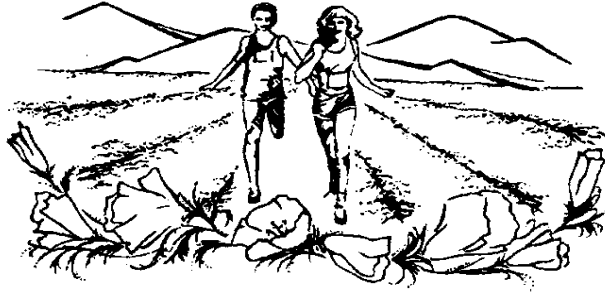


Lompoc Valley Distance Club

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	

December 12, 2011

KEY DATES

NO RACES ON THE SCHEDULE



Hello out there in Lompoc Valley Distance Club Land

Merry Christmas and a Happy New Year to all. Enjoy your holidays wherever you may be. Watch for Al's column next month.

Yours in the spirit of good fun in the great outdoors

Lizard Breath Al

2012 MEMBERSHIP. A 2012 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.

ANNUAL SAFETY LECTURE. Here is my annual safety lecture. If you are running after dark, run facing traffic, wear reflective gear, and remember if you tangle with a vehicle, you will not win.

PARKER GRAND. The Lompoc Record had a great article on Parker, son of Ed and Shelly Grand. Parker was diagnosed with Type 1 Diabetes when he was only 3 years old. He has an insulin pump that gives him a dose of insulin every three minutes. He enjoys an active lifestyle that includes running races. He won his age division and was 4th overall in the Valley of the Flowers 5K. Way to go, Parker!

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, JANUARY 1, 2012, 8:00 AM. NEW YEAR'S RESOLUTION DAY 10 KM RUN AND 5 KM RUN/WALK, SANTA BARBARA. Leadbetter Beach. Note the different race location for 2012. It is at Leadbetter Beach instead of Palm Park. The 5K will be the same course in reverse. The 10K course is undecided at this time. \$25 early entry thru 12/4/11, \$35 thru 12/29/11, \$45 race day fee. Good for one or both races. \$5 no shirt option. <http://www.sbrunning.org>

SATURDAY, JANUARY 14, 2012, 8:00 AM. CANCER HOPE FOUNDATION 5K, VENTURA. Beach Promenade. Beautiful setting. Flat course on the beach! Free shirt, post race food, and music. A lot of fun for a terrific cause. Come out and support Cancer Hope Foundation as we put on our first annual 5K walk/run race to raise money for Camp Keepsake 2012. Camp Keepsake, a program of Cancer Hope Foundation, is a place where adults with cancer and also cancer survivors can go with their family and friends to spend time away from the hectic and often stressful routine of doctor visits and treatments. For more information, check out our website: <http://cancerhopefoundation.org/>

SATURDAY, JANUARY 14, 8:00 AM. CASTLE TO COAST EIGHT MILE RUN, SAN SIMEON. The 8.2 mile route begins in San Simeon and follows Highway 1 south and then Moonstone Beach Drive before finishing at Shamel Park in Cambria (shuttles will be provided 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 begins at 6:45 AM at William Randolph Hearst State Park. There will be plenty of giveaways including 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, FLUID recovery 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, PO Box 8106, San Luis Obispo, 93403, 546-3100, Ext. 2507.

SATURDAY, FEBRUARY 4, 8:00 A.M. Y.M.C.A. SUPER BOWL 5K, 10K, AND KID'S RUN, PASO ROBLES. These races take place at War Memorial Stadium at the corner of 24th and Vine Streets in Paso Robles. The fees are \$25 for the 5K, \$35 for the 10K, and \$10 for the kid's run through December 31, add \$5 to each after that (fee includes a football jersey-style race shirt). The courses feature a challenging but very scenic 10K and 5K along with a fun run for the kids around the football field. The 10K and 5K are on a hilly course on the west side of Paso Robles on mostly paved streets. The 10K starts at 8:00; 5K starts at 8:15; Kids' Run starts at 9:30. Enjoy food and festivities after the race. The awards ceremony starts at 10:00 with awards 3 deep in 13 age categories and special awards to the 1st place male and female in both the 10K and 5K races. Kids receive finisher medals. Register at www.active.com. The race web site is <http://sloymca.org>.

SUNDAY, FEBRUARY 5, 9:00 AM. RAIN OR SHINE! 3RD ANNUAL SUPER BOWL 4-MILER, GOLETA. Stow Grove Park, Goleta, 580 N. La Patera Lane (intersection of La Patera and Cathedral Oaks). 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. Registration: Online at www.Active.com or mail-in registration form and payment must be received by Wednesday, February 1, 2012. Online registration will end at midnight, February 2, 2012. Late Registration: Sunday morning at Stow Grove Park from 6:30 to 8:45. Entry Fees: \$25 (\$12 for under 16 years-old) for pre-registered; late: \$35 (after 2/2/12). No refund. T-shirt availability cannot be guaranteed for race day entrants. Early Packet Pick-up: OUTFOOTERS store in La Cumbre Plaza, 136 South Hope, Santa Barbara CA 93105, 805-689-4533, Saturday, February 4, 2012 from 12-5. Contact Info: Jose Gonzalez, jose@sbactionpro.com, www.sbactionpro.com

SATURDAY, FEBRUARY 18, 8:30 AM. 12th "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) \$25 for the 5K, and \$40 for the half and full marathons. This includes a T-shirt, a barbeque at the finish, and medals to the winners in each age group. Full and half marathon runners start at 8:30, the 5K begins at 8:45, and the youth race is at 9:30. The courses are out-and-back on paved roads and have rolling hills with breathtaking views of oak-studded hillsides, the Salinas and Nacimiento Rivers, and abundant Central Coast wildlife. These races serve as a fundraiser for Lillian Larsen School athletic programs with the funds used to cover entry fees, uniforms,

referees, equipment, and physical exams. They 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 26, 9:00 AM. RAIN OR SHINE! ROSES EN LA PLAYA, SANTA BARBARA. The course is an out-and-back race at the beach starting and finishing at Lead better Beach, Shoreline Drive, and Loma Alta. Post-race activities at Leadbetter Beach. Early packet pick-up/late registration will be at Outfooters, 136 S. Hope Ave. (La Cumbre Plaza), Santa Barbara CA 93105, 805-687-4533, Saturday, February 25, noon-5. Fees: \$25 early registration (thru 2/23/12), \$35 late registration; youth registration (16/Under) \$15. Fee includes new t-shirt design. No refund. T-shirt availability cannot be guaranteed for race day entrants. Contact Info: Jose Gonzalez, 805-962-3627, jose@sbactionpro.com, www.sbactionpro.com.

SATURDAY, MARCH 10, 8:00 AM. HARES AND HOUNDS 5K AND YOUTH RACES, ATASCADERO. This race is at Atascadero Lake Park with the start and finish at the Park Pavilion. The 5K will be at 8:00 followed by a youth mile for ages 12 and under at 8:45 and a half mile, also for ages 12 and under, at 9:00 with the awards ceremony scheduled for 9:30. The entry fees for the 5K are \$25 (\$35 with a T-shirt) and \$10/\$20 for the kids races. Awards are three deep in 14 age divisions for the 5K while all finishers in the kids' races will receive medals. There will also be refreshments and lots of raffle prizes (must be present to win). The event is a fundraiser for the Greyhound Athletic Foundation which supports the athletic programs at Atascadero HS. The race director is Robyn Schmidt, K-Man Cycle and Run, 9530 El Camino Real, Atascadero, 93422, HHRaceDirector@teamkman.org. Register through links at www.teamkman.org, www.teamkman.org, or active.com

SATURDAY, MARCH 24, 9:45 AM. SAN LUIS OBISPO HEALTH AND FITNESS EXPO 5K, SAN LUIS OBISPO. 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, \$30 on race day, includes a shirt, and can be done through their web site at www.slohealthandfitness.com or www.active.com. Awards to the top three men and women to finish. Proceeds benefit the Community Health Centers, a non-profit organization providing medical services. If you have questions, call 772-4600 or e-mail admin@simpleclearmarketing.com.

SUNDAY, MARCH 25, 8:00 AM. 16TH WINE COUNTRY RUNS HALF MARATHON, 5K, AND KID'S GRAPE STOMP, 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 T-shirt and both male and female first place race winners of the half marathon win their weight in wine. Finisher medals to all half marathon finishers, special awards to the 5K male and female winners, and awards to the top three in each of 13 age groups in both races. The half marathon begins at 8:00, followed by the 5K at 8:15 and the kid's Grape Stomp half mile for ages 10 and under at 9:00. Entry fees are \$55 for the half marathon, \$35 for the 5K (prices increase by \$5 after December 31) and \$15 for the kids race. The race web site is www.winecountryruns.com and you can register for the race at www.active.com. The e-mail contact is mcrundoc@digitalputty.com or call 226-9911 (answering machine only).

RACE RESULTS

November 20, Lompoc, Turkey Trot 3 Mile Fun Run. Fran Zimmerman was 1st in her age group with 31:14; Lisa Norcutt was 1st in her age group, 36:36; and Olga Lucaric was 2nd in her age group; 48:15. (http://www.ci.lompoc.ca.us/parks_rec/events/TurkeyRun/)

November 24, San Luis Obispo, 35th Pete Dorn Memorial Thanksgiving Day Eight Mile Run and Two Mile Walk. Paul Lee was 28th overall with a 59:52 and the eight mile run.
http://www.coachwaterbury.com/sldc/results/results_2011_dec.pdf)

November 24, Santa Barbara, Thanksgiving Day 4-Miler 2011. Sheila MacFarlane was 212th overall, 33:43; and Patty Landis was 496th overall, 43:27, 3rd in her age group.
(<http://results.active.com/pages/displayNonGru.jsp?pubID=3&rsID=121909>)

2011 Big Sur Half-Marathon, Monterey, Juan Campos, 1:53:10, Julie Campos, 2:57:15 (walker). The field was made of 65% women; 35% men. Amazing! (Julie Campos)

December 11, Oxnard, Santa to the Sea Half Marathon. Jim Brock was 507th overall, 2:01:43; and Mary Lou Seelandt was 706th overall, 2:01:43. Jim said the course was a great, fast course, for a good cause, and the weather was great. (Jim Brock and <http://www.santatothesea.com/>)

RENEW YOUR MEMBERSHIP AND PASS ON A MEMBERSHIP FORM TO A FRIEND

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

LOMPOC VALLEY DISTANCE CLUB
PO BOX 694
LOMPOC CA 93438

RENEW YOUR MEMBERSHIP