



## President's Message

Jim and I are getting married next weekend, so Jeff Green kindly agreed to write the majority of this newsletter. We have added a lot of new activities this year and Jeff leads one of them – rock climbing.

This is his piece about rock climbing:

*When people think of rock climbing, they often imagine Alex Honnold scaling El Capitan without a rope; his life would end with one mistake. Free Solo style. That is NOT what we do at PCMSC. If you're an adrenaline junky with a death wish and nothing to lose, call Alex. If you're on Medicare, want a challenge and have had a hip replacement, join me climbing next summer!*



*I started climbing in 2007 at crags near Bakersfield in the central valley of California. More than anything else, it was a fun outdoor activity with my kids and friends. I was in my 40's. 20 years later I've come to the conclusion that climbing is the best old person activity I could ever imagine. It is the perfect combination of strength, balance and flexibility; all without any impact to the body (that's right, no impact).*

*The climbing that we're doing through PCMSC is top-rope climbing. A rope through an anchor at the top of the climb is tied to the climber on one end and a belayer on the other. As the climber climbs, the belayer retrieves rope keeping the climber taut and safe. If the climber falls, the length of a fall is very short and usually only the stretch of the rope.*

*All climbers wear harnesses which are checked to make sure they are safely secured and properly tied to the rope. Our PCMSC climbers are all trained to correctly tie their harnesses to the rope using a figure 8 knot. Some have picked up how to tie the knot quicker than others. Susan Odell, Marilyn Ho, Jennifer Gurs, and Holly LaFontaine are knot-tying wizards. If any of my climbers are struggling to tie the knot, I encourage them to practice at home. I've found a nearby glass of wine is helpful.*

*Before climbing, all the gear and knots are checked. The climber has to initiate the climb by first asking if they are on belay and the belayer has to give final consent by telling the climber to "Climb on."*

*Our PCMSC climbers are also learning how to use belay devices to safely belay each other. A special shout-out to Jackie Oken who was our group's first approved belayer.*

*We've climbed weekly at Momentum Gym in SLC and have made ventures to crags up Big Cottonwood Canyon. In addition to climbing, some of our climbers have learned to rappel as well – Jackie Oken, Doris Schmidt, Marilyn Ho, Rich Marx, Mary Marx, Tom Wallace and Ray DeJaco; and others have made the leap (not literally) from indoor climbing to outdoor climbing, belaying and rappelling. I hope more PCMSC members will join me in one of my favorite activities!*

The TGIF at the Kirchheimers' on August 6 was a hit, held at their beautiful Deer Valley home with its amazing vistas. The food, catered by their restaurant Hearth and Hill, was delicious, and staff kept things running smoothly, quickly refilling items as they ran low while others circulated with appetizers. David was a next-level gracious host, greeting everyone personally and proudly showing off the zipline and archery range he's building on the property. The weather was perfect, and it was great to see so many longtime Club members turn out. Thank you David, Sherry and the team from Hearth and Hill.

The Jordanelle picnic was held on August 14th. A big thank you to Lori Tarmey for leading this event. The rest of this message is from Lori to her team: *Thank you to Lynn Walker, Ron and Cindy Zeringue and Pat Veillette for coming early to set up. For everyone who pitched in during the event, you made it so much easier for me. Thank you to Patty Bender, Denis Burns and Andrew Stephens for helping with clean up and especially to Rob and Jeri Brooke for taking everything back to the storage unit. I know there were others who helped with clean up and I greatly appreciate it. And thank you to everyone who brought out their crock pot items. I think this approach has become more popular than grilling!! And of course, thanks to the band (Maggi Messina, Bruce Rounds, Bob Day, Jim McClave, Johnny Messina and Kate Stephenson) for providing the entertainment.*

With a Park City thunder and lightning deluge threatening the llama TGIF, 30 members visited the Heber Pear Tree Llama farm for a delightful evening. The sun was shining (the storms never hit Heber), and anyone interested could meet and feed the llamas. And as always, we feasted on incredible food that our members brought with them. Thank you to Katy and Jerry White for opening the farm to the Club.

You can find pictures of many of these events on our private Facebook group at: [www.facebook.com/groups/parkcitymountainsportsClub/](https://www.facebook.com/groups/parkcitymountainsportsClub/)

## **Events**

There were 69 events in August. They comprised 11 hikes, 9 MTB, 18 road bike events, 4 golf events, 2 tennis round robins, 5 pickleball sessions, 5 rock climbing, 4 paddling, 1 running event, 1 knit and stitch, 1 museum visit, 4 Mah Jongg, 3 TGIFs, and 1 social event.

## **Sports Events**

### **Hiking:**

There were 11 hikes this month, one moderate plus led by Bill Hertzling (1), eight moderate, including two history hikes led by Michael O'Malley, two led by Ellen Sherk (2), Patty Bender (1), Deb Black (1), Kas Shanks and Georgia Tarnesby (1) and Chuck Mollard (1) and two easy led by Tony Edwards (2).

**MTB:**

There were 9 MTB events; four moderate led by Don Winsor (4), one intermediate led by Lauren Nadler and Ray DeJaco (1), and four women only led by Kas Shanks (4).

**Road Bike Rides:**

There were 18 bike rides in August. One A level led by Tim Ricks (1), five B+/A level led by Caprice Benz (5), five B+/B led by Caprice Benz (4) and Lauren Nadler (1), four B level led by Geri Manning (4) and one C level led by Denise Konrad (1). We also had Team Benz at the Utah Cystic Fibrosis Cycle for Life out of Henefer (1) and a PCMSC team for the NAC Summit Challenge led by Chuck Mollard (1).

**Golf:**

There were four weekly golf sessions at Park City Municipal course led by John Logan, 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 Maureen Sheehan-Bickner.

**Paddling:**

There were three paddling events at Washington Lake, Smith and Moorhouse and Deer Creek led by Becky Solomon and Ray DeJaco, plus one paddling event down the Provo River led by Jim McClave which around 24 Club members attended.

**Rock-Climbing:**

There were five rock-climbing events this month, three indoor led by Jeff Green and Rich Marx and two outdoor led by Jeff Green.

**Running:**

There was one running Club event led by Steve Parker.

**Social Events****Knit & Stitch:**

One Knit & Stitch event at the Deer Valley Pond gazebo organized by Caryn Harkins and Jennifer Gurs.

**Mah Jongg:**

Mah Jongg has restarted led by Sandra Brett. There were two intermediate events hosted by Sandra Brett, and two beginner events hosted by Michele Levasseur and Donna Shillinger.

**Museum Visit:**

This month, Michelle Sammartino organized a visit to the Utah Olympic Museum and Alf Engen Ski Museum with a guided tour and meeting the executive director and museum manager.

**TGIF:**

There were three TGIFs this month, hosted by David and Sherry Kirchheimer (with food from Hearth and Hill), Katy and Jerry White (and the llamas!) and Patty Bender and Denis Burns (with live music).

**Social Events:**

Lori Tarmey led the charge for the annual Jordanelle Picnic.

We also want to thank Summer Sports Director Jackie Oken, and the summer activity coordinators: Don Winsor - Mountain Biking; Chuck Mollard – August hiking coordinator; Bill Benz - Road Biking; Michael Garcia, John Logan, Jeri Brooke and Ann Deutschlander – Golf; Jeff Green – rock climbing; Andrew Stephens – fly

fishing; Maureen Bickner – Pickleball; MJ Chapman – Tennis; Becky Solomon, Kate Stephenson and Jim McClave – Paddling; Steve Parker – running; Michelle Sammartino for the museum visit and Lori Tarmey for organizing the Jordanelle Picnic. Thanks also to Caryn Harkins and Jennifer Gurss who lead Knit & Stitch throughout the year.

Next month Andrew Stephens will be guest writing the newsletter.

Kate Stephenson (**President**) and  
Jeff Green (**rock climbing leader extraordinaire!**)

## 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.



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