

# 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, 2011

## KEY DATES

**SATURDAY, SEPT 24 VALLEY OF THE FLOWERS HALF-MARATHON AND 5K**



### Hello out there in Lompoc Valley Distance Club Land

Bob Lingl is at it again, turning unsuspecting couch potatoes into exercise fanatics. Pointing towards the Valley of the Flowers Half-Marathon on Saturday, Sept. 25 at La Purisima Mission, Lompoc's Lingl organizes a group of would-bes, has-beens, and cheerily-motivated joiners-in during the spring. They run at the Mission together every Saturday and then run on their own during the week. In their fifth incarnation, the Linglites now number more than 100, with anywhere from 30-to-50 showing up each weekend. Mild-mannered Bob, a middle-aged couch potato himself seven years ago, is the director of the clinical laboratory for the Lompoc Hospital District and a Lompoc City Council member. He has the bug to stay in shape, and he's not afraid to share that enthusiasm. Bob sends out a weekly e-mail to the Linglites, a chronicle of achievements and a signpost for the Saturday workout road ahead.

Week one: "Proper fitting shoes will save many aches and pains over the next 14 weeks.

Week two: "Good job everyone....I hope you enjoyed the talk by Dr. Ramos on Saturday. This coming Saturday we will be running/walking the upper loop. The upper loop is hilly and will be a challenge. As the Saturday miles keep building up, from the 3 to 5 to 8, Bob gives encouragement, keeps the guest-speaking doctors and dieticians coming, and offers very basic reminders. Such as "Water. Have I mentioned how important water is?"

On into the ninth update, heading towards the 10th week, this Saturday. "Can you believe just a couple of weeks ago, you would say or hear 'only 8 miles'?" says Bob, who is always amazed at how quickly the transformations from chair jockey to trailblazer take place.

To the Linglites and all other prospective half-marathoners, congratulations on your training. You can sign up now for the 35th Annual Valley of the Flowers at [active.com](http://active.com).

**MORE ENDORPHINS:** Let's hear it for Lompoc's Elke Peirtsegale, who set a female record at the fifth annual Hank Hudson Memorial Triathlon last Saturday. Starting and finishing at the Lompoc Aquatics Center, the 18-year-old Peirtsegale did the 500-yard swim, 11-mile bike, and 3.1-mile run in 1:01.23, erasing the 1:02.36 set by Elizabeth Hawes of Santa Ynez in 2010.

Marguerite Harris of Arroyo Grande was also quite speedy as the second overall finisher among the women, at 1:02.36. This was one minute and 40 seconds faster than she cranked through last year, when Harris was third.

The men were led by James Coffey of Bakersfield at 59.17. This 35-to-39 age-group winner was just ahead of Lompoc's Brian Wallace, another 35-to-39er, who clocked 59.36.

"The women just keep getting faster," said triathlon director Jeff Storie of the aquatics center. At this rate, unless we get another elite male athlete like Jeff's son Tyler, who set the men's standard at 53.33 back in 2007, the gals will be passing the guys any day now.

Famous Lompoc Valley Distance Clubbers in the triathlon included Pauline Schneekloth (1:08.11), Rick Hummel (1:03.21), Mary Lou Seelandt (1:32.12), Betty Lee (1:23.12), Sarah Leck (1:21.19), and Kent Yankee, who biked and ran after Kaitlyn Ogan's swim for a nice 58.32.

Meanwhile, I easily reached my intended goal of finishing last, completing the appointed rounds nearly 20 minutes slower, at 2:01.27, than all the others. I enjoyed every minute. Thanks to Jeff and the rest of the support staff for your patience!

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

**WEDNESDAY, MAY 4, 6:25 PM - WEDNESDAY, August 31. SANTA BARBARA NITE MOVES 2011.** Leadbetter Beach, 801 Shoreline Road. Registration opens at 5:05 P.M. Swim Santa Barbara Nite Moves 2011 is a series of events at Leadbetter Beach Park. 1K ocean swim starts at 6:25 and run/walk starts at 6:35 P.M. 564-8879.

**TUESDAY, JUNE 7 – SEPTEMBER 13, SANTA BARBARA REEF AND RUN SERIES.** Events held each Tuesday including one mile ocean swim beginning at 6:25 PM and 5K run/walk starting at 6:35 at the Cabrillo Pavilion Bathhouse. 886-8123.

**SATURDAY, AUGUST 27, 9:00 AM. NIPOMO SUMMER JAMBOREE CERTIFIED 5K RUN AND NON-CERTIFIED 10K RUN.** Trilogy at Monarch Dunes, 1640 Trilogy Parkway Nipomo. Fees: Adults 5K or 10K and wheelchair \$30.00 until July 30; then \$40.00; Youth (17 yrs and under) \$15 through August 27. Awards: 1st, 2nd, 3rd for Overall, Masters, Grand Masters. Certified 5K Run and Non-Certified 10K, Male and Female Divisions. Brackets 17 and under, then every 10 yrs, 70 plus. Finisher medals for all. Course will be on asphalt streets thru the community of Nipomo. 10K course will close 2 hours after start time of 9:00 A.M. Also available same day registration between 7:30 AM- 8:30 AM on Aug 27th. T-shirts not guaranteed for late or on-site registrations. [www.nipomojamboree.com](http://www.nipomojamboree.com), 805 929-5437

**SATURDAY, AUGUST 27, 9:00 AM. 23<sup>rd</sup> DUNE 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.

**SUNDAY, AUGUST 28, 9:00 AM- 10 AM. BEATTIE PARK 5K/10K, 10 AND UP, 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. Registration Deadline 8/26, Check-in 8:00AM – 8:45AM. \$15 Pre-Reg, \$20 on race day. Mario Guerrero, 805 875-8100, M\_GUERRERO@ci.lompoc.ca.us

**SATURDAY, SEPTEMBER 3, 7:45 AM. 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. It is a fundraiser for Coast Union's American Field Service program, directed by Sharon Bisso, 995-1432.

**SUNDAY, SEPTEMBER 4, 6:15 AM. PIER TO PEAK, SANTA BARBARA.** Stearns Wharf at State Street, 6:00 AM Final Check In, Race Starts 6:30 a.m. Fees: \$65. 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 at Look Out Park in the Los Padres National Forest. Capture the panoramic layout of the City of Santa Barbara, the Santa Barbara Channel, and the Channel Islands. You can see where you started from 13.1 miles (sea level) earlier. Post race treats and streamline silkscreen and design finisher's shirts and finisher's medals. Course is limited to 350. Please NO BANDITS are permitted. Shuttle Service will be available for those who do not have friend or family meeting them at Look Out Park. [www.runsantabarbara.com](http://www.runsantabarbara.com)

**SUNDAY, SEPTEMBER 11, 8:00 AM. SUMMER'S END 5K AND 10K TRAIL RUNS (AT LOPEZ LAKE), ARROYO GRANDE:** This is the third in a four race series to be held at Lopez Lake with an entry fee is \$35 for the 5K and \$45 for the 10K plus \$9 per vehicle for the park entry fee. There will be eight age divisions (10 & Under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, & 70+) for both men and women with medals to the top three in each. There will also be a Tots Mile for ages 6 and under with a \$25 entry fee and medals to the top three boys and girls. For more information, contact Jeannie Keeffe, Friends of Lopez Lake, 1776 Upper Lopez Canyon Road, Arroyo Grande, 93420, [jeanniekeeffe@mac.com](mailto:jeanniekeeffe@mac.com).

**SATURDAY, SEPTEMBER 17, 7:30 AM. WOUNDED WARRIOR HALF MARATHON, 5K AND MILITARY MILE, NAVAL BASE VENTURA COUNTY, POINT MUGU.** Naval Base Ventura County, Point Mugu, Building 16 - Gymnasium, North Mugu Rd. NBVC Point Mugu, CA. Wounded Warrior Half Marathon/ 5K/Military Mile, hosted by Naval Base Ventura County, Honoring our Wounded Warriors. Join us as we pay tribute to our injured servicemen and women. Fees: \$5 - \$35. This unique half marathon is held at NBVC Point Mugu and offers a FAST, FLAT and Fun course. The course is certified and perfect for setting new personal records or for the first time runner. The 5K run is a great way to stay in shape and pay tribute, while the Military Mile is family and stroller friendly. All participants will receive a T-shirt and sponsored goodies. Half Marathon participants will also receive a collector's 'Finisher Medal.' After race BBQ provided for all participants. Proceeds benefit the Wounded Warrior Program and NBVC. Online registration for this event is available through Monday, September 12 at 11:59pm and can be found at: [http://www.active.com/event\\_detail.cfm?event\\_id=1959926](http://www.active.com/event_detail.cfm?event_id=1959926). Race participants must send in all spectator names upon registration for gate access. All racers, spectators, and volunteers 18 years or older must have a photo ID to enter the base. Info: 805 989-7378 or 805 982-3007 or [active.com](http://active.com)

**SATURDAY, SEPTEMBER 24, 8:00 AM. 35<sup>th</sup> ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K, 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; 5K - \$30. 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 25, 8:00-11:00 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 at 8:00 AM, followed by a 5K run and 5K walk at 9:15, an open mile for all ages at 10:30, and finally a series of kid's races. 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 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 while the 10K will have \$2,000 in prize money for the top ten age graded performances. 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](mailto:mitch@hobfunrun.com), [www.hobfunrun.com](http://www.hobfunrun.com).

**SUNDAY, OCTOBER 9, 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. Entry includes awards in 13 age categories, an event T-shirt, breakfast buffet, entertainment, a gift, and post-race shuttle service. The 5K takes place at Dinosaur Cave Park 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](http://www.citytothesea.org). Registration is on-line only through [www.active.com](http://www.active.com).

**SUNDAY, OCTOBER 9, 8:30 AM. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, AND 50K), LOS OSOS:** This is part of the Pacific Coast Trail series of runs designed to provide quality trail running experiences. Check-in, the start, and the finish are at Spooner's Cove. All courses are hilly ones on trails through the park. Entry fees vary with the distance and are \$35 for the 8K, \$40 for the 12K, \$45 for the 25K, and \$65 for the 50K by September 25, add \$5 to each fee after that, and add \$15 on race day if there is still space available. There are T-shirts to all entrants, refreshments, medals to the first male and female overall and in each age group plus ribbons to second and third to finish. Check the web site at [www.pctrailruns.com](http://www.pctrailruns.com) to register. Official confirmation of the event is pending permit approval from the park.

**SUNDAY, OCTOBER 16, 7:00 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K.** This event will 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 \$80 for individuals and \$110 for relay teams by July 1, \$90 and \$140 after that, \$30/\$35 for the 5K. For further information, check the web site at [www.pasoroblesmarathon.com](http://www.pasoroblesmarathon.com) or contact Julie Opheim, Paso Robles Harvest Marathon, PO Box 1796, Paso Robles, 93447-1796, (877) 264-6979, [pasomarathon@yahoo.com](mailto:pasomarathon@yahoo.com).

**SATURDAY, OCTOBER 22, 9:30 AM. FIRST ANNUAL TRIBUTE TROT 10K RUN, 5K RUN/WALK, SANTA BARBARA.** East Beach in front of Cabrillo Bath House, 1118 East Cabrillo Blvd. 10K (run only): 9:30; 5K walk: 9:45; 5K run: 10:00. Fees: 10K - \$45; 5K - \$35. Join in on Santa Barbara's first Annual "Tribute Trot." H.E.E.A.L. (Hope through Exercise, Energy, and Art for Life), a local non-profit extends the opportunity to participants to attribute their walk or run. Whether you are running for good health, the memory of a loved one, or simply to enjoy the beautiful scenery, H.E.E.A.L. advocates finding a positive outlet through exercise and art. Music, art, and festivities will be part of the post-race fun! <http://www.heealsb.org>

**SUNDAY, OCTOBER 23, 12:00 AM. 5TH ANNUAL MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K, AVILA BEACH.** Come join the fun for the Midnight 5K in Avila Beach. Registration will start at 11:00pm 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 14th and \$35 from October 15th through race day. Register online at [www.sosc.org/runavilabeach](http://www.sosc.org/runavilabeach) or by mail through Special Olympics, PO 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 30, 9:00 AM. BAYWOOD PARK OKTOBERFEST FOUR MILE RUN.** Start by the boat dock in downtown Baywood Park and run an out and back course on roads adjacent to the bay. \$10 entry fee, \$25 with multi-color long-sleeved T-shirt. Plenty of divisions from 8 and under to 80 and over along with special divisions for strollers and walkers. Awards will be given three deep in each division along with merchandise prizes to the top finishers and an extensive random drawing. Directed by Ron Roundy, 1855 - 7th Street, Los Osos, 93402, 528-0775. Proceeds go to the Morro Bay HS cross country team.

**SUNDAY, OCTOBER 30, 9:00/10:00 AM. LAGUNA LAKE PARK 5K AND 10K MUD MASH, SAN LUIS OBISPO.** The MUD MASH is a 5K and 10K run with dirty obstacles including walls, lake scramble, hay bales, slip and slide, and of course a huge, nasty mud pit not to mention some tough trails that will be even tougher when you're wet and muddy. So come out, bring your friends, and make a team. A portion of MUD MASH proceeds benefit SLO County's Special Olympics, which provides year-round sports training and athletic competition to people with intellectual disabilities. Entry fees for the Mud Mash are \$40 per person for the 5K (at 9:00) and \$50 for the 10K (at 10:00). There will also be team divisions for two person and four person teams. Check [www.mudmash.com](http://www.mudmash.com) or go to [www.active.com](http://www.active.com) to register.

**SATURDAY, NOVEMBER 12, 7:00 AM. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON AND HALF-MARATHON, SANTA BARBARA.** Located in the "American Riviera" in Santa Barbara, this point-to-point course winds through the scenic Goleta Valley with its lush lemon and avocado orchards, skirts the exclusive community of Hope Ranch, winds through the historic Santa Barbara mesa area, and finishes with a stunning two mile descent to the sparkling Pacific Ocean along the Santa Barbara coastline. Fees: Marathon - \$130; Half-Marathon - \$80. Event Highlights: fast and scenic course, USAT&F certified/sanctioned, Boston Qualifier, perfect winter running weather, beautiful destination. Registration Includes: goodie bag, T-Shirt, personalized bib (thru Oct 1, 2011), unique finisher medal, medical care - first aid stations, fluid and fuel stations, athlete transportation to the start, entrance into Health and Fitness EXPO and Lecture Series. Prizes/Awards: Awards TBA. Time allowed: The course will close 6.5 hours after start time. <http://www.sbim Marathon.com>

**SUNDAY, NOVEMBER 13, 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 \$30 for the 5K and \$50 for the half marathon by October 31 and \$40/\$65 after that through [www.active.com](http://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](http://www.winevinerun.com). Directed by Field Gibson, Bearcat Boosters, PO Box 22, Paso Robles, 93447-0022, [fieldgibson@gmail.com](mailto:fieldgibson@gmail.com).

## RACE RESULTS

July 16, Run Montecito. Half-Marathon – Ben Li, 2<sup>nd</sup> overall, 1:26:45. (<http://www.blacksmithendurance.com/runmontecito/>)

August 7, Central Coast Cancer Challenge 100k ride, 50k ride, 22k ride, 10k run/walk, 5k run/walk, children's 1 mile, San Luis Obispo. 10K - Paul Lee, 2<sup>nd</sup> overall, 52:47 and Sarah Nemeth, 68<sup>th</sup> overall, 1:12:23. (<http://www.sbtiming.com/results.html>)

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	Betty Lee	RaceReady, Inc, WILCO Distributors, Inc, Elite Eyecare Medical Group, Cardiovascular Center of Lompoc, Walker, Wilson and Hughen, Valley Medical Group, Starbuck-Lind Mortuary, Community Bank of Lompoc, CoastHills Credit Union, Santa Barbara Bank and Trust, At Home Senior Services, Lompoc Valley Medical Center, Rabobank, Union Bank, Culligan Water

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)

LOMPOC VALLEY DISTANCE CLUB  
PO BOX 694  
LOMPOC CA 93438

SATURDAY, SEPTEMBER 24  
VALLEY OF THE FLOWERS  
HALF-MARATHON AND 5K