

# AYH. GOLDEN TRIANGLE

JULY 1977

VOLUME 28, NUMBER 7



MANY AYHERS WILL TRAVEL TO EUROPE THIS SUMMER

## GUIDE FOR THE WELL-DRESSED PADDLER

By Chris Reid

Being well-dressed on the river often has little in common with getting into a high-class restaurant. In fact, it has little in common with being welcome in a truck stop. That's part of the charm of being well-dressed on the river.

**HEAD FIRST:** Starting from the top, give your head some careful consideration. A hat with a brim will help shade your face and bald-spot from the sun. In cool weather, a wool cap will contribute greatly to keeping your body warm, since a great deal of heat loss is through the head. Attach flotation--a fishing bobber has saved more than one hat from sinking beneath the waves on a windy day.

**THE EYES HAVE IT:** Protect your eyes by wearing sunglasses held in place with kite string, a shoelace, a glasses strap, or a section of surgical tubing. Much of your safety on whitewater depends on being able to read the water formations, see upcoming rocks in time to avoid them, look far ahead and plan your course. Sun glare can contribute to a spill; so eliminate it from your worries by bringing along some shades.

**PHONEBOOTH TOGS:** Every fashionable outfit needs a good foundation, and my personal recommendation is a swimsuit. This enables you to change anywhere, and if you cance much, you will be changing anywhere often.

**WOOL, SI; COTTON, NO:** Blue jeans and workshirts are out! Cotton wicks heat away from your body when wet, and on even a hot day you will find yourself shivering after a dump in the drink. On a cold day, you are inviting hypothermia. Wool shirts and sweaters, wool pants, wool socks are the warmest things you can get wet in. They hold heat. Acrylic knits are second choice. For summer, quick-drying nylon or synthetics that don't stay soggy long are suggested instead of the classic T-shirt.

**LONG AND SHORT OF IT:** Long pants prevent scratches and poison ivy. Long pants also prevent your getting too much sun. If you like wearing shorts, bring them along to put on after the put-in and before you paddle. If you don't know the river well, wear long pants.

**RIVER SHOES:** The footwear of choice is the well-worn sneaker, preferably with lots of holes for drainage and ventilation. Don't wear your Adidas, your wing-tips, your Dr. Scholl exercise sandals, or your thongs! You need to be able to carry your canoe up and down slopes surefootedly, get your feet wet at the put-in, and break the force of any rocks in front of you should you take a tumble from your boat.

**OVER EVERYTHING:** A windbreaker or wool jacket is recommended, either to wear on the river or to take out at lunch when you cool down a bit.

**WHEN IT RAINS:** The cheapest raincover is probably a huge garbage bag with arm-holes and a head hole punched in it. Next to that, an orange \$2-or-so poncho will do the job. A PGR (Pea Green Raincoat) gives more mobility as it keeps you dry. A rain suit gives even more. Hooded raingear can make it hard to see and hear; so you may want to protect your head some other way.

ACCESSORIES: In a waterproof pack strapped to your canoe, you may want to carry your lunch (no glass containers, no alcohol), some kite-string for tying in your extra paddle and bailer, some duct tape for quick patching jobs on the canoe, a few first-aid items (bug repellent, calamine lotion, sun-blocking agent, aspirin, bandaids for blisters, etc.), and a wool sweater tucked in when you pack your poncho or raingear. A throw-rope is a necessity not only for bringing paddlers without boats to safety, but for unpinning boats.

ON YOUR KNEES: The more you paddle, the happier you will be that you invested a couple of dollars in those awkward-looking black rubber kneeling pads. Whitewater canoeing requires that you lower your center of gravity by kneeling, not sitting. Basketball knee pads will also work, but cost as much as the real thing and are not as comfortable when wet.

DECENTS: If you want to get into a cheap restaurant on the way home, bring along a decent-looking set of dry clothes.

ONE MORE THING: Your lifejacket is the most important thing on this list. Swimming skills are of limited usefulness in turbulent water. Strong swimmers can swim about 3 mph; many currents are 4-6 mph. Life jackets provide buoyancy, warmth and protection to the kidney area. Personal Flotation Devices are required by law. Don't carry it in your boat; wear it on your body, properly buckled, zipped, tied, or clipped. Wearing a life jacket should be more than a habit--it's a way of life.

TUBING THE YOUGH  
By Pat Gallagher

This month a tubing outing on the Yough is scheduled. The write-up Youghiogheny Valley (71) in the AYH Hiking Guide to Western Pennsylvania describes this outing very well, but for those contemplating this trip now or later I'd like to add a few notes based on experience. First, the 2½ mile float takes two hours, and the Yough is cold! On one trip a companion developed symptoms of hypothermia. The best way to keep reasonably warm in the water is to cover the parts of your body that are going to be in the water. Long pants and a long-sleeved shirt will keep you markedly warmer than a bathing suit. A high energy snack (water-durable unless you like gorp soup) will be welcome at the end of the float.

The Hiking Guide suggests hiking boots for the trail and sneakers for the water, but sneakers all the way is easier. For the hike out you can try to carry a set of clothes dry inside two garbage bags in your pack (this does not always work), but this is not really necessary. About halfway out there is a terrific place to slide down a waterfall into water colder than the Yough (much), and you will probably want to get wet again. There are a couple of other surprise treats on this trip.

SPECIAL THANKS: To Tom Vogel for his efforts that gained for AYH the use of Schenley Park's cement pond for Wednesday evening canoeing outings.

To Jim Gogots and the Morgantown work party for the excellent repair and cleanup work done on Klaer Lodge.



## NEW VEHICLE LAWS 1977

By Joe Hoechner

As of July 1, 1977 many new vehicle laws will go into effect in the state of Pennsylvania. These laws affect not only motorists but also bicyclists and pedestrians. On this date the "right turn on red signal" will become legal (unless posted otherwise at intersections). Pedestrians now have to watch in three directions when crossing streets. Bicyclists may find irate right-turning motorists blowing their horns behind them as they wait to proceed at red lights. Or the rider may find himself being "broad-sided" by the car next to him. A day-dreaming cyclist may watch the car in front of him turn right and, without checking the light, proceed through the intersection--into cross traffic.

Some specific rules for bicyclists are as follows (from chapter 35 of the new vehicle code):

Except on one-way roads, every person operating a bicycle upon a roadway shall ride as near to the right side of the roadway as practicable, exercising due care when passing a standing vehicle or one proceeding in the same direction.

When riding a bicycle on a road with one lane of traffic in each direction, at such a slow speed as to impede traffic, he must at the first opportunity drive onto the shoulder of the highway to let traffic pass.

Persons riding bicycles upon a roadway shall not ride more than two abreast except on paths or parts of roadways set aside for the exclusive use of bicycles.

Whenever a lane or path for bicycles has been provided as part of a highway, bicycle riders shall use the lane or path and shall not use part of the highway. This subsection does not apply when use of the bicycle lane or path is not possible, safe or reasonable.

Every bicycle when in use between sunset and sunrise shall be equipped on the front with a lamp which emits a white light visible from a distance of at least 500 feet to the front and with a red reflector on the rear of a type approved by the department which shall be visible from all distances from 100 feet to 600 feet to the rear and with an amber reflector on each side. A lamp emitting a red light visible from a distance of 500 feet to the rear may be used in addition to the red reflector. A lamp worn by the operator of a bicycle shall comply with the requirements of this subsection if the lamp can be seen at the distances specified. All lamps and reflectors shall be of a type approved by the department.

A bicycle may be equipped with a device capable of giving a signal audible for a distance of at least 100 feet except that a bicycle shall not be equipped with, nor shall any person use upon a bicycle, any siren.

Every bicycle shall be equipped with a braking system which will stop the bicycle in 15 feet from an initial speed of 15 miles per hour on a dry, level and clean pavement.

A person riding a bicycle upon a sidewalk or bicycle path used by pedestrians shall yield the right-of-way to any pedestrian and shall give an audible signal before overtaking and passing a pedestrian.

A person shall not ride a bicycle upon a sidewalk in a business district unless permitted by official traffic-control devices, nor when a usable bicycle-only lane has been provided adjacent to the sidewalk.

A person may park a bicycle on a sidewalk unless prohibited or restricted by an official traffic-control device.

A bicycle parked on a sidewalk shall not impede the normal and reasonable movement of pedestrians or other traffic.

A bicycle may be parked on the roadway at any angle to the curb or edge of the roadway at any location where parking is allowed.

A bicycle may be parked on the roadway abreast of other bicycles near the side of the roadway at any location where parking is allowed.

A person shall not park a bicycle on a roadway in such a manner as to obstruct the movement of a legally parked motor vehicle.

Any person violating any provision of this subchapter is guilty of a summary offense and shall, upon conviction, be sentenced to pay a fine of \$10.

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#### SUMMER BIKE TOURS

This summer Boston Council AYH will sponsor nine Cape Cod bike tours and three international bike tours (to the Canadian Rockies, Montreal and Denmark). If you would like additional information concerning these trips, contact:

Leon Tabak  
American Youth Hostels  
Greater Boston Council  
251 Harvard Street  
Brookline, MA 02146

(617) 731-5430

**\*\*HIKERS:** The Greater Boston Council is also sponsoring a six-day hike in the White Mountains of New Hampshire this summer.

\*\*\*\*\*

## THE FIRST BACKPACKING SCHOOL: A REPORT

By Joe Levine

At the Activities Board meeting last January Ben Brugmans proposed organizing a backpacking school for members of the Pittsburgh Council. The proposal was accepted, and I promptly volunteered my help. There were to be two classes at headquarters followed by two or three trips. The classes were composed of two sections: 1) a lecture-demonstration, and 2) task-solving.

The first class was held on March 12th with 32 members present. Ben and I brought lots of equipment to demonstrate several types of each item discussed. I gave the lecture on equipment with additional comments by Ben. I also discussed such relevant topics as buying and fitting boots, down vs. polyfiber sleeping bags, weight vs. comfort, regulating body heat in warm and cold weather, heat loss factors during sleep, and rainproofing vs. condensation. Ben introduced the subject of stoves and cooking gear. For the task-solving practice, we formed three teams. Each team was given a stove and cook gear, food from the supermarket, and a menu. Their task was to light the stoves and cook lunch. Lunch was delicious and proved to be an enjoyable experience.

The second class on March 26th was conducted with 18 participants. For the lecture section I covered care of equipment--the break-in and waterproofing of boots, cleaning and storing equipment, the prevention and treatment of foot blisters; how to pack--center of gravity, adjustment of shoulder and hip belts, protection of pack and contents in heavy rain; hiking with a pack; and protecting the environment. Ben discoursed on planning menus--selecting and packing food; where to go backpacking; and the unique natural environment of Western Pennsylvania. I summed up my presentation with this thought: "Borrow and try before you buy!" For the practice session the students were formed into three teams. Team 1 had to plan a weekend trip with road map and topo map, and had to determine the route, shuttle, and time/mileage schedule for the hikes. Team 2 prepared a complete weekend menu for group meals, including a shopping list. Team 3 was given Ben's large pack and a pile of clothes, equipment and assorted stuff. Their task was to decide what to take and how to pack the backpack. All three teams successfully solved their respective tasks, and the session was finished with all the students trying on and walking with Ben's loaded pack.

As of June, two backpacking trips for "graduates" of the school were led by Ben and myself in the Allegheny National Forest. Although only eight AYHers turned out for each trip, the trips were enjoyed by all, and the participants were well launched in the art and fun of backpacking.

How about you? Interested in backpacking? Sometime next spring, look for the announcement in the Triangle for the Second Backpacking School.

\*\*\*\*\*

FOR SALE: C-1 Hugo Mold, Wet Suit, Helmet, Spray Shirt--\$150 for the package  
Call Bill Snee @ 823-6048

\*\*\*\*\*

WANTED: 10 speed bike, 19-20" frame, lightweight (mixte preferred). Call 372-6068.

\*\*\*\*\*

## TENTING OR TARPING

By Ben Brughmans

To seek shelter in the great outdoors is the quest of every backpacker, except on those fortunate nights when neither weather nor beast threatens to undo a rapturous oneness with nature found while sleeping under the stars. The hazards of wind, rain, or even snow will make you consider an immediate retreat to your dry (hopefully) and warmer (still cold) little house in the woods.

Tarps are great to withstand rain. You can cook under them, keep dry by pitching them against the rain, and even close off the wind by lowering the roof windward and leaving the tarp open leeward. Tarps also accommodate a large number of people which is great for fall or spring camping. Since the waterproof sides of a tarp are open, you will not sweat under it.

A tent has to breathe; therefore only the fly or outer cover is waterproof. In cold weather, icy or other really adverse winter conditions, your tent will crowd two or three backpackers huddling for a few precious waves of evasive warmth. Actually, the main function of your tent will be to keep your ultimate source of survival--a cozy warm sleeping bag--dry. In emergencies, or where otherwise expedient, double bagging is warmer than single; i.e., two single bags together to make a double are warmer than one. Use your judgment.

The other major scourge of the woods is the most dreaded of the dreadful fauna. No, not the bear, but the mosquito or the blackfly in the northern latitudes. When canoeing in Canada or tenting in Western Pennsylvania, wherever summer wet weather or low-lying areas allow, you will be haunted by mosquitoes. A tent with ample ventilation is a prerequisite. Cross ventilation is a necessity to comfort.

In short, don't be caught where you will sweat to death under cover or be bitten whenever you stick your head out of your bag or out of your tent to catch a breath of fresh air. It is truly the most dreadful of dilemmas.

\*\*\*\*\*

### MAP ORDER

Hostel storekeeper Joe Hoechner may still be trying to fill up the hostel's bulk map order for topo maps. The current price is \$1.25 per map. If AYH sends in an order amounting to \$300 we can get a discount rate price of 95¢ a map. This compares to dealer's prices of \$1.75 (+tax) locally.

Joe has state indexes for Pennsylvania, West Virginia, Ohio, New York, New Hampshire and Vermont on hand. If you would like to place an order, see Joe for an order form. Fill this out carefully using the standard map prices. Return it to Joe with NO money at this time. Once all the order forms are in, and if the total is over \$300, Joe will let you know what you owe. For more information call Joe @ 343-2465.

\*\*\*\*\*

Joe Levine has compiled a list of German phrases, not commonly found in language guides, which are of use to hikers and campers. Contact Joe @ 422-8287 for a copy--25¢.

Prospective European travelers may acquire a free pamphlet entitled "Foreign Language Guide to Health Care" from Blue Cross/Blue Shield.

\*\*\*\*\*



The National Geographic Magazine is one of the best outdoor/travel publications produced. The National Geographic Society publishes this magazine and many other books, maps and even records that are of interest to the outdoors person.

You can request their 1977 publications price list by writing to:  
National Geographic Society  
Post Office Box 2806  
Washington, D.C. 20013

\* \* \* \* \*

If you're a home owner (or a homesteader) you may be interested in a mail-order nursery that sells wild-flowers. They sell azaleas, mountain laurel, rhododendron, trillium, ferns and even skunk cabbage.

If you would like a free catalog of their plants and shrubs write to:  
Gardens of the Blue Ridge  
Post Office Box 10  
Pineola, N.C. 28662

\* \* \* \* \*

A recent survey showed that touring bicyclists prefer to carry Swiss cheese over any other brand. Can you figure out why?

\* \* \* \* \*

Can you think of an item that should be bought for any extended cycle, backpack or canoe trip (besides your AYH pass)?

It's a short, easy to manage haircut! You'll be surprised how comfortable you'll be out in the "boonies" during the hot summer months. By the time you return it should be back to normal length.

\* \* \* \* \*

Did you hear about the AYH member that spent his summer cycling in Scandinavia? Until he got there he thought a "fjord" was some type of Swedish car.

\* \* \* \* \*

Hostel storekeeper Joe Hoechner reports some "comments" on the new supply of Pittsburgh Council T-shirts.

He would like to remind all wearers to wash these all-cotton shirts in warm water without bleach.

The shirts should be line-dried. DO NOT PUT IN THE DRIER. With the proper care they should retain their size with a minimum of shrinkage.

\* \* \* \* \*

Did you hear about the group of AYHers that drove down to Delaware for a weekend of cycling?

They claimed it's easier to ride around there because it's such a small state.

If you would like a map and other free information on this state write to:

Delaware State Park Commission  
P. O. Box 5224  
Wilmington, Delaware 19808

\* \* \* \* \*

Do you notice that whenever you bicycle along a narrow residential street that the only two cars parked there are usually opposite each other?

And when you are about to squeeze by, there is a car about to pass you as a dog runs out trying to eat your ankles?

Has this ever happened to you, Bunky?

Well don't feel too bad; it happens to everybody all the time.

\* \* \* \* \*

FOR SALE: third-hand wet suit; good shape; full top and bottom; for a medium-size person--\$20.

Exer-cycle with odometer/speedometer, narrow seat, rat-trap pedals with toe clips. In very good condition: never used in rain--\$45. Call Joe Hoechner @ 343-2465.

\* \* \* \* \*



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## AYH MEMBERSHIP 1977

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ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ NEW \_\_\_\_\_ RENEW \_\_\_\_\_

TYPE OF MEMBERSHIP: Check one

\_\_\_\_\_ Youth (under 18) \$ 5.00

\_\_\_\_\_ Senior (18 and over) \$ 11.00

\_\_\_\_\_ Family (valid in USA) \$ 12.00

\_\_\_\_\_ Organizational \$ 25.00

\_\_\_\_\_ LIFE \$110.00

\_\_\_\_\_ FAMILY LIFE \$220.00

Mail this application with a check payable to Pittsburgh Council AYH, Inc. to MEMBERSHIP AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232.

Yearly memberships expire Dec. 31, 1977.

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SLEEPS-6  
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CABIN TENT  
SLEEPS-8  
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CAMP-IN 5X 7  
NYLON PACK TENT  
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#600 3 LB DACRON II MUMMY BAG - - \$41.98

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#725 4 LB DACRON 88 39'X81" - - - - \$38.65

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ENSOLITE CLOSED CELL FOAM \$7.75  
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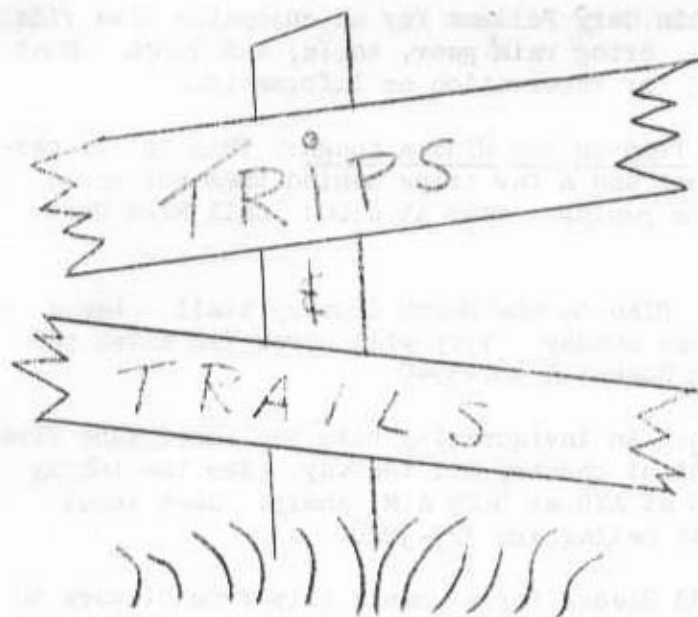
COLEMAN AMERICAN HERITAGE 11'2"X8'2"  
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NATIONAL 10X16 TWO ROOM TENT WITH  
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Note. Tents stocked and displayed at East Liberty store only.  
Prices of Coleman Tents are for month of July Only.  
All merchandise subject to inventory on hand.



The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation costs and equipment rental. Call the trip leader to reserve or cancel or if you are just interested in knowing more about the trip.

Please call during normal hours (6:30-9:30 P.M.) unless otherwise noted. Make reservations early but in no case later than the Thursday before the trip.

- |                                |  |
|--------------------------------|--|
| Fri. July 1 to<br>Mon. July 4  | <u>Backpacking Weekend</u> : Don Levenson will lead a backpacking trip to the Quebec Run Wilderness Area. The trip will be easygoing and beginners with their own equipment who don't mind getting lost (slightly lost) are welcome. Leave Friday evening; return Monday. Reserve with Don @ 421-0987. |
| Sat. July 9 to<br>Sun. July 10 | <u>Beginner Backpack</u> : Easy but beautiful trip in scenic Allegheny National Forest. We will cook together and hope for good swimming weather. Reserve with Ben Brugmans @ 683-6094.  |
| Sat. July 9                    | <u>Bike Series I</u> : This is the first in the series of rides for beginning cyclists. Ride 1 features bicycling instruction plus a short ride. Meet at AYH at 9:00; return around 2:00. Bring lunch and raingear. Call Mike Haddad @ 521-4324 for information.                                       |
| Sat. July 9                    | <u>Intermediate Cycle</u> : See vistas of Westmoreland County with Steve Tubbs on an intermediate 40 mile ride. Bring lunch, raingear, and tools. Call Steve @ 751-3852, and meet at AYH at 8:30.  |
| Sat. July 9                    | <u>White Water Canoe School I</u> : Bring tennis shoes, lunch, change of clothes, water and rain gear (plus flat water skills), and reserve early with Gordon Bugby @ 371-4233 (before 10:00). Meet at 8:00; approximate cost \$7.00.  |
| Sat. July 9                    | <u>Rock Climbing</u> : Day trip to Cooper's Rocks State Park, West Virginia. The trip will pertain to rapelling and aid work. Call Wojie @ 322-2214.   |
| Sat. July 9                    | <u>Caving</u> : Join Norm Snyder on a cave trip to West Virginia. Call 351-4068 (6-7 P.M.).  |
| Sun. July 10                   | <u>Beginner Hike</u> : Doug Brown will lead another of his famous beginners' hikes. The objective will be the enjoyment of flowers, trees, and wildlife at Linn Run. Leave AYH at 8:00 A.M., but call Doug ahead of time @ 431-4620.   |

- Sun. July 10      Intermediate Cycle: Join Gary Feldman for an enjoyable bike ride of unknown destination. Bring rain gear, tools, and lunch. Meet at 8:30. Call 421-5093 for reservation or information.
- Sun. July 10      Class II River Reading Trip on the Middle Yough: This is for persons who have WWII school and a few trips behind them but would like to learn to play in rapids. Meet at 8:00. Call Mike Derooy @ 371-6943.
- Fri. July 15 to Sun. July 17      Intermediate Backpack: Hike on the North Country trail. Leave Friday evening and return Sunday. Trip will cover 7-8 miles per day. Reserve with Dick Nugent @ 487-5549.
- Sat. July 16      Youghiogheny Float Trip: An invigorating hike in, inner tube float, and hike out with beautiful country all the way. (See the tubing article on p. 3.) Meet at AYH at 8:25 A.M. sharp. Cost about \$3.50. Reserve with Pat Gallagher @ 373-3828.
- Sat. July 16      Bike Series II: Join Ed Sieger for a scenic trip from Hickory to Burgettstown (about 20 miles). Bring the usual things--lunch and rain gear. Ed's number is 561-4790.
- Sat. July 16      Canoe-Sailing: Joel Platt will command a fleet of canoes for sailing. For this first time Joel will be looking for those with both sailing and WWI experience. Meet at 8:15. Call Joel @ 521-5244.
- Sun. July 17      Intermediate Hike: Hike an easy 8 miles along Slippery Rock Creek in McConnells Mill State Park with possible opportunity for swimming. Leave AYH at 8:30. Bring lunch, water, and swimwear. For more information call Chuck Pierson @ 683-2951.
- Sun. July 17      Cycle/Swim Trip: Jack Batchelor is leading a 30 mile flat cycle/swimming trip up to Lake Pymatuning area. We will cycle and then swim toward the end of the day. Meet at 8:00 sharp. Bring lunch, swim suit and about five dollars. If you're interested, call Jack @ 963-7868.
- Sun. July 17      Canoe Trip: Join the Leathens for an easy flowing class I trip. Call Bill or Sue @ 366-8996.
- Fri. July 22 to Sun. July 24      Cycle/Camping Trip: Leave Friday night at 8:30. Tour Guernsey County, Ohio. Swimming is available at both campsites. We will cover about 40 miles each day over a gentle terrain, but you must carry all of your gear. Be sure to include a spare inner tube (for clincher tires), rain gear, panniers, tent, and all other necessary camping gear. Call Chuck Ejzak @ 327-5031 for reservations and further details.
- Fri. July 22 to Sun. July 24      Experienced Beginner's Bicycle Trip: Annual Gettysburg Cycle Trip with Mike and Marta Hurwitz. Tour the living history of Gettysburg and ride the rolling farm land of Adams County. Cost about \$25.00 for transportation, food, and lodging. Reservations needed; call 422-9204. Meet at AYH at 6:30 P.M. on Friday. Bring sheets or sleeping bag (dorm accommodations), two lunches, swim suit, tennis racket.



- Sat. July 23      Intermediate Cycle Trip: Cycle with Skip Chapman from Slippery Rock to Grove City and back to Slippery Rock (approximately 40 miles). Bring lunch and rain gear. Cost \$3.50. Leave AYH at 8:30. Call Skip @ 683-0053.
- Sat. July 23 to      Rock Climbing: Back to basics at White Rocks Uniontown, PA. Call  
Sun. July 24      Wojcie @ 322-2214.
- Sun. July 24      Bike Series III: Enjoy a ride with Gail Lichtenstein in bountiful Mingo State Park. Remember to bring lunch, rain gear and necessary tools and spare. Meet at AYH at 8:30 A.M. Call for reservations @ 421-3140 (home) or 521-5987 (work).
- Sun. July 24      White Water Canoe School I: Ray Gonda will be introducing those capable of steering a canoe in a straight line from the stern to the joys of moving water and riffles. Lunch, kneelers, change of clothes and \$7.00 will be needed. Call 731-4477 to reserve.
- Fri. July 29 to      Advanced Backpack: Doug Brown is leading a rugged backpacking trip  
Sun. July 31      in the wilds of West Virginia. The exact destination is undecided, but be sure to bring your ice axe for crossing glaciers and snow fields. To reserve a spot on this expedition call Doug @ 431-4620.
- Fri. July 29 to      Antietam Bike/Hike: Warren Kennedy will lead his Antietam Battle-  
Sun. July 31      field--Harpers Ferry Bike/Hike for the third-year in a row. Cycle through history. See the sites of the battles of Antietam and South Mountain. Visit Harpers Ferry and walk the scenic trails on Maryland Heights overlooking the Potomac River. Leave the hostel Friday at 6:30 P.M. For details call Warren @ 682-0255.
- Sat. July 30      Intermediate Cycle: Nancy Arthur will lead an intermediate bike trip from Bridgeville to Oakdale. Bring lunch and rain gear. Meet at AYH at 9:00 A.M. Call 243-6652.
- Sat. July 30      Canoe Trip: Chuck Pierson will be floating somewhere. Listen for details or call 683-2951.
- Sun. July 31      White Water Canoe School II: This is the most advanced of the canoe schools. You will need the usual canoe gear, WWI experience and \$7.00. Reserve with Jim Roberts @ 271-7178.

NOTE: If you need to cancel a canoe school reservation, you must do so before the Thursday meeting prior to the trip. If you cancel later than this, you will be charged for the trip and/or denied registration for other canoe schools.

WEDNESDAY EVENING FLAT WATER SCHOOLS: Details and leaders will be announced the Thursday before each trip.

RAFTING TRIPS: Rafting season has begun. The people listed will be leading trips down the Yough. If you are interested in rafting, call them to reserve. Each trip leaves at 8:50 A.M. and returns at about 8:00 P.M. Bring a lunch and a change of dry clothing. Total cost will be about \$10.00.

Sunday, July 3	Ed Goodrich	422-6549
Sunday, July 10	Jack Batchelor	963-7868

## RAFTING TRIPS cont.

Saturday, July 16	John Orndorff	362-5401
Sunday, July 17	Joe Hoechner	343-2465
Saturday, July 23	Jay Krisha	331-6573
Sunday, July 24	Tim Johnson	441-1608
Saturday, July 30	Steve Tubbs	751-3852
Sunday, July 31	Ed Sieger	361-4790

EVENING CYCLE TRIPS: There will be an evening cycle trip every Tuesday and Thursday in July. Bring lights and bike flags if you have them. Call the leader beforehand to rent bicycles. The rides leave the hostel at 6:30 P.M. and return at 8:30. Be at AYH at 6:00 if you are renting equipment; otherwise show up at 6:15.

LEADERS: Go on the ride before yours to get the hostel keys, and go on the ride after yours to give the keys to the next leader.

Tuesday, July 5	Ed Sieger	561-4790
Thursday, July 7	Mike Haddad	521-4324
Tuesday, July 12	Margaret Angel	362-3282
Thursday, July 14	Chuck Ejzak	327-5031
Tuesday, July 19	Warren Kennedy	682-0255
Thursday, July 21	Joe Hoechner	343-2465
Tuesday, July 26	Jill Stockmal	431-4945
Thursday, July 28	Sally Brunson	231-6074

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### ATTENTION!

T.O.S.R.V. RIDERS: If you fulfilled the mileage and time requirements for a 25 in 3, 50 in 5, 75 in 7, or 100 in 10 AYH patch while cycling T.O.S.R.V., you can purchase the appropriate patch(es) from Bruce Sundquist. See Bruce at a Thursday meeting open house.

FRIENDS OF DAVID GUTHRIE: The late great Pittsburgh AYH expatriate hosteler's new address is 4218 47th Street, N.W., Washington, D.C. 20016. His phone numbers are (202) 362-7960 at home and (301) 340-6006 at work.

PROSPECTIVE AYH MEMBERS: Pittsburgh Travel House, an enthusiastic and professional travel agency, has agreed to sell AYH membership cards for the Pittsburgh Council. Their primary market will be overseas travelers. Please refer any friends or organizations who want an AYH card but cannot attend our meetings to: Pittsburgh Travel House 3510 Fifth Avenue, Pittsburgh, PA 15213 (412) 687-2234. The Travel House, which is open 9-5 Monday through Friday, is located near the corner of McKee.

ALL AYH MEMBERS: You are reminded that your hostel pass must contain your picture. Houseparents at all hostels are instructed to charge a fine of 25¢ a night if your picture is not permanently attached to your pass.

Please patronize our advertisers and mention that you saw their ads in The Triangle.

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OPEN HOUSE

EVERY THURSDAY NIGHT

DOORS OPEN: 7:45

SLIDE PROGRAM: 8:45

Our Thursday night OPEN HOUSE is for members as well as non-members. This is a great time to see friends, reminisce about good times, and plan trips.

If you are a visitor or prospective member, this is an ideal time to meet AYHers and discover the ART of HAVING FUN. Just walk up to someone and tell him or her you're interested in canoeing, caving, cycling, hiking, skiing, or whatever and ask how you can get information on that activity.

OPEN HOUSE PROGRAMS FOR JULY

July 7: "Ecology with Emphasis on an Array of Invertebrates"  
Charles Jones

July 14: "The Ancient, the Modern, & the Spicy Sides of Walking Through Mexican Cities & Beaches"  
Kathy Reilly and Donna Matrazzo  
"Art and Murals"  
Carlos Monroy

July 21: "Mt. Baker National Forest in Washington State"  
Alan Barber

July 28: "Wandering the Wind River Range of Wild Wonderful Wyoming"  
Share with Fran Klemencic the delights of a summertime backpacking trek along the Continental Divide.

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If you would like to lead an AYH trip, contact the chairperson for that activity:

CYCLING: Ed Sieger 561-4790/Steve Shore 683-6897  
CLIMBING: Barry Johnson 831-8392  
CANOEING: Mike Deroy 371-6943  
CAVING: Barry Walker 521-4708  
HIKING & TUBING: Dick Nugent 487-5549  
RAFTING: Joe Curlee 422-9672

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THE GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of American Youth Hostels, Inc. 6300 Fifth Avenue, Pittsburgh, PA 15232

PHONE: 362-8181 THURSDAY EVENINGS  
BETWEEN 7:45 and 10:30 ONLY

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EDITOR: Marty Haddad

COVER: Bob Goff

ADVERTISING

COORDINATOR: Jim Gogots

PRINTING: Sue Leathen

MAILING LABELS: Roy Weil and

Don Hoecker

PRODUCTION: Mike Haddad and the many enthusiastic AYHers who make production a party rather than a chore.

\*\*\*\*\*

DEADLINE FOR ARTICLES & ADVERTISING

FOR AUGUST ISSUE: Thursday, July 7

DEADLINE FOR TRIPS IN AUGUST ISSUE:

Thursday, August 14

AUGUST TRIANGLE PRODUCTION PARTY:

Thursday, August 21

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CHANGE OF ADDRESS: Please notify Pittsburgh Council AYH as soon as possible if you change your address. Otherwise, you miss The Triangle, and AYH is charged 25¢ for every copy that is returned.



M	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JULY					----- BACKPACK -----	RAFT
				1	2	3
4	EVEN. CYCLE		EVENING CYCLE DEADLINE ARTICLES & ADS	8	----- BACKPACK ----- CYCLE CANOE CLIMB CAVE	HIKE CYCLE CANOE RAFT
11	EVEN. CYCLE  BOARD MT.	13	EVENING CYCLE DEADLINE FOR TRIPS & TRAILS	15	----- BACKPACK ----- TUBING CYCLE CANOE-SAIL RAFT	HIKE CYCLE CANOE RAFT
18	EVEN. CYCLE	20	EVENING CYCLE PRODUCTION PARTY	22	----- CYCLE-CAMPING ----- ----- GETTYSBURG CYCLE ----- ----- ROCK CLIMBING ----- CYCLE RAFT	CYCLE/RAFT CANOE
25	EVEN. CYCLE	27	EVENING CYCLE	29	----- BACKPACK ----- ----- ANTIETAM BIKE-HIKE ----- CYCLE CANOE RAFT	CANOE RAFT
					30	31

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AMERICAN YOUTH HOSTELS, INC.  
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VIP 0

Poem to a Poler

And you look neat  
On your two feet  
While you're poling  
In your canoe.

--Anonymous