

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
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November 12, 2008

## KEY DATES

**No races on the schedule**

**December 9 GENERAL MEMBERSHIP MEETING, 6:00 PM, Al Hunt's House at 6:00 PM**



## Hello out there in Lompoc Valley Distance Club Land

We're planning a meeting at my house, 232 North F Street, for race directors and prospective race directors to discuss the 2009 schedule. The meeting will start at 6 PM. on Tuesday, December 9. For info, call me at 736-5435. I'll make call-arounds and e-mails to the usual suspects plus a couple of newbies over the next few weeks.

Otherwise, congrats to the Cabrillo boys cross country team, which won its seventh Santa Barbara County championship in a row a couple of Fridays ago at River Park. Coach Peter Anderson, the 2006 winner of the currently defunct Park-to-Park Race, has done a great job with the Conquistadores. As I write this letter on Nov. 15, Anderson's Conqs, plus Jim Warrick's Lompoc High boys and Rich Zellers' LHS girls XC teams are at Mt. Sac in the CIF prelims.

Meanwhile, also today, CHS grads Michael Coe of Cal and Colin Hacker of UC Irvine are competing in the NCAA Western Regional at Stanford.

On a personal note, I'm happy to report that the first edition of my biography of Lompoc Olympian Nick Carter, who ran the 1,500 for the USA in 1928 at the Amsterdam Games, is finished and printed. I'll be turning over a copy to LVDC newsletter editor Nancy Perry at the meeting on December 9. I'm going to have little displays of Carter's cool stuff at local libraries in 2009. The display will be in the library at the Lompoc campus of Hancock College in February, then move on to the downtown Lompoc Library in March. Afterwards, the stuff - art-deco style programs from the 1920s and 30s - joins the other Nick Carter display at the Lompoc Valley Historical Society.

Yours in the spirit of good fun in the great outdoors,  
Lizard Breath Al

**GENERAL MEMBERSHIP MEETING:** There will be a general membership meeting at Al Hunt's, 232 N. F Street, on Tuesday, December 9, at 6:00 PM.

**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.

**PARK TO PARK.** The Park to Park 8 miles from Miguelito Canyon to the Mission went off the calendar for this year. A new race director is needed for next year. Kathi Froemming can help a new director get the event organized so taking over as director for this race will be easy because of Kathi's well-organized past races. Give Al a call at 736-5435 if you can direct this race and get it back on next year's schedule.

**WEB SITES:** If you haven't done so lately, check out our web site at <http://www.impulse.net/~lvdc/>. Ron Cortopassi has added links to race results, current and past newsletters – check it out. The San Luis Distance Club web site has been updated also. Check out the SLDC web site at <http://www.sldc.org/>.

## **UPCOMING ROAD RACES**

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

**SATURDAY, NOVEMBER 22, 9:00 AM. UC SANTA BARBARA TURKEY TROT 10K AND 5K RUN/WALK.** 10K 9:00 AM, 5K Run/Walk 9:15 AM. UCSB - Trail run along the lagoon and through Isla Vista. Benefits UCSB Recreational Sports. Awards/raffle prizes and free Woodstock's pizza. UCSB Recreational Sports, Paul Lee/Marcus McMullen, (805) 893-3908 or 893-3253.

**SATURDAY, NOVEMBER 22, 8:00 AM. TEMPLETON TURKEY TROT 5K, 10K, AND YOUTH MILE.** The location this year is the County Park in Templeton and the new organizer is the Templeton Recreation Department. Pre-registration by November 5 is \$29 (\$33 after that and on race day) and includes a participation gift, goodie bag, and raffle ticket. Turkeys to the first three men and women for each of the distances and Cider Creek Apple Pies will be awarded to finishers at random. The youth half mile is at 9:00 AM for ages 5-12 with a \$5 entry fee and ribbons to all participants. The 5K is a loop, the 10K is two laps of the 5K course, and the kids' mile is a loop. The race may be cancelled in the event of a storm with \$10 withheld but the remaining amount refunded. Registration is available by mail or through [www.active.com](http://www.active.com). Directed by Sarah Botts, Post Office Box 780, Templeton, 93465-0780, 434-4909, [sbotts@templetoncsd.org](mailto:sbotts@templetoncsd.org). Proceeds benefit the Templeton Rotary Club.

**SATURDAY, NOVEMBER 22, 9:00 AM. SAN LUIS OBISPO Y.M.C.A. 5K TURKEY TROT.** Start/finish at the YMCA for the 5K course which goes out Southwood Drive, down Laurel Lane, along the Sinsheimer Park bike path, up residential streets to Johnson Avenue, and along Johnson back to the YMCA. Prizes will go to the overall winner, the top three male and female finishers, the top youth (12 & under), and the top senior (age 55+). The entry fee is \$25 for YMCA members, \$30 for non-members by November 19, \$30/\$35 after that and on race day, \$10 for kids ages 6-12, and free for those 5 & under. The fee includes post-race refreshments, a race shirt, and eligibility for raffle prizes. Funds will support the YMCA's building program. YMCA, 1020 Southwood Drive, San Luis Obispo, 93401. For registration information, go to their web site at [www.sloymca.org/turkeytrot.htm](http://www.sloymca.org/turkeytrot.htm) or call Nate Asher at 543-8235, Ext. 115.

**SATURDAY, NOVEMBER 22, 9:00 AM. 11TH 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., Santa Maria, 93454, 925-0951, Ext. 355.

**SUNDAY, NOVEMBER 23, 9:00 AM. TURKEY 3-MILE FUN RUN, LOMPOC.** Come out and enjoy a great family experience at River Park. This event is geared for all ages and ability levels for people to experience a great 3-mile race. Race day registration 8:00 – 8:45. Fees: \$15 pre-registration, \$20 on race day. Ages 7 and up. T-Shirt will be included in your registration - prizes will be awarded for 1st and 2nd place in each category. Mario Guerrero Jr., Lompoc Recreation Department, (805) 875-8095, M\_GUERRERO@ci.lompoc.ca.us.

**THURSDAY, NOVEMBER 27, 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".

**THURSDAY, NOVEMBER 27. 8:00 AM. 32ND THANKSGIVING DAY EIGHT MILE RUN/TWO MILE WALK, SAN LUIS OBISPO.** There is a new starting area this year at the corner of Broad Street and Tank Farm Roads to the south side of the Marigold Plaza. The course goes south on Broad Street, turns left on Biddle Ranch Road, left again on Orcutt Road, and finishes back at the starting area. The untimed two mile walk goes along the sidewalk adjacent to Tank Farm Road to Islay Park and comes back to the starting area. A \$10 donation plus a canned good is requested for both the run and the walk. Proceeds are divided among SLO charitable groups that deal with providing food and shelter and in the past have included Meals on Wheels, the Senior Nutrition Program, Prado Day Center, Loaves & Fishes, and the EOC Homeless Shelter. No awards are given but runners will be timed and results will be posted on the club web site. Conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, 543-4723. No pre-entries are needed, register at the parking lot on race day.

**THURSDAY, NOVEMBER 27, NO TIME. THANKSGIVING DAY 5K. VENTURA.** Prize money on a super flat (and hopefully fast) course. \$300-\$200-\$100 to top 3 overall and \$200-\$100-\$50 to the top 3 masters. www.InsideTrackVentura.com.

**THURSDAY, NOVEMBER 27, 8:00 AM. 4TH 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 Field Gibson, 860-1714

**SATURDAY, NOVEMBER 29, NO TIME. SANTA BARBARA NINE TRAILS.** Even more gently rolling than Tough Enough. Almost like a full year's supply of gently rolling all in a single event. Thirty-five miles (figure your time will be about what you'd run for a normal 50-miler). To get a feel for it, imagine that the name was written in alternating caps and lower-case. luis@reflectionsphotographystudio.com.

**SATURDAY, DECEMBER 6, 8:00 AM. 16TH ANNUAL GOLETA NOONTIME ROTARY CLUB RUN FOR YOUTH 10 K AND 5K FUN RUN/WALK.** Dos Pueblos High School. Scenic Gordon McClenathen 10K around Lake Los Carneros and Goleta orchards! 5K Fun Run/Walk. Refreshments. Benefits local youth. www.goletanoontimerotary.org/

## RACE RESULTS

September 27, San Luis Obispo - MOUNTAINBROOK CHARITY CHALLENGE 5K – Paul Lee, 2<sup>nd</sup> overall, 21:00. 10K Mountain Run – Paul Lee, 7<sup>th</sup> overall, 43:30. (SLDC)

October 4, Morro Bay – Harbor Festival Rock to Rock Five Mile: Paul Lee was 2nd overall, 31:29. (SLDC)

October 5, Avila Beach. Chris Jespersen Memorial Society Avila Beach 5K; Paul Lee was 5<sup>th</sup> overall with 19:03. (SLDC)

October 18, Santa Barbara. Psipsina's 5th, Juliet's 4th, Ajax's 3rd, & Violet's 1st Fall XC, plus Ceclia and Penelope, too – Britni Heter was 21<sup>st</sup> overall, 37:12, 1<sup>st</sup> in her age group. (SBAA)

October 18, Los Olivos. Lisa Norcutt ran the Day in the Country 5K in 32:36. (Lisa Norcutt)

October 26, Octoberfest, Baywood Park - Paul Lee was 33<sup>rd</sup> overall, 25:50, and 3<sup>rd</sup> in his age group. (SLDC)

November 1, Santa Barbara. The following LVDC members ran the Santa Barbara News-Press Half Marathon: Betty Lee, 189<sup>th</sup> overall, 1:43:22, 3<sup>rd</sup> in her age group; Pauline Schneekloth; 234<sup>th</sup> overall, 1:46:22; Mary Lou Seelandt, 490<sup>th</sup> overall, 1:57:50, Billiana Hardy, 693<sup>rd</sup> overall, 2:07:13; and Lisa Norcutt, 1,182 overall, 2:50:28; 2nd in her age group. Linda Everly completed the half-marathon walk in 3:33:52. (Active.com)

November 9, Fresno. Christopher Denny ran the Two Cities Half-Marathon in 2:36:52 and finished 1<sup>st</sup> in the 75-79 age group. (Christopher Denney)

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](mailto:nperry3@verizon.net)

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PO BOX 694  
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**GENERAL MEMBERSHIP  
MEETING  
TUESDAY, DECEMBER 9**

**MEMBERSHIP RENEWAL  
TIME**