



golden triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 20 Number 3 March, 1969

PADDLE POWER

The White-Water Season has begun. Although everyone else has been skiing, Harvey Shapiro was seen strapping crampons on over his wet suit! The rivers are up, and we have a busy schedule ahead of us with lots of action. The full program and some new rules will be outlined at the regular Thursday meeting, March 13, but do see March's Trips and Trails.

Here are some of the program highlights
Canoe Races: Yes we are going to have club races in '69, May 10-11 on the Loyalhanna, neither too hard nor too long, Grumans and covered boats. The combined entry and rental fee will be buying a lot of handsome engraved pewter trophies. So plan some practice runs and come out to win! And don't forget the Red Moshannon, April 5 and 6, and Petersburg, April 12 and 13 race.

Intermediates W.W. School: Break the Yough habit and come to our new early spring school! This school, on April 19, will be like the beginner's school in format but will iron out some of the rough spots in your canoeing so you will be more comfortable leading your own favorite trip

Camp Carondowanna: Don Hooker has the applications and the details for the annual white-water school on May 2-4. Its purpose is to develop skill and train trip leaders and your AYH representatives will push your acceptance if you have signed up to lead trips this year.

Regattas and Parade of W.W. Boats: Ever heard of the Sylvan or the Fox Chapel Canoe Clubs? We're joining them in a challenge Regatta and also for a giant & sociable one-day parade from Confluence down

the Yough as far as you can go. We'll fill the Yough with boats. Be sure to be with us then.

Leadership: Easier than ever this year. New advance registration, new trip leader's kit: Hostel key, free canoeing guide, tips on leading and the new top secret poop sheet on who has been canoeing where 68-69.

So sign up for trips, sign up for school and sign up to race and sign up to lead! Join us in '69 in the challenge and fun of white water.

WHEATIES CHAMPION HERE!!!

Bob Richards, former U.S. and Olympic Champion, will be jogging through Pittsburgh on a 330 mile jog from Los Angeles to the East Coast some time in June. AYH plans to host Mr. Richards while here if possible. Anyone interested, contact Bob Omlar.

ANNUAL EASTERN REGION MEETING

The annual Eastern Region meeting at Chamanicux Hostel in Philadelphia will be held March 29 and 30. Anyone interested, please contact Bob Omlar. Topics of the meeting will include administration programs, leadership development for the councils, ideas for a wider variety of trips and the recent pass increase. Cost will be about \$10.00

THE GOLDEN TRIANGLE

MORE ON KAYAKING AND KAYAK BUILDING

Almost anyone who does a reasonable amount of canoeing in a C-1 or Kayaking in an exciting sport--going--darting from eddy to eddy, charging into the standing waves, playing in the hydraulics-- It's the same stuff that skiing (before the lift-lines form) is made of but even more so. Most C-1ers and K-1ers make their own boats. It's an education, it saves money, and you have to know how to handle resins and fiberglass anyway when you have to do the patching. If you have not got the money for materials, you make two boats and sell one to get the second one free-- (an epoxy K-1 costing \$60 for materials sells for \$150 to \$200) If you haven't got any place to store it, you store it in AYH's garage (near hqts) for \$1.00 per month.

C-1s and K-1s are the same length (13'-2") but K-1s are narrower and weigh less (30 lbs.) compared to a C-1 which weighs 40 -- 60 lbs. Most women canoeists (about 95%) prefer K-1s over C-1s because they take less strength to maneuver and they are more comfortable. Besides the boat, here is a list of what you need to be fully equipped for kayaking:

| | |
|----------------------|--------------------|
| Paddle(double blade) | about \$10.00 (20) |
| Spray skirt | about 3.00 (10) |
| Life Preserver | about 5.00 (20) |
| Helmet | about 5.00 (15) |
| Floatation bags | about 3.00 (12) |

The figures in parentheses are for those who want to get fancy. You may also eventually want to get a wet suit (about \$30) and a good car-top carrier (about \$15) but that needn't come til later.

Anyone who thinks he may want to build a kayak later in the year or next year-- or who just wants to learn how it is done should contact Ed Redgate (362-7136) or Bruce Sundquist (351-3100 X2416). Kayak building is currently in full swing. If you have a basement or are willing to rent for kayak building contact Bruce Sundquist. There is very little mess and almost no odor with epoxies currently being used.

TRIP LEADERSHIP TRAINING PROGRAM

The American Youth Hostel Trip Leadership Training Program for anyone interested in leading national AYH trips will be held at Lakeside, Connecticut on June 21 through 28. Contact Bill Nelson of New York. Call 212/255-3310 or write 20 West 17th St. New York, N.Y. 10011. The cost is \$55.00.

In the North Hills--
Scholls Cycle Center
406 Perry Highway
Pittsburgh, Pa. 15229 (931-6711)

In the South Hills--
Baker's Bicycle Center
2639 West Liberty Avenue
Pittsburgh, Pa. 15216 (343-4230)



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Schwinn Bicycle Center
740 Fifth Avenue
New Kensington, Pa. (335-6464)

*THE GOLDEN TRIANGLE is published by the Pittsburgh Council of the American Youth Hostels, located at 6300 Fifth Avenue, Pgh., Pa. 15232
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TRIANGLE subscription without membership--\$2.00. Advertising rates available upon request.

bicycle club news

BICYCLE CLUB MEETING: The next Bicycle Club Meeting will be held on March 18. All future meetings will be at 8:00 on the THIRD Tuesday of each month. The Hostel will be heated prior to the meeting in order that the club can have a warm meeting place.

FEATURE THIS MEETING: A bicycle show. All Schwinn and Raleigh models will be shown along with several other brands not available from dealers in this area. A Schwinn Super Sport converted into a 30 speed bike will also be shown.

CYCLE CONDITIONING

To best appreciate and enjoy the sport of cycling, one must be in good physical condition. The best way to get into and stay in condition is frequent short week-day evening rides in conjunction with longer weekend rides.

The short evening ride must be properly selected to achieve it's optimum value. On these rides, the first mile or so should be ridden at a leisurely pace to tone the leg muscles. Once warmed up, cycle so that the muscles are working under a slight strain. Before stopping for the evening, ride at a leisurely pace once again to permit the leg muscles to relax.

The longer weekend rides, which build stamina, are more fun than the evening rides because of the greater possibility of variety in distance and locality. The first weekend trip should be about 15 mi. long and ridden at a leisurely pace. Subsequent weekend trips should increase in both distance and pace as your physical condition permits. If leg pains develop, get off the cycle and walk until the pain goes away. Continuing to ride with leg pains can result in damage which is slow to heal. Conditioning progress can be observed by riding tests like the "25 in 3" and "50 in 5."

The mark of a good cyclist is a fast steady "spin" of the crank. Your "spin" should not vary much whether going up a hill, down a hill, or on the level. Using lower than necessary gears, especially in the spring, helps to produce a fast and steady "spin."

T.O.S.R.V.

600 avid cyclists will converge in Columbus, Ohio, May 10th and 11th for the 220 mile tour of the Scioto River Valley.

The cyclists ride 110 miles from Columbus to Portsmouth on Saturday and then the second hundred back to Columbus on Sunday.

Sag wagon is provided for those who are unable to finish.

The entry fee--\$6 will cover food, sag wagon and lodging.

This fee should be sent as soon as possible to:

T.O.S.R.V.

P. O. Box 2311

Columbus, Ohio 43223

GREAT EASTERN RALLY

The Great Eastern Bicycle Rally will be held May 29 through June 1 at Andover New Jersey. For further details contact Bob Omlar.

BICYCLE ATLAS SPECIAL

The National Bicycle Atlas put out by Hammond and Company is available for Members only from AYH. Cost \$1.50. Send the order form below to:

Bill Nelson

20 West 17th Street

New York, N.Y. 10011

Please send me The National Bicycle Atlas

NAME _____

AYH PASS NUMBER _____

CITY _____

STATE _____

ZIP _____

***** OPEN HOUSE FOR MARCH *****

- 6 -- Ski buffs, visit the slopes and night spots of Austria, Alaska and Lake Tahoe with Bob Omlar.
- 13 -- Preview of white watering with Don Hamilton. Learn about equipment, the spring and summer program and the ins and outs of our tri-state rivers.
- 20 -- George Langford shows the slides of his climbing and hiking experience in the Cascades.
- 27 -- Our witty Don Woodlands gives us his recollection of last September's backpacking and hiking trip to the Adirondacks.

EDITOR'S NOTE: If you have any slides or movies of past outdoor adventures that you think AYHers might enjoy, contact Program Chairman, Chris Anderson--371-6236

OPEN HOUSE begins at 8:30 with program at 8:45
Programs are subject to change without notice

 **want**  **ads** 

TO PLACE A WANT AD write description of item on 3x5 card
and place in Publications nook (beside picture display at HQ)

FOR SALE: Wet Suit with hood and boots. Ladies, size small. Phone 372-6254 -- Reasonable.

FOR SALE: Twin bike or tandem which we no longer need. Anyone interested contact Louis Labriola, 1132 Love St., Pgh, Pa. 15218. 241-0697. It's an old bike in fair condition and useable. \$15.00.

FOR SALE: AYH Yellow Raft. Otherwise sound, the floor seam has split over a 3' run. Repairable. It can be seen at headquarters and will be sold as is to the highest sealed bid over \$20 rec'd by Bruce Sundquist on or before 3/20.

FOR SALE: If we can get a good enough price we will sell either or both of the new flat water Grumans. Sealed bids will be accepted on or before 3/20 by Don Hamilton. If bids too low we may advertise outside.

MISSING: Dark Blue Atala 10-speed racing bike; white leather race drop handlebars campanello record hubs and derailleur. Rad Odometer. Last seen parked in front Pitt Dental Clinic. If seen, contact Dick Ingram, 682-0574...REWARD

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T R I P S & T R A I L S

March, 1969

- 1 - Saturday night skating at North Park. Meet Henry Pollak at HQ at 9:30 p.m.
- 7 - Vince Widmer leads a self-lead skating trip to North Park. Meet at HQ at 9:30 pm
- 9 - After recoiling from the Banquet hike-another portion of the Baker Trail from Atwood to Plumville (10-12 miles) with Eberhard Moll(824-2914). Leave HQ at 9:00 a.m. with warm clothing, lunch and about \$2.00.
- 15 - Intermediate White-Water: The Yough. from Confluence to Ohiopyle with Gene Love(621-2600 ext.341-business). Grumans and closed boats. Bring a poncho,lunch and about \$4.50. Wet suit or two layers of wool mandatory. Leave Hostel at 8:30 sharp. Cancelled if below freezing.
- 16 - Intermediate White-Water: Bruce Sundquist(351-3100 X2416 business) leads the Loyalhanna. Poncho,lunch,\$4.00 and wet clothing needed. Leave Hostel at 8:30.
- 16 - Hike along Slippery Rock Creek northward between Rt.422 and Rt.19 including some exploration of the new Lake Arthur site. Don Hooker leads. Please be prompt at 9:00 at HQ.
- ,15 - Cooks Forest Weekend-Eberhard Moll(824-2914) & Diane Clegg(441-0226) will lead. Bring two
16 lunches,sleeping gear,warm clothing (ski gear & skates optional).Costs will be \$3.00--food \$5.00 lodging and \$3.80 transportation. Deposit for food must be in by March 12(Thurs.)
- 21 - Last chance to skate at North Park. Rock Mercier leads starting from HQ at 9:30.
- 22 - Advanced White-Water: Gene Love(621-2600 X341 business) leads the Castleman or Slippery Rock for experienced Grumans and closed boats. Ponchos, lunch and \$4.50 are needed. Wet suits or 2 layers of wool mandatory. Leave Hostel at 8:30 am.
- 22 - Vince Widmer leads another hiking trip (8 miles) from Crooked Creek to Cochran Mills on the Baker Trail. Bring lunch and approximately \$4.00. Leave HQ at 8:30 a.m.
- 23 - Intermediate White-Water: Don Hamilton (327-3511 home) leads the Laurel Hill. Wet clothing a must.. Bring lunch, poncho and about \$4.00. Leaves HQ at 8:30 a.m.
- 29 - Horror Trip for experts in closed boats: Howard King (264-1386 home) leads the desperate few on the Upper Upper Yough., the most difficult navigable stream in W. Pa. Call Howard for more details.
- 29 - Beginners White-Water: Fred Hull (242-5379 home) leads the Lovely Redbank. Bring lunch, \$4.00, warm clothing and rain gear. Leaves HQ at 8:30 a.m. Sharp!
- 29 - Hike with the very democratic Henry Pollak from Chalkhill on Rt.40 to Fulton Knob(2670') on Chestnut Ridge West of Uniontown. Trip terminates after 10 miles near Lemont Furnace. Leave HQ at 8:30 a.m. Bring lunch and good boots.
- 30 - Come fly your kite!! This year the annual Kite Flying trip will visit Boyce Park. As usual high tea will be served on the field (Polish cuisine is on the menu). Gather at HQ at 12:30 p.m. or meet us at Boyce Park. Cost about \$1.50. Reserve with Cathy Lynch (361-3707)
- 32 - Join the search party for the lost "saddle point C" -- see the February orienteering group for more details.
- 1 4 - Red Moshannon Races: Harvey Shapiro (621-2600 X304 business) is interested in forming a
5 party for a weekend with Grumans. See Harvey for competition details and costs.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------|------------------------------------|-----------|------------------------------------------------|------------------|-------------------------------|-----------------------------------|
| March | | | | | 1 SKATE | 2 |
| 3 | 4 | 5 | 6 OPEN HOUSE "Slopes w/ Omlar" | 7 SKATE | 8 BANQUET | 9 HIKE |
| 10 | 11 Activity Board Meeting | 12 | 13 OPEN HOUSE "W.W. pre- view" | 14 COOKS----- | 15 FOREST----- CANOEING | 16 WEEKEND CANOEING HIKE |
| 17 | 18 BICYCLE CLUB MEETING | 19 | 20 OPEN HOUSE Climbing in Cascades | 21 SKATE | 22 CANOEING HIKE | 23 CANOEING |
| 24 | 25 | 26 | 27 OPEN HOUSE Hike at Adirondacks | 28 | 29 CANOEING HIKE | 30 KITE FLYING |

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