

THE SPRINT



Sundance Running Club

February 2021

The Prez Message

February is a very special month for me. Now I am sure you are wondering the reason for it being special. Have you tried to guess? Maybe you thought it was special because I made it through January without any major catastrophes? Well that was a good guess but try again. How about my New Year's Resolution wasn't broken yet? Another good guess but not the one I am looking for (besides I already broke my resolution). One more try. How about it's special because it is one month closer to Spring? That was a really great try but again a good guess but unfortunate not the one.

Okay — I know you are dying to know so I will no longer keep you in suspense. February is special to me for multiple reasons. The first and foremost reason February is special is because it is the month of my first date with Jerry, the Vice-Prez and my wonderful husband. We met through Sundance Running Club and our first date was February 1, 1995. We have been together ever since. Boy that doesn't seem that long ago but it will be 26 years we have been together. Wow — I am definitely the lucky one!!!! Without going to the Saturday morning Fun Runs, I would never have met Jerry. All I can say is THANK YOU SUNDANCE for having your Saturday morning Fun Runs.

Now onto my next reason. This one is selfish. It is my birthday month. Growing up, it was tradition in our family that you got to pick your birthday dinner. Not go out for dinner but choose what was on the menu. If you don't know already, I grew up in Iowa. My Dad was a meat and potato kind of guy. He did not like pasta. My birthday dinner every year (that I can remember) was (and still is) spaghetti. My Dad may not have liked spaghetti but I got my sweet tooth from him. Birthday cake had to be chocolate with ice cream on the side for desert. My mouth is already watering just thinking about it. How can you not love your birthday month?

And finally, the last but not least reason for February being a special month is Valentine's Day. Again how can you not love a month where one of the days is specially designed to show the person or persons that you love them. Now I know traditionally it is for husbands or wives, boyfriends or girlfriends but there are also parents, grandparents, children, grandchildren, great-grandchildren (which just in case you are wondering, I am not old enough for them yet). The list goes on and on. And did I mention chocolate, flowers, cards, hugs and kisses. Oh and don't forget the chocolate!!!!

February is just such an awesome month!!!!

And what a great way to segue into the February activities for Sundance. (Don't you just love how my mind shifts gears). Anyway, with Covid19 it has really been a challenge for everyone. The Saturday morning Fun Runs were cancelled for months and even though we are back to having the Fun Runs, restrictions have been put in place in order to keep everyone healthy. No coffee or snacks are being provided at the end of the Fun Runs. Masks and 6 feet social distancing are highly recommended and encouraged. No August, Thanksgiving or Christmas Potlucks last year and none in sight. Unfortunately no Valentine's Day Potluck this year but I have a plan. Do you want to know what the activity for February is? You will have to continue reading to page two to find out.

"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
- February Meeting
- Race Results
- Birthdays
- Racing Ahead
- Recipe from Madam Prez
- Membership application

Are you ready? Have I let the suspense build enough? **On February 13th, we are going to have a bear toss with prizes.** Not a live bear silly — a small stuffed bear. Everyone bring your mask because this is how it will work in order to keep everyone safe (health wise). After everyone has done their run/walk, we will gather in the grass at Grupe Park. I will have hand sanitizer for anyone that wants to participate to use prior to starting the toss. With masks on and standing 6 feet apart, we will toss a bear from person to person while music plays. When the music stops the person with the bear will win a prize. Doesn't that sound like fun? Better yet, there may be chocolate involved. Again one of the best things about February—chocolate!!!! So make sure and mark your calendar. February 13th at Grupe Park. Come join the fun and get a chance to win a prize!!!

After the bear toss activity, I want to hold a short meeting since it is the 2nd Saturday of the month. I want to get some suggestions for a March activity. Normally, we would put on a Pie/Pi run with everyone bringing a pie to share but with Covid19, that again is an activity that will just have to wait. So put your thinking caps on and help me come up with an activity for March. Maybe it could have something to do with chocolate????

We have two activities for the month of February. It has been a whole year since we have been able to do activities so this is really a treat to have two of them in one month. The first is our Valentine's Day activity. The next one is on **February 6th** and you don't have to do anything but show up at Grupe Park for the Saturday morning Fun Run. That's right. On **February 6th** we will hold our first Saturday of the month prize drawing. Since it is too cold to wear our Sundance t-shirts, and we had the Fun Runs cancelled all Summer, this is a way to entice people to come to the Fun Run and get some healthy activities during these crazy times. We no longer have drawings at the park but I and/or Jerry put everyone's name that were at the Fun Run into a spreadsheet and assign a random number to each person. The first 4 people with the lowest numbers are the winners. I bring gift cards to the Fun Run the following week and let the winners choose which card they would like. It's just a little something to brighten a Sundancer's Day so make sure and come to Grupe Park February 6th and have your name put into the drawing.

Now finally onto last month activities. I usually start the newsletter with last month's activities but I thought I would make you wait until the end of the newsletter to find out what happened in January soooooooo

For what happened in January. Things were quiet for the most part but we did do the first Saturday of the month Fun Run on January 2nd for those that came to the Fun Run. Quite a few showed up to enjoy the weather.

So without further ado, the winners for the January 1st, Saturday of the month Fun Run were.....

Jerry Hyatt



Bryan Chan



Hector Lopez



Steve Lofy



February Meeting

Date: Saturday, February 13
Time: After the Valentine Day Activity

Membership Rolls

Current Members: 11

Balancing Act

January 26, 2021

Sundance Account: \$5,352.25

Race Insurance Acct: \$1,779.88

Cal-10 Account: \$1,907.28

Club Officers for 2021

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



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

— Madam Prez

(Don't forget about the chocolate!!!)

Race Results

Jan 2021 Virtual Hot Chocolate Run, San Francisco

15K

Bryan Chan 2:08:12

5K

Brendan Chan 45:47

Keep sending in your results.
This is your place to brag!!!!

*Progressing towards
new age divisions...*

Feb 2 Joan Jordan

Feb 16 Mary Hyatt

Feb 26 Mary Leonard

Racing Ahead

February 6, 13, 20, 27: SRC Fun Run 8 AM at Grupe Park (west side).

Info: iamstillinthedark@gmail.com

February 6 SRC 1st Saturday of the Month Fun Run

February 6, Don Osborne Memorial Run, 5K & 1M, Oakdale

Info: <https://e-clubhouse.org/sites/oakdaleca/page-6.php>

February 27, Jed Smith Ultra Classic: Half or Full Marathon, 30K, 50K, 50-Mile Sacramento

Info: <https://www.buffalochips.com/jedsmithultras>

The race director has applied for a permit from Sacramento County for a race on February 27.

If granted permission, this race will comply with all Covid-19 protocols issued by the county.

**February 13 SRC Fun Run followed by the Valentine's Day Activity
at Grupe Park**

Chicken and Wild Rice Soup

Ingredients

- 1 large uncooked onion
- 2 medium garlic cloves
- 4 large uncooked carrots
- 1 cup uncooked celery
- 1 cup fresh mushrooms
- 2 Tbsp all-purpose flour
- 8 cups low sodium canned chicken broth
- $\frac{3}{4}$ cups wild and brown rice
- 2 pounds skinless, boneless chicken breast (or turkey)
- 1 cup fat free skim milk

Instructions

1. Dice onion, carrots, celery and mushrooms.
2. Spray large soup pot or instant pot with PAM. Add onion, garlic, carrots, celery, mushrooms, and flour. If using stove top, sauté over medium heat for about 5 minutes. If using instant pot, no need to sauté.

Instant pot instructions:

Add 6C broth, spices, $\frac{3}{4}$ C wild rice and diced chicken. Chicken can be raw or cooked. Set instant pot on Pressure Cook for 25 minutes. Natural release for 6-8 minutes then release. Stir in 1C milk, 2C broth and salt and pepper to taste.

Stove top instructions:

Add 8C broth and spices and bring to boil. Add $\frac{3}{4}$ C wild rice and diced raw chicken (if chicken is raw). Cook for 30 minutes or until rice is tender. If using cooked chicken, can add chicken after rice is cooked and cook an additional 30 minutes. Stir in milk and salt and pepper to taste.

Notes

Serving size: 2 cups. Can use chicken or turkey breast for this recipe.

I have made this recipe using cooked chicken breast and cooking it in the instant pot. It was delicious!!! I thought I would share this recipe with everyone since it has been perfect weather for 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

*Valentine's Day is coming and Love is in the
air.*

Happy Valentine's Day Sundance...

...and 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

(209) 244-0004
iamstillinthedark@gmail.com