

# THE SPRINT



Sundance Running Club

October 2016

## The Prez Message

I want to make sure and send a big thank you to Steve and Julie Lofy for being our September Fun Run Directors. Both of them made sure everyone got their fill of hot coffee, hot water for tea, cold water and of course delectable treats and fresh fruit. I personally couldn't seem to keep out of the grapes or watermelon.

Steve and Julie -- Thank you!! Thank you!! Thank you!!

I know I have said this before but I keep thinking each month will be just a little bit less hectic. Well believe it or not September was a quieter month for me. Of course that's all relative: 3 SRC Saturdays of activities in September, a birthday celebration for Sunoa (our granddaughter), a birthday celebration for Diego (our grandson); along with work, yardwork and house work. Whew — I guess September was busy!!!!

I found out in August that my daughter Christina and her family will be moving back to Japan. And I am sure you are asking what does this have to do with Sundance? Well — because of Christina, I got involved with the running club. After many years of swimming year round from the age of 5 until a sophomore in high school, Christina decided to run cross country. After the season was over, in order to help keep her running, she and I would go out for a 2 mile run. Of course I huffed and puffed the whole way running a 10 minute mile pace (or more) then I would go out on a bike and Christina would run another 2 miles at a much faster pace. Soon Gall called me telling me she heard about a running club that meets on Saturdays at Grupe Park. Well after some convincing from Soon, my friend Joan, her daughter Kim, Soon and I met at 7:00am at the park. I have to say that Christina is not a morning person so she was not interested. I ran a very slow 2 miles — but no running club. Go figure??? Soon and I stood around talking for awhile afterwards and all of a sudden people started to show up. The Fun Run started at 8:00am not 7:00am. We went out for breakfast with the club that morning and I have been involved with Sundance ever since. Many members know Christina so I thought I would pass along the update of her activities.

Ok — it may sound like I am rambling but I want to remind everyone that the Fun Run is a great way to keep active not just for yourself but also for your kids, grandkids, spouses, friends, coworkers and acquaintances.

Now that I have made my Fun Run commercial, lets recap the September activities.

*“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
- October Meeting
- Photos of the Month
- Race Results
- Upcoming Events
- Recipe from Madam Prez
- Great Pumpkin Run
- Membership application
- Around the World



Jerry Hyatt, Renee Kitto, Steve Lofy (2 time winner) and Mike Garcia — our Sundance Attire Fun Run winners!!!!



St. Mary's Dining Room will be very happy with the donations.

Well, we started the month on September 3th with our "Sundance Attire" Fun Run. What a great way to promote Sundance!! Thank you Hector for coming up with such a great idea!!! You should have been there for the drawing because I asked the Vice-Prez, Jerry to count the number of people that had SRC colors. After counting 18, I made up the drawing slips. Well, Jerry counted the number at the Fun Run participants not the "attire" participants. We had a good time making fun of the Vice-Prez which he took in stride. You should have been there. If you weren't you can be there for the October drawing and see if we get it right. Well with that being said — The lucky winners for the September SRC Saturday Attire Fun Run and recipients of a Baskin and Robbins gift cards were — drum roll — Jerry Hyatt, Renee Kitto, Steve Lofy and Mike Garcia.

On September 10th, we had our monthly meeting at the park. There were quite a few at the Fun Run and I made multiple batches of pancakes. It seems like the meetings at the park are a success!!! Our October event will be a Halloween themed Fun Run.

On September 17th, we collected clothes for St. Mary's Dining Room. I want to thank everyone who participated in the clothes drive for your generosity. Fall is upon us and the temperatures will start to dip. Those less fortunate than us will appreciate all the items donated. Thank you — Thank you — Thank you!!!

**Upcoming activities — so make sure and mark your calendars:**

**October 1st** "Sundance Attire" Fun Run. Wear your Sundance, Cal10 attire or an orange, red or yellow t-shirt that represents the Sundance colors. Gift card drawing for all those participants.

**October 8th** "Pancakes in the Park" Fun Run.

**October 29th** will be our Halloween Fun Run. For Halloween, we decided to do an **orange** run. We didn't want anyone out on the street wearing masks and scaring people so go through your closet and look for anything orange. Wear orange or Halloween themed clothing to participate. Gift card drawing will be held for all those participants. Wow — 2 drawings in one month!!!!

**November 26th**—SRC Thanksgiving Potluck at the Herzog hacienda (after the Fun Run)

**December 10th** — Prediction Run

And as always: Until next month, remember -- Have fun, stay active and enjoy life for life is much too short.

Madam Prez

## October Meeting

**Date:** Saturday, October 8th

**Time:** Approximately 9:30AM

**Place:** Fritz Grupe Park, after the Saturday Fun Run

## Membership Rolls

2017: 21 2016: 19 2015: 17

## Balancing Act

Cal-10 Account: \$2,051.15

Sundance Account: \$5,149.58

## Club Officers for 2016

President: Mary Hyatt

474-0159 run4chklit@sbcglobal.net

Vice President: Jerry Hyatt

565-1424 jerry.hyatt@sbcglobal.net

Secretary: Marlene Kinser

948-9466 slomnr26@aol.com

Treasurer: Arie Hope

463-1924 ariebev@aol.com



Autumn, Nathan and Bill Alessio

I would like to welcome the newest and youngest member to Sundance Running Club: Nathan Alexander Alessio

Proud parents Autumn and Bill Alessio welcomed Nathan Alexander Alessio on 9/16 at 05:07 am. Nathan weighed in at a healthy 6lb 08oz with a length of 19 inches. Autumn was awakened at 2:30 am, her and Bill got to hospital about 4:30 and Autumn had him naturally at 5:07.

A C-section had been planned for following Friday but Nathan was not going to have it!

We wish the best of luck to Autumn, Bill, Elizabeth (Nathan's big sister) and Nathan. We can hardly wait to see our latest and youngest member at the Fun Run.

Congratulations and Best Wishes from

Madam Prez and Sundance

# Race Results

## Sep 3 Soaring Over Ripon

5k

Chiyo Shingu 33:27 D-1

Marlene Kinser 41:19 D-1

10k

George Cross 37:57 O-1!!

Progressing towards  
new age divisions...

Sep 9 Don Smallie

(I missed this last month, JH)

Oct 2 Shantelle Buethe

Oct 6 Wynne Wycoff

Oct 20 Dieter Diekmeyer

Oct 22 Tony Vice

Oct 27 Dana O'Dell

# Racing Ahead

October 1, 8, 15, 22, 29 **SRC Fun Run** 8 AM at Grupe Park (west side).

Info: [Jerry.hyatt@sbcglobal.net](mailto:Jerry.hyatt@sbcglobal.net)

**October 1 Sundance Attire Fun Run**, 8 AM, Grupe Park

Wear Sundance attire (or colors) to be eligible for a drawing!

**October 2 Urban Cow Half-Marathon**, Sacramento

Info: [urbancowhalf.com](http://urbancowhalf.com)

**October 2 Tiburon Half-Marathon (10k, 5k)**, Tiburon

Info: [www.tiburonhalfmarathon.com](http://www.tiburonhalfmarathon.com)

**October 8 Pancakes in the Park Fun Run and Monthly Meeting**, 8AM Grupe Park

**October 22 Great Pumpkin Run 5k**, East La Loma Park, Modesto

Run, Walk, Wheel, charity event. *Entry form is within.*

**October 29 Sundance Halloween Fun Run**, 8 AM, Grupe Park

Wear orange or a Halloween themed item to be eligible for a drawing.

**November 6 Apple Hill Harvest Run**, Camino

[www.applehillrun.com](http://www.applehillrun.com)



## Hungry Girl

### Perfect Li'l Lasagna Cupcakes Recipe

1/12th of recipe (1 cupcake): 173 calories, 5g total fat (3g sat fat), 390mg sodium, 14.5g carbs, 1.5g fiber, 4g sugars, 15.5g protein

**SmartPoints®** value 4\*

**Cook:** 20 minutes **Prep Time:** 30minutes **Cook Time:** 20 minutes

#### **Ingredients:**

12 oz. raw extra-lean ground beef (4% fat or less), 1/8 tsp. black pepper

1 cup chopped onion, 1/2 cup chopped mushrooms

One 14.5-oz. can crushed tomatoes, 1/2 tsp. Italian seasoning, 1 1/2 tsp. chopped garlic

One 10-oz. package frozen chopped spinach, thawed and squeezed dry, 1 1/2 cups light/low-fat ricotta cheese, 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute, 1/2 teaspoon garlic

24 small square wonton wrappers (often stocked with the tofu in the refrigerated section of the supermarket)

1 1/2 cups shredded part-skim mozzarella cheese

#### **Directions**

Preheat oven to 375 degrees.

Spray a 12-cup muffin pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef and pepper. Cook and crumble until browned, about 3 minutes.

Add onion and mushrooms. Cook, stir, and crumble until beef is fully cooked and veggies are soft, about 4 minutes.

Add crushed tomatoes, Italian seasoning, and 1 tsp. garlic. Cook and stir until well mixed, about 1 minute.

In a medium bowl, combine spinach, ricotta cheese, egg whites/substitute, nutmeg, remaining 1/8 tsp. salt, and remaining 1/2 tsp. garlic. Mix well.

Press a wonton wrapper into the bottom and up along the sides of each cup of the pan. Evenly distribute half of the spinach-ricotta mixture among the cups (about 1 1/2 tbsp. each), and smooth out the surfaces.

Top with half of the beef mixture (about 2 tbsp. each), and smooth out the surfaces. Top with half of the mozzarella cheese (1 tbsp. each).

Place another wonton wrapper into each cup, lightly pressing it down and along the sides, letting the edges fall over the pan.

Repeat layering with remaining spinach-ricotta mixture, beef mixture, and mozzarella cheese.

Bake until spinach-ricotta mixture is hot, mozzarella has melted, and wrapper edges have browned, 10 - 12 minutes.

This is a Hungry Girl recipe that just sounds delicious. Let me know what you think. Enjoy!!!

—Madam Prez

# Run...Walk...Wheel Charity Event

October 22, 2016 5K Run Walk



Hosted by:



**The Great Pumpkin  
Run...Walk...Wheel**

920 12<sup>th</sup> Street  
Modesto, CA 95354

**Event time: 10:00 am**  
**Sign In Time: 9:00 am**  
**East La Loma Park, Modesto**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Cellular Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Sign Up Fee \$40.00**

---

Please COMPLETE Form and RETURN: **ASAP** or by **Friday October 7, 2016**

You may scan and email completed form to [mary@drail.org](mailto:mary@drail.org) or fax: (209) 521-4763

For more information, please contact us: Mary Iler (209) 521-7260



# 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

### **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

Pro-rated first year: Join from Dec-Feb: \$15/\$7.50; from March-May: \$10/\$5.00; from Jun-August: \$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

## ***Around the World in 79 (Sat)Days!!***

Resources vary slightly, but I chose the value of 24,902 miles as our goal distance around Earth at the equator. After our 79th day, I added our miles and they all summed to 25,290.6 miles. We surpassed our goal and ended up in the middle of a Nevada desert.

During our venture, we strayed far off the equator, and enjoyed excursionary runs in Antarctica, on an isolated Pacific Island, in Michigan, in Afghanistan, and near the Arctic Circle. It occurs to me now, that a long run aboard the International Space Station would be an excellent way to conclude this trip. Hmm..does anyone reading this have any NASA connections?

We had 64 participants contributing their miles, so it's almost as if each contributor was responsible for 1 week's worth of miles. That would have been a cool way to travel. We did however, have some of our participants leading the way. There were 10 over 1,000 miles, and our top 3 were:

1. Ron Hoverstad: 2,501.4 miles
2. Mary Hyatt: 2,440.4 miles
3. Bernard Willshon 1,979.0 miles

*Happy Trails...Jerry P.S. Where to next guys?*

## **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](http://sundancerunners.webs.com)  
where you can also find a link to our Facebook page.

**Jerry Hyatt**  
(209) 565-1424  
[Jerry.hyatt@sbcglobal.net](mailto:Jerry.hyatt@sbcglobal.net)