

GOLDEN TRIANGLE

PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS, INC.
6300 FIFTH AVE., PITTSBURGH, PA. 15232
PHONE 362-8181

HEAR YE, HEAR YE!

YE ARE HEREWITH REMINDED THAT THE FOLLOWING
DATES SHOULD BE POSTED IN A PROMINENT PLACE
AND GIVEN YOUR MOST SERIOUS ATTENTION:

THURSDAYS, AUGUST 3rd, 10th, 17th, 24th, 31st.

YOUR LOYAL A.Y.H. CITIZEN, TOM WEET, HAS IN STORE
SOME OF THE BEST OPEN HOUSE MEETINGS OF THE YEAR.

ATTENTION S'IL VOUS PLAÎT!

The Pittsburgh Council A.Y.H. has been asked to help entertain 46 French young people who will be staying overnight in Pittsburgh on August 10th. At its July meeting the Activities Board agreed that we could take them in small groups on a walking tour of the Point and up the incline to see the city from Mt. Washington. If you would like to help lead a group, please call CATHY LYNCH (362-1045). Merci bien!

BEST WISHES to DOTTIE RODRIGUEZ and TOM WEET who decided to be married in October. The negotiations thus far have merely established policy says Tom. Detailed plans for the merger will come later.



trips & trails

Sat.-Sun.

- 6 Hike from Crooked Creek State Park to Cochrans Mill along the Baker Trail. Swimming in Crooked Creek. CATHY LYNCH leads (362-1045). Leave headquarters at 9 A.M. with lunch and about \$1.25.
- 5 - 6 Cycle a portion of the C. and O. Canal towpath in the Oldtown-Pawpaw area. Level, shady cycling over old viaducts, thru Pawpaw Tunnel, past ruins of ancient locks. BILL ATHEY'S V. W. will transport all gear. Bring two lunches. Community supper and breakfast. Reserve with BRUCE SUNDQUIST (372-1212, Est. 412). Cost about \$7.50. Leave headquarters Friday evening at 7 P.M. Return early Sunday evening.
- 12 JIM HURST leads an intermediate white-water canoe trip wherever he can find enough water. Bring lunch, kneepods, soft-soled shoes. Reserve with Jim at 281-5100, Ext. 2558.
- 12 Beginners' 25-mile cycle trip. Meet at hostel at 8:30 A.M. Leader to be announced. For information call BOB OMLOR (264-4485).
- 13 Here is your chance to earn the 25-mile in 3 hours A.Y.H. cycle award. Meet at Hostel 8 A.M. Leader to be announced. Call BOB OMLOR (264-4485).
- 12 -13 Come climbing at Seneca Rocks with HENRY FISHER. For beginners, intermediates, and advanced climbers. Swimming at a local swimming hole. Cost: about \$10.00 (community meals). Reserve with HENRY FISHER at 521-8992. Leave Friday at 7 P.M.
- 13 Canoe on the Upper Allegheny with TOM WEET. The exact location will depend on water levels. Bring lunch, swimsuit, and about \$3.25. Reserve with Tom at 421-0070.
- 17(Thurs.) Deadline for all articles, trips and trails for the September Triangle.
- 19 JIM BELLOWES leads a cycle trip with routes for the experienced and beginning cyclist. He will announce location of trip later. Meet at hostel at 8 A.M. Call Jim at 486-9003.
- 22(Tues.) Golden Triangle production party at headquarters. Start about 8 P.M. Call ERIC STACEY to be sure of the date (351-3297).
- 20 Hike along the lower portion of Big Sandy Creek. See the waterfalls and rapids we rafted this spring. Swim in the pools below the falls. Bring lunch, hiking shoes, swimsuit, and about \$2.00. BRUCE SUNDQUIST leads. Leave headquarters by 8 A.M.
- 26 KEN HORNER leads a 25-mile beginners' trip. Meet at Hostel 8 A.M.
- 26 BOB OMLOR leads a 50-mile in 5 hours trip which will qualify you for the A.Y.H. 50-in-5 Award. Start training now for this one. Meet at Hostel 8 A.M. Call Bob at 264-4485.
- 27 Raft the Lower Youghiogheny. Bring lunch, swimsuit, change of clothes, soft-soled shoes, about \$3.75 plus money for supper. Leave headquarters at 8 A.M. BRUCE SUNDQUIST leads (372-1212, Ext. 412).

CYCLE NEWS

1. Don't forget that A.Y.H. now has four 10-speed cycles for rent at the same \$1.50 per day rate as the 3- and 5-speed cycle. We plan to change a larger part of our fleet over to 10-speed cycles, some of which will have regular rather than dropped handle bars.
2. LOIS THORNTON leads Monday evening cycle trips which are a little more advanced than the Thursday evening rides. Her rides leave at 6:45 sharp. Be there at 6:30 P.M. if you want to rent a cycle (50¢).
3. Thursday evening beginners' cycle trips meet at 6:30 P.M. There will also be more advanced trips leaving at 6:30. Take your choice of trips.

WHAT TO CARRY ON A CYCLE TRIP?

1. Water bottle or canteen so you can survive in hot weather.
2. Plastic tape and woven picture wire will take care of many unforeseen problems.
3. Extra cable for gear shift.
4. Extra cable for rear brake which can be cut if needed for front brake.
5. Patch kit and-or extra tube.
6. Air pump (Schwinn now has available a better than average pump from Germany.)
7. Screw Driver.
8. 6" adjustable wrench.
9. If you are riding a 3-speed carry a spare for the chain which fits into the gear-changing hub and the hardware which goes with it.
10. Lightweight cotton gloves are useful for keeping grease off hands if cycle needs any adjustment.
11. A set of 3 tire irons make it much easier to fix a flat tire.
12. You may want to invest in special wrenches to fit our derailleur and brake mechanisms.
13. Valve cores - they sometimes cause flat tires.
14. Miscellaneous nuts and bolts.
15. Last but not least, the knowledge of how to care for your cycle, which we plan to have classes on in the near future.

Conclusion: The above equipment might seem like a lot to carry, but it can be assembled into a small kit. If you have the equipment and know a little about how to use it, there will be very few problems which you can't handle on the road.

INTERESTING RECENT ARTICLES

The July-August 1967 issue of Better Camping magazine (50¢) has a good article starting on page 20, "The Allegheny: Family Vacationland" which has a description and map of the Kinzua and Tionesta area. Did you know that Kinzua Dam is the largest water impoundment in the Eastern U. S.? The same magazine also has an article on camp cooking on page 24.

The July 1967 issue of "Camping Journal" (75¢) has an article entitled "Go By Bike" starting on page 26. A.Y.H. is recommended in this article as a good place for information. This is one of the best articles on cycling that any magazine has had.

DISCOUNT PADDLES AND PRESERVERS

A.Y.H. can get 40% off on life preservers and paddles ordered in lots of six or more. Members interested in owning their own paddle and/or life preserver should see BRUCE SUNDQUIST (wide selection).

THE COLUMBUS RALLY - JACK BATCHELAR WINS CYCLING EVENT

Over 250 people attended the first National A.Y.H. Rally July 1 & 2 in Columbus, Ohio at the State Fair grounds. Six A.Y.H.ers attended from Pittsburgh. Others came from as far away as the West Coast. Canoeing, hiking, cycling, slide-and movie-showing, races and other competitive events filled the schedule. Cycling somewhat dominated the schedule, however, since the host councils were all big on cycling. The surprise of the rally came Sunday when Pittsburgh's JACK BATCHELAR won the senior mens cycle race by a wide margin against some of the best from the midwest cycling councils. Jack took the lead immediately, didn't bother with a lot of fancy gear changes (kept it in high), and 3 miles later was well ahead of the second place man. Just goes to show that our hills are good for something.



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ANOTHER WITE IN CHEAT CANYON - The Cheat Canyon has claimed another A.Y.H. trip! HOWARD KING and six of his white-water cohorts spent a chilly night huddled around a few smoking twigs there over July 3-4. Some wore only wet bathing suits to keep away the cold. The whole thing started in mid-afternoon when the unpredictable Cheat suddenly rose 3 feet to become a raging river difficult even for rafts. The group beached the 4 canoes and proceeded to walk out. Unfortunately the sunset hit before they rade it and after dark in Cheat Canyon one doesn't move much (unless one doesn't mind walking over a cliff). They built a fire (with the third of three matches) and history repeated itself for the third time. Howard now leads Bob Herran in the Cheat Canyon Fiasco derby two trips to one.

PITTSBURGH COUNCIL
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