

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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December 12, 2010

## KEY DATES

March	Trettin 5K
April	Library 5K – Pending
May	Ray Gil Mission 5K/10K
June	Parade Route 5K Lizard Breath Fenceline Fun Run 7.2 miles
September	Valley of the Flowers Half-Marathon



## Hello out there in Lompoc Valley Distance Club Land

We had a productive scheduling meeting in my back yard on Dec. 11. First, the weather was good. Then, Norm, Nancy, and Kent showed up, with sometime aid-station man Steve and former Record photog Bill for good measure. Finally, Al got the semi-wet wood to burn hot enough for a little BBQ.

We hashed over a sked that looks like this:

- 1) Trettin 5K, either Saturday, March 18 or Saturday, March 25 on the regular Cabrillo course. Race director Kent Yankee (733-0754, kentyankee@aol.com) is working patiently with Fish and Game folks, who have concerns about the crowd on the trail. Part of the new parameters may include walkers who also do trail cleanup. We also will not publicize very heavily, which will mean fewer people. But the event, it appears, will go on.
- 2) Ray Gil Mission 5K/10K, Saturday, May 14 on the regular Mission course. Race director Alan Hunt (736-5435, fuzziesareus@yahoo.com) guarantees a good workout, plus fruit and cookies for all.
- 3) Parade Route 5K, Saturday, June 25. Race directors Wayne and Lee (alhwed@msn.com, 735-7177) will put on their usual fine pre-Flower Festival Parade fandango.
- 4) Lompoc Lizard Breath Fenceline Fun Run. Race director Al (736-5435, fuzziesareus@yahoo.com) always beats the bushes for course monitors, which we can never have too many of on this 7.2-mile trek into the Lost Land of Horny Toads.
- 5) The 35th Annual Valley of the Flowers Half-Marathon, Saturday, September 24. Race director Betty Lee (736-7380, bettylee0077@msn.com or blee@sansumclinic.org) has plans to add a relay and a 5K for this distance running/walking carnival, which will be held at La Purisima Mission for the fifth time.

6) There has been positive response to Lompoc Record Editor Bo Poertner's idea for a Library 5K at River Park. The City of Lompoc has volunteered to co-sponsor, and Wayne Davis has volunteered to provide expert timing. The day is still up in the air, but those at the meeting seemed to think that April might be nice.

7) Also, local endorphites should be on the alert (we need more lerts!) for the City-sponsored events, including the triathlon in August, the Beattie Park 5K-10K sometime in the summer, and the Turkey Trot in November.

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

Our good friend Jack Webb passed away in November. I'm offering this remembrance.

### THE LONG RUN

Jack Webb went for a long run in the Lompoc Valley today.

He jogged down from his house on the south side, meeting Ray Gil, Ray's dog Pepper, and John Perkins along the way.

They went out on 246 to Sweeney Road. They saw a buzzard, and laughed.

They went out into the back of beyond behind the Mission. Ray showed Jack and John his favorite oak, with the hammock hanging underneath.

They stayed awhile on that hill, watching the sun disappear into the coastal cloud cover along the western horizon.

Then they came home, running as strong as ever.

**2011 MEMBERSHIP.** A 2011 membership form is included with this newsletter. If you have already renewed your membership, pass on a copy to a running friend so we can increase our membership.

**TEACH KIDS HOW TO RUN:** Amanda Sperber from the New York Road Runners has sent the club some information and links to A Running Start which offers more than 80 activity demonstrations and best practices for teaching fundamentals like form, pacing, and agility. Check it out at [www.nyrr.org/arunningstart](http://www.nyrr.org/arunningstart). They are also giving away \$10,000 to celebrate the launch of the website. Anyone who signs up for their free newsletter will be entered in a weekly drawing to win a bag of running gear and there is a \$1,000 to award to a group which supports youth running. She encourages everyone to sign up for the newsletter <http://www.nyrr.org/ycr/ars/about/mailling.asp>.

### UPCOMING ROAD RACES

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

**SATURDAY, DECEMBER 18, 9:00 AM. SANTA CLAUS RUN, 5K AND 1 MILE, SANTA BARBARA.** Rain or shine. 5K starts at 9:00 and 1 Mile starts at 10:15. East Beach Parking Lot. Each participant will receive a Santa hat. Early pickup and late registration: Friday, December 17, 1:00-5:00 at Outfooters, La Cumbre Plaza, 136 South Hope, Santa Barbara, (805) 687-4533. Packet pickup and late registration will also be

available race day at East Beach from 7:30 - 8:45. Fees: 5K - \$20 early registration thru 12/15, \$30 late registration. Fun Run - \$10 Kids. Beneficiary: Foster families children. Jose Gonzalez, (805) 962-3627, jose@sbactionpro.com, or www.sbactionpro.com.

**SATURDAY, JANUARY 01, 2011, 8:00 AM. NEW YEAR'S RESOLUTION DAY RUN 2011, 5K AND 10K, SANTA BARBARA.** Palm Park, 640 E. Cabrillo Boulevard (1/2 Mile East of Garden Street). The Santa Barbara Athletic Association offers a great way to start the New Year with an invigorating oceanfront run/walk that features a traditional post-race raffle. No overall or age-group awards. Out and back course along the waterfront from Calle Caesar Chavez to Leadbetter and back. The 10K uses the same course as the 5K, but does it twice. Fees: \$20 early entry thru 12/5/10, \$25 thru 12/29/09, \$35 race day fee. Good for one or both races. \$5 no shirt option. John Brennand, 805-964-2591, brennand@alum.mit.edu

**SATURDAY, JANUARY 8, 9:00 AM. THE PISMO PIER 5K, PISMO BEACH.** Run on the beach from the start at the Pismo Beach pier and cover an out and back course on the sand. The entry fee is \$5 and the first 100+ finishers will receive a race T-shirt. The catch is that the shirt will not be from this race but will be one of over 120 different shirts (give or take a few, since they have not actually been counted) from runs over the last 33 years. Come see T-shirt designs and sponsors from runs and businesses that have disappeared into history. No awards or medals but times and places will be recorded. Call Jerry Hill at 462-8954 for details.

**SATURDAY, JANUARY 15, 8:00 AM. CASTLE TO COAST EIGHT MILE RUN, SAN SIMEON.** The 8.2 mile race route begins in San Simeon and follows Highway 1 south before finishing at Shamel Park in Cambria (shuttles will be provided to transport you back to the start). The course will be well marked with an aid station at 4 miles near Cavalier Market staffed by enthusiastic Cuesta College volunteers. Racers, runners, and joggers/walkers are all welcome. Registration will begin at 6:45 AM @ William Randolph Hearst State Park. There will be plenty of giveaways including an assortment of performance goods for men and women of all ages and abilities. The entry fee is \$25 and includes a multi-color shirt (limited to the first 100 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 06, 9:00 AM, RAIN OR SHINE! THE 3RD ANNUAL SUPER BOWL 4-MILER, SANTA BARBARA.** This is a fun run/walk that will be a great way to start your Super Bowl Sunday. It's a flat/fast course on the streets of Goleta plus a portion through the trails of Lake Los Carneros Park. Stow Grove Park, Goleta, 580 N. La Patera Lane (intersection of La Patera and Cathedral Oaks). Entry Fees: \$25 (\$12 for under 16 years-old) for pre-registered; late: \$35 (after 2/3). No refund. T-shirt availability cannot be guaranteed for race day entrants. Late Registration on race day at Stow Grove Park from 6:30 to 8:45. Jose Gonzalez, 805-962-3627, jose@sbactionpro.com, www.sbactionpro.com.

**SATURDAY, FEBRUARY 12, 9:00 AM. 10TH ANNUAL CHAINS OF LOVE 5K, 10K, AND 15K (at Cal Poly), SAN LUIS OBISPO.** The Chains of Love 5K, 10K, 15K, and ½ 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). All courses tour the hills of the Cal Poly campus (check their web site for directions to the start). Every participant will receive a T-shirt and race bag with goodies and coupons from local businesses. Pending participant demographics, top finishers in the following age-group will receive prizes: 10 and under, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, and 80+ along with the top three students and couples to finish. The first 25 finishers in the 5k, 10k, and 15k will each receive a commemorative "top finisher" race mug. Entry fees for the 5K are \$20 for students, \$30 for non-students and \$35 for couples; fees for the 10K are \$30/35/40; fees for the 15K are \$35/40/50, add \$5 to each for entries after the deadline.

Get more information from their web site at [www.calpolytriathlon.com](http://www.calpolytriathlon.com) or register at [www.active.com](http://www.active.com). Registration fees will help send the team to the collegiate nationals.

**SUNDAY, FEBRUARY 13, 8:00 AM. 10th ANNUAL VENTURA HALF-MARATHON AND 5K.** Along the Ventura-Ojai bike path, 255 W. Stanley Ave. (Check the start and finish locations on this race if you go, this address was all I could find.). Fast course and a very friendly low key atmosphere. Registration/sign-in - 7:00, half-marathon start - 8:00; and 5K start - 8:15. Super cool recycled polyester event shirts for all pre-registers half-marathon participants. Free T-Shirts included for all pre-registered 5K participants. Post race food and drinks for all participants following the race. Simple and convenient. Hundreds of runners/walkers (not thousands) that together create a fun and friendly atmosphere. Fees: By Jan 1<sup>st</sup>, \$50, Jan 1 - 31 - \$55, Feb 1-12 \$60; race Day \$70. 5K -\$20, \$25, \$30, \$35. Awards three deep in 10-year age increments for both the 5K and half-marathon. Plenty of free parking by the start and finish area. (805) 258-6361 (Josh), [Josh@RunnerX.com](mailto:Josh@RunnerX.com), [www/VenturaHalf.com](http://www/VenturaHalf.com), <http://vendurance.com/venturahalfmarathon>.

**SUNDAY, FEBRUARY 13, 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, & \$55 for the 50K by January 30, add \$5 to each fee after that, 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](http://www.pctrailruns.com) to register.

**SATURDAY, FEBRUARY 19, 8:30 AM. 11<sup>th</sup> ANNUAL "BUZZ" MARATHON, HALF MARATHON, 5K, AND KID'S MILE, CAMP ROBERTS.** The 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 & under) \$20 for the 5K, and \$40 for the half and full marathons and \$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](mailto:hornetqueen93451@buzzmarathon.org), web site - [www.buzzmarathon.org](http://www.buzzmarathon.org).

**SUNDAY, FEBRUARY 27, 9:00 AM, SANTA BARBARA 5000.** It's Roses to La Playa returning to State Street with a new name and format. The SB 5000 is a new, exciting, unique race in downtown Santa Barbara. Awards/prizes, and Health & Fitness Expo. Start / Finish Location: State St. and Anapamu St. and pre-race date registration from 6:30 a.m. to 8:30 a.m. Early Pickup and Late Registration: Saturday, Feb. 26th, 12:00 PM- 5 PM, at Outfooters, La Cumbre Plaza, 136 South Hope, Santa Barbara, (805) 687-4533. Packet pickup and late registration will also be available race day at State & A Restaurant from 7:45 - 8:45. Fees: All entries include race T-shirt, food, and entertainment. \$30 early registration (thru 2/24/11), \$40 after Feb. 24th. Youth registration (16/Under) \$15. No refund. T-shirt availability cannot be guaranteed for race day entrants. Jose Gonzalez, 805-962-3627, [jose@sbactionpro.com](mailto:jose@sbactionpro.com), [www.sbactionpro.com](http://www.sbactionpro.com)

## RACE RESULTS

November 7 - Fresno. Chris Denney competed in the Two City Half marathon race walk. He finished in 3:12:29 and was 2<sup>nd</sup> in his age group. (Chris Denny)

November 20, Spooner's Cove Trail Runs (5 mi, 7 mi, 25 km, 50 km), Montaña de Oro State Park, Los Osos. Paul Lee won the 5 Miles and set course record, 40:59. [http://www.coastaltrailruns.com/sc\\_spooners\\_cove.html](http://www.coastaltrailruns.com/sc_spooners_cove.html)

November 21 – Lompoc Parks, Recreation & Urban Forestry’s Turkey 3 Mile Fun Run. Juan Campos, 1<sup>st</sup> in his division, 20:48; Pauline Schneekloth was first in her division, 22:27; Mary Lou Seelandt, 2<sup>nd</sup> in her division, 26:06; Julie Campos, 3<sup>rd</sup> in her division, 32:12; Lisa Norcutt, 1<sup>st</sup> in her division, 34:21; Russle Norcutt, 1<sup>st</sup> in his division, 37:58; Larry LaMay, 2<sup>nd</sup> in his division, 41:41; and Olga Lucaric, 2<sup>nd</sup> in her division, 44:40. It is good to see Larry LaMay back out at the races. Rounding out the Norcutt family was grandson David Norcutt, 2<sup>nd</sup> in his division, 20:08. ([http://www.cityoflompoc.com/parks\\_rec/events/TurkeyRun/](http://www.cityoflompoc.com/parks_rec/events/TurkeyRun/))

December 12 - Oxnard - Santa to the Sea Half-Marathon. Karl Seelandt, 1:39:14, 74th overall; Mary Lou Seelandt, 2:09:39, 427th overall; and Jim Brock, 2:24:46, 621st overall. A young man in a modified wheelchair was 18th overall – going 13.1 miles in 1:26! 3 males and two females in the 70-99 year bracket. I am astounded at their great endurance! Race had great support – Road closures; porta-potties; water and Gatorade. It was a great cause with runner bringing unwrapped gifts for children. (Jim Brock and ([http://resultsbyprimetime.com/RESULTS%20PAGES/DEC10/SANTA/s2s\\_half\\_age\\_10.htm](http://resultsbyprimetime.com/RESULTS%20PAGES/DEC10/SANTA/s2s_half_age_10.htm))

## **RENEW YOUR MEMBERSHIP**

**DON'T MISS A SINGLE ISSUE OF THE MONTHLY NEWSLETTER**

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)

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