

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

<http://members.impulse.net/~lvdc/>



|             |                |          |                |            |          |
|-------------|----------------|----------|----------------|------------|----------|
| Alan Hunt   | President      | 736-5435 | Ron Cortopassi | Treasurer  |          |
|             | Vice President |          | Nancy Perry    | Newsletter | 736-7122 |
| Wayne Davis | Secretary      | 735-7177 | Ron Cortopassi | Webmaster  |          |

August 12, 2009

## KEY DATES

**Saturday, September 26**

**Valley of the Flowers Half-Marathon**



## Hello out there in Lompoc Valley Distance Club Land

La Purisima Mission State Historic Park is open and will stay that way through 2009. Thus the 33rd annual Valley of the Flowers Half-Marathon set for September 26 will take place as scheduled at La Purisima. This is the good news from La Purisima supervising ranger Theresa Armas, and comes after conflicting reports throughout the summer. So sign up early and sign up often. It is still too early to call for 2010, Armas said. But state and county officials met at La Purisima in early August, trying to figure out a way to keep things going. And where there's a will, as Lompoc's dear departed Mayor Dick DeWees said, there's a way.

In other half-marathon news, Noval Casteel has worked up a nice t-shirt design. Once again, thanks to Noval, our wearing apparel is second-to-none.

Lompoc's Michael Coe, winner of the Parade Route Run and Trettin Run in years past, completed his first experience running in Europe two weekends ago. During the month of July, he competed three times in meets near Brussels, Belgium. His races included a personal best 3:40.6 in the 1500, a 7:49.2 3000, and a 1:50.2 800 meters over the span of three weeks. Coe will be redshirting for the upcoming cross country season at Cal Berkeley. He has two track seasons left with the Bears. Coe, as many of you know, helped Cabrillo High to a CIF championship in cross country in 2004. This was the first cross country sectional crown for the Conquistadores, and the seventh for the Lompoc Valley.

My list had just five prior titles for Lompoc High harriers until last week, when I discovered a "new" one while researching a local sports history book I'm working on. The newly discovered crown was earned by Lompoc's boys in 1970. It was part of a four-in-a-row series that saw the Brave harriers earn CIF titles in 1969, 70, 71 and 72. That period of time, according to running historian Doug Speck of [dyestatcal.com](http://dyestatcal.com), saw Lompoc's cross country team set records that, to this day, earn it consideration as the best U.S. high school squad of all time. Anyway, omission of the 1970 title from the list (which last saw the light of day in 2005 in the Lompoc Record) was a glaring one. My good friend Jim Warrick, a local coach who was on those teams, either did not notice or was too polite to point it out. Thus the updated CIF championship cross country teams now includes those four aforementioned LHS boys squads, plus the great LHS girls teams of 1982 and 1983, and the top-notch team out of Cabrillo in 2004.

Yours in the spirit of good fun in the great outdoors  
Lizard Breath AI

**VALLEY OF THE FLOWERS HALF-MARATHON.** Sponsorship letters have gone out and we are getting some replies. If anyone knows of someone who might like to sponsor the half-marathon, let me know. The Club funds a scholarship for a boy and a girl at Lompoc and Cabrillo High Schools. As with everything else our expenses are increasing. For instance, the standby ambulance increased \$250 this year. Noval Castel has designed a great shirt again this year. Get your registrations in early.

**WEB SITES.** If you haven't been on our web site lately, check it out at <http://members.impulse.net/~lvdc/>. Ron Cortopassi has been working very hard on the web site. He has links to current and past newsletters, race results, upcoming events, and links to other web sites. Also check out the San Luis Distance Club web site at <http://www.sldc.org/> and the Santa Barbara Athletic Association web site at <http://www.sbrunning.org/>. Both of these web sites have recently been revamped also.

## **UPCOMING ROAD RACES**

### **CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES**

**TUESDAYS, APRIL 28 – SEPTEMBER 8, 6:25 PM. REEF AND RUN, SANTA BARBARA.** A weekly race on Tuesdays, 6:25 PM, at the Cabrillo bathhouse. 1 mile ocean swim, 1k swim, 2 mile run, 4 mile run, 1k swim/2 mile run. (<http://www.reefandrun.com/>)

**WEDNESDAYS, MAY 6 – SEPTEMBER 2, 6:00 PM. NITE MOVES, SWIMMING, RUNNING AND BIATHLON, SANTA BARBARA.** Leadbetter Beach. Each week features a Presenting Sponsor, a Featured Buffet Host, local Santa Barbara Entertainment and a Sunset on the shore of The American Riviera. Our backdrop is a fantastic view of the SB Channel and Anacapa Island, and the sails of the Wet Wednesday racing fleet. [http://www.runsanta\\_barbara.com/nite\\_moves.html](http://www.runsanta_barbara.com/nite_moves.html).

**SUNDAY, AUGUST 23, 9:00. BEATTIE PARK 5K/10K RUNS, LOMPOC.** Come out and enjoy a great family experience at Beattie Park. This event is geared for all ages and ability levels for people to experience a great 5K/10K race. Check In: 8:00 to 8:45. \$10 pre-registration by August 21 and \$15 race day registration. All participants will have a chance for 1st and 2nd place awards. A T-Shirt can be purchased for \$10. Mario Guerrero Jr., Recreation Manager, City of Lompoc, (805) 875-8095, Fax: (805) 736-5195

**SATURDAY, AUGUST 29, 9:00 AM. – 21<sup>st</sup> DUNE RUN RUN 5K RUN, 5K WALK, AND 10K RUN, GROVER BEACH.** Runners and walkers of all ages will enjoy this diverse course along city streets, the beach boardwalk, hard packed sand, and beautiful soft sand dunes. The entry fee for the race is \$15 (\$26 with an event t-shirt) and registration on race day is an additional \$5 in each category. Awards are given in many age categories in both races, which begin at the same time at Ramona Garden Park at 10th Street and Ramona in Grover Beach. The race is part of the city's Stone Soup Festival. Contact the Dune Run Run, Parks & Recreation Dept., 154 South 8th Street, Grover Beach, 93433, [www.grover.org](http://www.grover.org). 473-4580.

**SATURDAY, AUGUST 29. 8:00 AM. NIPOMO SUMMER JAMBOREE HALF MARATHON AND 5K RUN.** This new event will be held at the Woodlands, 1640 Trilogy Parkway in Nipomo. Fees are \$45.00 until August 21, then \$55.00 for the half marathon and \$25.00 until August 21, then \$35.00 for the 5K. Both races will start and finish at same location with age brackets starting at 14 and under, then progressing in 5 year age groups plus overall, masters, and Grand Masters for the half marathon and 5K (no duplication of awards). Also enjoy the 1st Nipomo Summer Jamboree with entertainment, food, beverages, and vendor booths until 4 PM. Packet pick up will be available on August 28 between Noon and 7:00 P.M. at the Nipomo Recreation Office, 671 West Tefft Street Suite #2, 929-5437, and on site from 6:30-7:30 AM on race day. Register through [www.active.com](http://www.active.com) or check [www.nipomojamboree.com](http://www.nipomojamboree.com).

**SUNDAY, AUGUST 30, 8:30 AM. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, & 50K), LOS OSOS.**

This is part of the Pacific Coast Trail series designed to provide quality trail running experiences. Entry fees are \$25 for the 8K, \$30 for the 12K, \$40 for the 25K, and \$55 for the 50K by August 9, add \$5 to each fee after that, and another \$15 on race day if not sold out. T-shirts to all entrants, refreshments, and awards to the first male and female. All runners are timed and posted on the race web site although the emphasis is primarily non-competitive. Complete information and registration is available at [www.pctrailruns.com](http://www.pctrailruns.com)

**SATURDAY, SEPTEMBER 5, 7:45 AM. 18TH CAMBRIA PINEDORADO DAYS 5K.** This race is part of Pinedorado Days and takes place just before the parade. The race starts and finishes at Coast Union High School, 2550 Santa Rita Creek Road in Cambria. Entry fees are \$10 without a shirt and \$15 with one. Shirts will be available to the first 60 who request them and size requests will be filled in the order of entry. Medals will be awarded in ten year age groups based on participation. A fundraiser for Coast's American Field Service, it is directed by Sharon Bisso, 995-1432.

**SUNDAY, SEPTEMBER 6, LABOR DAY WEEKEND. PIER TO PEAK HALF MARATHON, SANTA BARBARA.** Santa Barbara's Challenging Half-Marathon takes you from the famous Santa Barbara Friendship Dolphins Fountain at the edge of Stearns Wharf, past the "Queen of the Missions" and on up an elevation of 3996 feet to the Majestic views at La Cumbre Peak. Capture the panoramic layout of the city, SB Channels and the Channel Islands. You can see where you started from 13.1 miles (sea level) earlier. Early registration is available on line at Active.com. ([http://www.runsantabarbara.com/pier\\_to\\_peak.html](http://www.runsantabarbara.com/pier_to_peak.html))

**SUNDAY, SEPTEMBER 20, 8:30 AM. GOLETA EDUCATION FOUNDATION 4 MILER.** Goleta Union School District Office, 401 N. Fairview Avenue. Fees: \$20 early entry thru 9/17/09, \$30 post 9/17/09. \$10 Kid's 12/Under, \$5 Kid's Fun Run. Add \$5 for t-shirt. Scenic out and back w/loop course starting at Goleta Union School District building, traversing through the beautiful Lake Los Carneros area. Mostly flat with a fast downhill finish. Benefits the music education programs in the Goleta Elementary Schools.

**SATURDAY, SEPTEMBER 26, 8:00 AM. 33rd ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK, LA PURISIMA MISSION, LOMPOC.** The course begins and ends near the Visitor Center at La Purisima Mission. The course is hilly and very scenic with dirt trails and some asphalt. Race day packet pick up and race day registration starts at 7:00. There will be no packet pick up prior to Saturday. Entry fees: \$45, \$50 after September 7th, entry includes a specially designed Valley of the Flowers jersey, chicken BBQ, entry fee to La Purisima Mission State Park, and a finisher's medal. You can register on-line at [www.active.com](http://www.active.com). For more information call Betty Lee at 805 736-7380, or e-mail her at: [Bettylee0077@MSN.com](mailto:Bettylee0077@MSN.com).

**SUNDAY, SEPTEMBER 27, 7:30-11:00 AM. 10<sup>th</sup> HERITAGE OAKS BANK 5K, 10K, AND FUN RUNS, PASO ROBLES.** This full morning of events at Paso Robles City Park starts at 7:30 with a 10K, followed by a 5K at 8:45, an open mile for all ages at 10:00, a series of kid's races, and a two mile walk at 10:50. Fees are \$5 for the 75 yard dash for ages 5 and under (\$10 after 09/12), \$5 for the half mile for ages 5-12 (\$10 after 09/12), \$10 for the mile (\$15 after 09/12), \$15 for the walk (\$20 after 09/12), \$15 for the 5K (\$20 after 09/12), and \$20 for the 10K (\$25 after 09/12). There is no race day registration for any of the events. All entrants get a T-shirt, medal, refreshments, and are eligible for a drawing to be held after the last event (must be present to win). The races are sponsored by Heritage Oaks Bank, PO Box 7012 Paso Robles, 93447-7012, and are directed by Mitch Massey, [mitch@hobfunrun.com](mailto:mitch@hobfunrun.com), 369-5281. More information and registration are on-line at [www.hobfunrun.com](http://www.hobfunrun.com).

**SATURDAY, OCTOBER 3, 8:30 AM. MORRO BAY COMMUNITY FOUNDATION ROCK TO ROCK FIVE MILE RUN.** Run on the beach from the start at Morro Rock to North Point and back. Pre-registration for this five mile held on Harbor Festival weekend is \$15 without a T-shirt and \$25 with one. Gift certificates to the

top three men and women overall, ribbons to the top three in each age group, pre-register at [www.active.com](http://www.active.com). Directed by Andrea Lueker, City of Morro Bay, 595 Harbor Street, Morro Bay, 93442, 772-6206 with proceeds going to the non-profit organization that supports youth scholarships for Morro Bay Recreation Department programs

**SATURDAY, OCTOBER 10, 9:00 AM. OCTOBERFESTIVAL FOUR MILE RUN AND 1/2 MILE YOUTH RUN, NIPOMO.** This race will be held at Nipomo Regional Park at Tefft and Pomeroy. The course is out and back on paved and dirt roads with a pre-entry fee of \$12 and \$15 on race day (includes a T-shirt). Fees for the youth run for ages 12 and under are \$6 (pre-entry) and \$8 (race day) and there is a two mile walk. Awards will be three deep in 8 divisions plus raffle prizes and refreshments. Proceeds benefit youth programs in Nipomo, the finish line is operated by the Nipomo High School cross country team, and there are activities in the park after the run. Contact the Nipomo Family Resource Center, 920 W. Tefft Street, Nipomo, 93444, 473-5560.

**SUNDAY, OCTOBER 11, 8:00 AM. CITY TO THE SEA HALF MARATHON AND 5K, SAN LUIS OBISPO.** The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and goes on the roads to the finish at Dinosaur Cave Park in Pismo Beach. Half marathon entry fees are \$60 by October 7, \$80 for walk-ins at Kennedy Club Multiplex at 188 Tank Farm Road in SLO from 5:00-7:00 PM on October 10 and on race day at the starting locations. The fee includes awards in 13 age categories, an event T-shirt, breakfast buffet, entertainment, and post-race shuttle service. The 5K takes place at Dinosaur Cave Park with fees of \$45/\$55 and has all of the above benefits except no awards. Proceeds go towards the cross country and track programs at Cuesta College. City to the Sea, PO Box 8106, San Luis Obispo, 93403-8106, register through [www.active.com](http://www.active.com) or print an application from the race web site at [www.citytothesea.org](http://www.citytothesea.org).

**SUNDAY, OCTOBER 18, 8:00 AM. CANCER CENTER OF SANTA BARBARA 5K RUN/WALK AND 10K AND KID'S FUN RUN, SANTA BARBARA.** Montecito Union School, 385 San Ysidro Road, Montecito. 10K at 8:00. Warm Up: (conducted by SB Athletic Club) at 8:15, 5K Fun Run/Walk at: 8:30, Kids Fun Run: (12 and under) 10:00 (located on upper track). Fees: \$40 thru September 3. Information: Cancer Center (805) 898-2116. <http://www.ccsb.org/events/walkrun2009/>

**SATURDAY, NOVEMBER 7, 8:00 AM, 5K AT 8:10 AM. SANTA BARBARA HALF MARATHON AND 5K.** Start and finish at Leadbetter Beach. Registration Fees: \$45 thru 9/27, \$55 thru 11/01. Registration at packet pickup or on race day \$65. Packet Pickup at SB Running 110 Anacapa St, Thursday 11/05 and Friday 11/06 from 11:00 am - 6:00 pm. This is a USATF "team race", be prepared with your USATF member number when you register and your running club. Information: John Brennand, 805-964-2591, [brennand@alum.mit.edu](mailto:brennand@alum.mit.edu). Online registration at [www.Active.com](http://www.Active.com)

**SUNDAY, NOVEMBER 22, 9:00 AM. TURKEY TROT 3 MILE FUN RUN, LOMPOC.** Come out and enjoy a great family experience at River Park on the Fitness Trail. This event is geared for all ages and ability levels for people to experience a great 3-mile race. Registration: 8:00 – 8:45. Pre-registration: \$10 by November 20; \$15 on race day. All participants will have a chance for 1<sup>st</sup> & 2<sup>nd</sup> place awards. A T-Shirt can be purchased for \$10. Mario Guerrero Jr., Rec Manager, City of Lompoc, (805) 875-8095, Fax: (805) 736-5195

**SUNDAY, NOVEMBER 22, 9:30 AM. 31ST ANNUAL CHAD BRINER, UCSB RECREATIONAL SPORTS TURKEY TROT 10K AND 5K RUN WALK.** 10K - 9:30 AM, 5K Run/Walk - 9:45 AM. UCSB

**SUNDAY, DECEMBER 6, 6:30 AM. SANTA BARBARA INTERNATIONAL MARATHON.** Start one mile west of Camino Real Marketplace, Goleta. Finish at Leadbetter Beach. Race directors: June and Rusty Snow, (805) 637-7417, website [www.sbim Marathon.com](http://www.sbim Marathon.com), Email [sbim Marathon@cox.net](mailto:sbim Marathon@cox.net)

## RACE RESULTS

July 11, Morro Bay, 40th Annual Brian Waterbury Memorial Rock to Pier Run. Paul Lee was 62<sup>nd</sup> overall in 41:29. (SLDC)

July 18, Lompoc, Lompoc Parks and Rec Sprint Triathlon. Amelia Quin, 1<sup>st</sup> 25-29 Road Bike, 1:45:57; Betty Lee, 3<sup>rd</sup> in 40-44 Women's Road Bike, 1:09:09; Rick Hummel, 1<sup>st</sup> 50-54 Road Bike, 1:05:15; Pauline Schneekloth, 1<sup>st</sup> 50-54 Road Bike, 1:06:32; Sarah Leck, 2<sup>nd</sup> 50-54 Road Bike, 1:12:32; Al Hunt, 2<sup>nd</sup> Male 60+ Mountain Bike, 1:44:24; Kent Yankee, Josh Gill, James Trettin, 1<sup>st</sup> Relay, 58:35; Juan and Julie Campos, 1<sup>st</sup> Family Relay, 1:12:54. ([http://www.cityoflompoc.com/parks\\_rec/events/Triathlon/results2009.pdf](http://www.cityoflompoc.com/parks_rec/events/Triathlon/results2009.pdf))

August 8, Pismo Beach, Stride with the Tide 5K. Mary Lou Seelandt, 26:36, 72<sup>nd</sup> overall, third in her age group; Fran Zimmerman, 29:18, 99<sup>th</sup> overall, 1<sup>st</sup> in her age group. (SLDC)

August 16, Santa Barbara, 31<sup>st</sup> Annual McConnell's Ice Cream Endurance Events. 10K – Patty Landis was 151<sup>st</sup> overall, 2<sup>nd</sup> in her age group, 1:06:32. ([http://www.sbrunning.org/Results/McC10K\\_09.htm](http://www.sbrunning.org/Results/McC10K_09.htm))

**I know LVDC members are out there running in races, see your name in the newsletter, call in your race results or e-mail them to me, or drop a note to the Post Office Box**

**GET YOUR REGISTRATION IN FOR THE HALF- MARATHON. IF YOU ARE NOT PLANNING TO RUN, VOLUNTEERS FROM COURSE MONITORS TO AID STATIONS ARE NEEDED. CALL BETTY LEE AT 736-7380, OR E-MAIL HER AT: Bettylee0077 @MSN.com IF YOU CAN HELP.**

Our race directors have worked hard to get sponsors to offset entry fees. Our entry fees are among the lowest if not the lowest in the central coast area. Patronize our sponsors and tell them you appreciate their support of the Lompoc Valley Distance Club.

|      |  |                     |   |
|------|--|---------------------|---|
| Mar  | John Trettin Memorial 5K               | Kent Yankee         |   |
| May  | Mission Run                            | Alan Hunt           |   |
| Jun  | Parade Route 3 Miles                   | Wayne and Lee Davis |   |
| July | Lizard Breath Fenceline                | Alan Hunt           |   |
| Sep  | Valley of the Flowers<br>Half Marathon | Betty Lee           | Walker, Wilson & Hughen, Thomas Van Meter,<br>MD, Dr Jamison, Cardiovascular Center of<br>Lompoc, RaceReady, Kendall-Shepard Eye<br>Center, Carnahan Therapy, CoastHills,<br>Community Bank, Fargen Surveys, Inc, Retail<br>Management Specialists, LLC, Valley Rock<br>Ready Mix, Inc, At-Home Senior Services, Inc,<br>Starbuck-Lind, The Leck Sisterhood Fund,<br>Graphics Systems, Impulse Internet, Lompoc,<br>Valley Medical Center, Classic Installation |

CALL IN YOUR RACE RESULTS OR SEND THEM IN TO THE POST OFFICE BOX OR E-MAIL THEM TO ME AT [nperry3@verizon.net](mailto:nperry3@verizon.net)

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