

THE SPRINT



Sundance Running Club

October 2019

The Prez Message

September — Finally a rather low key month for the Vice-Prez and myself. We actually were able to attend every Fun Run this month. I don't think I have been able to make that statement since April. It has been a very busy Summer for us both but Jerry is back to normal activity and the school year has started. Life is returning to normal. Thank goodness!!!!

With that said, on to Sundance business. We had no official Fun Run Director for September but Hector Lopez brought his cookies and Cecelia brought bananas each week. Chiyo brought ice water to help with hydration after our workouts. I want to thank all three of them for bringing treats and fluids for everyone.

Thank you Hector, Cecelia and Chiyo

One more plea for monthly Fun Run Directors. It is only a one month commitment. The coffee and drink products are all supplied by Sundance. Reimbursement of \$30 will be given at the end of the month. I know everyone who attends appreciates the coffee and snacks. Just 1 month!!! Volunteer!!

Now for a recap of September activities. Sundance Attire Saturday was held September 7th at Grupe Park. Unfortunately Sandra Bullock, George Clooney, Lilly Tomlin and Aeron Rogers could not attend but they sent their regards. If you read last months newsletter you will know what I am talking about. With that said — the September Sundance Attire Saturday winners were:
Drum roll please.....

Arturo Nieto, Julie Lofy, Jerry Hyatt and Hector Lopez,



Our big event for September was our August/September Potluck that was held at Ann-Marie Silver's parents vineyard. Through August and September our temperatures had been running in the high 90's and low 100's but on the day of the potluck the weather was absolutely lovely. It might also have been that the grounds are covered in wonderful shade trees and there was a slight breeze to keep any heat at bay.

I brought my homemade chocolate fudge cake that was hot from the oven and watermelon. I had to bring something a little healthy to offset the sugar. Though there is no sign up sheet, it was amazing how well balanced the food was. Renee and Jeff Kitto brought their amazing salad that had nuts, feta cheese, strawberries, a variety of greens along with homemade dressing. The salad was to die for!!!! There was also lasagna, ribs, Taco Bell tacos and burritos, a tomato, cheese and basil salad, Karen Diekmeyer's famous strawberry jello salad along with various other salads and food items.

There were also a couple of bottles of wine along with bottled water to quench your thirst. As always, the food and company were outstanding. If you were not able to

"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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attend you missed a wonderful time.

Our monthly Sundance meeting was held during the August/September Potluck. Jerry tried to have us removed from office as Prez and Vice-Prez because no ballots were distributed for the election. I seconded the motion but we couldn't get the other members to agree. I guess you are stuck with us as Prez and Vice-Prez for the upcoming year. All other Sundance officers will remain the same.

And last but not least, I want to thank the Koth family and Ann-Marie and Phil Silver for hosting the August/September Potluck.

Thank you — Thank you — Thank you !!!!!

On to our October activities:

Since it is starting to cool off (or it should by November), Saturday, **October 5th will be our last Sundance Attire Saturday Fun Run** for the season. This will be your last chance to win a gift card for this activity so everyone make sure and wear your Sundance t-shirts to the Fun Run and let everyone know who we are.

Saturday, October 12th will be our **Sundance meeting in the park**. This will be the last meeting in the park that myself and the Prez will supply breakfast in the park prior to holding our monthly meeting. As the weather cools, people want to get home and out of the weather.

November meeting will be held at our Thanksgiving Potluck. December meeting will be held at our Christmas Potluck. Until Spring, other meetings will be held at the park but will be kept to a minimum.

During the meeting, it was agreed to have a **Halloween Fun Run on Saturday, October 26th**. Either come in a runner friendly costume, a Halloween themed —or— orange t-shirt to participate in the gift card drawing. Black t-shirts will not count. Put on your thinking cap and start designing your costume. Let's start the weekend off with a little fun.

Now for our upcoming activities — Make sure and mark you calendar

"Tentatively" Saturday, November 23 will be our **Sundance Thanksgiving Potluck** and November meeting. In the past, we have done it the weekend before Thanksgiving so we do not interfere with family get togethers over the Thanksgiving long weekend (unless you are retired then every weekend is a long weekend). Time, place and additional information will be supplied in the November newsletter.

Saturday, December 14th at 9:00am will be the Annual Prediction Run. Make sure and spread the word to your friends, family, coworkers to come join the fun. Where else can you participate in a race for \$10.00 or a new toy of equal or greater value? But wait, there's more. Awards, 8 deep in Men's and Women's divisions, hot chocolate, coffee, cookies and candy canes and we can't forget the bells given out to each participant to wear on their shoes along with a chance to win a raffle prizes. ALL toys and money collected goes towards toys for a child who has been a victim of a violent crime. Make sure and participate. It's a great cause.

Saturday, December 14th is also our Christmas caroling and Sundance Annual Christmas Party/Potluck. More information such as location, time, etc. will be supplied in the December newsletter.

Finally check out Sundance's Facebook page. I haven't posted pictures in quite some time but will make sure and post the Saturday Attire photos and the August/September Potluck photos supplied by Bryan Chan.

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

October Meeting

Date: Saturday, October 12
Time: Following the Fun Run

Membership Rolls

Current: 36

Balancing Act

September 21, 2019
Sundance Account: \$5,212.19
Race Insurance Acct: \$2,160.88
Cal-10 Account: \$1,961.67

Club Officers for 2019

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

Sept 22 Jog-a-Dog 5k, Lodi

Chiyo Shingu 50:14
Marlene Kinser 50:20

Sept Whatever Lots of other runs

Didn't want to report times?
Forgot to report times?

*Progressing towards
new age divisions...*

Oct 6 Wynne Wycoff
Oct 12 Arica Aninag
Oct 12 Ashley Aninag
Oct 20 Arturo Nieto
Oct 20 Cynthia Allison
Oct 20 Dieter Diekmeyer

Racing Ahead

October 5, 12, 19, 26: SRC Fun Run 8 AM at Grupe Park (west side).

Info: iamstillinthedark@gmail.com

October 5: Sundance Saturday Attire Fun Run at Grupe Park, Stockton, CA

Wear your Sundance shirt and put your name into a drawing for a gift card.

October 6: Urban Cow Half-Marathon, Sacramento Info: urbancowhalf.com

October 12: Sundance Meeting in the Park Fun Run at Grupe Park, Stockton, CA

October 12: Tiger Dash 5K, University of the Pacific

Info: <http://www.fleetfeetstockton.com/events/tiger-dash>

October 19, Heart of the Delta 5K at Delta Coves, Bethel Island

Inaugural Run, Info: runsignup.com/HeartoftheDelta

October 26: Halloween Fun Run at Grupe Park, Stockton, CA

October 26 Run for a Safe Haven, 5K, William Land Park, Sacramento

Support "My Sister's House." Info: www.runforasafehaven.com

Cheeseburger Soup

Total Time:30 minutes

Prep Time:10 minutes Cook Time:20 minutes 254 calories



Ingredients:

1/2 pound 93% Lean Ground Turkey
1 tablespoon unsalted butter
1 medium onion, chopped
2 medium carrots, chopped
2 celery stalks, chopped
2 garlic cloves, minced
2 tablespoons all-purpose flour, wheat or gluten-free*
1/2 teaspoon kosher salt
Freshly ground black pepper
3 1/2 cups Low Sodium Chicken Broth
10 ounces Yukon Gold potatoes (2 medium), peeled and finely diced
1 (12-ounce) wedge cauliflower (1/4 of a large head), stem attached
1 3/4 cups shredded Fit & Active 2% Milk Sharp Cheddar Cheese*
2 tablespoons chopped scallions, for garnish

INSTANT POT Directions:

1. Press the sauté button on an electric pressure cooker. Add the turkey and brown the meat, using a wooden spoon to break it into small pieces as it cooks, 4 to 5 minutes. Drain the meat and transfer it to a small bowl.
2. In the pressure cooker (still on sauté), melt the butter. Add the onion, carrots, celery, and garlic. Cook, stirring, until softened, about 5 minutes. Add the flour, salt, and pepper to taste and cook, stirring, for 1 minute to cook the flour. Return the turkey to the pressure cooker and add the chicken broth, potatoes, and cauliflower and stir.
3. Seal and cook on high pressure for 10 minutes, until the potatoes are soft. Quick release, then open when the pressure subsides.
4. Transfer the cauliflower and 1 cup of the liquid to a blender and blend until smooth. Pour the puree into the soup and stir well. Add the cheddar and stir until melted. Serve topped with the scallions.

STOVE METHOD Directions:

1. To make this in a large pot or Dutch oven, sauté over medium-high heat in steps 1 and 2. For step 3, bring to a boil, then cook, covered, over low heat until the potatoes and cauliflower are tender, 25 to 30 minutes. Transfer 1 cup of the liquid and the whole cauliflower to the blender, and blend until smooth. Stir the puree into the soup, add the cheddar, and serve topped with the scallions.

Now that Fall is finally here, I thought a rich and hearty soup should be the recipe for October. How can you go wrong with Cheeseburger Soup.

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

Save the Date

- Be sure to mark Saturday, 14 December as the date for this year's Prediction Run!!
- Also, Christmas caroling and our Christmas Party, all on that same date!

Happy trails my friends... Jerry

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
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iamstillinthedark@gmail.com