

THE SPRINT



Sundance Running Club

April 2022

The Prez Message

Well I can't believe it is already April. Where has the time gone? We are already almost two weeks into Spring and Easter is only 2 weeks away. Wow they say "Time flies when your having fun!" Well I must be having a LOT of fun!!!! I had better get started on a recap of the month of March because in the blink of an eye I will have to write the May newsletter especially since I am getting this newsletter out late this month. No excuses but did I mention how time flies?

Let's start with a big thank you to the March Fun Run co-directors Ann Marie Silver and Wynn Wycoff. Each week they brought hot coffee, water and a homemade snack to share. The banana bread was delicious. There was a choice of walnuts or chocolate chips. Some mornings I just couldn't decide so I had to try both. If I had to use one word to describe it, I would say "YUM"!

Thank You Ann Marie and Wynn!!! Thank You!! Thank You!!

Before I get started on what activities occurred in March and the upcoming activities, I want to make a plea to you Sundancers. Marlene Kinser has been filling in for the Fun Run Director position since June of last year through January of this year. Ron and Nell took February. Ann Marie and Wynn took March. I know everyone enjoys the coffee and the treats. It is only a 1 month commitment and if you wish, you can share it with a friend. [Sundance Running club is a group effort so volunteer to be a Fun Run Director for 1 month.](#) Coffee is supplied. A treat of your choice is supplied by the Fun Run Director each week. The club reimburses the Fun Run Director \$40 a month to cover their expenses. Check your schedules and volunteer!!!!!!

On to our March activity. On Saturday, March 26th, Bob invited any Sundance member to come spend the night on the ranch prior to running the Cow10 on Sunday. The only request was that you let him know before Saturday, if you were spending the night. Five of us decided to enjoy a relaxing drive Saturday night or in Terry's case a relaxing plane ride. After enjoying a delicious dinner of tri-tip, baked potatoes, salad, Marie Calendar's pie and Jerry's homemade ice cream, we proceeded to play "Left, Right, Center" a dice game —and— "Nines" a card game. All I can say was a lot of "smack" was talked during the games. Good thing I won one game because we would have had to stay up all night until I did. Not that I am competitive or anything. I think everyone had a really fun time based on the amount of laughter during the games. After games, bedrooms and couches were assigned and it was off to bed to rest before the run in the morning.

"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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On Sunday, March 27th, we not only celebrated Lynn Hoida, a long time Sundance member's "???" birthday (I don't want to embarrass her but it starts with a seven and ends in a zero) but we also had our annual Cow 10 hosted by Bob Dunn. The morning was beautiful, no rain in sight and the temperature was a pleasant mid to high 50's. We had about 25 people participate this year (which is a nice turnout) that ran/walked anywhere from 2 to 10 miles. Since this was a potluck, I don't think anyone went away hungry and if they did, it was by their choice. There was of course my famous cranberry French toast along with an egg dish, fresh fruit bowl, boiled or deviled eggs, coffee cake, along with so much more. Those Sundancer's really know how to cook. Per Bob, he is renaming the Cow10 to "Sharon's Cow10" in honor of his late wife who was a long time member of Sundance as well as Bob. I am sure Sharon was there enjoying every minute of it with us.



I want to send out a big **THANK YOU** to Bob Dunn for opening up his home and hosting "Sharon's Cow10". It was awesome!!!

Now on to our upcoming April activities.

During Sharon's Cow10, we had a very brief monthly meeting (since I almost forgot about it). I opened the floor for suggestions of what activities to have during the month of April. You would not believe how quiet the room got. You would have thought I was asking for volunteers to be Fun Run Director. Anyways, with no suggestions, I as President decided to have an Easter Fun Run on April 16th. Now I am sure you are wondering "Are we going to have to wear bunny ears? Dress up like an Easter Bunny? Run in our Easter Sunday best?" And to that I say "No" but dang I wish I would have thought of it. We will have some type of activity after the Fun Run (usually around 9:00) to celebrate Easter and the end of Lent (for Catholics) so bring on the chocolate!!!! At least as a child, it seems like I always gave up chocolate and for me that is truly a sacrifice.

On April 9th, we will hold our monthly meeting so make sure and bring some suggestions. If you don't, who knows what I will come up with for May. I am thinking Mary and Jerry's 25th Wedding Anniversary Fun Run where everyone brings us presents. Just kidding of course not about the anniversary but about the presents but then again if you don't come up with suggestions — you never know. So make sure and bring your list of activity suggestions to the meeting.

Finally on **Sunday, April 24th at 8:00am**, Stockton Police Chaplaincy is holding their first "**Honor Stockton Blue**" law enforcement memorial run at University of the Pacific. This year they honor Office Jimmy Inn, killed in the line of duty on May 11, 2021 leaving behind a wife and three children. Sundance has chosen this as their run to support for the month of April. We have many members of Sundance who are retired from the police or sheriff's department so make sure and support this run. I for one appreciate all the work the Stockton Police Department and Sheriff's Department do. I know a lot of them donate time after work to help support the local community.

Last but not least (and you are all probably thinking "Thank goodness" if you haven't already fallen asleep), I have been a little lackadaisical (do you like that word?) regarding getting pictures posted on Facebook so make sure and check out Sundance's Facebook page for pictures of Sharon's Cow10 as well as the Prediction Run and Thanksgiving potluck from last year.

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

— Madam Prez

April Meeting

Date: Saturday, April 9th
Time: At the park after the Fun Run

Membership Rolls

2022: 23

Balancing Act

March 27, 2022

Sundance Account: \$4,874.59

Race Insurance Acct: \$1,694.88

Cal-10 Account: \$2,027.28

Club Officers for 2022

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

Progressing towards
new age divisions...

Apr 5 Renee Kitto
Apr 10 Ann-Marie Silver
Apr 13 Hector Lopez
Apr 17 Jill Allan
Apr 19 Lillian Aninag
Apr 21 Chuck Holmes
Apr 29 Marie Womack
Apr 30 Bob Dunn

February 26 Almond Blossom 8K Run, Ripon

Chiyo Shingu 1:15

Marlene Kinser 1:24

The goodies were cleaned out by the time Marlene and CeCe got there. Since the age division capped at 60, there were no medals for our more experience runners.

Cecilia Ruvalcaba 1:24

February 26 Victory 5K, Richmond

Ralph Womack 30:09 D-3

Marie Womack 37:10 D-3

Ralph says "The couple that places together, stays together!!"

March 12 Shamrockin Run, Sacramento

Wynne Wycoff 38:39

Marlene Kinser 47:19 D-3

"8,000 runners made it a challenge to get out of the parking lot."

March 26 Lucky Run, Davis

Ralph Womack (7K) 42:34 D-2

Marie Womack (5K) 38:34 D-2

Racing Ahead

April 2, 9, 16, 23, 30: SRC Fun Run 8 AM at Grupe Park (west side).

Info: iamstillinthedark@gmail.com

April 16: Sundance Easter Fun Run Activity at Grupe Park, Stockton, CA

April 24 Honor Stockton Blue 8AM10k-run, 5k-run, 3k-walk. UOP

Info: <https://honorstocktonblue.itsyourrace.com/event.aspx?id=14992>

Also, see flyer within.

Breakfast Pizza Recipe

PREP TIME:
15 mins

COOK TIME:
15 mins

TOTAL TIME:
30 mins

COURSE: Breakfast, Brunch
CUISINE: Italian

This easy, homemade breakfast pizza is made with bacon, eggs, tomatoes, spinach and cheese, made completely from scratch and ready in less than 30 minutes start to finish!

Ingredients

- 1 cup (5 oz) all purpose or white whole wheat flour*
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1 cup non-fat Greek yogurt (not regular, drained if theres any liquid)
- handful baby spinach
- 2 ounces (1/2 cup) shredded mozzarella cheese
- 8 cherry tomatoes (sliced)
- 4 large eggs
- 2 strips cooked center cut bacon (chopped)

Instructions

1. Preheat the oven to 450F. Place a silicone liner on a large baking sheet or spray with oil if using parchment.
2. In a medium bowl combine the flour, baking powder and salt and whisk well.
3. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
4. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 20 turns (it should not leave dough on your hand when you pull away).
5. Divide into 4 equal balls about 3-3/8 oz each.
6. Sprinkle a work surface and rolling pin with a little flour roll the dough out into thin ovals 7 to 8 inches in diameter and place on the prepared baking sheet.
7. Top with spinach, mozzarella and tomatoes, leaving the center open for the egg. Gently break an egg the center of each dough and finish with bacon.
8. Bake 10 to 12 minutes, until the crust is golden and the egg is set. Season with salt and pepper.



YIELD: 4 servings



4.89 from 109 votes

I have to admit that I have not made this recipe yet but I do like toast with my fried eggs so I thought this would be perfect to try. You have them both in this recipe. Enjoy.

— Madam Prez



Honor Stockton Blue

Stockton, CA

[About](#) [Results](#) [Photos](#) [Awards](#) [Donate](#) [Sponsors](#) [Contact](#)

[Register Now](#)

Welcome to the first annual Honor Stockton Blue memorial run! Early, Sunday, April 24th runners will participate in a 10k, 5k run, or 3k walk. Located in the heart of the University of the Pacific Campus, nationally known for it's beauty.

This event is to honor those who felt the weight of the badge every time they put it on their uniform. They carried the heavy responsibility of being a community protector and then paid the ultimate sacrifice by laying down their lives for the community they serve. We will never forget them or their families as they remain in our debt forever.

This year we honor Ofcr Jimmy Inn, badge 2800, killed in the line of duty on May 11th, 2021. Jimmy leaves behind is wife, Ofcr Tela Inn and three children. Rest in Peace brother, we'll take the watch from here!



Course~

The course will have a staggered start next to the lush green lawn of the DeRosa University Center building. We will head north across the foot bridge where it will turn west on the northside of the Calaveras River. The mostly paved path winds along the river into the Brookside area for a turn around and return to finish back at the University Campus.

Following the race and the post-race ceremonies, all participants and their families will be invited to join the Honor Stockton Blue Festivities including various gear vendors, food vendors, and beer gardens. On display will be the Stockton PD units including SWAT, UAV, K-9, the Mounted Patrol and the SPD LowRider with various demonstrations to enjoy while listening to local bands.

Entry Fees~

5K/10K Individual-\$45., until March 23rd. \$50 thereafter.

3K Walk-Individual-\$35

Fees include: Swag-bag, Custom T-shirt and Finsher Medal and entry to the Honor Stockton Blue Post-Race Festivities.

Race Day Schedule~

7:00 am - Check-in and race day registration opens

8:00 am - Race starts

9:30 am - Award Ceremony

10:00 am - Honor Stockton Blue post race festivities.

[Honor Stockton Blue](#)

If the above link doesn't work, see the "Racing Ahead" section.

When & Where

Apr 24, 2022
Sunday
8:00 AM
[Add to Calendar](#)
[Event Schedule](#)

Stockton, CA
DeRosa
University Center
- UOP Campus
[Courses](#)

[See if you're registered](#)

Share Your Results

We'll automatically post your results for you on race day. Just connect your Twitter account.

[Connect with Twitter](#)



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 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.

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