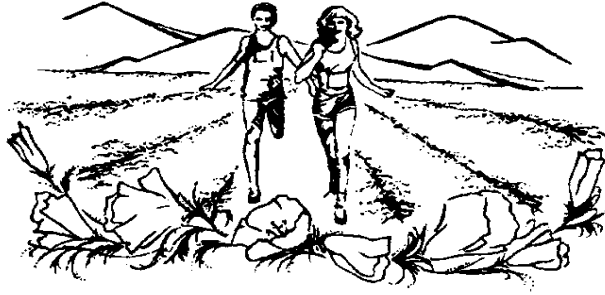


# Lompoc Valley Distance Club

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, 2012

## KEY DATES

**SATURDAY, SEPTEMBER 22**

**VALLEY OF THE FLOWERS HALF-MARATHON RUN  
AND WALK AND 5K**



## NOTES FROM THE INTERIM LVDC PRESIDENT

Greetings fellow walkers, runners, and combination walk/jog'ers (my current style)! Are you Half-Marathoners in training with Bob Lingl at La Purisima Mission getting dizzy? His latest email has instructions about performing the upper and lower loops in counter and clockwise directions.....for 8 plus miles! Only 6 more weeks of training to go – happy trails!

Has anyone seen the “bare foot” runner around town lately? I saw him participate in the Parade Route 5K Run and was wondering if he was upping his distance. Also, who left a box of Hawaiian chocolates at that event? Thank-you! I ate the whole box by myself.

I'm requesting members come forth with some information about themselves to share in the newsletter. Our Lompoc Valley Distance Club (LVDC) is family oriented and consists of all levels of experienced distance walkers and runners. We have families, careers, and experiences (positive or negative) other than walking or running that are noteworthy. Please share because we care!

For example: Recently I reached a milestone in my life - I became 60 years old! A small and private surprise Luau party was given in my honor by my 5 and 7 year old granddaughters which included napkins that said “Shake your Coconuts.” They thought it meant to wiggle their hips but I didn't correct them. Also with the age change I started to reflect on years that have passed since I became involved in the LVDC a long time ago. It happened in 1984 when I decided I needed to get fit and involved in the community. I investigated the Lompoc Valley Half-Marathon and Marathon being held at River Park just off Highway 246. There I became a volunteer and begun my initial distance running. It's been 27 years since then - I have met many good friends, directed runs, and finished many runs. I could not have done these accomplishments without the help of LVDC members – THANKS!

Lastly, elections for LVDC members will be held soon. If you are interested send me a note or a phone call. Any input is greatly appreciated!

Very respectfully  
Wayne Davis  
(alhwed@msn.com)

**2012 VALLEY OF THE FLOWERS HALF-MARATHON:** Bob Lingl's group continues their training at La Purisima Mission State Park leading up to the half-marathon. They have done the water tanks and two lower loops and one upper loop. E-mail Bob at [boblingl@aol.com](mailto:boblingl@aol.com) if you are interested in his training plan and/or group runs. They meet at La Purisima Mission on Saturday mornings.

## UPCOMING ROAD RACES

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

**SUNDAY AUGUST 19, 8:30 AM. MCCONNELL'S 5K AND 10K, SANTA BARBARA.** 5K 8:30, 10K 9:30, Kid's Mile 11:00, Goleta Beach.

**SATURDAY, AUGUST 25, 9:00 AM. 24TH 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 and Recreation Dept., 154 South 8th Street, Grover Beach, 93433, [www.grover.org](http://www.grover.org), 473-4580.

**SATURDAY, SEPTEMBER 1, 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 \$15 without a shirt and \$20 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 and directed by Sharon Bisso, 995-1432.

**SUNDAY, SEPTEMBER 2, 2012, 6:30 AM. PIER TO PEAK RUN, SANTA BARBARA.** 1 State Street, Santa Barbara. Challenging endurance climb up to 4000 feet from the sea level start. [www.runsantabarbara.com/pier\\_to\\_peak.html](http://www.runsantabarbara.com/pier_to_peak.html)

**SUNDAY SEPTEMBER 9, 9:00 AM. BEATTIE PARK 5K/10K FUN RUN, LOMPOC.** This event is geared for all ages and ability levels. All participants will have a chance for first and second place awards. Pre-registration deadline is September 7. Check-in starts at 8:00 AM. Fees: \$15 for pre-registration and \$20 for race day registration. Lompoc Parks and Rec, (805) 875-8100.

**SATURDAY, SEPTEMBER 15, 8:00 AM. 6TH ANNUAL SANTA YNEZ GOURMET CHALLENGE.** Santa Ynez County Park, corner of Sagunto and Cuesta Streets. A full or half-metric century cycle and a 10K walk/run event which benefits the Lance Armstrong Foundation (LAF) to fight cancer. Ride or walk/run in the beautiful Santa Ynez Valley and finish with a 4-course gourmet luncheon with libations. Sag support, rest stops, and an event T-shirt are included. Prizes awarded for top fund raisers in each category. Fees: \$50

Registration, minimum \$100 donations; 100% go to Lance Armstrong Foundation. If you have questions, call Jim at 805-350-0284 or go to [www.thevineyardhouse.com/gourmet-challenge-2012.html](http://www.thevineyardhouse.com/gourmet-challenge-2012.html)

**SUNDAY, SEPTEMBER 16, 8:00 AM. SUMMER'S END 5K AND 10K TRAIL RUNS, LOPEZ LAKE, ARROYO GRANDE.** Entry fee is \$30 for the 5K and \$35 for the 10K plus \$9 per vehicle for the park entry fee. There will be eight age divisions 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 \$15 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).

**SUNDAY, SEPTEMBER 16, 8:00 AM. WINE VINE HALF MARATHON AND 5K, PASO ROBLES.** Experience the wine country of Paso Robles at the Shimmin Canyon Vineyard. Entry fees are \$30 for the 5K and \$70 for the half marathon by September 2 and \$40/\$80 after that through [www.active.com](http://www.active.com) with proceeds going to the athletic programs at Paso Robles High School. There is also a 5K Team Challenge with five person teams. All entries receive a race shirt and goodie bag and there are awards to the top three in each age category. More information is available on-line at [www.winevinerun.com](http://www.winevinerun.com). Directed by Field Gibson, Bearcat Boosters, PO Box 22, Paso Robles, 93447-0022, [director@winevinerun.com](mailto:director@winevinerun.com).

**SATURDAY, SEPTEMBER 22, 8:00 AM. 36<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: to be determined. 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) or check out the club web site.

**SUNDAY, SEPTEMBER 23, (NO TIME). FIRST ANNUAL SHE.IS.BEAUTIFUL, SANTA BARBARA'S PINKEST WOMEN ONLY 10K AND 5K.** Limited to 1,000 women, no race day registration. Join us for a scenic, sassy tour of beautiful Santa Barbara, CA. Although we will have plenty of it to supply, BYOS (Bring Your Own Sass!). Registration fees: \$30. 15% of the race proceeds benefit Girls Incorporated, Santa Barbara. Registration includes: bib number, goodie bag, tech race shirt. [www.runsheisbeautiful.com](http://www.runsheisbeautiful.com)

**SUNDAY, SEPTEMBER 30, 9:30 AM. 2ND ANNUAL LOS ALAMOS OLD DAYS 5K STAMPEDE:** This race is part of the Old Days Celebration in Los Alamos and is sponsored by Cal Swoosh Sports and the Los Alamos Men's Club. The start, finish, and race day registration will be on Bell Street at Ferrini Park and the race will be run over a scenic loop course in town and through Los Alamos Park, finishing just prior to the start of the parade. Bring the family for a full morning of fun and festivities. The entry fee is \$20.00 and includes a T-Shirt for those who register by 9/23. Online, mail in, and race day registration after 9/23 will not be guaranteed a T-shirt. Check-in and race day registration will be from 8:00-9:00 prior to the start of the race. There will be awards to the top three in seven age divisions and a 3' tall trophy to the first overall male and female finishers. This is a fundraiser for Cal Swoosh Sports, an organization helping underprivileged youth play sports so come out and help support this cause. Contact Coy Kendrick, [ncswoosh@hotmail.com](mailto:ncswoosh@hotmail.com), register online at <http://calswoosh.com>, or mail your entry to Cal Swoosh, P.O. Box 1521, Atascadero CA 93423-1521.

**SATURDAY, OCTOBER 6, 2012, VARIOUS TIMES. THE SOLVANG MILE.** This world class event will start and finish on Copenhagen Drive. The mile road race event will be run in 12 heats, beginning at 7:00 AM. There are 10 age group heats, a Fun Mile, and Men's and Women's elite heats. \$5,000 in cash for the elite heats, and age group and open heats prizes and awards are on the line, so come give us your best mile effort! Throughout the event there will be a family friendly festival and expo area located in Solvang Park for

the enjoyment of the spectators and competitors, as well as a beer tasting garden, featuring local brews, for adult participants. The course length has been certified, and the event sanctioned by USA Track & Field, so when your mile PR dreams come true, you'll know they're legit! Race packet pickup begins at 6:00 and the first heat starts at 7:00. The last heat will be run at around 10:15. Please visit us at [www.northamericanathletics.com](http://www.northamericanathletics.com) or on facebook for event updates, and a final listing of individual heat start times

**SATURDAY, OCTOBER 13, 8:00 AM. FOX FALL CROSS COUNTRY 5 MILES AND KID'S MILE, SANTA BARBARA.** Lake Los Carneros. A true cross-country race with five miles of mostly off-road running, winding trails through woods and fields, over hill and Dale (one of our volunteers). Watch for logs to jump over, low-hanging branches to duck under, and the occasional fox or bobcat. Directions: take the Los Carneros exit toward the mountains, then turn right on Covington Way and stop after about 300 yards. See that trail? Right there behind Wally's van? Walk up there. You'll find it. Enjoy Octoberfest treats at the finish, and the best-tasting awards in town, all for the amazingly low price of \$10. Kid's Mile at 9:00 AM - Finisher ribbons for all and free entry. Contact Nash for details: [nashjimenez@hotmail.com](mailto:nashjimenez@hotmail.com). <http://foxfallxc.blogspot.com/>

**SUNDAY, OCTOBER 14, 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 follows country roads to Dinosaur Cave Park in Pismo Beach. Entry 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 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 14, 8:00 AM. 20TH ANNUAL CANCER CENTER OF SANTA BARBARA 10K RUN AND 5K WALK/RUN.** Montecito Union School, 385 San Ysidro Road. Rain or Shine. Please no dogs or scooters. 10K Run: 8:00; 5K Fun Walk/Run: 8:30; Kids' Fun Run (12 and under): 10:00; Brunch: 9:30; Post-Event Program/Raffle: 10:00. Fees: \$45 thru September 30; \$55 October 1 – 11; \$65 October 12 – 14. Kids' fun run (12 and under): \$20. Race day registration: 7:15 - 8:15. Raise \$100+ and enjoy free registration for the event AND receive one entry into the GRAND PRIZE drawing for a trip to Hawaii! Information: Please call the Cancer Center at (805) 898-2116. <http://www.ccsb.org/events/walkrun2012/>

**SATURDAY/SUNDAY, OCTOBER 27 AND 28, NO TIME. 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, a huge mud pit and some tough trails that are even tougher when you're wet and muddy. 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 are \$40 per person for the 5K and \$50 for the 10K. 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, OCTOBER 27, (VARIOUS TIMES IN THE PM). THE NAKED FOOT 5K AND KIDS 1K, SANTA BARBARA.** 236 East Cabrillo Boulevard. This isn't just your typical 5K. We have partnered with the national charity Soles4Souls and encourage runners to bring a pair of shoes to donate and challenge them to run barefoot (although completely optional)! We will be hosting a mini healthy living expo and clinics before the event on how to "run like you are barefoot" with well known runners and authors. The 5K is now FREE to kids under 12! This is no boring road race. We do not reveal the course until race day but be prepared for a cross country-like adventurous course! We have lots of FREE fun events set up after the run including a FREE kids 1K race, "foot painting", foot massages, live music, beer and wine tasting, a raffle for a chance to win amazing prizes, a shoe kicking contest and more! Event schedule and times: Friday October 26th: Packet pick-up, "Learn to Run" clinic by Altra Footwear and happy hour at a local running store (TBA); Saturday, October 27th: Day of packet pick up: 4:00-5:00 PM; 5:15 PM; Free kids 1K; 5:30 PM;

Group warm-up- 5:45 PM; 5K start; 6:30 PM; After party!!! Fees: Run/Walk Team Registration - \$35; Run/Walk - \$35; Kids 12 and under; and FREE kids 1K -\$0.00; Student rate- must show ID at packet pick-up - \$25.00. <http://thenakedfoot5k.com/#/santa-barbara/>

**SUNDAY, OCTOBER 28, 7:30 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K.** This third annual event will be held at LeVigne 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 & \$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 Paso Robles Harvest Marathon, P O Box 1796, Paso Robles, 93447-1796, (877) 264-6979, [pasomarathon@yahoo.com](mailto:pasomarathon@yahoo.com).

### **RACE RESULTS**

August 11, Lompoc. Sixth Annual Hank Hudson Sprint Triathlon – Relay – Coed, Kaitlyn Ogan and Kent Yankee, 58:48; Female, Erin Holt, Mary Lou Seelandt and Carmen Ortiz, 1:10:20; and Male, Lawrence Li, Benjamin Li, and Levi Block (55:35) (Lompoc Record)

Great photo of Kent Yankee in the August 12 Lompoc Record.

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	RaceReady, Inc, Elite Eyecare Medical Group, Walker, Wilson and Hughen, Valley Medical Group, Starbuck-Lind Mortuary, Community Bank of Lompoc, CoastHills Credit Union, Santa Barbara Bank and Trust, Dr. W. Blake Jamison, Dr Thomas A. Van Meter, At Home Senior Services, Lompoc Valley Medical Center, Rabobank, Union Bank

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

**VALLEY OF THE FLOWERS  
HALF MARATHON AND 5K  
SATURDAY, SEPTEMBER 22,  
8:00 AM**