



Mountain biking at Deer Valley

## President's Message

### Halfway through the summer.....

Wow - we are halfway through summer. Put your hands together and clap in celebration. Why??? Let's take a look down the celebratory lane.

We are hiking further and at higher elevations. We are hiking above 10,000 feet on the majority of Uintas/ Cottonwood canyon hikes. So clap away if you have participated in those hikes. They are tougher and your reward has been incredible vistas along the way. Many of you also completed the Timpanogos hike - a feat in itself and something to truly pat yourself on the back. Our strenuous hikers are hiking further with greater elevation gains. I cannot profess to be of that group and am so proud of those who are - you all rock!



Golfers are hitting drives further with lower scores. Moose, deer, wild turkey and other wildlife help them see the greens - not necessarily get on the greens! Laughter ensues, as do the occasional proclamations that go along with any shanked ball!!! The goal is a great experience not necessarily a great score.

Our bikers are going further with a slightly faster pace with many C riders moving up to the B category. Having our club bike jerseys being visible provides a further sense of club camaraderie.

The tennis program is entering its third week. So far there were two courts in use with competitive play. Lori Tarmey has been great in setting up this group and has a goal of

getting four courts going. So grab your racquets and come out to join the fun!

Our aquatics program is paddling along swimmingly! Our novice and newbie paddlers are improving quickly as they get their SUP legs and paddling strokes down. Distances are improving and luckily the weather has helped this group achieve great success stories (which expand in war story format or so I've been told).

Inline skating is on the horizon. There was a kickoff on July 21 and I encourage each of you to stay tuned for more happenings coming your way!

We started with a Moab kickoff of events and have spread out to Sundance, Uintas, Cottonwood Canyons, Timpanogos, Strawberry Reservoir, Murdoch Canal in Provo, Morgan and will finish off with Grand Canyon and Yosemite. Getting out of our Park City backyard is due to the assistance of some fabulous leaders and event coordinators. Kudos to you all! And, on the topic of leaders, many of you lead in other ways by moving tables at events, volunteering to cook, leading social events, hosting a TGIF and much more. We thank you all!

Our social events have rocked along this summer. From fantastic TGIFs at members' homes to the all-star July 4th celebration at the Brooke's home where Stan and Donna Kozlowski cooked up a stellar lunch and Trish Seckel and Linda Miller assisted feeding the multitude of hungry hikers and bikers. Our annual Jordanelle picnic, was also a huge success thanks to the fantastic organizing by Kate Loman with assistance from Paddy Mollard.

Congratulations to everyone who has opened your home for our TGIF celebrations, finished a grand hike, biked longer, paddled farther and stayed drier, parred or birdied several holes, and joined in our new tennis matches.

In maintaining our achievements, we need to keep in mind our rules of event engagement. With mid-season upon us, it is always a good refresher to know as well as practice sound biking etiquette and our hiking essentials.

I challenge you, therefore, to improve your knowledge about [biking etiquette](#) as well as our [hiking essentials](#) by checking out these links. With improved knowledge comes improved performance. I look forward to hearing you repeat etiquette standards and hiking essentials as we participate in further summer events. As you learn these essentials of event participation, we will hear more clapping and congratulations as our performance just keeps on getting better!

See you on the events!

**Sheree Anshel**, President

## Average Speed

**When a hike or bike ride lists an average speed, you may go faster and you may go slower than that posted speed. It's an average for the entire ride or hike. For instance, on a B bike ride, which should be an average pace of 13-15 mph, you'll go faster on the flats and downhills, but you'll go slower on uphills. When the ride is over, you should come in at the advertised pace.**



Our members take lots of pictures throughout the year, check the [photos section](#) of our website. If you have any photos that you'd like to submit, please send them to [photos@pcmsc.org](mailto:photos@pcmsc.org)

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## August birthdays!



There's lots going on in the club, please go to our [website](#) for more information. And check the [calendar](#) section frequently, as activities get added regularly.

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