



President's Message

We've been watching the World Cup soccer – or football as the rest of the world (including me) calls it! I will be calling it football throughout this newsletter. It is the world's biggest sporting event. And it struck me how incredible it is that it brings people from all different nations and backgrounds together, celebrating around sport. I was listening to the BBC football correspondent talking about basing himself in New York and going to lots of football games around the country. Apparently in Queens alone, something like 123 languages are spoken and you can find a community watch party for whichever team is playing. The New York Knicks' win also blew me away with the reaction of people, dancing in the streets, celebrating together the first win for 53 years.



In some ways, our Club is a microcosm of those bigger sporting events. People from all over the States and some from overseas coming together around their shared passion for outdoor activities. And through doing those activities, we make lifelong friends and become a part of this incredible community. Across the year we have the chance to take part in 17 different outdoor activities – from skiing to mountain biking, pickleball to golf, fly fishing to rock climbing. A total of 132 winter sports events, 299 summer sports events and 93 social or special events.

Someone once said to me that one of the things they love about Park City is people don't ask you what you do, they ask you what you like doing. As I walk the dogs in Round Valley or hike in Little Cottonwood, Big Cottonwood or the Uintas, I'm constantly floored by how stunning our area is. So many people pay to come here on vacation in summer or winter and WE LIVE HERE! How lucky are we?

On June 26th, we held the annual Dogs and Suds picnic in City Park. It was a fun event with good food, company and music. Putting it together is a major logistical effort, and huge thanks go to Lisa Power for leading the event and Darina Bellman for assisting Lisa. It takes a village to make it happen, and at latest count, 48 members helped with the event. From buying all the food (Costco and Smith's runs), making the salads, cooking the brats, burgers and hotdogs (those guys were at the grill nonstop for 4 hours), moving tables, to serving food, clearing up and providing musical entertainment. Thanks to everyone below, and apologies if you also helped and we missed you:

Shirley Baher, Darina Bellman, Patty Bender, Mike Benson, Anne Bertolet, Deborah Black, Michele and Rick Bolduc, Jeri and Rob Brooke, Rick Davis, Lisa and Dan Diehl, Dennis Fish, Sandra Galinski, Vince Gilotti, Rob Guiliano, Kathy and Steve Holmes, Lisa Hunter, Nick Keiser, Sa Kent, Tim Lanz, Barbara Le Marrec, Michele Levasseur, Michele and Bjorn Liencre, Sophia Lucey, Barbara Maben, Jim McClave, Maggi and John Messina, Paddy and Chuck Mollard, Lisa Power, Susan Price, Satish Rishi, Bruce Rounds, Chris Sammartino, Kas Shanks, Barbara Siegel, Kate Stephenson, Georgia Tarnesby, Irene Tendler, Bill Watson, Don Winsor, Ron Zeringue and Karen and Jay Zorzy.

You can see photos of Dogs and Suds and other events on our Club private Facebook group:

www.facebook.com/groups/parkcitymountainsportsclub/

On our Club site there are some great guidelines for trail and road etiquette which are worth reviewing:

<https://www.pcmssc.org/summer-sports/bicycling/road-bike-participants-guide/>

<https://www.pcmssc.org/summer-sports/hike/hiking-participants-guide-2017/>

<https://www.pcmssc.org/summer-sports/mountain-biking-2/>

Following on from the May newsletter, where we talked about hiking and biking safety at altitude in summer, Deb Black organized a Wilderness Safety training lecture recently, led by Courtney Lewallen of Traverse Beyond. The course taught us skills to be used in emergencies when help from professional first responders may be far away. Courtney covered a lot in the two hours including:

- Primary and Secondary Assessments
- Allergies and Anaphylaxis
- Burns
- Heat-Related Emergencies
- Bone and Joint Injuries
- Hypothermia
- Wounds and Wound Infection
- Altitude-Related Illnesses
- First Aid Kit Supplies
- Surprise Animal Encounters on the trail

As a result, I will be adding a few things to my regular hiking backpack such as baby aspirin in case someone has chest pains, Benadryl for bee stings or anaphylaxis, moleskin blister pads, a sugary pack for diabetes and salty snacks as well as electrolytes for dehydration and minor heat related conditions. We plan to run this lecture again later in the year as we had several people saying they wished they could have attended.

June activities

Events

There were 55 events in June. They comprised 15 hikes, 8 MTB, 8 road bike events, 4 golf events, 2 tennis round robins, 5 pickleball sessions, 3 rock climbing, 2 paddling, 1 fly fishing, 1 horseback ride, 1 knit and stitch, 3 TGIFs, 1 social and 1 special event.

Sports Events

Hiking:

There were 15 hikes this month, two semi-strenuous led by Bill Hertzling (1) and J.T. McMickle (1), two moderate plus led by Chuck Mollard (1) and Kate Stephenson and Jim McClave (1), seven moderate led by Kate Stephenson and Jim McClave (2), Patty Bender (2), Chuck Mollard (1), Bill & JoAnn Hertzling (1), Lisa Hunter(1), and four easy led by Tony Edwards (4).

MTB:

There were 8 MTB events; two moderate plus led by Don Winsor (2), one moderate eMTB led by Don Winsor (1), one women only led by Kas Shanks (1), three beginner plus led by Michele Levasseur (2) and Michele Levasseur and Al Homer (1) and one all levels led by Al Homer (1).

Road Bike Rides:

There were eight bike rides in June. One A level rides led by Keith English (1), three B+/A level led by Caprice Benz (3), three B level led by Marvin Kabatznick (3) and one easy led by Tony Edwards (1).

Golf:

There were four weekly golf sessions at Park City Municipal course led by John Logan, Mike Garcia, Jeri Brooke and Ann Deutschlander.

Tennis:

Two round robin tennis events were held, organized by MJ Chapman.

Pickleball:

There were five pickleball events led by Rob Guiliano in Maureen's absence.

Paddling:

The paddling season kicked off with two events at Jordanelle, led by Becky Solomon, Jim McClave and Kate Stephenson.

Fly Fishing:

We had our first fly fishing event – a trip to Green River – led by Andrew Stephens (see write up below).

Rock Climbing:

Thanks to Jeff Green for leading rock climbing for the Club. This kicked off with an intro, a belay course and an indoor climbing event at an indoor climbing wall.

Horseback riding:

Deb Black led a horseback riding outing at North Forty Escapes.

Social Events

Knit & Stitch:

One Knit & Stitch event at Lucky One's organized by Caryn Harkins and Jennifer Gurs.

TGIF:

There were three TGIFs this month, hosted by Chuck and Paddy Mollard, Pat Pond and Robin Fillion and Michele and Rick Bolduc.

Special Events:

One special event – Wilderness Safety lecture organized by Deb Black and hosted by Kate Stephenson and Jim McClave.

Social Events:

The annual Dogs & Suds picnic was held at City Park. We had record attendance of 175 members. Thanks to Lisa, Darina and all the volunteers listed above.

We also want to thank Summer Sports Director Jackie Oken, and the summer activity coordinators: Don Winsor - Mountain Biking, Ellen Liu – June hiking coordinator, Bill Benz - Road Biking, Michael Garcia, John Logan, Jeri Brooke and Ann Deutschlander – Golf, Jeff Green – rock climbing, Andrew Stephens – fly fishing, Deb Black – horseback riding, Maureen Bickner (and Rob Guiliano) – Pickleball, MJ Chapman – Tennis, Becky Solomon, Kate Stephenson and Jim McClave – Paddling. Maggi Messina, Bruce Rounds, Jim McClave and Kate Stephenson for musical entertainment. Thanks also to Caryn Harkins and Jennifer Gurs who lead Knit & Stitch throughout the year.

Until next month.

Kate Stephenson
President

Fly Fishers Find Fellowship, Fun

On June 16-18, six anglers traveled to Dutch John, Utah, for the first annual PCMSC Green River fly-fishing trip. The group stayed in rustic cabins near the rim of Flaming Gorge and fished the famed "A Section" of the Green River, just below Flaming Gorge Dam.



Guides provided expert navigation, coaching, and advice during the 7-mile float from the dam to Little Hole. Despite challenging wind conditions, anglers caught plenty of large trout, including browns, rainbows, and cutthroats.

Evenings featured group meals around the campfire, plenty of laughter, new friendships, and perhaps a beer or two.

Participants included Tim Bittel, Jorge "Jock" Freeland, Matt Hartung, David Jantzen, Paul Scharner, and Andrew Stephens.

Facebook

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

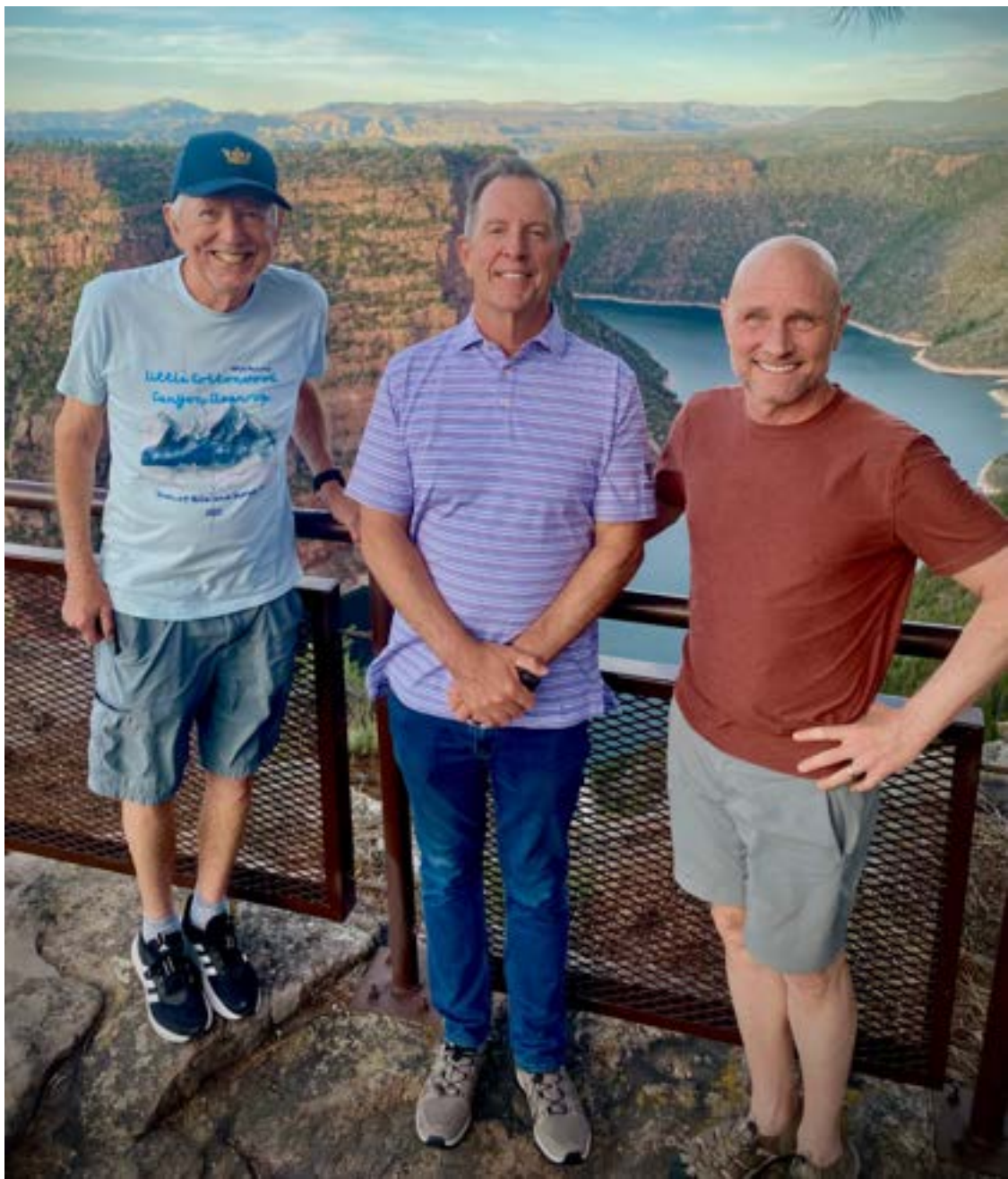
<https://www.facebook.com/groups/parkcitymountainsportsclub>

Photos

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

Please send them to photos@pcmsc.org 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



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