

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, 2010

KEY DATES

Saturday, September 25

VALLEY OF THE FLOWERS HALF-MARATHON



Hello out there in Lompoc Valley Distance Club Land

Volunteer helpers are needed for the 34th Annual Valley of the Flowers Half-Marathon at La Purisima Mission on Sept. 25. We need folks for set-up and take-down, registration, and particularly for aid stations. Betty Lee is the contact at bettylee0077@msn.com or 736-7380. Also, those intending to pre-register can do so by mail until September 7.

Sunday, Aug. 29 at Beattie Park, Lompoc Parks and Rec is hosting a nice tuneup for the half, a 5K/10K. The event starts at 9 AM.

Speaking of Parks and Rec, congratulations to the LVDC-familiars who competed in the Hank Hudson Lompoc Sprint Triathlon last Saturday. We note Nikki and Elke Peirtsegaele at the top of the gals 17-19, Cody Ogan leading the guys 20-24, Nate Ogan the guys 30-35, Betty Lee number three in gals 40-44, Rick Hummel number two in guys 50-54, Pauline Schneekloth number one in gals 50-54, and Karl Seelandt, Mary Lou Seelandt and Katie Adelman were second in the relay co-ed category.

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

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

TUESDAY, APRIL 27, 2010, 6:25 PM - TUESDAY, SEPTEMBER 07, 2010, 6:25 PM. REEF AND RUN, SANTA BARBARA. Cabrillo Bathhouse, 1118 E. Cabrillo Blvd. The event offers a 1 mile ocean swim, 1k ocean swim, 2 mile run, 4 mile run or 1k swim/2 mile run (Duathlon). The participants range from elite athletes to first time competitors. We have weekly prizes and give-aways. Refreshments are served. Sharing a picnic with friends and family while watching the sun go down is a great way to end the evening.
<http://www.reefandrun.com/>

WEDNESDAY, MAY 05, 2010, 6:35 PM - WEDNESDAY, SEPTEMBER 1, 2010. SANTA BARBARA NITE MOVES 2010. Leadbetter Beach, 801 Shoreline Road. Registration opens at 5:05 P.M. Swim Santa Barba-

ra Nite Moves 2010 is a series of 18 evening parties at Leadbetter Beach Park in beautiful Santa Barbara. In addition to the running and swimming events every Wednesday May 5 through September 1, 2010, each week features a guest Presenting Sponsor, Featured Buffet Host, the Firestone Beer Garden, local Santa Barbara entertainment and a sunset on the shore of The American Riviera. Run starts at 6:35 P.M. Band, Refreshments & Beer Garden Open at 6:35 P.M. http://www.runsantababara.com/nite_moves.html

SATURDAY, AUGUST 28, 9:00 AM. 22nd DUNE RUN 5K RUN, 5K WALK, AND 10K RUN, GROVER BEACH. Runners and walkers of all ages will enjoy this 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, 473-4580.

SUNDAY, AUGUST 29, 9:00 AM. BEATTIE PARK 5K/10K RUN, 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. All participants will have a chance for 1st and 2nd place awards. A T-Shirt can be purchased for \$10. Check in - 8:00 - 8:45. Fees: \$10.00 – Pre – Registration before August 21, \$15.00 race day registration. Lompoc Parks and Rec Dept, (805) 736-1261.

SATURDAY, SEPTEMBER 4, 7:45 A.M. CAMBRIA PINEDORADO DAYS 5K. This race is part of Pinedorado Days and takes place just before the parade, starting and finishing at Coast Union High School, 2550 Santa Rita Creek Road in Cambria. Entry fees are \$10 without a shirt and \$15 with one. Medals will be awarded in ten year age groups based on participation. A fundraiser for Coast Union's American Field Service program, the race is directed by Sharon Bisso, 995-1432.

SUNDAY, SEPTEMBER 5, 6:00 AM. PIER TO PEAK HALF MARATHON, SANTA BARBARA. 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. <http://www.runsantabarbara.com/>, active.com.

SUNDAY, SEPTEMBER 12, 8:00 AM. GUADALUPE HALF MARATHON AND 5K. COURSE CHANGE. This year's event, a fundraiser for the Guadalupe Sports Hall of Fame, Inc. (Youth Programs), will start and finish at Leroy Park and go out along the Santa Maria River Levee. The courses are out and back, flat and fast and on paved and unpaved roads. The 2010 races will be part of Guadalupe's first annual Salad Bowl Festival. Run courses start and finish at Leroy Park and go through the downtown area and past agricultural fields. Additionally the half marathon goes out through the dunes to Guadalupe Beach before returning to the finish at Leroy Park. Registration begins at 6:45 AM with entry fees for the half marathon of \$40 for adults and \$20 for ages 18 and under if registration is received by August 13, and \$50/\$30 after that. For the 5K, the fee is \$20 regardless of age by the same August 13 date, and \$30 after that. Late registrants are not guaranteed a T-shirt if supplies on race day run out. Entry fees include awards to top competitors in age divisions, a colorful, long-sleeved T-shirt, and free entry into the Salad Bowl Festival. Directed by Stephanie Krouse, sa_krouse@hotmail.com. For more info go to www.saladbowlfestival.com.

SUNDAY, SEPTEMBER 12, 9:00 AM. OLD GOATS AND LITTLE KIDS GRANDPARENT'S DAY 5K, LOS OSOS. Los Osos/Baywood Park, 2nd Street and El Morro. 5K Fun Run/Walk: Registration starts at 8:00; \$10/person. Road run starting and finishing near the pier in Baywood Park. Awards based on age including Oldest Goat and Littlest Kid to finish the course. Two-Person Relay: Registration begins at 10:00; \$20/team. First leg is a 1K WALK only, then baton hand-off to the partner for the second leg a 3K Run or Walk. Course starts and finishes near the pier in Baywood Park. Prizes for inter-generational teams (grandparents and

grandkids, parent and child, etc) finishing top three, Oldest Goat, Littlest Kid and Team with the Largest Age Span to complete the two-part relay. 12-3 PM BBQ with Hamburgers, Hot Dogs and all the trimmings \$6/person or family deal 4/\$20. Live performances from 12-1 followed by the fabulous Mudskippers from 1-3 PM. A family fun event with something for everyone to enjoy. This family event is hosted by The Rotary Club of Los Osos with proceeds going toward a variety of Club projects both local and international.

SATURDAY, SEPTEMBER 18, NO TIME. CENTRAL COAST CANCER CHALLENGE, 5K, 10K, CHILDREN'S MILE, SAN LUIS OBISPO. This challenge includes three run/walk distances for every age and fitness level. The 5K will meander along the trails of Laguna Lake Park while the 10K begins at Laguna Lake and takes participants up the mountain for some trail running. Then there is a children's mile for ages 10 years and under with parents welcome to accompany their child. Entry fees are \$20 for the kid's mile, \$35 for the 5K, and \$45 for the 10K. Along with that will be a bike clinic, a 36 mile ride to Edna Valley, and a 65 mile course to Arroyo Grande and Nipomo then enjoy the wellness expo, family activities, food, and a concert by the Damon Castillo Band. All athletes will receive a tech shirt and prizes will go to first place in each age group and all kids. Register at www.centralcoastcancerchallenge.com or contact them at 458-0655 or by e-mail at excouchpotato@gmail.com.

SUNDAY, SEPTEMBER 19, 8:30 AM. GOLETA EDUCATION FOUNDATION 4-MILER. Goleta Union School District Office, 401 N. Fairview Avenue. Fees: \$20 early entry thru 9/16/10, \$30 post 9/16/10. \$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 25, 8:00 AM. 34th 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: \$50, \$55 after September 7 and on race day. 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. For more information call Betty Lee at 805 736-7380, or e-mail her at: Bettylee0077@MSN.com.

SUNDAY, SEPTEMBER 26, 7:30-11:00 AM. HERITAGE OAKS BANK 5K, 10K, AND FAMILY FUN RUNS, PASO ROBLES. This full morning of events at Paso Robles City Park starts with a 10K, followed by a 5K, an open mile for all ages, a series of kid's races, and a 5K walk. Fees are \$5 for the 75 yard dash for ages 5 & under (\$10 after 09/10), \$5 for the half mile for ages 5-12 (\$10 after 09/10), \$10 for the mile (\$15 after 09/10), \$20 for the walk (\$25 after 09/10), \$20 for the 5K (\$25 after 09/10), and \$25 for the 10K (\$30 after 09/10). 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. The races are sponsored by Heritage Oaks Bank, Post Office Box 7012, Paso Robles, 93447-7012, and are directed by Mitch Massey, mitch@hobfunrun.com, www.hobfunrun.com.

SATURDAY, OCTOBER 2, 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 to be held on Harbor Festival weekend is \$15 without a T-shirt and \$25 with one by September 30, \$25/\$35 on race day. The T-shirt fee also includes admission to the Harbor Festival on Saturday. Awards to the top three men and women overall as well as to the top three in each of 15 age groups. Pre-register at www.active.com or in person at the Morro Bay Recreation Department. 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 9, 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 and there are activities in the park after the run. Nipomo Family Resource Center, 920 W. Tefft Street, Nipomo, 93444, 473-5560.

SUNDAY, OCTOBER 10, 8:00 AM. CITY TO THE SEA HALF MARATHON (13.1 MILES) AND 5K (3.1 MILES), SAN LUIS OBISPO. The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and follows beautiful country and ocean view roads to 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, a finisher's gift, 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 including some awards. Proceeds go to the Cuesta College cross country and track programs. For more information, call (805) 546-3100 Ext. 2716 or go to the race web site at www.citytothesea.org. Registration is on-line only through www.active.com.

SUNDAY, OCTOBER 24, 12:00 AM MIDNIGHT. 4TH ANNUAL MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K, AVILA BEACH. Come join the fun for the Midnight 5K in Avila Beach. Registration will start at 11:00 PM on Saturday evening at Avila Beach Park. The course is a flat one on the road from Avila Beach Park to Port San Luis and back. The entry fee is \$30 if you register by October 16th and \$35 from October 17th up through race day. Register online at www.spsc.org/runavilabeach or by mail through Special Olympics, Post Office Box 1164, San Luis Obispo, 93406. Each participant will receive a runners bag which includes a long sleeve t-shirt and other surprises. For more information, contact Michael Lara, Special Olympics of San Luis Obispo County at 544-6444 or by email at mlara@sosc.org

SUNDAY, OCTOBER 24, 7:00 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K. This is a new event to be held at Sylvester Winery, 5115 Buena Vista Road, Paso Robles, 93446, with beautiful views of the countryside and wine vineyards at harvest time. The morning's races include a full marathon, a two person marathon relay (13.1 miles each), and a 5K. All net proceeds benefit local charities and youth programs with entry fees of \$70 for individuals and \$100 for relay teams by July 10, \$80, and \$140 after that, \$30 for the 5K. The first 100 entries will receive a special inaugural event prize. This is the first marathon in SLO County since the Hearst Castle race in 2001. For further information, check the web site at www.pasoroblesmarathon.com or contact Julie Opheim, Paso Robles Harvest Marathon, PO Box 1796, Paso Robles, 93447-1796, (877) 264-6979, pasomathon@yahoo.com.

SATURDAY, NOVEMBER 6, 2010, 6:30 AM. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON, SANTA BARBARA. Marathon and Relay: Location: Dos Pueblos High School, Start Time: 6:30 AM, Parking: Santa Barbara City College Finish Line. Half Marathon: Location: Tucker's Grove, Start Time: 6:30 AM, Parking: San Marcos High School. SBIM will provide buses back to your cars from the Finish Line Festival at Santa Barbara City College. The Select Staffing Santa Barbara International Marathon is a USATF-sanctioned event and a Boston Qualifier. <http://www.sbimarathon.com/>

SUNDAY, NOVEMBER 14, 8:00 AM. WINE VINE HALF MARATHON AND 5K, PASO ROBLES. Experience the wine country of Paso Robles as the race starts and finishes at the beautiful Meridian Winery (7000 East Highway 46) and winds through the vineyards and nearby roads. Entry fees are \$25 for the 5K and \$45 for the half marathon by November 1 and \$35/\$60 after that through www.active.com with proceeds going to the athletic programs at Paso Robles High School. All entries receive a race shirt and wine glass. More

information is available at www.winevinerun.com. Directed by Field Gibson, Bearcat Boosters, Post Office Box 22, Paso Robles, 93447-0022, fieldgibson@gmail.com

RACE RESULTS

July 17, Brian Waterbury Memorial Rock to Pier 6 Miles, Morro Bay. Olga Lucaric was 911th overall with a time of 1:36:36. (active.com)

July 25 – San Francisco. From Mary Lou Seelandt: Just wanted to pass on the results of the SF Half that Karl and I ran on July 25th. Karl finished in 1:39:12, and I finished in 2:08:07. Karl was 9th in age group out of 148, and I was 30th out of 218. We had a great time. Could not get into the first half over the Golden Gate Bridge, so we did the second half. It was a really cool run; I would recommend this to anyone who wants to have a great weekend in San Francisco! (Mary Lou Seelandt)

Lizard Breath 2010: The 9th Annual Lompoc Lizard Breath Fenceline Fun Run was held Saturday, July 17, 2010 at La Purisima Mission. The weather was cloudy; with temperatures around 57 at the 8:15 start and reaching 63 by the time the last runner completed the very challenging 7-plus-miles a few minutes before 10. There were 23 starters and 21 finishers, with two of the six walkers taking a wrong turn. Overall running winner was Steve Brookshire, 50, of Santa Maria. Brookshire clocked 1:08:05, a slower time than his third-place finish in 2009, but quite respectable nonetheless. Second place went to 14-year-old Daniel Rinard of Vandenberg Air Force Base, who sprinted to the line in 1:09:04, just ahead of his father Jon Rinard, 37, who completed the appointed round in 1:09:07. Women's winner was Laura Mortensen, 24, of Lompoc, in 1:11:13, who kept pace with husband Daniel Mortensen, 23, throughout. Daniel's time of 1:11:12 was good for fourth overall. Repeating as walking winner on the quite sandy, hilly, and scenic 4-miles of fenceline and lower loop was Julie Campos, 57, of Lompoc. Julie had an excellent time of 1:03:19. There was fruit, cookies and water for all at the finish, with big fruit for age-group winners and bigger fruit for the overall running champs. Thanks again to Mary Lou Seelandt, Olga Lucaric, Wayne Davis, Joni Carrithers, Jalaine Christoferson, Jason Olds, Seth Owens, and Janis Hunt for their help with course-marking, registration, timing, and course clean-up. Thanks also to La Purisima Mission State Historic Park for providing, once again, a great venue for a fun run.

LOMPOC LIZARD BREATH FENCELINE FUN RUN JULY 17, 2010 RACE DIRECTOR - AL HUNT

Runners

PLACE	NAME	AGE	CITY/CLUB	TIME
1	Steve Brookshire	50	Santa Maria	1:08:05
2	Daniel Rinard	14	Vandenberg AFB	1:09:04
3	Jon Rinard	37	Vandenberg AFB	1:09:07
4	Daniel Mortenson	23	Lompoc	1:11:12
5	Laura Mortenson	24	Lompoc	1:11:13
6	Juan Campos	50	Lompoc/LVDC	1:11:15
7	Mike Robohn	38	Lompoc	1:12:22
8	Larry Li	57	Lompoc/LVDC	1:13:15

9	Bart Anselmo	41	Santa Maria	1:13:38
10	Alana Crowley	30	Castle Rock, Col.	1:15:42
11	Ashli Ridolfi	20	Lompoc	1:15:50
12	Lori Ridolfi	45	Lompoc	1:18:02
13	Linda Signal	39	Santa Maria,	1:22:40
14	Tom Schmidt	53	Lompoc	1:24:16
15	Sheila MacFarlane	37	Lompoc/LVDC	1:28:58
16	Mary Lou Seelandt	54	Lompoc/LVDC	1:33:13
17	Michael Clayton	54	Highland	1:38:15

Walkers

1	Julie Campos	57	Lompoc/LVDC	1:03:19
2	Lisa Norcutt	74	Lompoc/LVDC	1:12:44
3	Liz Salcido	49	Lompoc	1:20:36
4	Melinda Reed	49	Lompoc	1:20:37

Note: Walkers Cathy Brookshire, 51, Lompoc, and Larry LaMay, 78, Lompoc/LVDC, took wrong turns but had enough sense to come back into the finish line.

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 Half Marathon	Betty Lee	Dr Jamison; Coast Hills Federal Credit Union, Valley Medical Group; Dr Van Meter; Walker, Wilson & Hughen; RaceReady; Lompoc Valley Medical Center; Wilco Distributors, Inc; Starbuck-Lind Mortuary; Elite Eyecare Medical Group; Santa Barbara Bank and Trust; Community Bank of, Lompoc; Culligan Water Company; Graphics Systems, Impulse Internet, Lompoc; At Home Senior Services

CALL IN YOUR RACE RESULTS OR SEND THEM IN TO THE POST OFFICE BOX OR E-MAIL THEM
TO ME AT nperry3@verizon.net

LOMPOC VALLEY DISTANCE CLUB
PO BOX 694
LOMPOC CA 93438

**VALLEY OF THE FLOWERS
HALF-MARATHON
SATURDAY, SEPTEMBER 25**