



## President's Message

We all love to golf, hike, bike, camp, play pickleball/ tennis, and mountain bike as soon as the weather gets warm and the ground dries. And that has happened earlier than usual this year. We thought it might be useful to provide a reminder on how to stay safe and healthy during these activities (thanks for the idea, Irene). Safe from things like dehydration, sunburn, altitude sickness, insect bites, injury etc. I'm sure most of you know most of this, but hopefully something will resonate.



- **Water and Nutrition:** Drink before you are thirsty. Plan to have at least one liter of water per hour. Also carry electrolytes, sports beans/gels and high calorie snacks.
- **Sun Protection:** As we all know, at altitude, there is less atmosphere to filter UV rays, leading to faster sunburn. Wear high-SPF sunscreen, sunglasses, sun protective clothing and a hat.
- **Bugs:** Bring bug spray or bug wipes and/or cover up well.
- **Clothing:** Carry layers and rain gear, bring a hat, wear appropriate shoes. Weather can change quickly; temperatures can drop dramatically at altitude.
- **Acclimatization:** Avoid strenuous activity for the first 48 hours if traveling from low altitude. Stay hydrated with water and electrolytes to counteract the dry air.
- **Weather:** Summer afternoons often bring thunderstorms. Starting early can help avoid this, but if you are trapped by lightning, avoid solitary trees and high points, remove metal, and crouch low. Oh, and check the forecast before you go!
- **Gear:** Carry a map or use an app for navigation. Download the map if you will be somewhere without reception (like the Uintas). Carry a first aid kit. Optional: headlamp, whistle, hiking poles.
- **Recognizing Illness:** Signs of Acute Mountain Sickness (AMS) include headaches, dizziness, nausea, and severe fatigue. If symptoms persist or worsen, immediately descend to a lower altitude.
- Ensure someone knows your planned route and expected return time.
- **Bike "Self-Rescue" Kit:**
  - A multi-tool with a chain breaker.
  - Two CO2 canisters or a high-volume pump (pumping is harder in thin air!).

- A spare tube and a plug kit (bacon strips).
- Always wear a helmet

To pole or not to pole – that is the question! On a recent hike we had a conversation about hiking poles. A member then shared a great article. I have included the highlights here. We recommend having poles in your pack even if you don't use them every time.

The benefits of hiking poles include reduced knee strain, less stress on your feet, they help break your downhill momentum and improve your balance by distributing your weight more evenly. I had some shoulder issues using poles until I adjusted them properly: right angle arm for flat, 10-15cm shorter for uphill and 10-15cm longer for downhill.

This video gives some guidance: <https://youtube.com/shorts/Wlcku9C8-i4?si=4HkEHZMZ9X17uYMP>

On a lighter note, I heard on the news about a lady in Colorado who scared off a mountain lion by playing heavy metal music on her phone as loudly as she could. I immediately downloaded Black Sabbath Essentials for in case. I can't tell you if it works because, luckily, I haven't had a mountain lion or bear incident to try it out! (and hopefully never will).

Our activity leaders spend a lot of time testing out routes to understand the level of difficulty, time taken, elevation gain etc., so that members can enjoy the ride or hike. I asked Ellen Sherk how she approaches it, here's what she said.

"Sometimes I'll spend HOURS creating a hike. I'll study maps from Mountain Trails Foundation, TrailForks and AllTrails; then I'll figure out mileage and elevation gain; then I'll go hike it. Other times I'll pull a route right from AllTrails. I did that a few weeks ago. I found a route on AllTrails that a friend had done last year. I studied the map, read the reviews and went down to Salt Lake to hike it. For the first half of the hike, I couldn't wait for the Club to try it and see the incredible views. Then came the second half. You can thank me now for not subjecting you to it..."

Don't forget to join the Facebook group at [www.facebook.com/groups/parkcitymountainsportsclub/](http://www.facebook.com/groups/parkcitymountainsportsclub/)

And share your recipes: submit your recipes to [recipe@pcmsc.org](mailto:recipe@pcmsc.org) including information from the recipe submission template at the bottom of: <https://www.pcmsc.org/pcmsc-recipes/>

April activities:

### **Events**

There were 18 events in April. They comprised 3 hikes, 2 MTB, 4 road bike events, 5 golf events, 1 knit and stitch and 3 TGIFs.

### **Sports Events**

Hiking:

There were three moderate hikes this month, led by Ellen Sherk (2) and Sandra Galinski (1).

MTB:

There were two MTB events led by Diane Jamail (1) and Don Winsor (1).

Road Bike Rides:

There were two A/B level rides in April led by Caprice Benz (2), one B+ led by Keith English (1) and one easy led by Tony Edwards (1).

Golf:

Golf has started for the season with five weekly sessions at Park City Municipal course led by John Logan, Mike Garcia, Jeri Brooke and Ann Deutschlander.

### **Social Events**

Knit & Stitch:

One Knit & Stitch event at Hugo's organized by Caryn Harkins and Jennifer Gurss.

TGIF:

There were three TGIFs this month, hosted by Sandy and Neil Rypkema, Georgia Tarnesby and the Club at Woodward Park City. Thanks to Deb Black for coordinating the Woodward event.

As we transition to summer sports we want to thank Summer Sports Director Jackie Oken, and the early summer activity coordinators: Don Winsor - Mountain Biking, Bill Benz - Road Biking and Michael Garcia, John Logan, Jeri Brooke and Ann Deutschlander – Golf. Thanks also to Caryn Harkins and Jennifer Gurss who lead Knit & Stitch throughout the year.

Until next month.

Kate Stephenson  
**President**

---

## **Facebook**

Please join our new Facebook group so you can post pictures and possibly see the latest news

<https://www.facebook.com/groups/parkcitymountainsportsclub>

## **Photos**

Have you taken any pictures on club outings that you'd like to share?

Please send them to [photos@pcmsc.org](mailto:photos@pcmsc.org) and post them to

<https://www.facebook.com/groups/parkcitymountainsportsclub>







**Weather can cancel an event, please check the calendar and/or contact the leader if there might be a chance that the activity will be cancelled.**



## **Birthdays!**

**See who's got a birthday  
this month**



**Check the calendar**

# frequently, as activities get added regularly



Visit our website

Park City Mountain Sports Club | PO Box 682577 | Park City, UT 84068-2577 US

[Unsubscribe](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!