ before the August deadline, please mail trip schedules, announcements, articles and other copy to Editor, *The Golden Triangle*, 6300 Fifth Avenue, Pittsburgh, PA 15232. Mail it so it arrives at HQ by July 5.

You can send copy to Ron via e-mail at either of the following addresses: Internet: ronw@apexsc.com; Comp-U-Serv: 75530,3711. Thank you!

Sailing in June/July

Saturday and Sunday, June 29-30 **Pymatuning Weekend Trip**

We will head up to the campground at Jamestown in Pymatuning State Park on Saturday morning and spend two days sailing. Bring tents for Saturday night at the campground. Weekend cost including two days of sailing and two meals on Saturday, overnight camp site and two meals on Sunday will be \$40. **Leader: Bob Zavos - 241-0659.**

Sunday, July 14 **Day Sailing on Lake Arthur**

We can take up to 8 people for a full day of sailing on Lake Arthur in Moraine State Park. You must have completed our introductory course or the equivalent. Alternatively, you can sail if you can be paired with an experienced person. Costs are \$10.50. Bring your own lunch. **Instructor: Bob Zavos (241-0659).**

Saturday and Sunday, July 20-21 **Day Sailing on Lake Arthur/MSA Learn to Sail/Race**

both days are available for sailing on Lake Arthur pending trip leaders/boat haulers for out three Flying Juniors. In addition, those who have not sailed or raced before can attend the free Moraine Sailing Club's annual "Learn to Sail/Race" day on July 21. MSA operates out of Watts Bay on Lake Arthur where we usually launch and many current and former AYHers are also MSA members. This is an excellent opportunity to learn as well as become acquainted with that organization. **Details: Bob Zavos (241-0659).**

Saturday and Sunday, July 27 and 28 **Sailing on Lake Arthur**

Both days are available for sailing from our home base at Lake Arthur. Daily fees are only \$10.50. **Details: Bob Zavos (241-0659).**

Sailing Classes in August:

We'll attempt to schedule one more Sailing Clinic either the 1st or 2nd weekend in August. This will depend on the availability of an instructor. The Clinic will include a Friday evening dry land class, two full days of instruction on Lake Arthur, and a follow up dry land class on Monday. The cost will be \$75.00. **Contact: Bob Zavos (241-0659)** for more details.

Classifieds

For Sale Raft, Voyageur, 4-place, 11', rip-stop nylon, excellent condition, \$200. Grumman canoe, 15', white-water keel, excellent condition, \$250. C-1, Yugo design, experienced, \$25. Call Bruce Sundquist (327-8737).

Two AYH Kayaks Are For Sale

Two AYH Perception Dancers are being sold by sealed bid near the end of July. These are the most popular kayaks on the river today, so be sure to make an offer. Contact one of the Kayak chairpersons (listed on page 6) for details.

Can You Lend A Boat To The Sailing Program?

We would like to borrow a small, two-person motor boat with up to a 10 HP motor for our August class. If you can help, please call Bob Zavos (241-0659).

Terry Bicycles — fit for a woman

Tires, tubes and sprockets aren't the only things that make up a bicycle; fit can mean the difference between a pleasant ride and a torture rack. Terry Precision Bicycles for women are designed to provide comfort with features for the novice rider as well as the sophisticated tourer or racer. Based on the unique proportions of women, the entire bicycle has been sized to meet the needs of the female cyclist. See your local dealer for a test ride.

SCHWINN BICYCLE CENTER

1907 W. State St.
New Castle, PA 16101
(412) 652-3434

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1656 E. State St.
Sharon, PA 16146
(412) 342-2031

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P.O. Box 924
Fairport, NY 14450
(800) 289-8379

Sailing Program Leaders/Instructors Are Needed

We've had significant interest in the AYH Sailing program, but are currently limited in our offerings by a lack of experienced trip leaders and boat haulers. If you can help, please call Bob Zavos.

Sea-Kayaking in July

Tuesday evening, July 9 ***Introductory Trip to North Park Lake***

Meet at 6:00 p.m. at HQ. Beginner instruction is provided on a calm, flatwater lake, intermediate rescue instruction, sea-kayak rolling, or come out and spend an evening on the water. This is a good way to become acquainted with sea-kayaking if you're interested in one of the longer trips. Call to reserve. Leader: Mark Mistrik - 441-8293 (H), 647-7609 (W).

Saturday, July 13 ***Moraine "Sun & Fun"***

Meet at 9:00 a.m. at HQ. Beginner splash and bash at Lake Arthur, Moraine State Park. Leader: Brian McBaine - 443-8972 (H). P.S. Note the decadent meeting time.

Wednesday evening, July 17 ***Introductory Trip to North Park Lake or Glade Run***

Meet at 6:00 p.m. at HQ. Beginner instruction is provided on a calm, flatwater lake or come out and spend an evening on the water. This is a good way to become acquainted with sea-kayaking if you're interested in one of the longer trips. Call to reserve. Leader: Brian McBaine - 443-8972 (H).

Friday to Sunday, July 19-21 ***Weekend Sea-Kayaking Road Trip to Sandusky, Ohio***

Meet at 6:30 p.m. at HQ. We'll tour along some of Lake Erie's most scenic shorelines, and visit the "Islands" by kayak. "Luxury" car camping Friday and Saturday nights in Ohio State Parks. An evening trip or prior kayaking experience is a prerequisite for this trip. Call for more information and to reserve a place. Leader: Mark Mistrik - 441-8293 (H), 647-7609 (W).

Tuesday evening, July 23 ***Introductory Trip to North Park Lake***

Meet at 6:00 p.m. at HQ. Beginner instruction is provided on a calm, flatwater lake, intermediate rescue instruction, sea-kayak rolling, or come out and spend an evening on the water. This is a good way to become acquainted with sea-kayaking if you're interested in one of the longer trips. Call to reserve. Leader: Mark Mistrik - 441-8293 (H), 647-7609 (W).

Friday to Sunday, August 2 to 11 ***Advanced Sea-Kayaking Road Trip***

Sea-kayaking and hiking through the spectacular scenery in Acadia National Park, and a trip to the Tenth Annual Sea-Kayaking Symposium. Reservations are required for the Symposium as soon as possible. Call for more information. Leader: Mark Mistrik - 441-8293 (H), 647-7609 (W).

Volleyball This Summer

AYH plays volleyball Tuesday nights in Mellon Park from 6:30 p.m. until dark, weather permitting. Call Jeff Marsh - 384-7827 for information.

Southwestern Autumn Breeze (SABRE) Bicycle Tour

SABRE is a new ride that Pittsburgh Council is running. It will be a series of rides (62, 35, and 15 miles) on Sunday, October 6, which will be run similar to the Mon Valley Century. Look for more details in coming newsletters. 🚲

SABRE Planning Meeting Set For Monday, July 8


The planning committee will have its kick-off meeting at Bill Eberle's home at 7:30 p.m.. We welcome all who are interested in being part of this brand-new ride to attend. Call Bill for more information. 🚲

A Tip for Frugal Bicycle Shoppers

If you've been waiting for a good time to buy a new bicycle or some accessories, your patience may soon be rewarded. Many shops have sales starting around the middle of July. Keep your eyes and ears open and have your credit card ready. 🚲

Adventures Galore!

Ironmaster's Hostel Cycling

Larry Laude and Marianne Kasica will lead this year's cycling trip to the Ironmaster's Mansion Hostel at Pine Grove Furnace on the first weekend of August (August 2-4). This will be primarily a cycling trip, with rides of 0 to 60 miles through the central Pennsylvania hills. A few are also planning to cycle to Gettysburg for a day trip. But there will also be hiking, swimming, and hot tubbing available for the non-cyclists. (Yes, there really is a hot tub at the hostel!) We will leave headquarters at 6 p.m., and will return Sunday evening. Reservations and a deposit of \$10 are necessary by July 10th in order to ensure a space. A total cost of only \$50 includes two hostel overnights, Saturday and Sunday breakfast, Saturday dinner, and a share of car pool expenses. Call Larry at 665-9554. 

AYH Tripping ----- from page 2


the man said: "They're good with eggs, potatoes and red-eye gravy. Only problem is my wife won't let me in the house: the odor gets in your sweat." For the uninitiated, ramps are a strong type of wild onion or leek popular in West Virginia—to the point that the population devotes entire festivals to celebrating its aromatic and culinary virtues.

That night we had showers and ate at a nearby restaurant. I was glad to take advantage of these civilized amenities, along with a good night's sleep, and did not feel the least guilty about being indoors rather than sitting waterlogged and freezing in a tent.


The next day we got a good start and, after the usual driving and car shuttle preparation, did a portion of the Big Beachy trail to the north. The forest there was first-growth timber, like Longfellow's forest primeval. Moss grew across the ground in hummocks, like green pincushions, and on the trunks of the oaks and beech's. It was a place that invited more exploration, but we were short on time and had promises to keep: life back in Pittsburgh began to reassert itself even as the trail beckoned.

We got back to Blanche's condominium as evening was falling. I had to work the next day and wanted to get some kind of sleep before Monday morning hit me over

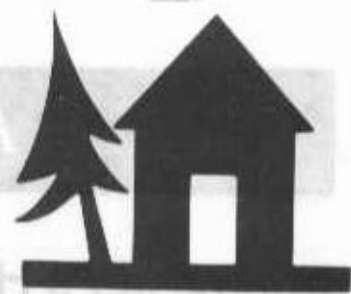
For the Traveling Hosteler

- For a free visitor's guide and map to the Laurel Highlands, call Laurel Highlands at (800) 333-5661. For information on the Ohiopyle AYH-Hostel, call (412) 329-4476 evenings.
- For the 72 page *Buckeye North* magazine with travel information on Ohio's north coast, call (800) 255-ERIE. Stay at the Toledo, Bowling Green, or Cuyahoga Valley hostels. Check the AYH Hostel Handbook for details.
- Bushy Run Battlefield in Westmoreland County is now open for tours throughout the summer season. The 45-minute guided tour is given Saturdays at 10 a.m. and Sundays at noon. Price is \$0.50 per person. For additional information on monthly nature hikes, call (412) 527-5584.
- Learn about the Commonwealth's role in the Civil War during the "Pennsylvania and the Civil War" seminar, July 26-28 at Gettysburg. For information, write Chamberfest, Greater Chambersburg Chamber of Commerce, 75 S Second Street, Chambersburg, PA 17201. For information on the historic Gettysburg AYH-Hostel, call (717) 334-1020. 

the head again. Unfortunately, Jacki's car chose this occasion to throw a fit. The combined automotive talents and saged wisdom of six people, an entire can of WD-40 sprayed in every orifice imaginable under the hood, and assorted imprecations did not inspire it to turn over. Finally we called a garage and prevailed upon them to send a tow truck. I headed back to Pittsburgh with Brian and Jack, leaving Jacki, Blanche and Mark awaiting rescue of Jacki's obstreperous Renault. I found out later that she had ridden back to the garage between two good old boys as they passed a jar of white lightning back and forth in the front seat of the tow truck, while Mark and Blanche followed behind. Not having anything better to do on Sunday evening, the folks in the little town gathered at the garage to watch the proceedings. Jacki's accent, she told me, provoked some comment (and provided a measure of entertainment) among the local population, so that the mayor (also the sheriff and owner of the garage) felt compelled to explain "She's from England, ya know."

The car got fixed. 

Hostel Pittsburgh Pennsylvania U.S.A!



The Pittsburgh VRC-Hostel

(corner of Forbes & Stevenson, uptown)

A new 32-bed supplemental accommodation – open January 1991

The Surprising City of Pittsburgh

Located in the southwestern corner of Pennsylvania and serving a metropolitan population of 2.3 million, Pittsburgh is one of the largest corporate and financial centers in the country. The city also is a leader in the fields of health care, advanced technology and education.

The city's transformation from a smoky steel town to a modern urban center occurred not once, but twice:

Renaissance I, a \$500 million urban renewal project which began following the second World War, and Renaissance II, a similar \$2.4 billion program started in the late 1970s. The result of the renaissances is a smoke and flood free city with a stunning skyline framed by three rivers, graceful bridges and green, rolling hills.

Residents and visitors alike enjoy the city's many parks, safe ethnic neighborhoods, low cost of living, thriving cultural community and four-seasons recreational opportunities.

As American journalist Brendan Gill recently wrote, "If Pittsburgh were situated somewhere in the heart of Europe, tourists would eagerly journey hundreds of miles out of their way to visit it."

This new S.A. Hostel is open all year with 1991 rates set at \$10 (U.S.) per night. Only 8 short blocks from the Bus and Amtrak stations in the shadow of downtown, it is an easy walk to historic Point State Park, Station Square, Mt. Washington, the downtown cultural district, Three Rivers Stadium and the new Carnegie Science Center. Free overnight parking is available, and the facility includes a low-cost cafeteria.

For more information and reservations, call or write:

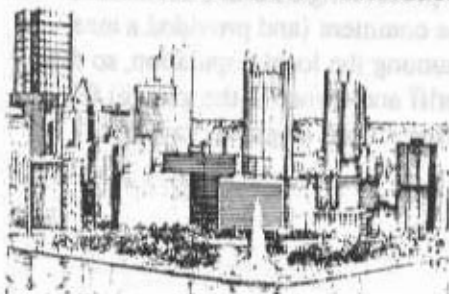
Pittsburgh VRC-Hostel

1323 Forbes Avenue (at Stevenson)

Pittsburgh, PA 15219 U.S.A.

(412) 471-2600

FAX (412) 471-3894



Hostel Pittsburgh!

In the shadow of downtown, this Supplemental Accommodation Hostel has been licensed by the American Youth Hostels with the cooperation of the Vocational Rehabilitation Center.

PENNSYLVANIA
★ AMERICA STARTS HERE ★

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The Golden Triangle is published monthly by the Pittsburgh Council, American Youth Hostels. Contents are at the discretion of the Editor. Mail regarding this newsletter should be addressed to: *The Golden Triangle*, Pittsburgh, AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232, (412) 362-8181.

Are You Moving? Subscription Problems?

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Guidelines for Contributors

Articles of interest to our members are welcomed—subjects relating to our trips and activities, the environment, the outdoors, etc. Articles to be submitted should be:

- On a 3.5" Macintosh disk with files formatted as text. The disk will be returned to you.
- Sent to the Editor via modem when prior arrangements are made. Comp-U-Serve ID 73467-3201.
- The use of material will be limited to available space. Place articles in the Editor's box at AYH Headquarters or mail them to The Golden Triangle, 6300 Fifth Ave., Pittsburgh, PA 15232

American Youth Hostels is a nonprofit organization which promotes international understanding, educational and recreational travel, good citizenship and an appreciation of

elements of all ages, backgrounds and nationalities together in hostels and by providing

low-cost travel programs through its councils and National Office. AYH is the

U.S. affiliate of the International Youth

Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide—the largest network of accom-



MEMBERSHIP APPLICATION

AMERICAN YOUTH HOSTELS
PITTSBURGH COUNCIL
6300 FIFTH AVENUE
PITTSBURGH, PA 15232



Membership types available:

- \$25.00 Adult Membership (age 18 to 54, with renewals available at only \$15)
- \$10.00 Youth Membership (age 17 and under)
- \$15.00 Senior Citizen Membership (age 55 and over)
- \$35.00 Family Membership (includes children under 18, with renewals available at only \$25)
- \$50.00 Supporting Membership
- \$100.00 Sustaining Membership
- \$250.00 Life Membership (individual lifetime membership)
- \$18.00 Foreign nationals, including Canadians
- \$10.00 Vol. I, International Hostel Handbook (Europe & Mediterranean)
- \$10.00 Vol. II, International Hostel Handbook (Africa, Americas, Asia & Australia)
- \$14.00 Cotton sleep sack, required at all international hostels
- Donation for Hostel Development Fund (tax deductible to extent permitted by law)
- Total — make all checks payable to: PITTSBURGH AYH**

MEMBERSHIPS ARE VALID FOR 12 MONTHS FROM MONTH OF ISSUE

NAME _____ (last) _____ (first) _____ (middle)

STREET _____

CITY _____ STATE _____ ZIP CODE _____

Birthday: Month _____ Day _____ Year _____ PHONE _____

Were you a member of AYH last year? No _____ Yes _____ Pass # _____

I would like to volunteer, please contact me: Yes _____ No _____

How did you hear about AYH? _____

(Signature) _____

AYH MEMBERSHIP BENEFITS

- International Hostel membership card plus Pittsburgh Council ID card good for discounts at local bike shops and outfitters.
- USA Hostel Handbook, listing over 250 Hostels in the United States.
- The Kiosque, National AYH travel newsletter.
- The Golden Triangle, Pittsburgh Council's newsletter of trips and activities.
- Open house Thursday nights at Council headquarters.
- Access to National travel programs and Leadership Training courses.

The Golden Triangle

The Newsletter of the Pittsburgh Council, American Youth Hostels

Volume 42 Number 7

July, 1991



American Youth Hostels, Inc.
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