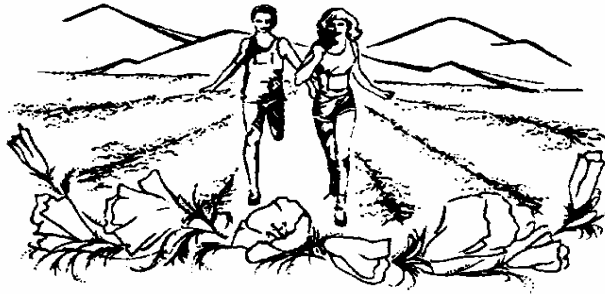


Lompoc Valley Distance Club

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

November 12, 2007

KEY DATES

No races on the schedule

Saturday, December 1

Miguelito Canyon Clean Up



Hello out there in Lompoc Valley Distance Club Land

While the LVDC heads into fall-winter hibernation, the high school-college cross country season picks up the slack. The Santa Barbara County High School Cross Country Championships at River Park in Lompoc on Friday, October 26, drew approximately 600 runners, with Cabrillo's boys and the Dos Pueblos girls emerging as winners. As always, Lompoc High coach Jim Warrick, wife Peg Warrick, plus the staff and former staff (Bill Graham) at LHS turned out in fine fashion to put on a great competition, plus food from Taco Bell. Coming after a warm week during which the sky was smoky from fires to the south, the runners were blessed with typically cool, smog-free Lompoc running conditions. "It was like a gift from God," said boys' winner Miguel Ortiz of Cabrillo.

Up at Corvallis, Oregon, Saturday, October 26, Cabrillo's Michael Coe helped the Cal Bears to a third place finish in the Pac-10 championships with a 16th in the 8K. The Bears, underclass-heavy with great sophs like Coe, gained their highest-ever national ranking, moving up to eighth in the month of October. Joining Coe and Cal at the NCAA Western Regional in Eugene, Oregon, November 10 are Cabrillo grad Colin Hacker and his UC Irvine Anteaters. Hacker was 26th at the Big West championships at SLO Saturday. Back on October 23, running for Westmont College, Lompoc High's Nick Martin was 23rd in the Golden State Athletic Conference championships.

Lompoc High grads Ariana Fabing and Orion Casteel are having good seasons running cross country for Hancock College. In the Western State Conference championships Fabing was 26th in the women's 5K while Casteel was 61st in the men's 8K. Casteel showed great conditioning, by the way at the Valley of the Flowers Half-Marathon, finishing sixth in 1:28:35.

Speaking of the Flowers half, Tym Stark continues to make progress. The 51-year old who collapsed at our half September 22 with an apparent arrhythmia, is now walking, talking, responding to e-mails, etc, as you can see on the Stark family website. Check in with Tym at <http://stark-family.com>.

Finally, if anyone would like to help, I'm doing a cleanup of our Miguelito Canyon mile (have you seen the cool signs?) on Saturday, December 1. Call 736-5435 for info.

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

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.

CARL HOSSLI. Although Carl (76) lived in Westlake Village, he has been member of the LVDC since 1995 the year he also ran the half-marathon. Carl kept his membership up over all these years. On September 25, Carl was running across a driveway at the Westlake Bay condominium complex in Thousand Oaks when a driver turning left into the driveway struck and killed him. Carl was the oldest runner at the last Camp Pendleton Mud Bog. He also ran the City to Sea Half Marathon.

HALF-MARATHON PUBLICITY PERSON. We are still looking for someone to take on the publicity for the 2008 half-marathon. The course can handle many more runners so we need to get the word out and build up the number of runners.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES.

SUNDAY, NOVEMBER 11, 9:00 AM. SAN LUIS MOUNTAIN 10K RUN (LAGUNA LAKE PARK), SAN LUIS OBISPO. This is a rugged 10K trail race that climbs the ancient volcanic peak Cerro San Luis. The course is speckled with challenging single track, fire road, and double track trails. With an elevation gain of 1556' and set against Laguna Lake with views of the coastal range and an overlook of downtown San Luis Obispo, this is no ordinary 10K. Entry fees are \$35 ahead of time and \$45 on race day, \$5 less for those with a student ID. The entry fee includes awards to the top three men and women overall and in many other divisions, a T-shirt, post-race refreshments, and a raffle (must be present to win). Proceeds benefit the Special Olympics. Visit the web site at www.slomountainrun.com or contact Nimble Creative LLC, 1313 Pacific Street, San Luis Obispo, 93401, 546-8077, racing@slomountainrun.com.

SATURDAY, NOVEMBER 17, (NO TIME). UC SANTA BARBARA TURKEY TROT. 10K TBA, 5K Run/Walk TBA – UCSB. Trail run along the lagoon and through Isla Vista. Benefits the Student Professional Staff Development Club at UCSB. Individual and teams. Awards/raffle prizes and free Woodstock's pizza. UCSB Recreational Sports, Paul Lee/Marcus McMullen (805) 893-3908 or 893-3253 - www.recreation.ucsb.edu.

SATURDAY, NOVEMBER 17, 9:00 AM. SAN LUIS OBISPO Y.M.C.A. TURKEY TROT 5K/10K. Start and finish at the YMCA for both the 5K and 10K courses in this first year event. Prizes will go to the top three male and female finishers in each race. The entry fee is \$22 and funds will support the YMCA's building program. YMCA, 1020 Southwood Drive, San Luis Obispo, 93401, www.sloymca.org/turkeytrot.htm.

SATURDAY, NOVEMBER 17, 9:00 AM. 10th SANTA MARIA RECREATION DEPT. TURKEY TROTS: A series of age group races from first grade through open/masters at the Hagerman Sports Complex, 3300 Skyway Drive in Santa Maria. Race distances are 1/2 mile for 1st/2nd grade, 1 mile for 3rd/4th, 2 miles for 5th/6th, and 3 miles for 7th/8th, 9th/12th, and open (which has age divisions for 18-25, 26-35, 36-45, & 46+).

Entry fees are \$10 for pre-entries and \$15 at the park on race day. Awards will be given to first and second place finishers. Santa Maria Recreation Dept., 615 South McClelland St., SM 93454, 925-0951, Ext 355.

THURSDAY, NOVEMBER 22, 7:00 AM. 3rd ANNUAL THANKSGIVING DAY 6-MILE TURKEY TROT, PASO ROBLES. This run takes place at the Food 4 Less store at the corner of Niblick and Creston Roads in Paso Robles. It is an out and back 6 mile course, mostly flat with a small hill in the middle. The event is sponsored by the Paso Robles HS wrestling team with half the proceeds going to the SLO County Food Bank and half to the team. \$25 fee/donation includes a t-shirt. Directed by Chris Monteiro, 712-1919.

THURSDAY, NOVEMBER 22, 8:00 AM. 31st THANKSGIVING DAY EIGHT-MILE RUN/TWO MILE WALK, SAN LUIS OBISPO. Start at Islay Park at the corner of Orcutt and Tank Farm Roads and run along Tank Farm, Broad Street, Biddle Ranch Road, and Orcutt Road. The two mile walk goes to Broad Street and back and is untimed. A \$10 donation plus a canned good is requested. Proceeds are divided among SLO charitable groups including Harvest Bag, Prado Day Center, Loaves & Fishes, and the EOC Homeless Shelter. No awards are given but runners will be timed. Conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, 543-4723. No pre-entries, register at the park on race day.

THURSDAY, NOVEMBER 22, 9:00 AM. RUN SANTA BARBARA THANKSGIVING FOUR-MILER. Magnolia Center - Santa Barbara's flattest and fastest 4-miler. Prizes/gifts courtesy of Run Santa Barbara and State Street Arcade. www.RunSantaBarbara.com - (805) 564-8879, 718 Castillo St., SB CA 93101 (Keyword: "Thanksgiving").

SATURDAY, NOVEMBER 24, 6:30 AM. SANTA BARBARA NINE TRAILS 35 MILES. Cater Water Treatment Plant, San Roque Road. Challenging out-and-back ultra-trail run. Even more flat and fast than Tough Enough. Awards to all finishers. Luis Escobar - (805) 922-2932, luis@reflectionphotographystudio.com, www.allwedoisrun.com.

SATURDAY, DECEMBER 1, 8:00 AM. 15th ANNUAL GOLETA NOONTIME ROTARY CLUB "RUN FOR YOUTH" 5K/10K GOLETA. Dos Pueblos High School - Scenic Gordon McClenathen 10K around Lake Los Carneros and Goleta orchards. "Orphan Souls" 5K Fun Run/Walk - bring a pair of shoes for an orphaned child. Refreshments. Benefits local youth. - www.goletanoontimerotary.org

RACE RESULTS

October 7, Kiwanis Avocado Festival 5K, Carpinteria. Patty Landis was 49th overall, 29:16, and Margie Withrow was 90th, 52:33. (SBAA)

October 14, City to the Sea Half-Marathon, San Luis Obispo. Katie Adelman was 474th overall with a 2:07:52, and Fran Zimmerman was 491st, 2:09:05, 3rd in her age group.

RENEW YOUR MEMBERSHIP.

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	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,

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

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 Miguelito Canyon Clean Up