

THE SPRINT



Sundance Running Club

January 2021

The Prez Message

As I write this newsletter, it is hard to believe that it is already 2021. Where did the year go? Normally for the January newsletter I would focus on the activities for the year but this year has definitely been different and challenging.

We started January 2020 with a relaxed month for SRC. December 2019 was filled with the Prediction Run, Christmas caroling and the Sundance Christmas Potluck. January is a recovery month from all those activities.

February 2020 we had our traditional Valentine's Day Potluck hosted by Ron Hoverstad and Nell Bernard. They were also the Fun Run Directors for the month of February. Fun was had by all and of course the food was delicious.

March 2020 we had our Annual Cow 10 at Bob and Sharon Dunn's ranch on March 15th. Shortly after the Cow 10, I sent a blast out cancelling the Fun Runs due to Federal and State mandates to limit the number of people gathering in a group. This was a first for Sundance but the health of it's members and community was and still is our primary concern.

April through September, the Fun Runs continued to be suspended. Some still met every Saturday morning during that time period but officially the Fun Runs were cancelled due to Federal and State mandates.

September we had a virtual Saturday Attire Fun Run. I sent out a blast to have people send pictures of themselves with their Sundance t-shirts so we could have a Virtual Sundance Attire Saturday. Eleven people participated. Gift cards were distributed to 4 lucky winners.

In October we started back up the Saturday morning Fun Runs. Based on the CDPH guidelines for San Joaquin County, Sundance appeared to fall in the gym (outdoor) activities and were able to meet with some restrictions. Face masks and 6 feet distance were put in place. No coffee or snacks were offered but at least we were now able to meet again as a group. On one of our first Saturday's back, we had 21 people at the start. It was nice to see everyone's face even if they were covered in a protective mask.

Though we were not able to have our Annual Thanksgiving Potluck in November 2020, we continued our Sundance Saturday Attire Fun Run. Since we were not able to meet during the Summer, it was decided to continue this activity. Everyone who came to the first Saturday of the month had their name put into a drawing for a gift card. Names were put into an excel spreadsheet and then had a random number generator pick the numbers. No drawing numbers out of a hat during Covid but it worked and gift cards were handed out at the following Fun Run.

"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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Due to Covid-19, no Christmas caroling at the Care Facility, SRC Christmas Potluck or Prediction Run were held this year.

Now even though we could not have a Prediction Run, Jack Hoida did not let that deter him from helping to give a child and their family a Merry Christmas. Jack researched having a virtual Prediction Run but because of the size of the race that was not an option. Again not deterred, Jack set up a "Go Fund Me" type account on Facebook explaining the history of the Prediction Run and asked those who could to contribute to the fund me account. I made announcements at the Fun Run and sent several blasts out via Sundance's website. We were able to write a check to the Stockton Police Department for \$1,481.45 which included a contribution of \$450.00 from Sundance Running Club.

Jack Hoida also contacted Footlocker and explained that though we were not having a race this year we were still collecting for the kids. Footlocker donated five \$100 gift cards that were given to the Stockton police to either buy gifts or distribute to the families.

A big THANK YOU FOOTLOCKER and JACK HOIDA — YOU ARE AWESOME!!!!

In December we did have our First Saturday of the month Fun Run. And without further ado, the winners were.....



Marlene Kinser

Brendan Chan

Hector Lopez

Ricardo Gardea

Unfortunately no picture of Ricardo is included. I need to improve my photography skills and quit talking so much!!! My apologies to Richardo.

With the end of the year, we had the passing of a long time Sundance Running Club member. Jerry Babino was an active member when I joined the club over 25 years ago. When I joined, someone would have a stop watch so that when you finished your run, someone would be telling you your run time. Jerry Babino did that multiple times for me. He also was a past President of Sundance Running Club. He and Glenda hosted many a Sundance activity at their home. Though not active in the last few years, Jerry will always be in the hearts of Sundance members who remember him. He had a unique voice and an infectious smile. Our thoughts go out to Glenda and his family.

On a lighter note, January is a time to reflect on the past year and plan for the upcoming year. It is a time to make those New Year's resolutions. Speaking of New Year's resolutions, I will tell you what mine is this year (or at least one of them). Jerry and I have been playing Scrabble a lot. Now if you know Jerry, his vocabulary is quite extensive. With that said, my New Year's resolution is to "Not get frustrated when Jerry kills me at Scrabble!". This will probably be one of the hardest New Year's resolutions I have ever had. An example: On one of our games, when I played the word "TRUE", he came back with the word "VULTURE". Mind you there are only 3 U's in the entire game and his back up word was "TRUE". Now you have an example of my frustration. Last time he only beat me by around 20 points so I see that as a victory on my part.

My hope is that the vaccination for Covid will be out soon for everyone and life will return to normal—that a hand shake or a hug can be given without a second thought .

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

January Meeting

Date: Saturday, January 9

Time: After the Fun Run

Membership Rolls

2021 Dues optional

Current: 34

Balancing Act

December 31, 2020

Sundance Account: \$5,258.25

Race Insurance Acct: \$1,779.88

Cal-10 Account: \$1,907.28

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

No one turned in race results this month. **Everyone must have been busy enjoying the holidays** with family!

Racing Ahead

January 2, 9, 16, 23, 30; *SRC Fun Run 8 AM at Grupe Park (west side).*

Info: iamstillinthedark@gmail.com

January 9-16 Virtual MLK Jr. Run 10K, 5K, 1-M Stockton

Info: drmartinlutherkingjr5k10krun.itsyourrace.com/event.aspx?id=9873

January 10 Virtual HOT Chocolate Run, 15K/5K, San Francisco

Info: www.hotchocolate15k.com/sanfrancisco

January 28-31 Virtual St. Joseph's 5K Fun Run/Walk for Wellness

Info: www.supportstjosephshospital.org/news-events/fun-run

*Progressing towards
new age divisions...*

Jan 1 Stephen Lofy

Jan 4 Larry Frank

Jan 24 Cres Brun

Jan 29 Khartoon Brown

Jan 30 Jack Hoida

Delightfully Baked Apples

PREP TIME: 5 mins	COOK TIME: 30 mins	TOTAL TIME: 35 mins
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COURSE: Dessert
CUISINE: American

Baked apples topped with oats, cinnamon and brown sugar. Like little individual apple crisps without all the added fuss of cutting and peeling the apples. A simple dessert for a cool autumn evening, serve this a la mode for an extra special treat!

Ingredients

- 2 large apples (cut in half)
- 2 tbsp butter (melted)
- 2 tbsp brown sugar (unpacked)
- 2 tbsp all purpose or gluten-free flour
- 4 tbsp quick oats*
- pinch of cinnamon

Instructions

1. Preheat oven to 350°F.
2. Cut apples in half and remove core and seeds with a small pairing knife or spoon.
3. In a small bowl combine butter, brown sugar, flour, oats and cinnamon. Spoon on top of the apple halves and sprinkle with cinnamon.
4. Place on a cookie sheet and bake in the oven for 30 minutes.
5. Serve warm with a scoop of ice cream if desired.

Notes

*check labels for gluten-free.

Serving: 1/2 apple with topping, Calories: 154kcal, Carbohydrates: 27g, Protein: 1.5g, Fat: 6.5g, Saturated Fat: 3.5g, Cholesterol: 15.5mg, Sodium: 2.5mg, Fiber: 3g, Sugar: 15.5g

Blue Smart Points: 5 Green Smart Points: 5 Purple Smart Points: 4 Points +: 4



YIELD: 4 servings



4.84 from 18 votes

Printed from Skinnytaste: <https://www.skinnytaste.com/delightfully-baked-apples/>

I have actually made the above baked apple recipe. I put each apple half in individual bowls then baked. Once cooled, I served it with caramel swirl ice cream. It was so good I made it again a few days later.

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

Happy New Year Sundance!

The year ends, but there are no endings. We move on with our memories, our dreams, and our very dear friends. We may muddle through this life, year by year, but with the help of our friends, our tribe; we generally do a pretty decent job of it.

Happy trails my friends... Jerry



October 24, 2020 Saturday Fun Run Group Picture

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
where you can also find a link to our Facebook page.

Jerry Hyatt

(209) 244-0004

iamstillinthedark@gmail.com