

THE SPRINT



Sundance Running Club

May → September 2020

The Prez Message

In March, the Sundance Fun Run was cancelled due to the Corona Virus also known as Covid19. At the time, nations all over the world were trying to stop this deadly disease from spreading by eliminating social gatherings, wearing face masks and washing hands. Businesses were closed in order to eliminate the spread of the disease through close contact.

It is hard to believe as I write this newsletter, that it is almost September and the Sundance Fun Runs are still suspended due to Covid19. Who would have thought that this pandemic would still be affecting so many people over 6 months after it's initial outbreak. Until Governor Newsom okays the gathering of 10 or more people, the Saturday morning Fun Runs will continue to be suspended.

With that said, I hope that everyone and your families are staying healthy and that we make it through this pandemic a stronger group of runners, walkers and bike riders.

It seems like this pandemic has made me appreciate the little things I took for granted before such as: Friday nights used to be my one night where I didn't cook and more importantly required no cleanup afterwards. We would head out to a local restaurant and enjoy a meal then come home and enjoy a movie. Now even with take out there are those dang dishes that need to be done. Also I miss the meeting up with family or friends, whether it be at the Fun Run, a group dinner or an impromptu get together. Unfortunately, those are very few and far between.

But there are many things that I am very grateful for such as myself and the Vice Prez are still able to work at home where not everyone is a fortunate as us. We still have our health. Jerry still goes out for his runs and does his cross fit workouts while I continue to either walk, ride my stationary bicycle or get out on the road for a bike ride. My Mom who turned 91 this August continues to stay healthy. Our kids, grandkids, son in laws and other family members continue to stay healthy as well and for that I am extremely grateful.

Even in this pandemic, my niece Emily and her fiancé (now husband) Tucker were married July 25th. Though we were not able to attend physically, we were able to watch the wedding via zoom. It went from a 300 guest list to 20 people consisting of the parents, brothers and sister of both the bride and groom. They were married on their pontoon boat with 8 neighbors on their boats watching the ceremony. It was truly a lovely event that was so much more personal than the larger originally scheduled event.

"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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- Recipe from Madam Prez
- Membership application

Since we are no longer able to officially meet, I have added a little bit of fun with a **virtual Saturday Attire Sundance Fun Run**. I did a small test for the month of August. I suggested to Sundancers to send in a picture of themselves outside walking, running or bike riding in Sundance attire. Send a picture it via email to either the Vice Prez or myself. From those pictures, we would do a gift card drawing and mail a gift card to the winning people.

The following winners were chosen from those that submitted a picture. Drum roll please.....

Carmen Lopez, Hector Lopez, Bryan and Brendan Chan.



Congratulations to our winners for showing their spirit on the streets of Stockton.

So For September, we will again have a **Virtual Sundance Attire Saturday Fun Run**. Send your pictures to the Vice Prez or myself **before Sunday, September 6th** and have your name entered into a drawing for a gift card to a local vendor. Results will be announced in the October newsletter.

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

— Madam Prez

September Virtual Saturday Attire Sundance Fun Run

Date: Prior to Sunday, September 6th
Send a picture of yourself outside walking, running or biking in Sundance Attire.

Membership Rolls

2020: 29

Balancing Act

August 10, 2020

Sundance Account: \$5,434.70

Race Insurance Acct: \$1,779.88

Cal-10 Account: \$1,872.19

Club Officers for 2020

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

May 8 Rock-n-Roll Virtual Run 3

Terry Kitaguchi 8K 39:44 (7:56 pace)

Terry Kitaguchi 15K 1:22:13 (8:04 pace)

May 15 Rock-n-Roll Virtual Run 4

Terry Kitaguchi 5K 22:52 (7:23 pace)

Terry Kitaguchi 12K 1:00:07 (8:03 pace)

Terry Kitaguchi Remix D-11
(combined runs)

June 3 Fleet Feet Earth Day 5K

Chiyo Shingu 34:50

Marlene Kinser 46:40

Progressing towards new age divisions...
 May 4 Clark Herzog
 May 10 Betty Crecelius
 May 15 Jeff Kitto
 May 26 Cindy Milford
 May 27 Jean LeFever
 June 9 Mary Bock
 June 9 Salvador Garcia
 June 14 Beatrice Garcia
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So...What's Behind Your Mask?

What surprises lurk behind/above the masks of this fairly normal-looking couple?

How did this IV get left on Larry's arm upon leaving the ER?

These questions will be answered now. Let's check Karen's story first:

After donating blood on Friday, August 14, Karen Frank waited for a teen volunteer to bring her an orange juice cocktail. Feeling a bit faint, she put down her head, awakening to see EMT eyes looking down on her as she lay on the floor! She'd journeyed to that spot, face first, injuring her nose and eyes, the left one suffering a trauma that requires a visit to an ophthalmologist!

On Sunday at 2:30, I dropped off a Panera's meal for the family. It was then that Karen revealed the rest of the story behind the masks.

Here's Larry's story:

In early afternoon on Sunday, August 16, Karen received a call from EMTs, maybe the same ones who'd rescued her two days earlier. They'd been beckoned to Cumberland and Benjamin Holt, a few blocks from my house and from theirs. Larry had been jogging late morning (did I say that the temperature would get up to 110 that day?) and had collapsed on the street. Someone saw him and called for help cuz he didn't have his own phone with him. Like his wife, he'd decided to plant his face (and knees) on a hard surface, the street, resulting in a cut chin needing stitches and other colorful abrasions. And like Karen on Friday, he was taken to San Joaquin General Hospital's ER. I'm sure an ER nurse yelled, "It's just another Frank!"

When I arrived at the ER at 3:30 to fetch this determined but ill-fated runner, I identified myself as "a friend of Dr. Frank, the nephrologist". Well, word spread from the intake RN to another worker then to the security man, who jumped up to tell Dr. Frank that his ride had arrived. Larry is definitely known there! And so is Karen. When I said I was picking up Larry, a nurse said, "Of course. His wife is in no condition to drive!"

Because I knew Dr. Frank, I was allowed into the cool waiting area, but by 4:15 Larry hadn't appeared in a wheelchair, which is how patients exit hospitals, right? Not always, apparently. On the phone Karen said that Larry was in the HOT parking lot looking for me! Had he escaped without telling the ER wheelchair pusher? Recall that dangling IV. I located him and acted as a masked Uber driver, with him in the back seat, passenger side. Karen greeted us, and pictures were taken to commemorate the occasion.

Amazingly, Karen and Larry were able to smile after their mishaps.

The running community might recall my article a year ago in Sundance's newsletter about this nurse/physician couple so devoted to their healing work that they'd been honored individually by professional organizations.

To Karen and Larry, your friends and family say, "Healers, it's time to heal yourselves! Relax, know that you are loved." And my final advice is, "Karen, suck in the OJ as you still are sitting in the blood-letting chair! Larry (I didn't say 'dummy'), don't run in high heat!" So may it be.



Submitted to the newsletter for publication by Cindy Milford.

Zucchini noodles with creamy corn sauce

Ingredients

- 1 Tbsp regular butter
- 1 cup, sweet, finely chopped uncooked onion(s)
- 2 cups, fresh (or frozen) uncooked sweet yellow corn
- ½ tsp, or up to 1/4 tsp crushed red pepper flakes
- ½ cup marinara sauce (or diced tomatoes)
- ¼ cup water
- 1 pound, 6 cups fresh zucchini spirals or matchstick cut pieces
- ¼ cup grated Parmesan cheese
- ¼ cup, thinly sliced basil
- 1 Tbsp, thinly sliced chives (optional)

Instructions

1. Heat a large skillet over medium-high heat. Add butter to pan and swirl until butter melts. Add onion; sauté 5 minutes or until onion is tender and starting to brown. Stir in corn, and red pepper; sauté until corn is crisp and barely cooked, 2 to 3 minutes.
2. Add water, marinara or tomatoes, cheese and stir until cheese melts. Add zucchini to pan; cook, tossing to coat with sauce, until just warmed, about 2 minutes. Remove from heat and stir in basil. Sprinkle with chives.
3. Serving size: about 2 ½ cups

Since this is the season for fresh zucchini, I thought I would give you this recipe. I made this the other night and of course I changed a few things. Jerry said this was a “keeper” and he doesn’t care for zucchini. He even suggested making it 2 nights in a row but adding hamburger to it the second night.

The title has the word “sauce” in it because you are suppose to blend it but I just liked it all tossed together. It was very filling and delicious!!!! 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

(Continued from page 2)

And more birthdays...

June 27 Karen Frank

June 28 Nick Aninag

June 29 Annella Bernard

July 16 Carmen Lopez

July 16 Cecilia Lopez-Perez

July 17 Dina Talbert

July 26 Ginny Mark

July 27 Ron Hoverstad

Aug 9 Karen Diekmeyer

Aug 17 Ralph Womack

Aug 25 Sharon Dunn

Sept 1 Cecilia Ruvalcaba

Sept 1 Richard 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 28 Ricardo Gardea

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