

THE SPRINT



Sundance Running Club

June 2022

The Prez Message

May was a busy month for Sundance as well as myself. First to myself. This month, May 24th to be exact, Jerry (The Vice-Prez) and myself celebrated our 25th wedding anniversary. And I know what you are thinking—"What does that have to do with us — Sundance Running Club?". Well, I will tell you.

Without Sundance Running Club, I never would have met Jerry. I came to Sundance because a friend, Soon Gall (not Gall at the time) convinced me to meet her at Grupe Park at 7am to go for a run and to meet the members of Sundance Running Club. Mind you I was just barely running 2 miles a day and struggling with those 2 miles at a barely 10 minute mile pace. Soon on the other hand was running an 8 minute mile pace or less with ease. Well no one was there so we went for a run. Afterwards, Soon and I stood around talking and all of a sudden, people started to show up. The club met at 8am not 7am. Since I had already run my 2 miles, we stood around the park talking to everyone. Then everyone went for breakfast so of course we joined. After breakfast, we were invited to their Christmas Party that night. I went to the Christmas Party which was fairly close to my house and the rest was history. I have been a member of the running club since 1995. Hard to believe it has been that long. So many friends. So much fun.

I could go on and on but I guess I should get back to the busy month of May for Sundancer. First, I want to again thank Marlene Kinser for being the Fun Run Director for May. As always, she did a wonderful job!!!! There was always a delicious home made treat to snack on as well as coffee along with hot and cold water every week.

Marlene—Thank You! Thank You! Thank You!

So on to the events of May. May 7th was our First Saturday of the Month Fun Run. You guessed it. Held on the first Saturday of the month which was May 7th. It was decided at one of our monthly meetings, that only members would be able to participate in the drawings. Let me make it clear that everyone can participate in the Saturday morning Fun Runs. All people are invited to participate in the Fun Runs but only those that are members will be eligible to win gift cards in any drawings. We had seventeen members present at the Fun Run on May 7th who participated in the drawing.

Without further ado, the winners of the First Saturday of the Month Fun Run drawing were..... Drum roll.....

"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

Steve Lofy, Karen Diekmeyer, Ron Hoverstad and Jerry Hyatt.



Our next activity of the month was held on the 2nd Saturday of the month, May 14th. This is our Saturday monthly meeting in the Park. Myself and Jerry, the Vice-Prez, supplied breakfast for those who attended the monthly meeting. A delicious breakfast burrito (if I do say so myself) was served made of eggs, O'Brian potatoes and cheese served in a fresh cooked flour tortilla. Salsa and guacamole were supplied as condiments. I calculated it. Jerry and I made over 28 breakfast burritos. As they said in the movie Field of Dreams—"If you make it they will come" or something similar. Do you think they were talking about breakfast?? Anyway, I brought up the topic of June activities. No one seemed to come up with any ideas so..... It was decided we would not have any special Fun Runs in June. Maybe in our June meeting, people will put on their thinking caps and have some suggestions.

As if two activities are not enough in one month, we had an additional activity on May 21st. We held a Poker Fun Run. Arie Hope was gracious enough to be in charge of this activity. I mentioned earlier in this

newsletter that it was Jerry and my 25th wedding anniversary on May 24th so we were not in town for this activity.

Normally, a playing card is handed out every mile in a 5mile poker run but in Sundance's Poker Run, cards are drawn at the end of the run after all participants have done their workout. This allows anyone to participate no matter how many miles you walk, run or even bike. Arie laid out the cards face down on a table and each person got to draw 5 cards. After all participants drew their poker hands, the best 4 hands that were Sundance members got to choose a gift card. Again, anyone could participate but only members were eligible for the gift cards.

The 4 winners of the Sundance Poker Run were.....

Bryan Chan, Cindy Milford, Chiyo Shingu and Ralph Womack.

Sorry no pictures were supplied. I am sure the winners were relived (or disappointed??) that their pictures would not be in the newsletter. Per Arie "Fun was had by all."

As far as June activities are concerned, we will be holding our First Saturday of the Month Fun Run on June 4th as well as our meeting in the park on June 11th where breakfast will be supplied for all those that attend the meeting. At the meeting we will discuss upcoming activities for July so make sure and come and bring some suggestions.

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

— Madam Prez

June First Saturday of the Month Fun Run Saturday, June 7

Membership Rolls

2022: 29

Balancing Act

As of 28 May 2022

Sundance Account: \$4,883.38

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

A note from Arie:

If anyone is interested in a 5 day camp at Lake Tahoe from August 1 to 5 contact me. Email is the best way "ariebev@aol.com". My son Dave and I have gone to Camp Fleet Feet for about 30 years. It is now no longer associated with the stores. It was cancelled the last 2 years due to forest fires and we do not have a new name for it yet. It used to be a real tough camp, very difficult trail runs, but it has really mellowed out, as have we all. It is now more of a social camp. Camping out with fellow runners. I am looking forward to it again.

Arie

Please contact Arie Hope for any additional information.

Racing Ahead

June 4, 11, 18, 25: SRC Fun Run 8 AM at Grupe Park (west side of park)

Info: iamstillinthedark@gmail.com

June 4: Sundance First Saturday of the Month Fun Run

July 4th: Firecracker 4M Run 8 AM at Grupe Park

Sponsored by Fleet Feet of Stockton. No registration necessary.

*Progressing towards
new age divisions...*

June 27 Karen Frank

June 29 Annella Bernard

The Results are in!

May 15 Uncorked 5k, Stockton

Ralph Womack 38:54 D-2

Marie Womack 39:49

May 29 Wounded Warriors 5k, Manteca

Ralph Womack 32:11 D-2

Marie Womack 38:53 D-3



Better Brookies



[Click here for a video demo!](#)

1/16th of recipe (1 brookie): 195 calories, 4.5g total fat (2g sat fat), 318mg sodium, 38g carbs, 2.5g fiber, 20g sugars, 3g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Purple Plan [SmartPoints](#)® value 8*

Prep: 10 minutes Cook: 25 minutes

Cool: 1 1/2 hours

Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

Brownie Layer

1 box moist-style devil's food cake mix (15.25 - 18.25 oz.)
One 15-oz. can pure pumpkin

Cookie Layer

1/2 cup brown sugar (not packed)
2 tbsp. Truvia spoonable calorie-free sweetener (or another no-calorie granulated sweetener; see *HG FYI*)
1/4 cup whipped butter or light buttery spread (like Brummel & Brown), room temperature
1/4 cup no-sugar-added applesauce
1/4 cup fat-free liquid egg substitute
1/2 tsp. vanilla extract
1/2 cup whole-wheat flour
1/4 cup all-purpose flour
1 1/2 tsp. cornstarch
1/2 tsp. baking powder
1/8 tsp. salt
1/4 cup mini semi-sweet chocolate chips

Directions

Preheat oven to 400 degrees. Spray a 9" X 13" baking pan with nonstick spray.

In a large bowl, mix cake mix with pumpkin until smooth and uniform. (Batter will be thick!) Spread batter into the baking pan, and smooth out the top.

In a medium bowl, combine brown sugar, Truvia, butter, applesauce, egg substitute, and vanilla extract. Whisk until uniform.

In another medium bowl, combine both types of flour, cornstarch, baking powder, and salt. Whisk thoroughly. Add this mixture to the other medium bowl, and mix until uniform. Fold in chocolate chips. Spread cookie batter over the brownie layer, and smooth out the top.

Bake until a toothpick inserted into the center comes out clean, 20 - 22 minutes.

For best results, let cool completely, about 1 1/2 hours.

MAKES 16 SERVINGS

HG FYI: Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar *instead* of Truvia, double the amount called for in this recipe.

I know you are going to find this hard to believe but I have actually made this recipe. It has been a while but it is quite good. Since Jerry and I are Fun Run Directors for the month of June, maybe I will make these for one of the treats. You will have to come to the fun run and try them out.

Let me know what you think. 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

Comeback Tales: Short Breaks from Training

The short background on these tales is that after four years of diminished training, I had the heart surgery that returned my health, but left me, runningwise, close to where I was at about age 10. I am coming back.

After building up, slowly, to 16 miles per week, we went on a short trip and I decided I would take a 5-day break from running during the trip. I found an article in Runners' World that claimed that if you took off less than ten days, you should be able to resume your training where you left off. That sounded good to me. I wanted to keep making progress.

My first run after the trip was slow and labored. I felt like I was starting over—again. On my second run, I experienced some pain in my hip at about mid-run. It was then that I realized the importance of listening to my body instead of taking advice from people who don't know me.

I already know that when I take one day off, I struggle a bit on the day I come back, so for me, taking five days off requires a more conservative return to training. The lesson learned: *Runner, know thyself, and train accordingly!*

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 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