

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	

November 12, 2010

KEY DATES

Nothing on the schedule until next year



Hello out there in Lompoc Valley Distance Club Land

As Lompoc Valley endorphites aim for Lompoc Rec's Turkey Trot on Sunday, Nov. 21 at River Park - I know this was the same lead we had in October, but what the hey - we have lots more news on Lompoc-based collegiates and our lone pro runner, Duane Solomon.

Michael Coe's best-ever cross country race led Cal to its best-ever placing in the NCAA regional at Springfield, Oregon, Saturday, Nov. 13. Cabrillo-grad Coe, a winner of many LVDC races growing up here and a sometime helper with our Trettin Run, clocked 29:59:47 for third on the 10K course, helping the Bears to their third as a team. Coe was close to the 1-2 men, Trevor Dunbar of Portland (29:57.89) and Stephen Sambu of Arizona (29:57.95). Michael, who was a solid sixth in the Pac-10 this season, vaulted himself up among the favorites for the NCAA final at Terre Haute, Ind., Monday, Nov. 22. Springfield's race was held on a cold morning with light rain, making the course, in Coe's words, "...a little muddy. Not bad, but not really fast. "It was a good race for me, almost a great race," Coe said. "I ran a beautiful strategic race, and then pushed it like crazy over the last mile against some really good runners. "But the best part was turning around and seeing the next four Cal guys come in so quickly," Coe said. "It was our best team race of the year." Team-wise, the regionals were a Pac-10 show, with host Oregon sneaking by Pac-10 champ Stanford for first. "The Stanford guys took it easy," said Coe. "We didn't have that luxury." It turned out, when all the other regional results were in, that Cal had to finish at least third at Springfield to qualify for the nationals.

Colin Hacker, like Coe at fifth-year senior out of Cabrillo, and like Coe a former winner of our Parade Route run, was 48th for UC Irvine in 31:05.56 at Springfield. Hacker was the first finisher for the Anteaters, who were 18th as a team.

On the women's side, Oregon sophomore Jordan Hasay, out of Arroyo Grande by way of Mission Prep in San Luis Obispo, did the Central Coast proud with a 20:01:90 win on the 6K course. "It was good to see Jordan do well," said Coe, even though he could have easily lived with Cal teammate Deborah Maier, who was second, taking the regional cupcake.

At Terre Haute in the men's nationals, Big 12 champ Oklahoma State goes in ranked number one, with Stanford and Oregon numbers two and three. Cal comes in ranked 22nd. "We've got a legitimate shot at a top-ten finish," said Coe, who is looking for an individual top-ten for himself. "We are fired up."

PREP CROSS COUNTRY: Los Padres League and county cross country champion Cabrillo shoots to finish in the state-meet-qualifying top seven at Mt. San Antonio in the CIF Division 3 finals Saturday. "We had an average race, just running to qualify," said Coach Peter Anderson of the Conqs' 82:22 five-man-aggregate performance last Saturday in the prelims. That was good enough for third in Cabrillo's heat. As they have all season, the Conqs go in with a veteran lineup, led by seniors Joel Velasquez (ninth prelims), Steven Villanueva (15th), Daniel Pena (25th), and Omar Padilla (32nd), including junior Tyler Milstein (35th), sophomore Matt Johnson (43rd) and junior Zach Trevino (59th). Based on times in the prelims, Golden Valley of Santa Clarita, an 80:02 winner of Cabrillo's heat, is the D-3 team to beat. Going into the prelims, Brea Olinda (80:58 for second overall D-3) was rated number one, Golden Valley number two, Cabrillo eighth. Other county teams looking to move on to the state meet in Fresno the Saturday after Thanksgiving include the Dos Pueblos boys in Division 2, Santa Ynez boys in Division 4 and St. Joseph girls in Division 4.

SOLOMON UPDATE: Duane Solomon, who helped usher in the current all-Conquering era in distance running and won a state prep 800-meter championship back in 2003 at Cabrillo, continues to work out under the tutelage of American 800 record holder Johnny Gray in Los Angeles. The Saucony-sponsored Solomon, who was second in the USA indoor and outdoor 800 in 2010, is aiming to run his first 4-minute mile sometime this winter on the indoor circuit. He's again pointing for the national teams in 2011. Solomon ran five 800 races in Europe in late summer-early fall, winning four. He's still looking to bust up into the Diamond League, as are all track and field performers. Consistent in the 1:45s in the big meets, "I need to get the 1:44s, 1:43s," Duane said.

RACE IDEAS: Valley of the Flowers Half-Marathon race director Betty Lee is already getting prepared for the 35th annual in 2011, which is set for Saturday, Sept. 24. Betty is floating relay and 5K ideas, both of which seem good.

Lompoc Record Editor Bo Poertner, a finisher of our 34th annual half, has gotten the jogging bug at age 63, thanks in large part to Bob Lingl, the LVDC's master motivator. Bo is thinking about having the Record sponsor a 5K at River Park in January, with proceeds going to some local charity. I told him the distance club would likely be able to back the event with insurance and a timer, but I haven't asked Wayne Davis or Karl Seelandt yet. What say you, Wayne and Karl?

Anyway, Bo figures the Record will pop for t-shirts, medals and food. The weather is iffy in January. But unless it is a one of those rare howling storms (we have one about every three years) it will still be a good day for a 5K, likely no worse than those recent collegiate regionals in Springfield, Oregon.

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

2011 MEMBERSHIP. A 2011 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

SATURDAY, NOVEMBER 20, 9:00 AM. SAN LUIS OBISPO Y.M.C.A. 5K TURKEY TROT. The start and finish is at the YMCA for this 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 and under), the top teen (13-17), and the top senior (age 55+). The entry fee is \$20 for YMCA members and \$25 for non-members by November 18, \$25/\$30 after that and on race day, \$15 for teens ages 13-17, and \$10 for kids ages 6-12. 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 or call 543-8235.

SATURDAY, NOVEMBER 20, 8:00 AM. TEMPLETON TURKEY TROT 5K, 10K, AND YOUTH MILE: The location is the County Park in Templeton and the organizer is the Templeton Recreation Department. Pre-registration for the 5K and 10K is \$20 and \$5 for the youth mile (ages 5-12). The 5K is a loop course through downtown and adjacent housing developments, the 10K is an out-and-back with some rolling hills, and the youth mile is a loop through town. Walkers and strollers are welcome but no pets. Registration is available by mail or through www.active.com. Sarah Botts, PO Box 780, Templeton, 93465-0780, 434-4828, sbotts@templetoncsd.org.

SATURDAY, NOVEMBER 20, 9:00 AM. 12TH SANTA MARIA REC. 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 Street, Santa Maria, 93454, 925-0951, Ext. 355.

SATURDAY, NOVEMBER 20, 2010, 8:00 AM. SPOONER'S COVE TRAIL RUNS (5 MI, 7 MI, 25 KM, 50 KM), MONTAÑA DE ORO STATE PARK, LOS OSOS. Enjoy views of rugged cliffs, sandy beaches, and vast expanse of the ocean at the "Mountain of Gold". The 5 mile course has minimal climbing and runs along the bluff. For sweeping views of the ocean and inland mountains, try the 7 mile course that brings you up the 1,347-foot Valencia Peak. The 25 km course consists of two loops, the 7 mile route and then head out to the 1076-foot grassy summit of Hazard Peak. Not enough climbing? Complete the 25 Km route twice for a 50 Km day! (Distances are accurately measured using a Rolatape® surveyor's measuring wheel.) Fully-stocked aid stations every 5-8 miles. You can expect fresh fruit, salty snacks, assorted candy, water, and Clif Shot Electrolyte sports drink. It is highly recommended that runners carry at least 20 oz. of water between aid stations. T-shirts will be given to all pre-registered runners. Award medals are given to the 1st female and male finishers overall and top three finishers in each age group. All ultramarathon finishers will receive a custom coaster. http://www.coastaltrailruns.com/sc_spooners_cove.html

SUNDAY, NOVEMBER 21, 9:00 AM. TURKEY TROT, 3 MILE FUN RUN, LOMPOC. Come out and enjoy a great family experience at River Park, Highway 246 and Sweeney Road. This event is geared for all ages and ability levels for people to experience a great 3-mile race. A T-Shirt will be included with your registration and prizes will be awarded for 1st and 2nd place in each category. Registration: 8 – 8:45. \$15 pre-registration and \$20 on race day. Contact Jeff Storie, 875-2703, for more information

SUNDAY, NOVEMBER 21, 10:30 AM. LOPEZ LAKE TURKEY TREK 5K AND YOUTH TROT, ARROYO GRANDE: These events are part of the Turkey Festival at the lake, with activities that go from 10 AM-4 PM and include a kids' carnival, music, arts and crafts, and food vendors. The entry fee (plus a \$4 park entry fee) is \$25 for the 5K and \$15 for the youth mile (for ages 8 and under, starts at 11:30) with awards for adults three deep in 9 age divisions and turkeys to the top 3 kids plus completion medals to all youth entrants. Race proceeds go to benefit SLO County Parks and Friends of Lopez Lake. The races start at the Valley Oak Day Use area. Visit the web site at www.slocountyparks.org for an entry form. Click on the Special

Events Calendar, and go to the Turkey Festival section. The event is conducted by the Friends of Lopez Lake, 6800 Lopez Drive, Arroyo Grande, 93420, 788-2386.

THURSDAY, NOVEMBER 25, 8:00 AM. 33rd THANKSGIVING DAY EIGHT MILE RUN/TWO MILE WALK, SAN LUIS OBISPO. The starting area is the business complex parking lot 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 and in the past have included the Food Bank Coalition, Meals on Wheels, North County Women's Shelter, Grass Roots II, the Senior Nutrition Program, Prado Day Center, and the Maxine Lewis Homeless Shelter. No awards are given but runners will be timed and results will be posted on the web at 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 25, 9:00 AM. THANKSGIVING 4 MILER, SANTA BARBARA. Magnolia Center, Santa Barbara's flattest and fastest 4 miler. Prizes and gifts courtesy of Run Santa Barbara and the State St. Arcade. 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. <http://www.runsantabarbara.com/thanksgiving.html>

SATURDAY, NOVEMBER 27, 2010, 6:00 AM. 2010 SANTA BARBARA RED ROCK 40 MILE ENDURANCE RUN. Red Rock Day Use Area end of Paradise Road, 3505 Paradise Rd, Santa Barbara. 40 Mile Endurance Run in the Los Padres National Forest Santa Barbara Back and Front country. Best suited for the advanced runner. Start / Finish at the Red Rock Day Use Area on Paradise Road. Registration Closing Date: Thursday, November 25, 2010, 11:59 PM. Beautiful, gnarly course. Start and finish at Red Rock Day Use Area to Gibraltar Mine, Cold Springs Trail to Camino Cielo Road to San Ysidro Trail, to Buena Vista, to Romero Canyon then back. Aid at miles 9, 12, 20, 28, and 31. Course closes at 9:00 PM. <http://www.allwedoisrun.com/>

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

RACE RESULTS

More results from the San Luis Obispo City to the Sea half-marathon, October 10. Jim Brock, 2:08:49. (Jim Brock)

October 7, Long Beach Marathon. Marathon: Mary Lou Seelandt, 4:46:10. Half-Marathon: Karl Seelandt, 1:48:51.

October 31, San Luis Obispo. Laguna Lake Park Mud Mash 5K. Pauline Schneekloth was 64th overall, 56:38.4. (<http://www.mudmash.com/results.html>)

October 31, Athens, Greece. Athens marathon marks 2,500th anniversary of historic run. According to legend, the distance from Marathon to Athens, mostly uphill, was first run by Pheidippides, an Athenian messenger who in 490 BC dashed to the democratic city states of Athens and Platea to announce victory of the citizen soldiers of Athens over soldiers of the Persian empire, before dying of exhaustion.

More than 12,500 people, representing 88 countries, took part in the Athens Classic Marathon on October 31, 2010 to mark the 2,500th anniversary of the fabled run that inspired the modern event. The race began close to the tumulus erected for the Greek dead of the battle of Marathon and finished at the all-marble Panathenaic Stadium, site of the first modern Olympics in 1896. Juan Campos, 4:19:28, and Julie Campos 6:10:47 (power walk). (Julie Campos)

November 6, Santa Barbara Half-marathon. Sheila Macfarlane, 2:04:56.6, and Diane Reese, 2:14:42.7. Marathon: Sarah Leck, 4:11:05.6; Mary Lou Seelandt, 4:34:09.7, 3rd in her age group; and Patricia Landis, 5:58:25.3, 2nd in her age group. (active.com)

November 14, Paso Robles, Wine Vine Half-marathon. Cecilia Ramos, 1:57:57.4, 2nd in her age group; and Mary Lou Seelandt, 2:09:43.4, 3rd in her age group. (active.com)

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

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