



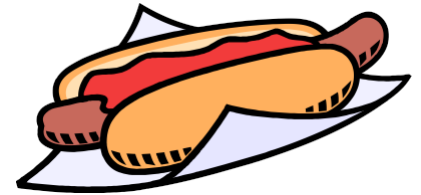
PCMSC Newsletter

June 2013

P.O. Box 682577
PARK CITY, UTAH 84068-2577
WWW.PCMSC.ORG

DOGS & SUDS – FRIDAY, JUNE 14

Howdy! It is time to “round up” and “ketchup” for our fantastic annual BBQ in City Park, which is near the Skate Park. This is a rustlers dream for only 10 greenbacks per person. It is BYOB, but the Club will provide soft drinks, lemonade, and water. Festivities begin at 6:30.



Our Grub Master of the BBQ, Fritz Gennerman and his faithful sidekick, Gary Drage, will prepare the coals in the afternoon so they reach a perfect temperature by the time we are ready to chow down. They will have already prepared the brats and other goodies on Thursday. In addition to the favorite brats, the Club will also provide hot dogs, hamburgers, veggie-burgers, kosher dogs and the very popular portabella mushrooms together with coleslaw, green salad and macaroni salad. At the closing of the coral, desserts will be provided.

Here is a great opportunity for our newer hombres in particular to get involved, meet other guys and gals while setting up tables in the BBQ area and help clean up the area when all the “cowpokes” are ready to bed down. Volunteers are requested to contact Paddy Mollard at 435-214-7567 or email at paddymollard@gmail.com. We invite other members to contribute any favorite dishes to be shared by the hands.

Tickets may be purchased from board members at TGIF’s and other club functions. The board members are Sue Johnson, Kathy Kelleher, Becky Hinton, Stan Hooley, Jeri Brooke, Sylvia Bennion, Peggy Hanson, Noe Kauhane, Jon Scarlet and Paddy Mollard. Please pay in cash or check made out to PCMSC.

So get on you pony and join us on Friday, June 14 to celebrate the beginning of the summer roundup.

Upcoming June 2013 TGIF

June 7	Blue Iguana, 255 S. Main Street, Park City, 435.649.3097
June 14	Dog & Suds, City Park, Park City
June 21	The Notch Pub, 2392 E. Mirror Lake Hwy, Samak, 435.783.6244
June 28	Cena Ristorante & Lounge, 7815 Royal Street, Silver Lake, 435.940.2200



Noelani Kauhane, TGIF coordinator

If you know of a bar, club or restaurant which would appreciate our Friday night business, please let

Noelani Kauhane know at nkauhane@gmail.com

Please note: All TGIFs begin at 6:30 p.m. unless otherwise announced.

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Newsletter~ Rob Brooke
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ISC Reps~ PCMSC President

To Send Email ~ pcmscemail@pcmsc.org

To Submit Newsletter Articles: E-mail to Rob Brooke, news@pcmsc.org
Deadline is 10th of the month.

To Advertise in the Newsletter: Call David Anderson 801-599-0618.

For Newsletter Subscription, Change of Mailing or Email Address: contact Peggy Hanson at 435-604-0748 or peggyhanson@comcast.net

President's Message,

By Sue Johnson



As we get into the month of June the snow is mostly melted and the warmer weather is upon us! It is time for hiking, biking, golfing and a lot of other outdoor summer activities. Do keep in mind every Friday is TGIF – Noe Kauhane does a great job with finding great locations for us to gather each week (thank you Noe!) and hope to see more people joining during the warmer weather months. Don't forget to mark your calendars for the Dog and Suds event on June 14th! See the article below for more details (thank you Paddy Mollard for all of your hard work in coordinating this event!). Hope to see many of you there! Kitty Imdahl has resigned from the board as the Winter Sports Director. We sure will miss her in that role. But she is excited to continue to coordinate various trips through the club. Stay tuned for some exciting information. Thank you Kitty for all that you have done for the club and all the years you have served on the board!

Below is additional information about the new levels of the bike program that is starting this year thanks to the efforts of Chuck Mollard and Bob Johnson! There will also be a bike clinic of June 12th – see the details below. Of course Jon Scarlet and Chuck Mollard are doing a great job with coordinating many hiking activities this season too!

As the spring/summer season begins please come out and join the club in the many planned activities!

PCMSC Mountain Trails Clean Up Sunday, May 5, 2013 Summary by Rob Brooke

Fifteen eager Park City Mountain Sports Club members made a collective effort on Sunday, May 5th, to pick up and remove trash from along the west side of the rail trail, from I-80 north, along Silver Creek. Mountain Trails Foundation representative, Rick Fournier, was surprised by the quantity of metal, plastic, rubber, glass, and garbage accumulated. Pictured are the PCMSC participants, photographed by Jon Scarlet.

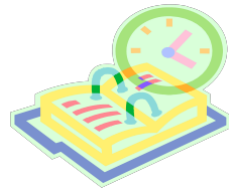
We expected to find paper, boxes, aluminum cans, plastic bottles and bags. Some had been exposed to the high altitude sun so long; they were brittle and crumbled on contact. We picked up pieces of tires, rubber treads, wire reinforcing, broken median reflectors, cargo bands and other highway debris to fill our collection bags. We segregated metals, plastic from trash to facilitate recycling, with glass bottles and lids consigned to bags destined for the landfill.

Occasional cloud cover, sightings of elk moving along the hillside west of interstate 80, fingerling fish in Silver Creek, and the potential for aerial visits by roosting eagles and red tailed hawks rewarded our efforts. We saw the new relief murals depicting scenes of mining and railroads beneath the I-80 overpass built last summer.

Adjacent to the rail trail we observed 3.5 miles of newly constructed buck and rail fence built by an expert from Wyoming. The renovated hay barn at the base of the canyon, Pace Ranch gate and sign, new pine trees, and the pens, pastures and fields of the 150 acre cattle, sheep and dairy operation peaked my interest in returning to the west side of Summit County. In the final analysis, however, the best part of my experience as a volunteer for the Rail Trail clean up had to do with the interaction with other members of Park City Mountain Sports Club. We walked together in the sun, told stories, heard jokes, smiled, laughed, lunched, and left with a sense of accomplishment. *June 2013*

Synopsis of Minutes of Board of Directors Meeting, April 30, 2013

By Jeri Brooke



The meeting was held at Ruby Tuesday's and called to order at 7:04 pm. Directors in attendance were Jeri Brooke, Sue Johnson, Stan Hooley, Peggy Hanson, Paddy Mollard, Kitty Imdahl, and Kathy Kelleher. Also in attendance was Chuck Mollard filling in for Jon Scarlet.

A quorum was present. The minutes from the April 2, 2013 meeting were approved.

President Sue thanked Chuck and Paddy Mollard for all their efforts hosting the cycling kickoff at their home. The event was a huge success.

Past club newsletters will be presented to the Park City Museum for archival.

The club budget is off to a good start with new members still coming in and expenses close to budget.

Tickets for the Dog & Suds Picnic, which is scheduled for Friday, June 14 were handed out to board members.

Planning is in process for the Holiday Party. We are hoping to hold it on the first weekend in December.

May TGIF's are planned and on the web site.

Kitty Imdahl has decided to step down as Winter Sports Director so she can spend more time concentrating on skiing. She will however continue to plan and schedule trips for the club.

A new Winter Sports Director is needed to fill the opening. Interested candidates should contact a board member. The summer sports are off to a great start with excellent attendance at both the cycling kickoff and first hike of the season. There will be A, B and C level bike rides this summer. The hiking program will also include 3 levels of hikes this year, slow turtle, intermediate and strenuous.

A wine tasting is being organized for a limited number of people on June 8. There is a \$15 cost for the event for which advanced registration and payment will be required.

Several potential trips are being explored for the club.

The meeting was adjourned at 9:28 pm.

Golf Invitation -

Come join fellow club members for golf Thursdays at Park City Golf Course beginning July 11, 2013 through September 26, 2013.



We have reserved four tee times will starting at 3:03 P.M. and will schedule 18 hole players first followed by nine hole players. You will need to commit by Noon on the Monday of each week as we need to release any unused tee times back to the golf course at that time.

The format that worked well last year is a scramble format. In this format everyone hits a tee shot. Then everyone moves to the best ball location for subsequent shots. This allows everyone to play regardless of ability and keeps the game moving along.

So look for a club email from John Logan around July 1, 2013 for the first week of play. The email will contain information for the week and indicate how to reply if you are playing.

Start practicing now and come join us for some great summer fun.

PARK CITY to SPAIN - 11-DAY CROWN OF SPAIN

September 21 to October 1, 2013

\$2,969 per person double occupancy Escorted Package Includes: Flights SLC to Madrid, Barcelona to SLC. All group transfers, 15 meals: 9 breakfasts, 6 dinners with wine & mineral water.

Kitty lived and traveled all over Spain for four years and has been looking for a trip that shows off the best of Spain and THIS IS IT. For additional information, please contact, Kitty Imdahl at kittyimskier@aol.com with "SPAIN" in the subject line. Or you can call 435-649-3719. A DEPOSIT is due right away as there are limited spaces. Please send a check for \$800 per person payable to Gate1 to: Kitty Imdahl, PO Box 681295, Park City, UT 84068.

June 2013

PCMSC June Hike Schedule



Saturday, June 1. Denny Saturnino will lead an **easy moderate** hike commencing at Little Mountain Pass and walking the ridge between Emigration Canyon and East Canyon. The hike is about 4 mi total with a large elevation gain of about 500 feet vertical at the start and will be rather level after. The hike will take about 2 hrs. The trail follows the ridge and has spectacular views into both Parley's and Emigration Canyons. **Dogs are not invited** as the hike borders on the East Canyon watershed where dogs are not permitted. Meet at 10 am at Park City Bagels in Pinebrook or those coming from Salt Lake meet at 10:30 am at the parking lot at Little Mountain pass (top of the road from East Canyon to Emigration Canyon). Bring the six hiking essentials. Denny's number is 435.659.1666

Saturday, June 1. Thaynes Peak, Millcreek Canyon, a semi-strenuous hike. Meet at Park City Bagels in Pinebrook at 8:30 a.m. to carpool to the trailhead where the leader will meet you at 9:15 a.m. The trail starts at the parking area as part of the Desolation Trail (it is also the Salt Lake Overlook Trail parking area) at the lower end of the Box Elder picnic area in Mill Creek Canyon. The hike is about 8 miles with 2,800 feet elevation gain. Call the leader David Anderson (801.599.0618, danderson@dcalaw.org) with questions. Dogs are welcome in this canyon on odd days. Bring adequate food, fluids and the remainder of the six essentials and possible traction aids for your shoes if snow persists. This should take four to five hours. There are no unusual conditions with slight scrambling near the top.

Monday, June 3 – Slow Turtles – easier hike with stairs Start at 5:30, meet at Miner's Park on the West side of Main Street, just north of 4th Street. Rob Brooke is our leader, cell [224-639-3293](tel:224-639-3293). Rob will retrace the route of George Elden "Shorty" Sorensen, from the Post Office, up Shorty's Stairs on Rossi Hill (106 stairs), to Shorty's home at 422 Ontario. Rob will fill us in on the history of the stairs, identify the house where Shorty lived, and discuss Cross Wing residential building types. This trail overlooks vistas of Main Street, Ontario Canyon, Marsac Mill Foundations, Ontario #2 Drain Tunnel Portal, and lower Deer Valley. Please, no dogs, cats or parakeets. Bring your two-for-one dining coupons for use on Main following the hike.

Sunday, June 9, Mt. Olympus strenuous hike. Meet at Park City Bread & Bagels in Pinebrook at 8:30 a.m. (to informally carpool) or meet the leader at the trail head at 9:00 a.m. (exit I-215 at 45th South and proceed 1.9 miles south to 5900 Wasatch Blvd.) Because the summiting is not dog friendly and portions of the hike are in a Wilderness Area, dogs are not encouraged. The hike covers 6.4 miles with about 4,250 vertical feet of gain. Bring three liters or more of fluids, lunch, snacks, the six essentials and much energy. If snow persists consider traction aids and perhaps poles for the snow areas. Contact leader David Anderson with questions (801.599.0618, danderson@dcalaw.org). The trail is steeper after passing the stream, with some scrambling at the top to summit.

Sunday, June 9, Moose Hallow hike, moderate, about 1,000 foot elevation. It takes about 2 to 2 1/2 hours. Trail has some shade. Dogs are welcome. Bring water and a snack. We will meet at 9:30 AM at Park City Bread & Bagel, Quarry Village, in Pinebrook. Bring the six hiking essentials. Leader, Annemarie Ferrari. If Questions call: H: 801-466-1972 or Cell: 801-706-5117

Saturday, June 15, Sundial Peak, Big Cottonwood, strenuous hike. Meet at Park City Bread & Bagel, Quarry Village in Pinebrook at 8:30 A.M. (to carpool) or at the trailhead at 9:15 to meet the leader. The trailhead is at the bottom of the "S" curve, midway up Big Cottonwood Canyon. This hike will cover about 8.5 miles with 4,220 feet of elevation gain and will require about seven-eight hours. The climb is a fairly steady grade of 1,000 feet per mile. The well-developed trail to Lake Blanche has no unusual features. The hiking above Lake Blanche is perhaps the best in the Wasatch. The route presents rounded rock ribs, talus slopes and some exposure generally without a trail. This area has outstanding scenic beauty and geological attractions. Generally the group stops just prior to the summit, but anyone desiring may proceed the final two hundred vertical feet to summit--this involves exposure. Bring three or more liters of fluids, lunch, snacks, the six essentials. Contact leader David Anderson with questions (801.599.0618, danderson@dcalaw.org). Dogs are not allowed in this canyon.

Continued on page 5

Saturday, June 15, Kirk Vollans will lead a moderate hike on the Donkey Ridge trail in Midway. The trail is 1.5 miles one way, about 1000ft elevation gain, takes about 2.5-3 hours, has little shade and ends on private property. Meet at 9am at Wasatch Bagel And Grill, 1300 Snow Creek Drive, Park City or 9:30 at the trailhead. Dogs are allowed on leash. Bring the six hiking essentials. We can do lunch after if you want at Tarahumara, 380 E Main St., Midway. For those who would like to meet at trail head: Take Highway 40 to Heber, at the first light take a right on River Rd., take a right at about the one mile sign to Dutch hollow, follow to the entrance of the park. Link to the trail maps <http://static.stateparks.utah.gov/docs/dutchhollowbro.pdf>. Contact info for Kirk: kirk.vollans@gmail.com, 801-541-6804

Monday, June 17 – Slow Turtles – easier hike

Start at 5:30, meet at Miner's Park on the West side of Main Street, just north of 4th Street. Rob Brooke, cell [224-639-3293](tel:224-639-3293), will lead us up Main to Daly Avenue and beyond to the old mine buildings in Empire Canyon. This will be a memorable historic tour of Old Park City with interesting facts thrown in. Please, no dogs, cats or parakeets on this hike. The group will discuss where in the local area to have dinner.

Sunday, June 23 - Easy Hike from Deer Valley to Park City on the Mid Mountain Trail. Park at the free parking lot at China Bridge and get to the Transit Center before 9:45am to get the 10am bus to Silver Lake Lodge at Deer Valley. The bus only runs every 30 minutes and leaves right at 10am so if you miss the bus, meet us near the Silver Lake Lodge and the Sterling Lift a few minutes after 10:00 AM. We will hike up the Mid Mountain trail from Deer Valley to Park City, which is around 5 miles with an elevation gain of about 250 feet. Try to guess the names of the runs we pass and which are your favorites or you may want to bring the ski trail maps. It is an easy up and down, in and out of shade but bring plenty of water and snacks. We will stop about halfway to have snacks. We will ride the Town Lift down for free and go to Doolan's for lunch. You will see spectacular views of Park City from the chairlift. No dogs allowed on bus or lift, sorry. The total hike will take about three hours and please read the six hiking essentials on our website. Please RSVP kitty2zermatt@hotmail.com or call Kitty Imdahl 435-649-3719.

Saturday, June 29 – Great Western Hike, Jay Frankenfield will lead an intermediate out-and-back hike on the Great Western Trail. The views from this hike are really spectacular looking down from the ridge on the Park City and the Cottonwood Canyon ski resorts. Meet at Wasatch Bagel And Grill, 1300 Snow Creek Drive, Park City at 9:00 AM to carpool, or 9:30 at the trailhead at the top of Guardsman Pass. The hike is about 1,200 vertical feet and will last about 3.5 hours. Bring a snack/lunch to while enjoying the views, and don't forget the six hiking essentials. Dogs are not appropriate since much of the trail is in the Salt Lake County/Cottonwood drainage. Jay Frankenfield (home office 801-485-0375, cell 435-901-2744)


Saturday, June 29, Gobblers Knob, Mill Creek Canyon, a strenuous hike. Meet informally at Park City Bread & Bagel, Quarry Village, in Pinebrook, at 8:30 a.m. to carpool to the trailhead where the leader will meet you at 9:15 a.m. The trail starts at the southern turnabout (furthest from the main road) in the Terraces picnic area in Millcreek Canyon. The trail crosses White Fir Pass and Baker Springs with Gobblers Knob directly above. We will proceed along the Desolation Trail to the ridge and proceed to the summit. The trail is well-developed and presents no unusual features. The ten mile hike has a 4,000 vertical feet gain and requires six to seven hours. Bring three or more liters of fluids, lunch, snacks, the six essentials. Contact leader David Anderson with questions (801.599.0618, danderson@dcalaw.org). Dogs are allowed in Millcreek Canyon on odd days. Since the last portion of the hike is on the ridge between Mill Creek and Big Cottonwood canyons, where dogs are not allowed, those wishing to take their dogs to the summit should make further inquiry with the Forrest Service. If snow persists consider traction aids for your shoes.

Monday, July 1 – Slow Turtles – easier hike

This will be a hike at the Rock Cliff Nature area of Jordanell Reservoir led by Paddy Mollard, cell [908-377-1033](tel:908-377-1033). At 5:30 meet at the Nature Center which can be reached by driving on US 40, take a right on to Hwy 32 and go east for about 7.5 miles, then turn left on Rock Cliff Road. Since there is a parking fee, (unless you have a Utah State Park pass), members may prefer to meet at Wasatch Bagels and car pool from there. In such case, please meet at Wasatch Bagels parking lot at 5:00. Dogs are not allowed in this State Park. Depending on the weather forecast, a picnic may be a nice way to end the day. Watch for an email blast during the last week of June with regard to eating arrangements.

June 2013

SEE EVENT PAGES, STORIES and WEB SITE FOR DETAILS and FULL DESCRIPTIONS.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Moderate hike at Glenwild
2	3 Easy Hike	4	5 B-Ride	6	7 TGIF Blue Iguana A-Ride	8 B-Ride Mountain bike ride
9 Strenuous Hike, Moderate Hike	10 A-Ride, C-Ride	11	12 Bike Clinic	13	14 DOGS & SUDS 	15 Strenuous Hike, Moderate Hike
16 A, B, & Mtn. Bike Rides	17 Easy Hike	18 A-Ride	19	20	21 TGIF The Notch Pub	22 C-Ride
23 Easy Hike	24 B-ride	25	26	27 A-Ride	28 TGIF Cena Ristorante & Lounge	29 Strenuous Hike, Moderate Hike
30 A-Ride, C-Ride, Mtn. Bike Ride	1 Easy Hike	2 B-Ride				

JUNE CYCLING NEWS



The cycling kick-off dinner, on April 27, was a great success with about 45 people attending. It was good to see some new faces at the dinner. The program for the 2013 cycling season with A, B & C road bike rides, as well as mountain bike rides, was warmly received and a number of members volunteered to lead rides. It was agreed that there will be rides during the week, as well as some weekends.

During the dinner, there was quite a bit of discussion regarding C rides. The majority of C riders seemed to like the announced plan for C rides, but some expressed interest in allowing inexperienced riders to also participate in these rides.

After giving this further thought and considering various points of view, the cycling coordinators have decided that it would not be fair for the majority of C riders to have to wait for inexperienced riders to catch up with the Group.

Therefore, it is proposed that the C ride should be as posted on the website:

C Ride: For experienced cyclists who want an easier pace. Average pace between 10.0 to 12.0 MPH with a distance between 10 to 20 miles. Some rolling hills with no steep climbs. Rest stops as needed. No one will be dropped.

As always, PCMSC want to encourage as many members as possible to participate in the various programs offered by the Club. However, we must maintain activities that appeal to the majority of the participants.

If some members are less experienced riders, we would suggest they find some other members or friends who are also just getting into cycling and go out for some rides as an informal group. Some members are already making plans for getting in some informal rides during May, so they are ready for the C rides starting in June. It should be remembered, that June is just the beginning of the cycling season and as riders get more confident and in better riding condition, they can move up a level. Conversely, if a rider finds they cannot keep up with the pace outlined for the ride, they should move down a level until they can increase their pace.

All members, interested in the biking programs, are urged to get their bikes tuned up for the 2013 season so they are ready to ride when the PCMSC cycling season officially starts in June.

Again, cyclists are encouraged to visit the PCMSC website and click on the Biking tab. In addition to the C rides noted above and the mountain bike rides, the other road bike rides that will be available are the following:

A Ride: For fit cyclists. Average pace between 15.0 and 17.0+ MPH with a distance between 35 to 50 miles or more. Long climbs are routine. Generally one rest stop. Leader rides at listed pace. Slower riders may be dropped.

B Ride: For accomplished cyclists. Average pace between 13.0 and 15.0 MPH with a distance between 20 to 30 miles. Some climbing depending on the route. Up to 15 miles between rest stops. Leader shall sweep at no slower than 13 MPH, but no one will be dropped.

The Cycling Program for June is outlined below:

All rides will start at 9:00 AM (except the Mountain bike ride on June 8th and the B-ride and mountain bike ride on June 16). Members are encouraged to be early so they can get their bike ready to ride and sign the mandatory PCMSC release form.

Week June 1-7

A-Ride – June 7 - led by Mary Gootjes. This will be a joint ride with the Wasatch Sports Club and will start at Kimball Junction behind Silver Mountain Sport Club. Since this is the first A-Ride of the season, this will be an out and back ride up to the top of Promontory for about 24 miles. Some climbing on the way up and then mostly downhill on the return. Mary's cell - 773-248-3392

B-Ride – June 5 – led by Mary Gootjes. This will be a 32 mile ride through Woodland and Francis with rolling hills. Meet at Kamas Food Town on Hwy 248. Mary's cell - 773-248-3392

C-Ride – June 2 – led by Sue Johnson. This will be a loop around Park City of about 18 miles, with some slight hills. Meet at Quinn's Junction (Hospital entrance and then first left). Sue's cell - 908-310-6617

Week June 8-15

A-Ride – June 10 – led by Bob Johnson. This will be a ride from Heber to Midway and up to Kamas via Route 32, approximately 40 miles. Meet at Heber Skate Park, W 100 S Street toward Midway. Bob's cell 908-310-3824

B-Ride – June 8 – led by Jeri Brooke. This ride will be a Park City loop starting at Park City Bagels, past Kimball Junction, past Home Depot, along Kerns and down 224 to the starting point with a distance of about 25 miles with some hills. Meet at Park City Bagels at Quarry Village. Jeri's cell 847-525-5433

C-Ride – June 10 – led by Sue Johnson. This will be a Heber Valley loop of approximately 20 miles. Meet at Heber Skate Park, W 100 S Street toward Midway. Sue's cell - 908-310-6617

Mountain bike ride – June 8 – led by Glen Wright. This will be a ride in Round Valley. Meet at El Chubasco at 10 AM. Glen's cell no. – 435-640-9284. Please note the starting time is 10:00 AM.

Week June 16-21

On **June 16** there will be a group ride with staggered start for A-riders, B-riders and Mountain bike riders (C-riders) that will start at Don Twiggs & Robin Reade's house in Coalville. Detailed directions will be on the email blast during the week of the ride, but you will take route 80 toward Wyoming and exit at Wanship exit 155.

The A-ride will start at 9:00 – led by Bob Johnson. The route will be up Chalk Creek Road and return with hills and a distance of approximately 50 miles. Bob's cell - 908-310-3824

The B-ride will start at 10:00 – led by Robin Reade. The route will be a 23 miles round trip to Coalville with rolling hills. Robin's cell no - 860-989-1519

Mountain bike ride (C-ride) will start at 10:00 and is not suitable for road bikes since the trail is crushed stone, so bring you mountain bike or hybrid. Don Twiggs will lead this ride on the Rail Trail to Wanship. Don's cell 860-989-1517.

At the end of the three rides, the group will have a picnic back at the house with Robin and Don providing the main course. Therefore, this a RSVP is requested and replies should be sent to Robin & Don at readetwiggs@allwest.net.

Riders are requested to bring a salad or dessert to share. This is a BYOB picnic, so bring your favorite beverage.

A-Ride – June 18 – led by Stan Hooley. This will be a cardio climb up Big Mountain and return.

The climb up is 8 miles, so it is not as long as some rides, but Stan advises you will get your heart pumping. Meet on the East Canyon exit off of I-80 at the intersection going to Mountain Dell. Stan's cell no. 435-513-0860

Week June 22-28

A-Ride – June 27 – Led by Sarah Dunlap. This ride will be an out/ back from Kimball Junction toward Kamas and most likely Wolf Creek Pass. This will me 70-80 miles, depending on the route we take, and very hilly. Members interested in this ride are requested to send a RSVP to Sarah by Wednesday, June 26 so she will know who is riding and send an email on fueling, etc.

coach_sarah@msn.com. Meet behind Silver Mountain Sports Club at Kimball Junction. Sarah's cell 916-770-7930.

B-Ride – June 24 – led by Chuck Mollard. Meet at Wasatch Bagels in Park City. This will be an out and back ride, down 224, to Bitner Road, to Bitner Ranch Road and up to the entrance to the Preserve. The total distance is 26 miles with some hills on Bitner Ranch Road. Chuck's cell no. 917-881-9022

C-Ride – June 22 – led by Judy Horwitz. This ride is an out and back ride along the Provo River. The ride will start just below the Deer Creek reservoir and go for approximately 7-8 miles to a suburb of Provo. The return will be a gradual grade back along the River. Meet at Wasatch Bagels so riders that wish to car pool may do so. Judy's cell no. 847-370-6688. Bring a picnic lunch for the end of the ride and enjoy a nice view of the River.

Week of June 29-July 5

A-Ride – June 30 – led by Bob Johnson. This will be a ride from Oakley to Weber Canyon via Brown's Canyon and return with a distance of approximately 55 miles. Meet at Quinn's Junction (Hospital entrance and then first left). Bob's cell - 908-310-3824

B- Ride - July 2 - led by Bill Silliman. This will be a ride from Bill's house to Countryside to Highland, under freeway and left on Bitner to the elementary school on Bitner near Jeremy Ranch exit, then back east on Bitner up to the Preserve, down to Highland out past Home Depot into Park City on Kearns and right on 224 and right on Old Ranch Road to Highland back to his house. Distance about 25 miles with some hills. Meet at Bill's house at 222 E. Countryside Cir. my place. Bill's cell – 435-659-6680

C-Ride – June 30 – led by Sue Johnson. This will be a ride through Weber Canyon with a distance of 18 miles. Meet at the Oakley rodeo fair grounds. Sue's cell - 908-310-6617

Mountain bike ride – June 30 – led by Frank Traczyk & Marianne Birch-Jensen. This will be a moderate (green-blue) mountain bike ride on Lost Prospector and Round Valley trails. Lost Prospector is single track and has some moderate hills. The return ride through Round Valley has more gradual hills. Meet at Wasatch Bagels. Lunch at El Chubasco. Frank's cell - 801-209-9092

PCMSC ROAD CYCLING ESSENTIALS

No one will be permitted to cycle with the Club unless they have a properly fitting bicycle helmet.

While not mandatory, the Club suggests that riders bring the follow five essentials on a ride:

Fluids Water, sports drink – bring more than the minimum (don't turn into a raisin)

Clothes Bright colored cycling shirt and rain jacket is recommended

Food Power bars or lunch, if there are no food stops noted in the ride description on a long ride

Personal Sunglasses, sunscreen, health insurance card, credit card

Equipment Make sure you bicycle is in good condition. Test tire pressure, brakes and gears before going on a Club ride. A spare tube, patch kit and pump should be in your tool kit. A cell phone is highly recommended. A rear view mirror can be handy.

If you have any questions or comments please contact the cycling coordinators:

Bob Johnson – bob@njwest.com – Cell 908-310-3824

Chuck Mollard – chuckmollard@gmail.com – Cell 917-881-9022

“RIDE ON”!

Road Bike Tires – Maintenance and replacement guidelines. By Bob Johnson

Your bike tires are critical to your riding safety and comfort. Most road bike tire sizes are 700X23C or 700X25C.

These tires require inflation to 110PSI. Compare this to a mountain bike tire used on the trail that would typically have only 25PSI. Because of the higher pressure used on road bike tires it is important to check and inflate them every time you ride or at least once a week. A tire inflated to 110PSI can lose 10-15 pounds of pressure just sitting in your garage in a weeks' time. Keeping your tires at the right pressure will allow them to roll easier and will allow you to keep up the pace with your other riders. The best way to check and inflate your tires is with a good floor pump that has a pressure gauge attached.

Also important is when to change your tires since the last thing you want is a blowout while you are riding down a hill at 30-40MPH! If you see any cracking in the sidewalls or cuts on the tread, it is time to replace that tire. The mileage you get out of a tire depends on the type of tire, size, and most importantly, your size. Personally, I ride on a 700X23C that is more of an endurance tire than a racing tire. Racing tires are designed to be very lightweight and therefore not as long lasting. Because I am a bigger guy than the average road biker, I know that my rear tire will need to be replaced at 1000 miles. The back tire always wears faster than the front tire due to it carrying most of your weight. I replace my front tire every 2000 miles. A lighter rider will get more miles out of a tire than I do so you should make some notes as to how many miles you have on your tires. I make note of the odometer reading on my bike when I replace a tire so that I know when it will need replacing. If you see threads beneath the rubber in places, you are too late in replacing that tire. I look for tire sales in the off-season and will buy ½ dozen at a time. I generally ride about 3000 miles during the Park City bike season so that will mean that I will change my back tire 3 times during the summer and the front tire at least once. If they get a cut in them they get replaced immediately.

Maintaining your tires will give you an easier riding experience, less flats, and most importantly, a safer ride.

BIKE CLINIC – JUNE 12th

White Pine Touring & Jan's Sports will be providing an exclusive bike maintenance clinic to members of PCMSC on Wednesday, June 12th from 7:00PM to 8:30PM at the White Pines Touring store off of Bonanza Dr. The clinic will cover basic bike maintenance and simple repairs with recommendations as to what you can do on your own and what you should leave to the professionals to do for you. It is open to both road and mountain bikers but will be limited to the first 15 people to sign up due to space limitations. Some of the key topics will include:

Bike maintenance – what should be done on a regular basis and annual basis

Flat repair and the use of a CO2 inflator

Simple derailleur adjustments

The flat repair is intended to be hands on, so if you want to try it out for yourself, please bring one of your bike wheels with your flat repair kit that everyone should have if they ride with the club. The flat repair kit should include a spare tube, tire irons, and some type of inflator such as a CO2 inflator or miniature pump. A patch kit is also an important part of your repair kit but not necessary for this clinic.

Please RSVP to Bob Johnson at: bob@njwest.com or calling 435-487-9044

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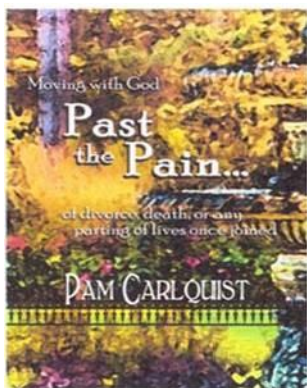
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Bub Carlson leads 28 eager hikers up Red Butte, past the "Living Room," to a panorama of the Salt Lake Valley, May 12th.



PCMSC Mountain Trails Clean Up Sunday, May 5, 2013,
photo by Jon Scarlet

PCMSC JUNE BIRTHDAYS 2013

- 1 Judith Horwitz, Judy Poznik
- 2 Stan Kozlowski, Nel Drage
- 5 Bub Carlson, Diane Carson, Francie McNally
- 6 Bob Andrews
- 8 Kimberly Cassett, Sharon Winders, Christy Samuel
- 10 Allen Sharpless
- 11 Barbara Schmaetzle, Marion Klaus
- 12 Glenn Wright
- 14 Norm Bates, John Logan, Bob Sargent
- 16 Vince Gilotti
- 17 Herb Lichtenstein, Shirley Miller
- 18 Bette Benton, Stuart Goldner
- 19 John Schoenfeld, Jill Lesh
- 20 Susan Himes
- 21 Don Twiggs
- 22 Don Winsor
- 23 Dick Maben, Jim Barth
- 25 Stephen Pohlman, Ed Sumner
- 27 Charles Erwin
- 28 Michael Garcia, Barbara Pohlman, Pris Watson



NEW MEMBERS IN MAY

Miles Ivers, Faye Slettom, Sarah Dunlap, Steve and Carolyn Clements,
Denise deVines, Elizabeth "Sam" Wilkerson, Mark Crook, Patrick and
Karen Cassity

Special Interests Resource Contacts

PCMSC now has a number of people who have volunteered to provide our members with information on activities available in Park City. Please contact the following people if you would like to receive the information they have put together:

BRIDGE:

We do not teach but if you wish to play in one of the Club Bridge groups, please contact Bub Carlson pcbub1@gmail.com

ICE SKATING:

Cindy Gastonguay
cgastonguay@comcast.net

WILDLIFE PROTECTION SOCIETY:

Jackie Fehr ular@earthlink.net

QUILTING, KNITTING, SPINNING GROUPS

Peggy Stuart pudelfreund@juno.com

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