

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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Wayne Davis	Secretary	735-7177	Ron Cortopassi	Webmaster	

November 12, 2009

KEY DATES

No races on the schedule until next spring

Hello out there in Lompoc Valley Distance Club Land



Biggest doin' for the LVDC since the September half was the move of our stored stuff from a \$1,200/year site to a free site. Thanks to the donor, as this was a major budgetary consideration.

This weekend (Nov. 21-22) I'll see some of you at the Lompoc Rec Turkey Trot. Endorphin release makes the Turkey Nap all the more well-earned. Praise be to Super Mario and his crew for putting this 5K out there.

Congrats to our Karl Seelandt for his strong run in the Santa Barbara News-Press half-marathon. Karl's time of 1:33 was the topper for Lompoc Valley entrants.

Now, we prepare for the beginning of the 2010 sked at the Trettin Run in March. Otherwise, check the list provided here by our estimable newsletter editor Nancy Perry for a fun run that fits your sked.

Happy Thanksgiving, and...

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

SUNDAY, NOVEMBER 22, 9:00 AM. TURKEY TROT 3 MILE FUN RUN, LOMPOC. Come out and enjoy a great family experience at River Park on the Fitness Trail. This event is geared for all ages and ability levels for people to experience a great 3-mile race. Registration: 8:00 – 8:45. Pre-registration: \$10 by November

20; \$15 on race day. All participants will have a chance for 1st & 2nd place awards. A T-Shirt can be purchased for \$10. Mario Guerrero Jr., Rec Manager, City of Lompoc, (805) 875-8095, Fax: (805) 736-5195

SUNDAY, NOVEMBER 22, 9:30 AM. 31ST ANNUAL CHAD BRINER, UCSB RECREATIONAL SPORTS TURKEY TROT 10K AND 5K RUN WALK. 10K - 9:30 AM, 5K Run/Walk - 9:45 AM. UCSB

THURSDAY, NOVEMBER 26, 8:00 AM. 33rd THANKSGIVING EIGHT MILE RUN/TWO MILE WALK, SAN LUIS OBISPO. The starting area this year will again be 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 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. No awards are given but runners will be timed and results will be posted on the club web site (www.sldc.org). Conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, 543-4723. No pre-entries, register at the parking lot on race day.

THURSDAY, NOVEMBER 26, 9:00 AM. THANKSGIVING FOUR MILER, SANTA BARBARA. Santa Barbara's flattest and fastest 4 miler. Registration begins at 8 AM in the park just east of the Magnolia Shopping Center on Walnut Ave. Park in the Center and walk to the Registration/finish area for check in. Early registration is available on line at Active.com. <http://www.runsantabarbara.com/thanksgiving.html>

SUNDAY, DECEMBER 6, 6:30 AM. SANTA BARBARA INTERNATIONAL MARATHON. Start one mile west of Camino Real Marketplace, Goleta. Finish at Leadbetter Beach. Race directors: June and Rusty Snow, (805) 637-7417, website www.sbim Marathon.com, Email sbim Marathon@cox.net

RACE RESULTS

October 17, Day in the Country 5K, Los Olivos. Lisa Norcutt, 31:00. (Lisa Norcutt)

October 25, Octoberfest Fun Run, Baywood Park. Fran Zimmerman, 129th overall, 40:07, 2nd in age group. (<http://www.sldc.org>)

November 1, Auckland, New Zealand, Marathon. Juan and Julie Campos finished their final continent (all seven) marathon – Juan - 4:50:39 and Julie - 5:21:55. (Julie Campos and <http://www.aucklandmarathon.co.nz>)

November 7, 33rd Santa Barbara News-Press Half-Marathon. Karl Seelandt, 83rd overall, 1:33:03; Pauline Schneekloth, 243rd overall, 1:43:02; Mary Lou Seelandt, 997th overall, 2:09:27; Lisa Norcutt, 1, 1614th overall, 2:55:28. (active.com)

November 8, Two Cities Half Marathon Walk, Fresno. Christopher Denny, 1st place 70-79 age group, 3:09:55. (See runfresno.com/Chris Denny)

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

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RENEW YOUR
MEMBERSHIP