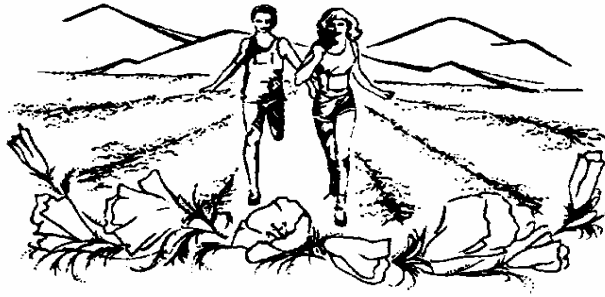


# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Wayne Davis	Secretary	735-7177	Noval Casteel	Webmaster	735-4766

December 12, 2007

## KEY DATES

**No races on the schedule**



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

**Season's greetings**

How's your endorphin level? At the prep and collegiate level, the Lompoc Valley's Michael Coe and Miguel Ortiz helped keep theirs and those of their teams at a high level. Coe and his Cal Berkeley Bears made it to the NCAA final in cross country a few weeks ago in Terre Haute, Indiana. They finished 16th in what was the first-ever final for Cal in cross country. Ortiz and the Cabrillo Conquistadores, meanwhile, made it back to the state meet at Fresno on the last Saturday in November, finishing 13th in D-3. Congrats to the speedos!

A few Tuesdays ago at the Lompoc City Council meeting, Tym Stark, now famous locally as the guy who had an arrhythmia at our half-marathon on Sept. 22, personally thanked Lompoc firefighter John Steffens along with Brian Capps, Steve McCort and Eric Voyles from VAFB for their roles in helping stabilize his critical condition. I'd like to add that Lompoc's Cecilia Ramos, the first doctor on the scene, also played a key role. It is interesting, and indicative of savvy level of clientele at the LVDC runs, that all these fellow competitors were there when Tym needed them. I hope that doesn't sound too self-congratulatory. But we're thankful for those folks, and we know Tym is too. And thanks to Harvey Wynne for getting Tym his medal!. (Check out the club web site for a picture of Harvey and Tym.) Tym is now out of the hospital, and undergoing therapy three days a week in Fullerton.

On a semi-personal note, I've finished my biography of Nick Carter, the Lompocan who ran the 1,500 meters at the Olympics in Amsterdam in 1928. A few copies will be printed prior to the 2008 Olympics, because Nick's claim of being the only Olympian from the Valley of the Flowers may just be dated by then. Go Duane Solomon!

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

**MERRY CHRISTMAS**

And speaking of John Steffens – John ran the California International Marathon on December 2 in Sacramento. John was 299<sup>th</sup> overall and finished in a great time of 3:05:47.

**2008 MEMBERSHIP.** A 2008 membership form is included with this newsletter. It doesn't seem possible that is almost a new year. Anyway, renew your membership and pass on a copy to a running friend so we can increase our membership.

## UPCOMING ROAD RACES

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

**TUESDAY, JANUARY 1, 2008, 8:00 AM. NEW YEAR'S RESOLUTION DAY 5K/10K, SANTA BARBARA.** 5K 8:00, 10K 8:45. Palm Park - Start/end the year with an invigorating oceanfront run that features a traditionally unusual post-race raffle. Wally Marantette, (805) 965-3671, wallytor@cox.net. Running in the previous night's evening clothes entirely acceptable, especially formal wear

**SATURDAY, JANUARY 26, 2008, 9:00 AM. MISSION MULTISPORT 5K/10K CROSS COUNTRY RUNS, SAN LUIS OBISPO.** There will be a 10K cross country race at 9 AM, a 5K x-c race at 10 AM (both on dirt), a European style 5K steeplechase cross country race at 10:45, and a 1 mile European style x-c race for kids ages 8-13 at 11:30. The site is the Fairbanks XC Course across from Cuesta College with check-in 45 minutes before your race. Costs are \$20 for ages 14 through adult with a t-shirt if signed up by January 23 and \$25 on the day of the race. Kids who enter the one mile run are \$5 with race day sign-ups only. Merchandise awards for race winners and medals to all the finishers in the youth race. Directed by Kathy Hennesly, www.missionmultisport.com, 459-6967.

**SUNDAY, FEBRUARY 3, 9:00 AM. SUPER BOWL 4-MILER, GOLETA.** Stow Grove Park in Goleta (La Patera and Cathedral Oaks) - 1st annual Super Bowl 4-miler is a fun run/walk and a great way to start your Super Bowl Sunday. Flat/fast course. Jose Gonzalez (805) 962-3627, jose@sbaactionpro.com. www.sbaactionpro.com

**SUNDAY, FEBRUARY 10, 8:00 AM. SANTA BARBARA RUNNING VALENTINE'S 4-MILER AND COUPLES RELAY RUN, SANTA BARBARA.** 4-Mi. 8:00, 2 x 2 mile Couple's Relay 9:00. UCSB Lagoon. Fun and beautiful two-loop course around the UCSB Lagoon. Great Valentine's treats/prizes. Santa Barbara Running, (805) 899-8802 or (805) 964-6700, joe@sbrunningco.com, www.sbrunningco.com.

**SATURDAY, FEBRUARY 16, 8:30 AM. 8th ANNUAL "BUZZ" MARATHON, HALF MARATHON, AND 5K, CAMP ROBERTS.** These races serve as a fundraiser for Lillian Larsen School athletic programs. The events will be on the grounds of Camp Roberts north of San Miguel with fees of \$15 for the 5K and \$35 for the half and full marathons for pre-entries and \$20/\$50 after the February 1 deadline. This includes a T-shirt and medals to the winners in each age group. Other activities include a barbeque at the finish and a drawing for door prizes. The meet director is Eileen Rogers, Lillian Larsen School, P. O. Box 299, San Miguel, 93451, 238-6749 (H), 467-3216 (school), e-mail hornetqueen93451@buzzmarathon.org, race web site www.buzzmarathon.org.

**SUNDAY, FEBRUARY 17, 8:00 AM. CARPINTERIA KIWANIS SECOND ANNUAL WINTER WARM-UP 5K, CARPINTERIA.** Carpinteria Bluffs, Bailard Ave. Post-race fruit, free photos and other goodies. Bill Swing, (805) 684-2577, istartandstop@cox.net, www.carpkiwanis.org

**SUNDAY, FEBRUARY 24, 8:00 AM. INDEPENDENT "ROSES TO LA PLAYA 5K AND 1K KIDS/FAMILY RUN, SANTA BARBARA.** 5K 8:00, 1K Kid's/Family Fun Run 9:00. Leadbetter Beach. Point-to-point race

from State St. and Pedregosa to Leadbetter Beach (bus provided to start). FAST, fun and festive. Down State Street and along the waterfront. Jose Gonzalez (805) 962-3627, jose@sbactionpro.com, www.sbactionpro.com

**SATURDAY, MARCH 1, 8:00 AM. FOURTH ANNUAL PEABODY SCHOOL 10K/5K RUN, SANTA BARBARA.** 10K 8:00, 5K 9:15. Leadbetter Beach. Flat and fast 5K/10K along the beautiful Santa Barbara coast. Refreshments, plus lots of highly cute kids. Robert Ramirez (805) 692-2500 robr@bdcmanagement.com

**SUNDAY, MARCH 9, 9:00 AM. SAN LUIS MOUNTAIN 6.2 MILE RUN, SAN LUIS OBISPO.** Laguna Lake Park. Postponed from November, the San Luis Mountain Run is back. This rugged trail race goes along the ancient volcanic Morro, Cerro San Luis. The 6.2-mile course is speckled with challenging single track, fire road and double track trails. With an elevation gain of 1,500 feet, this 10K is set against Laguna Lake with dramatic views of the coastal range and an overlook of downtown San Luis Obispo. Proceeds benefit San Luis Obispo County's Special Olympics. Entry fees are \$35 and \$30 for students, add \$10 on the day of registration. The fee includes awards in 22 categories, an event T-shirt, refreshments, raffle (must be present to win), KOM (first person to the aid station at the top of the hill) and a race clinic. There will also be prizes for the top three male and female finishers. For more information and to register, visit www.slomountainrun.com or contact Nimble Creative LLC, 1313 Pacific Street, San Luis Obispo, 93401, 546-8077, racing@slomountainrun.com.

**SATURDAY, MARCH 15, 10:00 AM. SANTA BARBARA RUNNING SHAMROCK 5, 5 MILES, GOLETA.** 5-Mi. 10:00. Girsch Park (Goleta). Exciting 5 mile loop through the Elwood Bluffs on dirt trails and over hay bales. Stick around for the special post-race party. Santa Barbara Running, (805) 899-8802 or (805)964-6700, joe@sbrunningco.com, www.sbrunningco.com.

**SUNDAY, APRIL 13, 8:00 AM. 12th ANNUAL WINE COUNTRY HALF MARATHON AND 5K AND KID'S HALF MILE, PASO ROBLES.** The race will start and finish at River Oaks Hot Springs and Spa, 800 Clubhouse Drive, just off Highway 46 a few miles east of Paso Robles. The course takes you over rolling hills, through picturesque vineyards, and along the Salinas River. After the race, enjoy breakfast, music, a raffle, and the awards ceremony. All runners receive a race T-shirt and both male and female first place race winners of the half marathon win their weight in wine. The half marathon begins first, followed by the 5K and then a kid's half mile for ages 10 and under. Entry fees are \$35 for the half marathon, \$25 for the 5K, and \$15 for the kids race with awards three deep in 13 age groups for both the 5K and half marathon. The race web site is www.winecountryruns.com, register at www.active.com, e-mail mcrundoc@digitalputty.com, or call 226-9911.

## RACE RESULTS

October 28, Avila Beach. Paul Lee was the winner of the Special Olympics Midnight Run with 18:35. (SLDC)

November 3. Santa Barbara, 31<sup>st</sup> Annual Santa Barbara News-Press Half-Marathon. Karl Seelandt was 94<sup>th</sup> overall, 1:34:54; Betty Lee was 427<sup>th</sup>, 1:51:17; Billiana Hardy, 1,023<sup>rd</sup>, 2:14:52; and Patty Landis, 1,189<sup>th</sup>, 2:23:14; third in her age division.

November 4, Santa Clarita Half-Marathon. Mary Lou Seelandt was 530<sup>th</sup> overall, 2:07:57.

November 4, Fresno, Trail of 2 Cities Half-Marathon. Chris Denny finished in 2:07:59. He was first in the 75-79 age division and was 495<sup>th</sup> overall.

November 11, 14<sup>th</sup> Annual Salmon 5K Run, Ventura. Juan Campos was 108<sup>th</sup> overall with 24:59 and Julie Campos was 214<sup>th</sup>, 29:24.

November 18, 4<sup>th</sup> Annual 3-Mile Turkey Fun Run, Lompoc. Paul Lee was the winner and 1<sup>st</sup> in the 40-49 age division, 18:40; Karl Seelandt was 1<sup>st</sup> in the 50-59 age group, 19:30; Rick Hummel was 2<sup>nd</sup> in the 50-59 age group; 21:55; Juan Campos was 2<sup>nd</sup> in the 40-49 age group, 22:50; Mary Lou Seelandt , 1<sup>st</sup> 50-59; 25:45; Julie Campos, 2<sup>nd</sup> 50-59, 26:04; Larry La May, 1<sup>st</sup> 65 plus, 29:20; Lisa Norcutt, 1<sup>st</sup> 65 plus, 32:25; Neal Enslin was 1<sup>st</sup> in the 60-65 age group; 36:57 and Olga Lucaric, 2<sup>nd</sup> 65 plus; 42:03. Fran Zimmerman also ran the Turkey Fun Run.

November 22, 31<sup>st</sup> Thanksgiving Day Run Against Hunger, 8 Miles, San Luis Obispo. Paul Lee was 12<sup>th</sup> overall, 52:36. (SLDC)

November 22, Run Santa Barbara Thanksgiving Day 4-Miler. Patricia Landis was 246<sup>th</sup> overall, and second in her age group, 37:03.

**DON'T FORGET TO RENEW YOUR MEMBERSHIP.**

**PASS ON A MEMBERSHIP FORM TO A FRIEND.**

*Best Wishes In The New Year*



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	Betty Lee
July	Lizard Breath Fenceline	Alan Hunt
Sep	Park to Park	Kathi Froemming
		Neil Smoots
Sep	Valley of the Flowers Half Marathon	Betty Lee

Dr Jamison, Race Ready, Ballard, Robinson & Walker, Valley Rick, At Home Senior Services, Lompoc Healthcare District, Community Bank, Valley Medical Group of Lompoc, Taco Bell of Lompoc, Cardiovascular Center of Lompoc, Fargen Surveys, Inc, Retail Management Specialists, LLC, Valley Rock, Sesto Insurance, Graphics Systems, Classic Installation, Impulse Internet Service, Rabobank.

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