

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		Webmaster	

December 12, 2008

KEY DATES

No races on the schedule



Hello out there in Lompoc Valley Distance Club Land

Our meeting December 9 yielded the LVDC race sked for 2009. We'll start with the Trettin 5K in March, date still to be set. Then to the Ray Gil Mission 5K/10K Saturday, May 9, the Parade Route 5K Saturday, June 27, the Lizard Breath Saturday, July 11, and the Valley of the Flowers Half-Marathon Saturday, September 26. Also at the meeting, we learned there will be no Scott Williams 5K at the prison this year. C'est la running vie.

Susanne Schenck, who was at the meeting representing Lompoc's Barkin Dog Park, encouraged us to make one of our runs "dog friendly." So, I'm offering the Ray Gil 5K as a run/walk for the canines as well as humans. All doggies must keep their people on leash. No paranoid or aggressive dogs, please.

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

P.S. Happy Holidays!

2009 MEMBERSHIP. A 2009 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.

RACE TIMER. Neal Enslin has volunteered to be a race timer. Wayne Davis will start training Neal at the next race. Once Neal is trained the LVDC will have three timers: Wayne, Neal, and Karl Seelandt. If anyone else is interested in becoming a timer, let Wayne know.

BOB LINGL: Great article and pictures on Bob Lingl in the Lompoc Record on December 14. Bob is one of the new city council persons. The article talked about Bob's marathon history also and his half-marathon training group for the 2008 Valley of the Flowers. Way to go, Bob!

MERRY CHRISTMAS

2009 RACE SCHEDULE

Saturday, March 28 (Tentative date)	Trettin 5K Run	Cabrillo High School	Kent Yankee 733-0754
Saturday, May 9	Ray Gil Memorial 5K/10K	La Purisima Mission	Al Hunt 736-5435
Saturday, June 27	Parade Route	Lompoc	Wayne and Lee Davis 735-7177
Saturday, July 11	Lizard Breath	La Purisima Mission	Al Hunt 736-5435
Saturday, September 26	Valley of the Flowers Half Marathon	La Purisima Mission	Betty Lee 736-7380

The Scott Williams Memorial 5K is off the calendar.

The Park to Park 8 miler still needs a race director.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

THURSDAY, JANUARY 1, 2009, 8:00 AM. 30TH NEW YEAR'S RESOLUTION 5 KM RUN/WALK AND 10 KM RUN, SANTA BARBARA. The 10K will start at 8:45. Palm Park, 640 E. Cabrillo Boulevard, 1/2 Mile East of Garden Street. Awards: For the combined 5K and 10K entrants, thoughtful and entertaining books or DVDs by drawing in ten categories. No time-based awards. The drawing will be held after the 10K. \$20 w/shirt, \$15 without. Fee good for one or both races. Race-day registration at race site for \$30. No-T-shirt option deduct \$5. <http://www.sbrunning.org>.

SATURDAY, JANUARY 17, 2009, 8:00 AM. CASTLE TO COAST EIGHT MILE RUN, SAN SIMEON. The race route will, begin in San Simeon and following Highway 1 south before finishing at Shamel Park in Cambria (shuttles will be provided to transport you back to the race start). The course will be well marked with an aid station provided at 4 miles near Cavalier Market. Racers, runners, joggers, and walkers welcome. Registration will begin at 6:45 AM at William Randolph Hearst State Park. This year's prizes include age group awards and great raffle prizes as well as grander prizes to the top 3 overall men's and women's finishers. Race day registration is \$15 and on line registration is at www.active.com. Long sleeve t-shirts will be available for \$10. Refueling will also be provided at the end of the race; bagels, bananas, performance fluids, and water. Event proceeds will benefit the Cuesta College Cross Country team and results will be posted on the San Luis Distance Club web site at www.sldc.org. This year's race is being conducted by Cuesta cross country coach Brian Locher, Cuesta College, PO Box 8106, San Luis Obispo, 93403-8106, 546-3100 Ext. 2716.

SUNDAY, FEBRUARY 1, 9:00 AM, SUPER BOWL 4-MILER RUN/WALK, GOLETA. Stow Grove Park, 580 N. La Patera Lane, Goleta. Start your Super Bowl Sunday with a fun 4 mile run/walk. Fast/flat course through the streets of Goleta with part of the course on the trails of Lake Los Carneros Park. \$25 (\$12 under 12 years-old (no t-shirt)) for pre-registration, \$30 for late registration. Early packet pick-up/late registration at

Santa Barbara Running. 129 N. Fairview, Goleta CA 93117, 805-964-6700, on Saturday, January 31, Noon - 5 PM. <http://www.sbactionpro.com>.

SATURDAY, FEBRUARY 14, 2009, 09:00 AM ROMEO'S RUN & RELAY 4 MILE RUN AND 1 MILE COUPLES RELAY, SANTA BARBARA. 1 Lagoon Rd, Santa Barbara, CA 93106, UCSB Main Campus. This race is a part of the Santa Barbara Cross Country Series. Striving for a completely no waste race and environmental awareness. In order to be in contention for the race win you must participate in all three races. UCSB students: \$15 UCSB Alumni: \$20 UCSB Faculty and Staff: \$20 Moms in Motion: \$20 General Public: \$25. <http://www.valentinesdayrun.com>. For more information about the Santa Barbara Cross Country series, please visit www.independent.com/sbxcseries.

SUNDAY, FEBRUARY 15, 9:00 AM. 8TH CHAINS OF LOVE 5K, 10K, 15K AND ½ MILE KIDS RUN (AT CAL POLY), SAN LUIS OBISPO. : The Chains of Love 5K, 10K, 15K, and 1/2 Mile Kid's Run is brought to you by the Cal Poly Triathlon Team. Run as an individual or in the couple's division (must finish together). The race starts in front of the Cal Poly Heath Center and all courses tour the hills of the Cal Poly campus. First place in each age group (19 & Under, 20-29, 30-39, 40-49, & 50+) will win a gift certificate to a restaurant in San Luis Obispo, second and third place will win a race mug, and all participants receive a race shirt. To register, go to www.active.com and search for Chains of Love. Entry fees for the 5K are \$15 for students & \$25 for non-students and couples; fees for the 10K are \$20 for students and \$30 for non-students and couples; fees for the 15K are \$25 for students and \$35 for non-students and couples. The kid's ½ mile fun run is \$10 and starts after the adult races. See more on their web site www.calpolytriathlon.com. Registration fees will help send the Cal Poly Triathlon team to the Collegiate Triathlon Nationals.

SUNDAY, FEBRUARY 15, 2009, 08:30 AM. MONTANA DE ORO TRAIL RUN (8 KM, 12 KM, 25 KM, & 50 KM, LOS OSOS, CA. <http://www.pctrailruns.com>.

SATURDAY, FEBRUARY 21, 8:30 AM. 9th ANNUAL "BUZZ" MARATHON, HALF MARATHON, AND 5K, SAN MIGUEL. 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. Walkers start at 6:30 AM, full and half marathon runners at 8:30, and the 5K is at 8:45. Other activities include a barbeque at the finish and a drawing for door prizes. Eileen Rogers, Lillian Larsen School, P. O. Box 299, San Miguel, 93451, 238-6749 (H), 467-3216 (school), hornetqueen93451@buzzmarathon.org, web site = www.buzzmarathon.org.

SATURDAY, MARCH 14, 09:00 AM SHAMROCK SCRAMBLE, GOLETA. UCSB West Campus. This race is a part of the Santa Barbara Cross Country Series, striving for a completely no waste race and environmental awareness. In order to be in contention for the race win you must participate in all three races. UCSB Students: \$15, UCSB Alumni: \$20, UCSB Faculty and Staff: \$20, Moms in Motion: \$20, General Public: \$25. For more information about the Santa Barbara Cross Country series please visit www.independent.com/sbxcseries

RACE RESULTS

November 23, Lompoc. Turkey 3 Mile Fun Run – Karl Seelandt, 19:28, 1st 50-59; Juan Campos, 21:27; Britni Heter, 22:16, female winner and 1st 16-19; Mary Lou Seelandt, 24:21, 1st 50-59; Julie Campos, 25:08; Fran Zimmerman, 27:32; Sheila MacFarlane, 30:58, 2nd 30-39; Larry LaMay, 31:22, 1st 70 and up; Lisa Norcutt, 32:49, 1st 70 and up; Olga Lucaric, 43:04, 2nd 70 and up.

November 27, San Luis Obispo. Thanksgiving Day Hunger Run, 8 Miles. Paul Lee was 10th overall, 52:28. (SLDC)

December 7, Sacramento. California International Marathon. Sarah Leck was 2,817th overall, 4:05, and Mary Lou Seelandt was 3,481st overall, 4:20:54. (<http://www.runcim.org/data/Results.html>)

December 13, Oxnard. Santa to the Sea Half Marathon, Julies Campos was 3rd in her age group, 2:09:09. (<http://www.santatothesea.com/>)

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	Wayne and Lee Davis	
July	Lizard Breath Fenceline	Alan Hunt	
Sep	Park to Park		
Sep	Valley of the Flowers Half Marathon	Betty Lee	Walker, Wilson & Hughen, Thomas Van Meter, MD, Dr Jamison, Cardiovascular Center of Lompoc, RaceReady, Kendall-Shepard Eye Center, Carnahan Therapy, CoastHills, Community Bank, Fargen Surveys, Inc, Retail Management Specialists, LLC, Valley Rock Ready Mix, Inc, At-Home Senior Services, Inc, Starbuck-Lind, The Leck Sisterhood Fund, Graphics Systems, Impulse Internet

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

**MEMBERSHIP RENEWAL
TIME**