

# THE SPRINT



Sundance Running Club

September 2018

## The Prez Message

August has again been a busy month at least for the Vice-Prez and myself. I missed 3 Saturday Fun Runs in a row. Jerry had his Summer National Physics meeting in Washington DC, then my Mom's birthday was on Friday August 3rd so rather than come home, we headed to Iowa. Though I missed the Fun Run, my Mom turned 89 years old and she was excited to have us back for her birthday. After a short trip to Iowa, it was back to work for 3 days then off to camping at Henry Cowell State Park in Felton. We had quite a group mainly consisting of Sundancers. Jack and Lynn Hoida along with friends from the East coast, Steve and Julie Lofy, and Bob and Marlene Kinser. We also had the Rio Vista ladies (Jean La Fever and Deanna Talbert) and Hartoon Brown joined us for dinner one night. So though we did not attend a Fun Run, we did enjoy the company of a group of Sundancers.

And you wonder what does this has to do with Sundance Running Club???? Well, Jack and I were trying to figure out how long we have been going camping together. It was decided since 2002. Maybe I should clarify — Jack, Lynn, Steve Julie, Bob, Marlene, Jerry and I — have been camping together since 2002. I didn't want anyone to get the wrong idea or start any nasty rumors!!!

Without Sundance I would have never met these great group of friends. Sundance also brought Jerry into my life. Thank you Sundance for bringing so many wonderful people into my life.

Ok on to actual Sundance business.

Before I forget (which is a daily occurrence lately) I want to send a special thank you to Betty Crecelius for supplying snacks and Starbucks coffee for several August Fun Runs. No one has been signed up recently for the monthly Fun Run Director so I know that everyone was very happy to see the coffee and snacks after the run.

**Betty — Thank you — Thank you — Thank you**

Let's recap Sundance's August activities.

Saturday, August 4th we held our Saturday Attire Fun Run. This month we had Baskin and Robbins, Target and In and Out Burger gift cards. The Vice-Prez and I were unable to attend (again) but Arie Hope was there to do the drawing and distribute gift cards. Bryan Chan was kind enough



*"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*

## In This Issue

- The Prez Mess
- September Meeting
- Race Results
- Upcoming Events
- Recipe from Madam Prez
- Membership application
- The One-Minute Workout

to supply me with a picture of the August winners. Drum roll please — Without further ado, the winners of the August Saturday Attire Fun Run gift cards were — Arie Hope, Scott Sargent, Bryan and Brendan Chan. Karen Dietmeyer decided to photo bomb the picture. Actually I think it was a small turnout due to other commitments so they decided to show off all their shirts.



Our meeting in the park was held Saturday, August 18th after the Fun Run. It was held a week later than normal mainly because of the absence of the Vice-Prez and myself. Also I couldn't convince anyone else to cook and for some reason, everyone was willing to wait a week. Go figure!!! We (the Vice Prez and myself) served up hot pancakes off a camp stove grill. Betty Crecelius supplied fresh strawberries and Starbucks coffee. Those that attending were very happy!!!!!!

At the August meeting we discussed upcoming activities. It was decided to have a Halloween Fun Run. So bust out your orange or black t-shirts, Halloween themed socks or t-shirts and join the fun, **Saturday, October 27th**. It doesn't cost anything. Anyone participating will get a chance to win a gift card. Make sure and mark your calendar because this is an OCTOBER activity.

Now let's see what is coming up for our September activities:

**September 1** will be our Sundance Attire Saturday Fun Run. Come to the Fun Run wearing your Sundance t-shirt and show everyone that morning who we are. By wearing a Sundance t-shirt you also get the chance to win a gift card to either Baskin

September 8th would normally be our "Pancakes in the Park" Saturday monthly meeting Fun Run but this will be postponed until our September potluck. I have been given the month off from pancake duty at the park but will continue the practice for the October meeting (weather permitting).

Speaking of the potluck, Ann Marie and Phil Silver have kindly agreed to have the annual Sundance Potluck at Ann Marie's parent home. The **SRC September Potluck** will be Sunday, **September 23** around **3:00pm** at Ann Marie Silver's family estate, 8441 East Schmiedt Road. Directions: 99 North —> Hwy 12 (towards San Andreas), go east (approx. 2.5 mile) —> left on Cherry Road (near Victor) approx. 1 mile, —> left on Schmiedt Rd. (approx. 100 yds.) and there you are.

Come join the fun, bring a dish to share and enjoy a private park atmosphere with good food and great people. And if that isn't enticing enough, a disc golf basket and corn hole game will be set up for everyone's enjoyment. If hopelessly lost (I should add on the way to the potluck), call 209/244-0004 for assistance.

Upcoming activities for the month will be discussed along with the December Prediction Run at the Potluck.

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

— Madam Prez

## September Meeting

Date: Sunday, September 23rd  
Time: After the SRC September Potluck  
(See the newsletter for more details.)

## Membership Rolls

Current: 34, 2017: 11

## Balancing Act

August 18 2018  
Sundance Account: \$4,990.79  
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

# Race Results

**Jul 29**      **Pair Fair Run, Courtland**

10 Miles   Dina Talbert   2:29   D-1!!

## Racing Ahead

September 1, 8, 15, 22, 29 *SRC Fun Run*  
8 AM at Grupe Park (west side).  
Info: [iamstillinthedark@gmail.com](mailto:iamstillinthedark@gmail.com)

September 1: 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.

September 8: Jug & Rose 7.7-Mile Benefit Run/Walk,  
Volcano, CA

Support the Performing Arts at Amador High School  
Info: <http://www.touramador.com/annual-jug-and-rose-benefit>

September 9, Buffalo Stampede, 4 & 10-mile run/walk, Sacramento  
Info: [buffalostampederun.com](http://buffalostampederun.com)

September 9, Delta Harvest Run Half-Marathon, 10K, 5K, Brentwood  
Info: [www.deltaharvestrun.com](http://www.deltaharvestrun.com)

September 22, Break Free Run, 10K, 5K, walk/run/festival, Folsom  
Info: <https://www.raceplace.com/events/14349/break-free-run-the-race-to-end-human-trafficking>

September 23: August! Potluck and Monthly Meeting,  
*Ann-Marie's Family Estate*

8441 East Schmidt Road:

- 99 North, East on Hwy 12 (towards San Andreas) for 2.5 miles
- Left at Cherry Road for 1 mile (ends in a T).
- Left at Schmidt Rd for about 100 yards!

Other info: Jerry: [iamstillinthedark@gmail.com](mailto:iamstillinthedark@gmail.com)

**Progressing towards  
new age divisions...**

Sept 1      Rich Avila  
Sept 6      Carolyn Wischhusen  
Sept 8      Chiyo Shingu  
Sept 9      Don Smallie  
Sept 10     Neil Lark  
Sept 15     Chris Brodehl  
Sept 27     Richard Johnson  
Sept 30     Bill Alessio



## Double Chocolate Blender Muffins



1/12th of recipe (1 muffin): 92 calories, 2.5g total fat (1g sat fat), 217mg sodium, 19g carbs, 2g fiber, 4.5g sugars, 5g protein

Freestyle™ [SmartPoints®](#) value 3\*

Prep: 15 minutes Cook: 20 minutes



### Ingredients

1 1/2 cups old-fashioned oats  
1 cup fat-free plain Greek yogurt  
1/2 cup unsweetened dark cocoa powder  
1/2 cup unsweetened applesauce  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/3 cup Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)  
1/4 cup unsweetened vanilla almond milk  
1 1/2 tsp. baking powder  
1 tsp. vanilla extract  
1/2 tsp. baking soda  
1/4 tsp. salt  
1/4 cup mini semi-sweet chocolate chips

### Directions

Preheat oven to 400 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

Pulse oats to the consistency of coarse flour in a blender. Add all remaining ingredients *except* chocolate chips. Blend at high speed until smooth and uniform, stopping and stirring if needed.

Fold in 2 tbsp. chocolate chips. Add batter to muffin pan, and smooth out the tops.

Sprinkle with remaining 2 tbsp. chocolate chips, and lightly press to adhere.

Bake until a toothpick inserted into the center of a muffin comes out clean, 16 - 18 minutes.

MAKES 12 SERVINGS

**To Freeze:** Tightly wrap each cooled muffin in foil or plastic wrap. Place wrapped muffins in a sealable container or bag, seal, and store in the freezer.

**To Thaw:** Unwrap, and place on a microwave-safe plate. Microwave at 50 percent power for 1 minute, or until it reaches your desired temperature. Or just refrigerate overnight!

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.

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I haven't tried this recipe yet but anything with "Double Chocolate" in the title cannot be all bad. So give it a try and let me know what you think.

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

## *The One-Minute Workout*

I enjoy interval training, so it was only natural that I pick up a book like *The One-Minute Workout*, by Martin Gibala. In one of Dr. Gibala's studies, there were no detectable fitness differences between a group that cycled 5 days per week, for 40-60 minutes each session, at approximately 65% of their maximum output, and a group that performed 4 sets of 30-second sprints (cycling also) at an all-out effort, but only 3 times per week. The second group performed much less work and achieved about the same results. Yeah intervals!

The book offers several interval-based workouts that apply to any endurance activity, but there is one thing to keep in mind, especially for runners. High intensity work increases the probability of injury. To work at high intensity, you need plenty of time to warm-up, plenty of rest time between intervals, and an appropriate cool-down. The one-minute workout (3 sprints of 20 seconds each, for example), might still take 30-plus minutes.

Another thing I do to help alleviate the extra stress of high intensity work is to vary the exercise. I particularly like to do some of my interval work on the rowing machine, but cycling works as well. I also like to do what I call 5-minute intervals, where you go all out for 30-60 seconds, then rest the remainder of the 5 minutes. That might seem like a long rest, but if you work hard, you'll need it.

*Happy trails, Jerry*

## **Sundance Running Club**

### **Saturday Fun Runs**

8:00 at Fritz Grupe Park  
On the Cumberland side.  
Walk, run, bike; with refreshments 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](http://sundancerunners.webs.com)  
where you can also find a link to our Facebook page.

### **Jerry Hyatt**

(209) 244-0004

[iamstillinthedark@gmail.com](mailto:iamstillinthedark@gmail.com)