

THE SPRINT



Sundance Running Club

August 2018

The Prez Message

July has been a busy month and August (at least for the Vice-Prez and myself) is going to be just as busy. I will not be attending several of the August Fun Runs due to other commitments. August and September are Sundance's annual election time period. With that said, I will be hitting the campaign trail shaking hands with constituents, kissing babies and discussing future Sundance policies. If you would like to be a Sundance club officer by challenging the current President and/or Vice President or any other position, it doesn't take millions of dollars to campaign. Just let one of the officers know and we will add you to the ballot.

Let's recap Sundance's July activities.

Saturday, July 7th we held our Saturday Attire Fun Run. This month we had Baskin and Robbins gift cards. The Vice-Prez and I were unable to attend but Arie Hope picked up gift cards and we were able to still have the drawing with the help of Arie and other unnamed Sundancers. Without further ado, the winners of the July Saturday Attire Fun Run gift cards were — Arie Hope, Jeff Kitto (There will be ice cream for dinner tonight at the Kitto's home!!!), Brendan Chan and Ann-Marie Koth (Silver).



So everyone knows, there are still Baskin and Robbins gift cards to be had along with In and Out Burger and Target gift cards with more to be added based on suggestions from our July meeting. So make sure and wear your Sundance t-shirts for the August drawing and get a chance at a gift card.

Our meeting in the park was held Saturday, July 14th after the Fun Run. We (the Vice Prez and myself) served up breakfast burritos made with eggs, potatoes and cheddar cheese. These definitely are a breakfast favorite. Not a spoonful of egg mixture was left in the 6 quart crockpot. I had a list of items I wanted to cover during the meeting so once breakfast was served, I started the meeting.

First on the agenda was what gift cards everyone wanted for prizes for upcoming events. (See there is a good reason to attend the meetings besides the breakfast.) The following suggestions were made: Baskin and Robbins, Target, Pete's Coffee, The Habit, In and Out Burger and Crispy Cream. I stopped at The Habit but the minimum for a gift card was \$10.00 but In and Out Burger were more than happy to accommodate our request. Pete's will also be added to the list of gift cards. You spoke and

"We are not only a running club, but we also have walkers and bikers that participate on Saturdays. I encourage everyone to come join the fun, have some coffee or snacks, and get to know your fellow members."

- Madam Prez

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the Prez listened!!!!

I also suggested during the meeting, that Sundance participate in "Mayor Tubbs' Backpack Giveaway". This was short notice since the actual drive was July 29th so I sent a blast out to Sundancer's requesting school supplies. Those at the meeting listened and school supplies were brought to the Fun Run on July 21st. The Vice-Prez will get these delivered to the appropriate group. Additional donations were made after the picture. Thank you Sundance for acting so quickly to my email

blast.

On Saturday, July 21 we had a Poker Fun Run. After everyone returned to Grupe Park, we had each participant draw a total of 5 cards. First round, everyone drew 1 card. We had two other rounds where each person drew an additional 2 cards each round giving them a total of 5 cards. Then the eliminations started with anyone having a pair or better. I unfortunately have to be the unluckiest poker player there is. I could not even come up with a pair. My hand was really pathetic. Arie tried to turn four cards back in but no such luck for him. After continuing the elimination process, the following 4 had the winning hands. Drum roll please..... Arie Hope,



Mike Garcia, Nick Aninag and Marlene Kinser. Dang — I gave away the surprise with the picture!!! At the end of the Fun Run, I did see Arica Aninag with the Target gift card in hand. She was heading to Target for her school supplies.

Last but not least here are the upcoming events for August. Make sure and mark your calendars.

- August 4** Sundance Attire Saturday Fun Run
- August 18** Sundance Meeting in the Park after the Fun Run. Breakfast will be supplied at the meeting for those who choose to attend. Make sure and let the officers know what events you would like to see for upcoming months. **Note date change due to the Prez and Vice-Prez schedule conflicts.**

August/September Annual Picnic Potluck to be announced when date and location are confirmed. Once determined, it will be announced at the Saturday Fun Runs and a blast will be sent out.

One last comment: It has really been hot out there this past month with more hot days to come in August and September. Make sure and stay hydrated while working out in the heat. Rule of thumb, if you feel thirst, you are already dehydrated. Drink before, during and after your workouts. Jerry, the Vice-Prez likes chocolate milk as a recovery drink. Of course he likes chocolate milk almost any time. — day or night.

Make sure and check out Facebook for pictures from our July activities.

Until next month, remember—Have fun stay active and enjoy life for life is much to short.

— Madam Prez

August Meeting

Date: Saturday, August 18th
Time: After the Fun Run at Grupe Park

Membership Rolls
 Current: 34, 2017: 11

Balancing Act
 14 July 2018
 Sundance Account: \$5,015.79
 Cal-10 Account: \$2,051.15

Club Officers for 2018
 President: Mary Hyatt
 939-3401 run4chklit@sbcglobal.net

Vice President: Jerry Hyatt
 244-0004 iamstillinthedark@gmail.com

Secretary: Marlene Kinser
 948-9466 slornr26@aol.com

Treasurer: Arie Hope
 463-1924 ariebev@aol.com

Equipment Manager: Ralph Womack

Racing Ahead

August 4, 11, 18, 25 SRC Fun Run

8 AM at Grupe Park (west side).

Info: iamstillinthedark@gmail.com

August 4: Sundance Saturday Attire Fun Run, Grupe Park, Stockton, CA

It's back — Wear your Sundance shirt and put your name into a drawing for a gift card.

August 5, Twilight Trail Adventure, 10K/5K, Auburn

Info: www.twilighttrailadventure.com

August 11, Susan B Anthony Women's 5k, Glenn Hall Park, Sacramento,

Info: www.chipsrunning.com/sba5k

August 18: Monthly Meeting, Grupe Park, Stockton, CA

Stay for the meeting after the Fun Run to discuss upcoming Sundance events.

August 25, Race for the Arts, William Land Park, Sacramento Info:

www.raceforthearts.com

August 26, Grateful Dog Rescue Run, 5k trail run/walk, Rocklin,

info: www.thegratefuldogrescuerun.com

August 26, Santa Rosa Marathon, Santa Rosa Info: santarosamarathon.com

August 28, Mark & Tony's Margarita Trail Run, 8K, 8 Mi, Half-Marathon, Lake Camanche, Wallace Info: www.fleetfeetstockton.com/events

Progressing towards
new age divisions...

August 5 Maggie Von-Palmer

August 9 Karen Diekmeyer

August 11 Michael Palmer

August 17 Ralph Womack

August 25 Sharon Dunn

August 26 Liz Lark

August 31 Connie Herzog

Slow Cooker Oats

★ ★ ★ ★ ☆

Prep 15 m | Cook 6 h | Ready In 6 h 15 m

allrecipes!

Walmart

Walmart
3223 E Hammer Ln
STOCKTON, CA 95212
Sponsored

Recipe By: brandysue

"I just can't get up in the morning to make my hubby breakfast before he leaves for work, so I put this in the slow cooker the night before, and breakfast is served! A hearty breakfast that's easy to do."

Ingredients

1 cup steel cut oats	2 tablespoons butter
3 1/2 cups water	1 tablespoon ground cinnamon
1 cup peeled and chopped apple	2 tablespoons brown sugar
1/2 cup raisins	1 teaspoon vanilla extract

Directions

- Place the steel cut oats, water, apple, raisins, butter, cinnamon, brown sugar, and vanilla extract into a slow cooker, and stir to combine and dissolve the sugar. Cover the cooker, set to Low, and allow to cook 6 to 7 hours (for firm oats) or 8 hours (for softer texture).

Truvia Brown Sugar Blend 18 Oz
\$5.62 for 1 item - expires in 1 day

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Now some of you know me pretty well. I eat oatmeal almost every morning for breakfast. There are very few exceptions. I found this recipe and decided to give it a try. I eliminated the butter, brown sugar and raisins. I also increase the apples from 1 to 2-3 apples. I cook it overnight then I have oatmeal all week. I actually started doubling the recipe because Jerry likes it in the morning also.

I add 3/4 cup of frozen berries to 3/4 of oatmeal and warm up in the microwave. I then add an individual container of Greek yogurt. I like coconut, strawberry, cherry just to name a few of my favorites Greek yogurts. If the oatmeal is thick, add a little milk or water and stir to the consistency you like.

This is really good. You have a healthy breakfast ready every morning that is packed with fiber and protein.

Enjoy!!

—Madam Prez



Sundance Running Club

MEMBERSHIP APPLICATION



Club 38-0185

WHAT IS SUNDANCE RUNNING CLUB?

- The oldest running club in Stockton
- Interesting people who view running as a positive activity in their lives.
- A source of information and support to runners of all ages and abilities.

WHAT DOES MEMBERSHIP IN SUNDANCE RUNNING CLUB HAVE TO OFFER?

Monthly Newsletter

- Upcoming races
- Members' race results
- Training tips/Special Features
- Club social events calendar

Training Opportunities

- Weekly Fun Run (Saturdays, 0800 hrs at Grupe Park)
- Meet others to plan other training runs.

Carpooling to out of town races

Monthly Meetings

- Usually 2nd Sunday of the month.
- Programs on running and fitness
- Food and interaction afterwards

Involvement in Stockton Running Community

- Help stage races for Sundance and other community groups.

Social Events

- Holiday parties
- Post-race activities
- Fun-Run breakfasts

HOW CAN YOU JOIN SUNDANCE RUNNING CLUB?

Dues for membership (or renewal) apply to the calendar year beginning 1 January

Individual or Family household: \$20 Student: \$10 New Renewal

First time Member? Pro-rate your first year membership: After April 1 \$15/\$7.50 (family/student), After July 1: \$10/\$5 After October 1: \$5/\$2.50

Print this page, complete, and mail with your check to:

Sundance Running Club
P.O. Box 691002
Stockton CA 95269-1002

Or better yet, bring your application and check to the next Saturday Fun Run!

Name(s): _____

Address: _____

City: _____ State: _____ Zip (+4 if you know it): _____

Preferred email: _____

(The Sprint will be delivered by email in pdf format.)

Check to opt out: I am not able to receive email. Please deliver The Sprint by mail.

Preferred phone: _____ Birth Date (optional): _____

Optional:

Do you race? Favorite distance? _____ Marathons? How many? _____

Interested in car pooling? Willing to help SRC manage races?

Sundance Running Club
P.O. BOX 691002
STOCKTON, CA 95269-1002

PLACE
STAMP
HERE

Major Mile Marker

- *Congratulations to Ron & Cynthia Allison, who celebrated their 50th Anniversary on 13 July!*

Sundance Running Club

Saturday Fun Runs

8:00 at Fritz Grupe Park
On the Cumberland side.
Walk, run, bike; with refresh-
ments to follow. You may
even join us as we descend
upon a local hapless eatery to
refuel for our next venture.

Find us:

You can find us online at:
sundancerunners.webs.com
where you can also find a link
to our Facebook page.

Jerry Hyatt

(209) 244-0004
iamstillinthedark@gmail.com