

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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December 12, 2009

KEY DATES

No races on the schedule until next spring

Hello out there in Lompoc Valley Distance Club Land



Running a marathon, 26.2 miles. That's something. Running a marathon on seven continents, that's going the extra mile to go the extra mile. And that is what Juan and Julie Campos of Lompoc have done over the last three years. Pheidippides, who ran 26.2 miles from the Plain of Marathon to Athens to announce the first Greek victory in the Persian Wars in 490 B.C., then died of exhaustion, would well be amazed. The Campos couple started with the Shamrock Marathon at Virginia Beach, VA, on March 19, 2006. North America, check. Keeping with that Irish theme, they did a 26.2-mile "pub crawl" in Dublin, Ireland on October 30, 2006. Europe, check. On February 26, 2007, they ran a marathon on King George Island, way down south. Antarctica, check. March 6, 2007, saw Juan and Julie doing the Fin del Mundo Marathon in Ushuaia, Argentina. South America, check. On February 18, 2008, the intrepid duo ran the Tokyo Marathon. Asia, check. Africa was next, with the Marrakesh, Morocco Marathon on January 25, 2009. Then it was back down to the Southern Hemisphere for number seven on November 1, 2009, at the Auckland, New Zealand Marathon. Wow. Geography buffs might quibble, pointing out that Ireland is not, technically, part of the European continent, and that the same goes for Japan in relation to Asia and New Zealand in relation to Australia. Go ahead and quibble. This is still, in terms of distance running, not to mention traveling, quite an achievement.

Juan, 49, and Julie, 56, are both Raytheon employees. "We run for the brats and beer!" said Julie. And to see the sights. At the Shamrock Marathon in Virginia Beach, they ran with leprechauns on a chilly St. Patrick's Day. The course passed by Cape Henry Lighthouse, the USA's oldest. And "There was a promise of a pot of gold at the end of the rainbow, along with "all the Irish Stew and Killian's Red you could consume," said Juan. That October in Ireland, the weather was better than in Virginia in March. "Excellent by marathon standards," said Juan, a 30-year veteran of this extreme sport. "Cool, overcast, the occasional drizzle and very little wind." In Antarctica in 2007, Juan and Julie were married. They were congratulated along the marathon course by penguins, skuas, and some grumpy fur seals. Back in Ushuaia, Argentina, "We were running with the wolves in Tierra del Fuego National Park and practically being knocked off our feet by 50 mile per hour winds," Juan said. In Tokyo the next year, they saw the old Shinto Temples and the new neon, but "The true highlight of the trip was the people along the course," said Juan. With two million-plus enthusiastic spectators, the fabled loneliness of the long distance runner never came into play. At Marrakesh in January of 2009, the weather was a near duplicate of Dublin, but the terrain was distinct. "The course had us running past camels, endless groves of palm, orange, and tangerine trees," Juan said. Then came New Zealand, the seventh and final leg of their odyssey. This, in some ways, was the toughest. The weather was suitable, the course in and around Auckland quite scenic. But Juan suffered an upset stomach, which led to dehydration, to put it delicately. And Julie was stuck way back at the start, which left her running about a half

hour longer than usual, and quite worn out. "I looked like a poster boy for an IV at the finish," said Juan. But Julie rallied at the end. She managed to run strong, and smile while crossing that line. When it was all done, Juan summed it up with the classic endorphite's viewpoint. "Running marathons around the world has taken us to places we would probably never have considered traveling to. You don't have to speak the same language to feel a part of the running community. It does not matter where your running shoes take you, running is the common language."

SANTA BARBARA MARATHON: While Juan and Julie Campos weren't quite ready to run another marathon last weekend, 15 from the Lompoc Valley, including 5 from Vandenberg Air Force Base, made the full trek. Congrats, in order of finish, to Ed Grand, Karl Seelandt, Sarah Leck, Betty Lee, Karen McCormick, Dai Tran, Ginny Juarez, Dave Buck, Stella Buck, Ken Hughes, Mary Lou Seelandt, Ed Ramirez, Heather Ayres, Matthew West and Xochitl Rodrigue.

The Campos couple couldn't stay away, though. They participated in a relay with Richard Mullins and Augustine Ortiz. Team name, Beer Run. There were nearly 200 marathon teams, mostly of the four-runner variety, bring the total number of runners in the December 5 SB marathon to more than 2,000. Besides being the biggest-ever hereabouts, this was the first marathon in the county since the Valley of the Flowers last ran a full in 1997, and the first marathon in the city of Santa Barbara since 1995.

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

2010 MEMBERSHIP. A 2010 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

FRIDAY, JANUARY 1, 8:00 AM. RESOLUTION 5K/10K RUN, SANTA BARBARA. Start the year with an invigorating oceanfront 5K or 10K or both. Palm Park on Cabrillo Blvd. is the location for this event which features a traditional post-race raffle. Good racing, good workout, an excellent way to start the year. \$20 early registration thru 12/13/09. Register at: <http://www.active.com/running/santa-barbara-ca/new-years-resolution-day-run-2010>. Or if you would like a race flyer w/registration form please email: sbaa@cox.net.

SATURDAY, JANUARY 16, 9:00 AM. CROSS-COUNTRY 3 MILE AND 6 MILE RACES IN ELINGS PARK, SANTA BARBARA. Upper soccer fields (off Los Positas). 9 AM 3-mile, 9:15 AM 6-mile grand tour of the park. \$5 entry fee signup race day only. Free entry in 3-mile to age 18 and under. Sign-up starts at 8:15. Contact Kevin Young (kyoung@sbre.com) if you are coming.

SATURDAY, JANUARY 16, 9:45 AM. SAN LUIS OBISPO HEALTH & FITNESS EXPO 5K: Registration and check-in is at the Madonna Expo Center where the race will start and finish as part of the SLO County Health and Fitness Expo. Pre-registration is \$25, includes a shirt, and can be done through www.slohealthandfitness.com. Proceeds benefit the Community Health Centers of SLO County, a non-profit organization providing medical services for the under served and uninsured. Contact Nicole Mares, Simply Clear Marketing, 772-4600.

SATURDAY, JANUARY 16. 8:00 AM. CASTLE TO COAST EIGHT MILE RUN, SAN SIMEON. The race route begins in San Simeon and follows Highway 1 south before finishing at Shamel Park in Cambria (shut-

ties will be provided to transport you back to the start). The course will be marked at each mile with an aid station at 4 miles near Cavalier Market. Racers, runners, joggers, and walkers are all welcome. Registration will begin at 6:45 AM at William Randolph Hearst State Park. There will be plenty of raffle prizes as well as something for all finishers. The entry fee is \$25 and includes a shirt (limited to the first 200 entries). Registration is available on line at www.active.com (no refunds) or on race day at the park. Refueling will be provided at the end of the race with breads, bananas, performance fluids, and water. Proceeds benefit the Cuesta College Cross Country team and results will be posted on the San Luis Distance Club web site at www.sldc.org. The race is conducted by Brian Locher, Cuesta College, P. O. Box 8106, San Luis Obispo, 93403, 546-3100 Ext. 2507.

SUNDAY, FEBRUARY 7, 9:00 AM. SUPER BOWL 4-MILER, GOLETA. Stowe Grove Park, 580 N. La Patera Lane. Start your Super Bowl Sunday with a 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. Fees: \$20 (\$12 under 12 years-old (no t-shirt)) for pre-registration, \$30 for late registration. Packet Pick-up/Late Registration: Early packet pick-up/late registration at Outfooters, La Cumbre Plaza, 805-687-4533, Saturday, February 6, Noon-5 PM.

SATURDAY, FEBRUARY 13, 8:30 AM. 10th "BUZZ" MARATHON, HALF MARATHON, 5K, AND KID'S MILE, CAMP ROBERTS. These events will be on the grounds of Camp Roberts north of San Miguel with pre-entry fees of \$15 for the kid's mile for ages 11 and under, \$20 for the 5K, and \$40 for the half and full marathons (increases to \$20/25/\$55 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, the 5K is at 8:45, and the youth race begins at 9:30. Other activities include a barbeque at the finish and a drawing for door prizes. These races serve as a fundraiser for Lillian Larsen School athletic programs and are directed by Eileen Rogers, Lillian Larsen School, 1601 "L" Street, San Miguel, 93451, 238-6749 (H), 467-3216 (school), hornetqueen93451@buzzmarathon.org, web site = www.buzzmarathon.org.

SUNDAY, FEBRUARY 14, 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 \$25 for the 8K, \$30 for the 12K, \$40 for the 25K, and \$55 for the 50K by February 1, add \$5 to each fee after that on a space available basis, and add \$15 on race day. There are T-shirts to all entrants, refreshments, and awards to the first male and female to finish. All runners are timed although the emphasis is primarily non-competitive. Check the web site at www.pctrailruns.com to register.

SUNDAY, FEBRUARY 14, 9:00 AM. 9th ANNUAL CHAINS OF LOVE 5K, 10K, AND 15K, CAL POLY, SAN LUIS OBISPO. The Chains of Love 5K, 10K, & 15K, is brought to you by the Cal Poly Triathlon Team. Run as an individual or in the couple's division (couples 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 and under, 20-29, 30-39, 40-49, and 50+) will win a gift certificate to a local restaurant, 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 \$30 for couples; fees for the 10K are \$20/30/35; fees for the 15K are \$30/35/45, add \$5 to each after the January 1 deadline. Get more information from their web site www.calpolytriathlon.com. Registration fees will help send the Cal Poly Triathlon team to the Collegiate Triathlon Nationals. Directed by Anna Flaherty.

SATURDAY, FEBRUARY 20, 9:00 AM. ROSES EN LA PLAYA, SANTA BARBARA. Leadbetter Beach, Shoreline Dr. and Loma Alta. This is an out-and-back race at the beach. Fun and festive! post-race activities at Leadbetter Beach. \$20 pre-registration (thru 2/17/09), \$30 late registration. Youth registration (16/Under) \$15 (no t-shirt). Early packet pick-up/late registration will be at Outfooters, 136 S. Hope Ave. (La Cumbre Plaza), Santa Barbara, CA 93105, 805-687-4533. Friday, February 19, Noon-5 PM.

RACE RESULTS

October 24 – Paso Robles, Kennedy Club Fitness Dip and Dash Biathlon (500 Meter Swim, 5K Run).
Men's Teams - 1. Thor Helton/Paul Lee 31:15. (SLDC)

October 25, Avila Beach, Special Olympics Midnight 5K. Paul Lee, 21:06, 9th overall. (SLDC)

November 15, Arroyo Grande, Friends of Lopez Lake Turkey Trek 5K. Paul Less, 3rd overall, 20:00. (SLDC)

November 22, Lompoc Parks and Rec Dept Turkey Trot. Karl Seelandt, 19:17, 1st in age division; Paul Lee, 19:29; 2nd in age division; Ed Grand, 19:31, 3rd in age division; Pauline Schneekloth, 21:18, 1st in age division; Juan Campos, 21:38; Rick Hummel. 21:44, 2nd in age division; Mary Lou Seelandt, 25:30, 2nd in age division; Parker Grand, 27:10; Bob Lingl, 27:12, 2nd in age division; Julie Campos, 27:49, 3rd in age division; Frances Zimmerman, 28:08, 1st in age division; Larry LaMay, 32:17, 1st in age division; Lisa Norcutt, 34:09, 1st in age division; Amelia Quin, 37:12; 3rd in age division; Janis Hunt, 38:50; 3. Alan Hunt, 38:51, 3rd in age division; Olga Lucaric, 44:18, 2nd in age group. (http://www.cityoflompoc.com/Parks_Rec/events/TurkeyRun/)

November 26, Goleta, Run Santa Barbara Thanksgiving Day 4 Miler. Amelia Quin, 48:07.

December 6, Santa Barbara International Marathon. Ed Grand, 3:26:32; Karl Seelandt, 3:38:51; Sarah Leck, 4:00:30; Betty Lee, 4:01:34; Mary Lou Seelandt; 4:28:09; Patty Landis; 5:31:36; 3rd in age group. Julie and Juan Campos ran in the relay team Beer Run, finishing time 3:44:06. (<http://www.sbimarathon.com/site3.aspx>)

RENEW YOUR MEMBERSHIP PASS ON A COPY OF THE MEMBERSHIP FORM TO A RUNNING FRIEND

If you are out there running after work in the dark, remember to wear reflective gear and watch out for the traffic. And the dogs and the kids on bikes, and the potholes. Be safe.

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
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LOMPOC CA 93438

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