



golden triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 19 Number 9

SEPTEMBER, 1968

NEW!!! AYH-CYCLE CLUB HAS FIRST MEETING SEPTEMBER 10th

At 8:00 p.m., Tuesday, September 10, the new AYH-Pittsburgh Cycling Club will hold its organizational meeting at AYH Council headquarters, 6300 Fifth Avenue. Plans include: election of officers, discussion of activities, and seeing a good cycling movie. The club's aims will be to promote cycle trails, touring and racing. We need your talents! Come to the meeting and volunteer!

BAKER TRAIL NEWS

The site for Shelter No. 5 has been selected and construction of the shelter is scheduled for the middle of September. This shelter will be known as the Pine-ees Shelter and is located about 1 mile south of Atwood on the Baker Trail. The Pine-ees Chapter of the NCHA from Indiana, Pa., will be in charge of the construction.

Due to the sharp increase in the number of hikers that are using the trail, we decided to increase the size of the shelter to sleep two more hikers. The width will also be increased by a foot to provide a little more space in the front.

A good spring is located about 50 feet from the shelter site, and it has cool sweet water. There is a beautiful view on top of the hill of the surrounding Rural Valley.

This shelter when finished will bring to eight the number that we have on the Baker Trail. Our overall plans call for ten shelters; with the remaining two to be built on the northern end of the trail.

--Don Woodland, B.T. Chairman



Overall Best Cyclist, Jack Batchelor, wins Sr. Men's Last Man Out Race at National Rally. Congratulations!

PITTSBURGH COUNCIL MEMBERS ATTEND SECOND NATIONAL AYH RALLY

On July 20, 21 thirteen AYH-ers from Pittsburgh made their presence known at the 2nd National AYH Rally, hosted by the Toledo Council and the Bowling Green Hostel Club, and held at Bowling Green, Ohio. Most were quite (Cont. on page 92)

THROWING LINES AVAILABLE

AYH now has two throwing lines for use on white-water canoeing trips. They are 3/8" nylon, 60 ft. and 75 ft. long. No white-water canoeing trip, however easy, should go without at least one throwing line. AYH's lines are stored in headquarters. They should be taken and returned only by the trip leader since he is responsible for them.

FOLK DANCE TRIP TO EUROPE

Pittsburgh folk dancer, Ida Wicken, is leading a trip to Europe this fall that will feature folk dancing and sight-seeing, to: Israel, Greece, Italy, and Spain. The dates are: October 19 to November 2; the cost, that covers air transportation and almost all essentials, is: \$777. For further information, contact: Ida (Mrs. Oscar) Wicken (531-4062) or Clara Herron (922-5859).

GEORGE THOMAS' "PITTSBURGH PRESS"
ARTICLE DOES OUTSTANDING P-R JOB FOR AYH

Saturday, August 10, George Thomas, of the Pittsburgh Press staff, wrote a "Leisure Time--How To Spend It" article entitled "Paddle Your Own Canoe"...complete with pictures of C-1 and canoe-sailing activities. Many, many thanks--George--No one could have described AYH's water sports better!

LATEST MEMBERSHIP FIGURES

As of June 30, 1968, the membership of Pittsburgh Council stood at 535, up 52% over October 31, of last year when we had 353 members. About 45% of our present membership (245) joined primarily to go to Europe. Of the remaining 290 members who joined for local council activities, about 37% (106) are renewals.

	6/30/68	10/31/67
Youth (under 18)	55	44
Senior Youth (18-20)	130	78
Adult	267	164
Family	69	51
Group	2	5
Life	12	11

SECOND NATIONAL AYH RALLY

(continued from page 1) active in entering the various contests although we did not have anyone in the canoeing competitions.

The 1st and 2nd places in Orienteering were won by Tess and John Henry, which also gave the Pittsburgh Council the trophy for that event. Jack Batchelar repeated his performance of last year by winning the Senior Men's Last Man Out cycle race. He was so far ahead that the others never had a chance. He also came in 2nd in the Slow Race and 2nd in the Sprint Race. This gave Jack the award for Overall Best Cyclist! Congratulations, Jack, on your well-deserved victory!

Many of us tried the "Roller Races", but we couldn't keep the cycles on the rollers, since none of us had ever had the opportunity to practice on them.

Next year we should have even more members enjoy the great weekend, and win the Council trophy for the most victories!

SUNDQUIST HAS NEW PHONE NUMBER

Jot down for future reference Bruce Sundquist's new phone number at work, 351-3100 x-2416. Bruce will have to let us know if Dr. Lee gets lonely, in which case we'll call him up, to chat!

TAPE RECORDER FOR SALE

Portable, Panosonic Tape Recorder, like new, used only for biology lectures. Was \$115...now, \$65. Contact: Sue Simler (371-1517).

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 * Pittsburgh Council *
 * Activities Manual: Part Ten *
 *
 * CYCLING *
 * by I. Rank Beginner *

ME? CYCLE? WHY?

Why would a person want to cycle? For fun? For fitness? For sport? For enjoyment of a precision machine? For most cyclists it's probably a combination of these reasons.

Everyone has heard of the famous heart specialist, Dr. Paul Dudley White, who at over 90 years of age is still an active cyclist. He believes there is no better exercise for the heart and he also says that cycling has a very good effect on the brain in eliminating the need for tranquilizers.

This introduction to cycling will describe only the 10-speed touring cycle and not the 3-speed cycle because the 3-speed is too heavy, too limited in gear range and not properly designed for long distance touring. This is especially true in these Pennsylvania hills.

TEN-SPEED TOURING CYCLE: DESIGN AND ADJUSTMENT

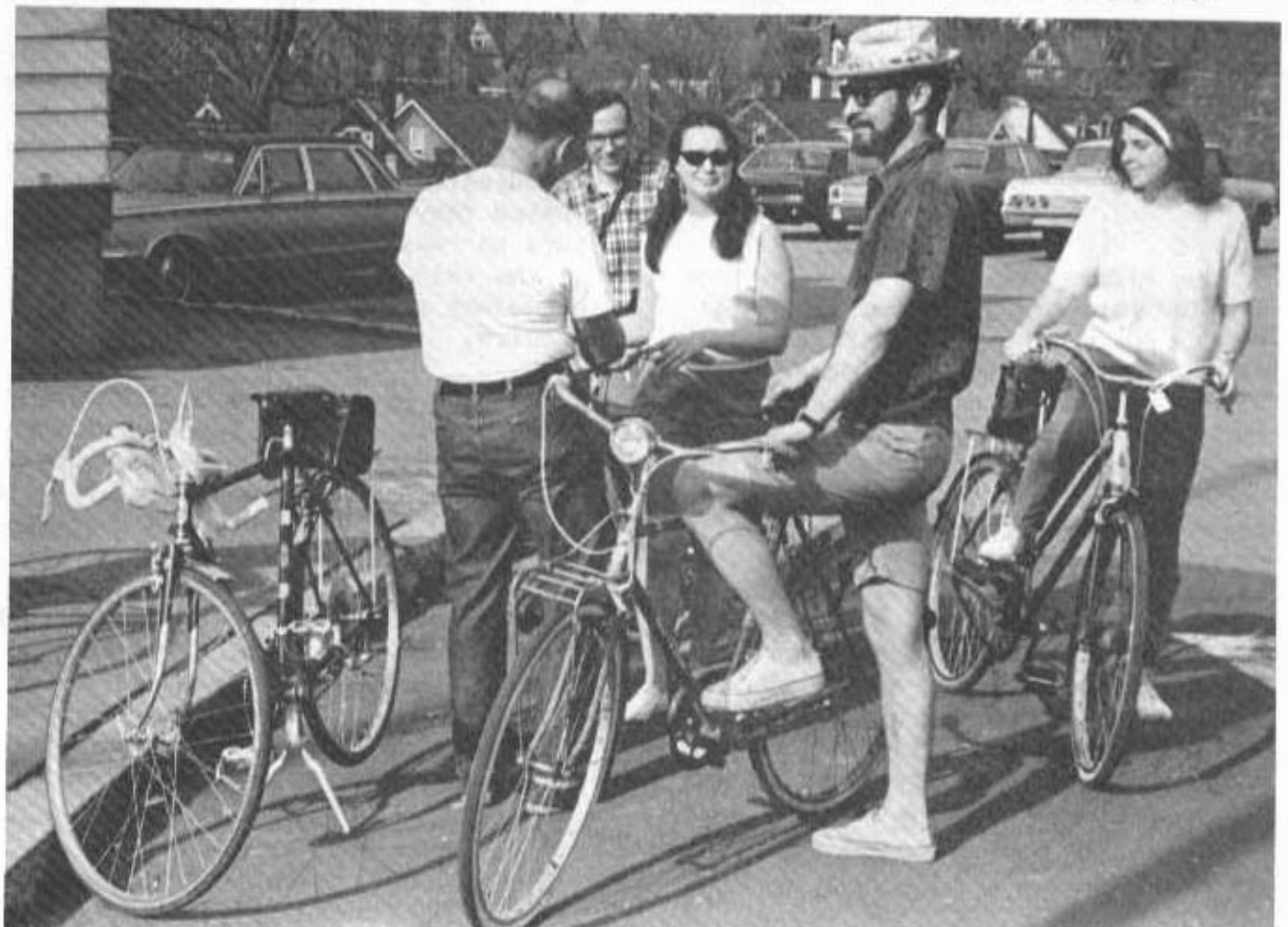
The first time a person sees a touring cycle he usually remarks about the funny looking handlebars and the narrow seat. There are good reasons for this design and I will attempt to explain them.

First of all, the design of a touring cycle is such that the weight of the rider is distributed in thirds on the seat, pedals and handlebars.

The saddle is made of plastic, nylon or leather, usually with no padding and with a narrow nose. The narrowness of the saddle keeps it from rubbing on the legs which would cause chaffing on a long ride. A leather saddle will break in faster and be protected from rain if Neats Foot Oil is applied to the underside.

The dropped handlebars are made of steel or on higher priced models, aluminum to cut weight, and have various types of tape wrapped around them in the main holding areas. The reason for using

 THURSDAY EVENING CYCLE TRIP (rest-stop in Schenley Park): Ken Horner, Bob Omlor, Sue Simler, Feredoon Behroozi, and Maxine Lew. Photo by--Eric Stacey.



dropped handlebars are:

- 1) better distribution of weight.
- 2) absorb road shock.
- 3) pressure on spine reduced.
- 4) more positions for long rides.
- 5) upper body weight helps to cycle up hills without standing.
- 6) pull of arms reinforces thrust of legs.
- 7) wind resistance reduced 40%.

The pedals are made of metal for lightness and for the firm contact that the serrated edges give with shoe soles. The pedals also have toe straps on them to hold your foot in the proper position, which is with the ball of the foot on the pedal. If you ride on your instep you lose the use of your foot, thigh and calf muscles and you will not have the continuous flow of power which fanning the foot gives. Toe straps also give extra pulling power when needed as on hills.

Your shoes should be light weight with a thin but sturdy sole cut low. There are specially designed cycle shoes available but tennis or bowling shoes will give good service.

The design of wheel hubs varies but on your first cycle you would be concerned mostly with whether it has quick release or not. It costs a little more but allows instant removal of wheels for fixing flat tires and for easier hauling in cars and makes centering wheels easier when re-installing on cycle.

BRAKES

New riders are sometimes surprised to find hand brakes rather than foot brakes on touring cycles. First of all, it is impossible to use foot brakes with a derailleur gearing system. Of more importance though, is the extra safety and ease of maintenance of the hand brakes. On a long hill, foot brakes have been known to burn out without warning whereas rim-caliper brakes are fully exposed for examination and adjustment. Anytime you use a new bicycle for the first time or change worn rubber brake shoes, be sure that the metal tabs on the end of the brake shoe holder are toward the front of the cycle. If these tabs are to the rear the rubber

brake shoes will be pushed out the first time the brakes are used hard which will leave you with no brakes.

You should also be careful to put on the rear brake first when traveling fast so as not to take a header. The brake cable should be adjusted so that the brake shoes are as close to the rims as possible without touching. This will give maximum braking action with a short movement of the brake lever.

Some brakes have a quick release system which widens the brakeshoe's distance from the rims to allow easy removal of the wheel for tire repairs. This works well in conjunction with the quick release hubs mentioned earlier. Without the quick release brakes the brake shoes are adjusted far enough from the rim to allow for easy tire removal. After adjusting brake cables, be sure that the cable clamping screw is very tight.

The two common types of hand brakes are side pull and center pull. Side pull are used on the lower priced 10-speed cycles and also on 3-speed models. With side pull brakes the leverage is applied by the cable on one side of the brake so that the brake shoe pressure is not quite as firm and even as with center pull brakes. Side pull brakes can be a little harder to keep in adjustment but when properly adjusted they operate efficiently. Be sure to remember that when cycling in the rain your brakes are only half as efficient and stopping distance is doubled.

DERAILLEUR GEAR SYSTEMS

Of course the main feature of the touring cycle is the derailleur gearing system which usually consists of 5, 10 or 15 gear combinations; the most popular being 10. The reason for having ten or more gear combinations is so the legs can operate at a constant RPM whether on the level or traveling uphill. The most efficient speeds being 55-85 RPM for the average person with the speed increasing as the cyclist gains experience and conditioning.

The ten gears are obtained by the combination of 5 gears on the rear hub and two gears on the crank. There are separate derailleur mechanisms for the front and rear gears. The shifting levers are located on the frame or at the center of the handlebar and are moved for shifting only when the pedals are being rotated and with only a moderate pressure on the pedals. There are no click stops on these levers as on the 3-speed shifters so that shifting must be felt and is learned by practice.

NEVER force the shifting lever as this could bend the shifting mechanism. If you have to force the lever you are going too slow or are in too high a gear for the terrain. Try to anticipate the need to change gears before the peddling rate gets too slow to allow smooth gear changing.

The gear ratios are usually measured in inches of forward motion for one revolution of the pedals. This can be calculated by the formula:

Rear wheel diameter X $\frac{\text{No. of teeth in front sprocket}}{\text{No. of teeth in rear sprocket}}$

The most common range of gears used in the Pittsburgh area is 38-96 inches. The lowest gear (38) is obtained by using the smallest gear in front and the largest on the rear hub. There are some cyclists who jump off their cycle and start walking as soon as they see a hill. The low gear (38) is low enough to allow most people who are willing to put a little effort into their cycling to ride up almost all the area hills. As your conditioning increases you will find yourself using higher gears than when you first started cycling.

ADJUSTING CYCLE FOR PROPER FIT

The human body is only 1/8 H.P. so you will want to make the most efficient use of the power you have. This means to buy the right size cycle and adjust it to fit. The most important adjustment for comfortable cycling with the least effort is: proper seat height. When sitting on the seat and with your heel on the pedal at its lowest position, your leg should be straight. The seat can also be adjusted horizontally



NORTH PARK CYCLE TRIP: Maxine Lew and Loraine Marzel. Photo by--Bob Omlor.

and the nose should be 2" behind the crank for a start and personal preference from there.

The angle of the saddle is usually about level or with a slight upward tilt but should not be tilted toward the handlebars since this would put too much pressure on the arms and wrists. The top of the handlebars should be about level with the seat with a ten degree tilt toward the rear.

The tires should always be kept pumped up to maximum pressure for the lowest friction on the road (least tire width) which means less power is used. If pressure is too low, it is easier to bend a rim on a pot hole. Most touring cycles use 27 X 1 1/4 inch tires with pressures of 65-100 lbs. While the tire size does not usually change, the frame size does vary from 19-25 inches. You should be able to comfortably straddle a properly fitted frame. This is normally about nine inches less than the rider's inside leg measurement.

CYCLING CATALOGUES AVAILABLE

Large cycling equipment catalogues contain useful information which can greatly increase your knowledge of cycling. The catalogue which has the most general cycle information is (\$1.00/ea):

Cyclo-Pedia
6447 Michigan Avenue
Detroit, Michigan 48210

USEFUL CYCLING PUBLICATIONS

Be sure to take a look at the new "American Cycling Magazine" which since the Aug. '68 issue has beautiful color covers, glossy paper, more pages, new columns and will now publish 12 issues a year, in place of the former 10.

These are great improvements in an already excellent magazine. One of the new monthly columns covers AYH news. The subscription is \$4.00/year to:

H.M. Leete & Co.-Publishers
235 Montgomery St.-Suite 961
San Francisco, California 94104

Also available from the publisher are back issues of "American Cycling" and lists of cycling books.

When subscribing to "American Cycling" you should consider spending one more dollar (\$5.00 total) and ordering a subscription from "The League of American Wheelmen" (LAW) which includes a membership in this fine organization. The LAW membership entitles you to "American Cycling", a monthly LAW newsletter which contains cycling information from clubs across the U.S., LAW patch, decal, membership directory, safety material, insurance and information service. Where could you possibly get more for your \$5.00?

The League of American Wheelmen
5118 W. Foster Avenue
Chicago, Illinois 60630

If you want to keep up with east coast cycling news, particularly racing and also to read equipment test reports, you should subscribe to "East Coast Cycling News" at \$2.00 for 10 issues.

East Coast Cycling News
c/o Jim Grill
400 Kenbury Road
Somerville, New Jersey 08876

If interested in cycle racing, contact:

American Bicycle League of America
6411 Orchard Street
Dearborn, Michigan 48126

An excellent new family physical fitness magazine is "Fitness For Living" at \$3.00 for one year (6 issues) which covers many AYH-type activities including cycling.

Rodale Press, Inc.
Emmaus
Pennsylvania 18049

Also excellent are:

"The Handbook of Cycl-ology" (\$1.00) from:
Wheelgoods Corporation
2737 Hennepin Avenue
Minneapolis, Minn. 55408

"The Complete Handbook of Cycling" (\$2.10) from: Big Wheel Ltd.

310 Holly Street
Denver, Colorado 80220

For those who are interested in promotion cycle trails there is an informative publication, "Boom in Bikeways", which is published regularly by the Bicycle Institute of America and is free to those who can make use of it.

Bicycle Institute of America, Inc.
122 East 42nd Street
New York, New York 10017

Again...you will find more sources of information in "American Cycling", including ads for cycling magazines from England and France.

CONCLUSION

As you can see there is much more to be written on cycling than could possibly be covered in a short introduction. For example: cycle safety; racing; special tools and parts; repair methods; cycle paths; cycle camping; types of carriers and bags; and methods of riding.

Some of these may be covered in future articles and one can learn by taking advantage of the publications listed.

You will also be able to pick-up information by attending meetings of the AYH-"Pittsburgh Cycling Club" which will hold its first meeting in September.

Above all remember that the only way to really learn cycling is to:

RIDE! RIDE! RIDE!

THURSDAY NIGHT IS "OPEN HOUSE" AT AYH
Schedule of Programs for September, 1968
8:30 p.m.

- 5th See John Steritt's favorite state for all seasons--Colorado. Skiing at Aspen and Vail, climbing to the Continental Divide in a VW (of course), fishing in glacier fed streams, and just roaming among the alpine flowers above timberline, listening to the whistling wind.
- 12th It's time to become groovy again! Stop scuffing...stop holding up walls ...stop being unbalanced with two left feet...stop stepping on your partner's tootsies. Keep in step with the Folk Dancing of that tireless, glib man of show business, Hugh Gilmour.
- 19th Follow John Henry and the hikers along the Appalachian Trail and the North Mountain Trail in the Seneca Rocks area of West Virginia. Learn how to confront the problems of being a courageous trip leader, and fearlessly facing such difficulties as -- hiking to the top of a mountain and forgetting the water for cooking...lugging water to the top of a mountain and forgetting the cookware...dividing food for three people among six hungry backpackers...repairing a backpack with a shoestring...shoving six people and their packs into a VW in a downpour at day's end.
- 26th Skip from island to island in our newest state, Hawaii, with Eileen and Fred Hull. See pineapple groves, old volcanos, surfers at Waikiki and just maybe...Eileen in a hula skirt!



LOST AND FOUND

Scattered throughout headquarters can be seen: jackets, mess kits, socks, boots, canteens, eyeglasses, and a host of similar lost gear from past trips. Most drivers claim that hardly a trip goes by that something doesn't get left in their cars by careless passengers. This gear eventually finds its way to the furniture in headquarters and then into the lost-and-found box. This box must be emptied every few months since no one ever thinks of looking ther for his lost gear.

To improve the situation, let's try the following:

- 1) Label all your gear with your name. Waterproof "magic markers" are great for such purposes. Color codes are worthless.
- 2) Report all lost and found items to the trip leader who will act as a clearinghouse for stray gear. Finders keep what you find until it is claimed. This will keep headquarters looking tidier.
- 3) On a trip don't wait until you get back to headquarters before you collect all your gear. Do that before getting into the car for the return trip. Keep your gear in the same car you ride in.



"IS THIS YOUR
FIRST RIDE ON
A TANDUMBIKE, CAROL?"

SEPTEMBER TRIPS AND TRAILS

- SAT 7 RAFTING on the Lower Youghiogheny (C-1's also). Bring lunch, change of clothes, and about \$5.00. Leave headquarters by 8:00 a.m. Don Hamilton (256-3535) leads.
- SAT 7 Scenic 40-mile CYCLE trip into the North Hills, leaving headquarters at 8:00 a.m. Reserve with Feredoon Behroozi (361-5794). Cost? Bring?
- SUN 8 CANOEING on Crooked Creek Reservoir (up to our favorite swimming hole). Suitable for beginners. Leave headquarters at 8:30 a.m. with lunch, swimsuit, and about \$3.00. Reserve with Ruth Stacklin (362-1045).
- SUN 8 Beginner's CYCLE trip through Pittsburgh Parks, leaving headquarters at 1:30 p.m. Reserve with Mary Micules (621-8643). Cost?
- TUES 10 The first meeting of the "Pittsburgh CYCLING Club". Officers will be elected, the aims of the new club will be discussed and a good cycling movie will be shown. 8:00 p.m. at AYH-headquarters.
- WED 11 ICE SKATING at Courter's Pond in Wilkinsburg. Leave headquarters at 8:15 p.m. with \$1.00 plus skate rental (?). Reserve with Mary Johnston (621-0520).
-
- SAT 14 CLIMBING at Cooper's Rocks in West Virginia. Feredoon Behroozi (361-5794) leads. All levels. Leave headquarters at 8:00 a.m., with lunch, canteen, whatever climbing gear you have, and about \$2.50.
- SAT 14 Twenty-five mile CYCLE trip to the Murrysville area, hauling the cycles from AYH headquarters at 8:00 a.m. Call Dave Pattison (242-9224) to reserve. Cost? Bring?
- SUN 15 RAFTING and CANOEING (C-1's only) on the Lower Youghiogheny. Gene Cone leads (361-8859 or 621-2600 x-526). Leave headquarters at 8:00 a.m., with lunch, canteen, change of clothes, soft-soled shoes and \$5.00.
- SUN 15 Afternoon CYCLE trip with Tess Henry (661-7952) leading. Be ready to depart from headquarters at 1:30 p.m. Cost?
-

SEPTEMBER TRIPS AND TRAILS (continued)

- FRI 20 Intermediate and advanced WHITE-WATER CANOEING on the Dumoine River to (50 miles) and Ottawa River (5 miles) in Quebec. Bring camping gear, clothing, and food for six days. Leave headquarters 8:00 p.m., Friday. Cost \$37.50 (plus meals while traveling). Call Howard King (264-1386) for more information.
- SUN 29
- SAT 21 Qualify for your 50-mile in 5-hours patch on a CYCLE trip led by Bob Omlor (264-4485). Leave headquarters at 8 a.m., to an area TBA.
- SUN 22 The "Pittsburgh Cycling Club" (AYH) would like as many cyclists as possible to join them for a "CYCLE-IN"...in North Park, in order to promote cycle paths. Meet at North Park at 2:00 p.m., or at headquarters at 1:00 p.m. This special event is being run with the cooperation of County officials and North Hills residents. YOU and your CYCLE are needed!
-
- FRI 27 COME ONE...COME ALL! Attend the Fifteenth Annual Meeting of the KEYSTONE TRAILS ASSOCIATION (This is an association of all clubs that maintain hiking trails in Pennsylvania). The meeting will take place at Camp Michaux, near Pine Grove Furnace. There is something to interest you: hiking on Saturday, orienteering on Sunday, nature contest, square dancing, Appalachian Trail hiking. There is some good cycling in the area for those interested. Business meeting of the association on Saturday afternoon. Five meals and two night's lodging, cost \$14.00. Leave Friday evening. Reservations must be in by Friday, September 20. Return to Pittsburgh by Sunday, 6:00 p.m. Bruce Sundquist (351-3100x-2416).
- SUN 29
- SAT 28 HIKING in Laurel State Park. Feredoon Behrooz (361-5794) leads. Bring lunch, canteen, and about \$2.00. Leave headquarters at 8:00 a.m.
- SAT 28 CYCLE on a 25-mile trip to New Kensington, with Dave Pattison (242-9224). Leave headquarters at 8:00 a.m. Cost? Bring?
- SUN 29 Another great CYCLE trip (25-miles) to the Ligonier area, leaving headquarters at 8:30 a.m. Reserve with Sue Simler (371-1517). Cost? Bring?
-
- OCTOBER CANOE the Upper Casselman River. Suitable for beginners. Leave headquarters at 8:00 a.m., with lunch, change of clothes, soft-soled shoes, canteen and about \$3.75. Howard King leads (264-1386).
- SUN 6

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## APPLICATION FOR MEMBERSHIP

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Age (if under 21) \_\_\_\_\_



City \_\_\_\_\_ Zip Code \_\_\_\_\_

Will you use your AYH pass abroad? \_\_\_\_\_ Ever held an AYH pass before? \_\_\_\_\_

Types of Passes:

|                      |        |                |        |                           |
|----------------------|--------|----------------|--------|---------------------------|
| Youth (under 18)...  | \$4.00 | Family.....    | \$9.00 | Sponsor...\$10.00 or more |
| Sr. Youth (18-20)... | 6.00   | Life.....      | 50.00  | TRIANGLE                  |
| Adult.....           | 7.00   | Family Life... | 100.00 | SUBSCRIPTION...\$2.00     |

Make checks payable to: Pittsburgh Council, American Youth Hostels, Inc.  
6300 Fifth Avenue, Pittsburgh, Pennsylvania 15232

| MONDAY              | TUESDAY                                                                                                                                                                                        | WEDNESDAY          | THURSDAY                                           | FRIDAY              | SATURDAY             | SUNDAY                    |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------------------------------------------------|---------------------|----------------------|---------------------------|
| Sun. 1<br>Mon. 2    | 3                                                                                                                                                                                              | 4                  | 5<br>OPEN HOUSE:<br>Colorado                       | 6                   | 7<br>Raft<br>Cycle   | 8<br>Cycle<br>Canoe       |
| 9                   | 10<br>Cycle<br>Club--<br>1st<br>Meeting                                                                                                                                                        | 11<br>Ice<br>Skate | 12<br>OPEN HOUSE:<br>Folk<br>Dancing<br>△ Articles | 13<br>Due           | 14<br>Cycle<br>Climb | 15<br>Raft/Canoe<br>Cycle |
| 16                  | 17                                                                                                                                                                                             | 18                 | 19<br>OPEN HOUSE:<br>W. Virginia<br>TRIPS<br>DUE!  | 20                  | 21<br>Cycle          | 22<br>"CYCLE-IN"          |
| 23                  | 24<br>—<br>Assembly<br>Party                                                                                                                                                                   | 25                 | 26<br>OPEN HOUSE:<br>Hawaii                        | 27                  | 28<br>Hike<br>Cycle  | 29<br>Cycle               |
| EXTENDED CANOE TRIP |                                                                                                                                                                                                |                    |                                                    | Extended Canoe Trip |                      |                           |
| 30                  |  <b>SEPTEMBER - 1968</b>  |                    |                                                    |                     |                      |                           |

PITTSBURGH COUNCIL  
American Youth Hostels, Inc.  
6300 Fifth Avenue  
Pittsburgh, Pa. 15232

Non-Profit Organization  
U.S. Postage Paid  
Pittsburgh, Penn.  
Permit #127

ADDRESS CORRECTION REQUESTED

BRADDOCK, KAREN S. PA49  
309 NEWBURN DRIVE  
PITTSBURGH, PA. 15216



FROM SOUTH HILLS BR  
PITTSBURGH, PA. 15210  
POSTAGE DUE

By 72  
Lemont, Ga  
16851