

THE SPRINT



Sundance Running Club

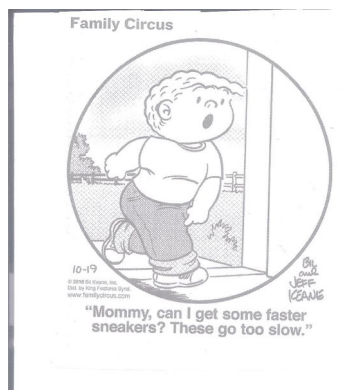
November 2016

The Prez Message

I want to make sure and send a big thank you to Marlene Kinser for being our October Fun Run Director. Marlene is a wonderful baker and proved it every Saturday Fun Run with always something delicious. She made sure everyone got their fill of hot coffee and hot water for tea.

Marlene -- Thank you!! Thank you!! Thank you!!

Well October finally slowed down. Or maybe it's just me???? I usually go to the gym and do 7 miles on the elliptical glider. I was doing a 9:30 pace and somedays closer to 9 minute pace. The key work is "was". Well I was reading the paper the other day and realized my problem. I have included the Family Circus cartoon that showed me the light. Tony at Fleet Feet is selling me the wrong sneakers!! I am going to have to talk to Tony. I need some "Faster Sneakers". That makes me feel so much better. I am not slowing down — it's my sneakers!!!



So when your time isn't what you thought it would be, just remember the Family Circus comic in this newsletter. I hope it makes you smile.

Ok — with that being said I will recap the October activities.

We started the month on October 1st with our "Sundance Attire" Fun Run. Instead of just giving Baskin and Robbins gift cards, I and the Vice-Prez picked up a variety of gift cards. Of course these are places I go to in the hopes that I will someday be a lucky winner. With that said, the gift card choices this month were Target, Panera Bread and of course Baskin and Robbins. The lucky winners for the October SRC Saturday Attire Fun Run and recipients of a gift card of their choice were — drum roll — Steve Lofy (Karen Diekmeyer, proxy) Ginny Mark, Jerry Hyatt and Tom Acevedo. I would like to say that Steve Lofy should go out and buy a lottery ticket because he has won 3 months in a row. Steve—Where are we going for ice cream?

On October 8th, we had our monthly meeting at the park. There were quite a few at the Fun Run and I must admit I outdid myself. Instead of batches of pancakes,

"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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- Upcoming Events
- Recipe from Madam Prez
- Membership application
- Triple Canyon Run, and a request for Run Against Hunger volunteers.



Steve Lofy (Karen Diekmeyer, proxy), Ginny Mark, Jerry Hyatt, and Tom Acevedo — our Sundance Attire Fun Run winners!!!!



Picture of my crock pot breakfast scramble used for our meeting in the park breakfast burritos. Recipe will be in the December newsletter.

I made a potato, egg, cheese and sausage crock pot dish. I then took Costco's fresh tortillas and cooked them over the cook stove. With salsa or Saricha sauce, breakfast burritos were had by all. I had multiple people tell me that they were awesome!

I got pricing for long sleeve black technical t-shirts with Sundance logo. With an order of 72 shirts, we could get a logo on the front and 3 color "Sundance Running Club" on the back. Suggestions were made to see if we could get a smaller minimum order and if we could get a combo of men and women shirts. So it's back to the drawing board. I will keep you posted on my results.

On October 29th, we will have our Halloween Fun Run. Because of trying to get the newsletter out in a timely manner, I will have to report on the winners along with pictures of those who participated in our November newsletter. I will tell you that in order to participate all you have to do is wear orange or a Halloween themed item. Make sure and

come to the Fun Run that morning because you will see your Prez and maybe Vice Prez (if he gets all the items he requires) participating in the Halloween Fun Run. All participants will go into a drawing where 3 give cards will be given out to the lucky winners. I am keeping my fingers and toes crossed (which is really hard to do) hoping my luck will change. Or better yet, maybe I will have Steve Lofy draw my slip for me. Come join the fun and get a chance to win a gift card.

Now onto upcoming activities. **November 5th** will be our "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.

Connie and Clark Herzog have volunteered their home for the SRC Thanksgiving Potluck. Normally it is the Saturday after Thanksgiving but because of scheduling conflict, the pot luck will be Saturday, **November 19th** (after the Fun Run). Come to the Fun Run and walk, run or bike 2-5 miles then proceed to the Herzog's home for an awesome breakfast. You know those Sundancer's really know how to cook so why not start with a Pre-Thanksgiving breakfast??? A short meeting will be held at the pot luck .

Make sure and mark you calendar — **Saturday, December 10th at 9:00am** — will be the SRC Prediction Run. So spread the word to your friends, family, coworkers to come join the fun. More will be in our December newsletter. The flyer is included in this newsletter and on Sundance's website.

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

Madam Prez

The Sprint

November Meeting

Date: Saturday, November 19th
Time: Approximately 9:30AM
Place: Connie and Clark Herzog's home , after the Saturday Fun Run & during the Thanksgiving potluck

Membership Rolls

2018: 2 2017: 27 2016: 19

Balancing Act (*Last month*)

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 slomr26@aol.com

So, the VP is Running Again

(more or less)

A few years back, I had a little discussion with my knees prior to running the Big Sur Half-Marathon. It was a one-sided discussion, that went something like this: "I'm going to take a bunch of Advil on race-day morning. You are going to soak it all up and let me run this race, my last run ever, so that I can retire from running with this one additional awesome memory."

My knees kept their side of the agreement and I had a wonderful run. It was a bit emotional, especially the day before at the Expo. Thinking of all the great times I'd had, running with friends at great races, having a good time at our Saturday Fun Runs, and going for long runs in the rain (before the drought, that is), made this a very emotional weekend for me. Running well on Sunday morning made it easier, and for a while, I kept my side of the deal.

I stopped running, which allowed my knees to rest, and I started doing CrossFit-style workouts, which helped rehabilitate me knees, so...the deal was off. I started running again. But this was also long ago, and since, I've gone through the normal periods of running and injury, and running again.

My thoughts on training have evolved over time, and I believe I now have a winning strategy for keeping myself running. I have five rules, or rather, five suggestions. "Rules" sounds too rigorous, and running shouldn't be rigorous, it should just flow.

First, don't run so much. When I was doing traditional training, it seemed that one of the goals was always to increase weekly mileage. I always started to fall apart once the weekly mileage approached 40—or was that when my age approached 40? Now I never exceed 25 miles per week, and most of the time, I run significantly less. I do CrossFit workouts, and I have a good rowing machine, so my fitness isn't dependent on my running.

Second, run mostly intervals. I love intervals. Current research is leaning towards the benefits of high-intensity workouts, but regardless of that, I love intervals, so that's what I should spend most of my time doing. I run one workout of short intervals, varying the work between 30 and 90 seconds, and varying the rest periods over that same range. I run one workout of medium intervals, where I vary the work between 3 and 5 minutes, and I vary the rest periods from 30-120 seconds of rest. I run a 1-mile warm-up, and then do the intervals over 2 miles.

Third, do some tempo work. Hey, the Saturday Fun Runs are great for this. I run 3-8 miles at a pace slightly above my comfort level. Here is where I see the benefits from those interval workouts as my tempo pace gets lower and lower.

Fourth, keep some slow runs in the mix. I like to get a couple 4-mile runs in that are at a very relaxed pace. Runners must run after all. There's only so much hard training that I can take and still feel eager for my next training session, so having these easy runs in the mix keeps me going. I also take two days completely off, not just from running, but from all training. This is the right mix, for me, of hard work and recovery.

Fifth, I don't run when I'm hurt. This is the rule I have the hardest time with. It's more like "I don't run after I've had three painful runs in a row." I should be stricter with this rule, since having other training modes gives me the reassurance that if I need to take some time off of running, I can still maintain a high level of fitness. Running can wait while I heal.

I threw this in here because we had a page to fill, but I hope you found it at least somewhat interesting, or even useful. If you have some page-filling material, please send it in!

Happy Trails, Jerry

Race Results

Sep 24, Smokey Bear Run, Bass Lake, CA

Marie Womack (2-Mile) 22:30 D-1
Ralph Womcak (10-K) 59:37

Oct 2, Urban Cow Half-Marathon & 5-K, Sacramento

Chiyo Shingu (5-K) 32:50 D-1
Marlene Kinser (5-K) 39:39 D-1
Wynne Wycoff (Half-M) 2:28:03

Oct 2, Bridge-to-Bridge Run, San Francisco

Marie Womcak (5-K) 39:00
Ralph Womcak (12-K) 1:19:58

Triple Canyon Run—see note on back page

Oct 14, 4:15 PM Sloan Canyon 5-Mile, Henderson, NV

Ralph Womack 1:00:03 D-1

Oct 15, 7:15 AM Bootleg Canyon 5-Mile, Boulder City, NV

Ralph Womack 1:09:44 D-1

Oct 16, 4:15 PM Red Rock Canyon 5-Mile, Las Vegas, NV

Ralph Womcak 1:17:19 D-1

Progressing towards
new age divisions...

Nov 6 John Phillips

Nov 7 Tod Anton

Nov 10 Marlene Kinser

John Swan Milne

Nov 11 Matt Bechwith

Nov 17 Jerry Babineau

Racing Ahead

November 5, 12, 19, 26 SRC Fun Run 8 AM at Grupe Park (west side).

Info: Jerry.hyatt@sbcglobal.net

November 5 Sundance Attire Fun Run, 8 AM, Grupe Park

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

November 6 St. Joes Half & 5K, Stockton

Info: www.fleetfeetstockton.com/events/st-joes-half-5k

November 6 Apple Hill Harvest Run, Camino

Info: www.applehillrun.com

November 6 Run Because You Can 5K, Capitol Mall, Sacramento

Info: www.runbecauseyoucan.org

November 19 Sundance Thanksgiving Potluck Fun Run and Monthly Meeting, 8AM Grupe Park

November 24 Michael David Family Foundation Run & Walk Against Hunger, Stockton

Info: www.runagainsthunger.org/



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

CHRISTMAS TOY DRIVE



*3 Mile Prediction
Fun Run
9 am
"Rain or Shine"*



Saturday December 10, 2016

GRUPE PARK, STOCKTON

(Benjamin Holt I-5 exit west to Cumberland, Left to the Park)

*Donations: Entry is a Toy, or \$10 donation for the Christmas Toy Drive
Pre-entry is urged-BRING A TOY AND PREREGISTER AT FLEET FEET*

*3 Mile Prediction fun Run: Through Stockton's Lincoln Village West
No Watches! No Earpieces! No Electronics!*

"Attempt to predict your finish time and then try to hit it...No times known until they are posted"

Awards 8 Deep: Sleigh loads of gift cards from Fleet Feet and Foot Locker, as well as "Santa" medals to participants finishing closest to predicted times in Male/Female Divisions. Lots of Refreshments. Lots of Raffle Prizes randomly drawn from entries. Christmas jingle bells for your feet & loads of Christmas Cheer!



Foot Locker

Sundance Running Club



REGISTRATION AND WAIVER FORM

NAME: _____ AGE: _____

ADDRESS _____ CITY _____ ZIP _____

PREDICTED 3-MILE TIME: Minutes _____ Seconds _____ Gender _____

Waiver: In consideration for accepting my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive release and forever discharge any and all rights and claims which may hereinafter accrue to me against all sponsors, City of Stockton, Fleet Feet Sports, Foot Locker, race officials, Sundance Running Club & their officers or volunteers or their respective representatives or successors; for any and all injuries or losses suffered by me while traveling to or from and participating in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race.

Signature: _____ Date: _____
(Parent's or Guardian's signature if under 18 years old)



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

Triple Canyon Run and Run Against Hunger

Ralph Womack has been to many, many races. He recently told me he was looking for events he hasn't done yet. He wanted to add some variety to his race schedule. With that thought in mind, he headed to Nevada for the Triple Canyon Run. Here's what he had to say:

It started in the afternoon Oct. 14 with a 5 miler in Sloan Canyon (Henderson NV), then a second 5 miler the next morning at Bootleg Canyon (Bolder City) and finished that same afternoon with a 3rd 5 miler at Red Rock Canyon (LV). The age demographic was Young (capital Y) but there were 2 in my age group for the first and 3rd races and 3 in the second. But, like I say, if you don't run it you can't win it!. For doing all 3 they gave out a nice 4th medal for completing the series. My quads are a little sore from a lot of climbing but I came through it pretty much unscathed. —Ralph Womack

On another note, Ralph is also looking for volunteers to help with pre-race registration at Fleet Feet for the upcoming Run Against Hunger. Volunteers will be needed on November 21, 22, and 23, to cover various shifts between 10 AM and 7 PM each day. If you can help, please contact Christine Morrissey at cmorrissey@stocktonfoodbank.org

Happy trails, 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) 565-1424

Jerry.hyatt@sbcglobal.net