

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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November 12, 2011

KEY DATES

NO RACES ON THE SCHEDULE



Hello out there in Lompoc Valley Distance Club Land

There's a book about a hidden Indian tribe, the Tarahumara, who live in Copper Canyon, far away from almost everybody, in Northern Mexico. Longtime LVDC member Rick Hummel recently gave me a copy of the book, called *Born to Run*, and it is an interesting read. Needing to run, the Tarahumara love to run, incorporating distance running fully into their lifestyle for centuries. As the book tells it, they have evolved this way since they decided running was a good way to stay out of the way of the Spanish, other tribes, then Mexicans and Americans. By Christopher McDougall, the book came out in 2009, rose as high as number four on the bestseller lists, and currently sits number 69 on the USA Today combined fiction-non-fiction list and number 35 on the NY Times non-fiction print and e-book list. The book also features a bunch of quirky American characters, who also, of course, love to run. "It wasn't that big deal at the time," said Santa Maria ultramarathoner Luis Escobar, who made the trip to Copper Canyon in 2006 with McDougall to participate in a Tarahumara 50-mile race. Escobar's resume includes a victory in the 2005 Lompoc Lizard Breath Fenceline Fun Run at La Purisima Mission. "It was just going to be an article for Men's Health magazine," Escobar said. "The premise was 'can an out-of-shape 50-year-old man (McDougall) get in shape for a 50-mile run?'" But, with help from Escobar's photos, the project mushroomed into a rambling dissertation on running. The premise didn't seem so outrageous to Escobar, then 43 and now 48, who went, along with his dad Joe, to help chronicle the event. But Luis really got into it. "It was an incredible journey," he said. Escobar also managed to finish ninth in the race, which was won by Tarahumara champion Arnulfo over American champion Scott Jurek. What was it like, running in Copper Canyon, a Canyon that is four times bigger than the Grand Canyon? "It's kind of like running around La Purisima Mission," said Escobar. "It's hotter, but the terrain is similar. The altitude gain on the course is not too much." And the running style of the Tarahumara? "They run in intervals," Escobar said. "They'll take off really fast for a while, and then they'll sit down in the shade. But they keep a fast overall pace. They are fast." Besides telling the story of the Tarahumara and their Copper Canyon race, McDougall's book spends a lot of time on the subjects of why people run, and what kind of footwear is appropriate for the runner. McDougall finished last in the race, but was one of the 65 starters to complete the 50-miler. He argues that running is a link with our primeval past as running hunters. And on footwear, he figures that the Tarahumara are onto something, using tire-sole sandals with a thong strap. And why does Escobar run? "Because I have to," said the St. Joseph coach. "You know, it's one of those things, if you don't do it, you just don't feel right." And for footwear, Escobar likes a bit more than a sandal. "It depends on the terrain," he said. Mostly, the Montrail-sponsored runner uses that company's Mountain Masochist,

which he describes as “an aggressive off-road shoe, less control, but lots of traction.” Escobar has finished 27 100-or-more-mile races, using lots of different kinds of shoes. His most recent was in July, when he did the Badwater 135 for the third time. That’s the one where they run from Death Valley up to 8,000 feet on Mount Whitney. Next up, the Hurt 100 in Honolulu on Jan. 16. And in March, he plans to revisit the Copper Canyon 50. “El Caballo’s dream has come true,” Escobar said. “That race has gone on every year since then.” El Caballo? Read the book.

SOLOMON, COE STILL KICKING: Last season didn’t culminate with a spot on the American team, but 800-meter runner Duane Solomon is still chasing a spot on our 2012 Olympic squad. “I only ran a couple races this summer,” said the 2003 state 800 champ and 2003 Parade Route Run winner out of Cabrillo. “My body didn’t feel good,” after the semifinal finish at the American championships in Eugene, Oregon. The 2011 US Indoor champ is still living in Los Angeles. He’s still being coached by American 800 record holder Johnny Gray, and is still sponsored by Saucony. “We’re doing long runs right now,” Solomon said. Putting the emphasis heavily on the outdoor season in 2012, the plan is to train through the winter. “We’ll just race a couple of times in the winter. But we’ll still be competitive,” Solomon said. Solomon has been on several US teams and finished sixth in the US Olympic trials in 2008.

Meanwhile, Michael Coe, winner of several Lompoc Valley Distance Club runs in the not-too-distant past, is back on his feet in the Bay Area, this after suffering a stress fracture in his right foot late last April. 2006 Cabrillo-grad Coe, a national-level collegiate runner at Cal Berkeley before graduating in the spring, set a course record in the 5K at Sacramento’s Willow Hills Open on Oct. 8. Besides helping market something called an Anti-Gravity Treadmill for a Bay Area company called Alter G, Coe is running with the Bay Area Track Club. He’s got his sights set on the Silicon Valley Turkey Trot on Thanksgiving Day. If Michael does well in that race, it will help his chances of obtaining a sponsor, giving him more time to prepare for the USA’s 2012 nationals, where he will try to make the American Olympic team in either the 1,500 or 5,000, he said. Next year, the American Olympic trials are set June 22-July 1 at Eugene. Top three placers at the trials comprise the USA’s track and field team. The 30th Olympic Games will be held July 27 through Aug. 12 in London.

TURKEY TROT SUNDAY, NOVEMBER 20: Lompoc Parks and Rec holds its annual Turkey Trot 3-Mile Fun Run (and walk) at River Park on Sunday, November 20. Check in between 8 and 8:45 for the 9 AM start. If you pre-register at the Rec Center (125 West Walnut), it costs \$15. It’s \$20 for on-site registration.

Yours in the spirit of good fun in the great outdoors

Lizard Breath AI

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.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, NOVEMBER 20, 9:00 AM. TURKEY TROT 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. A T-Shirt will be included with your registration and prizes will be awarded for 1st

and 2nd place in each category. Ages: 7 and up. Check-in 8:00 - 8:45. Fees: \$15.00 Pre-registration and \$20 on race day. For more information contact Mario Guerrero, M_GUERRERO@ci.lompoc.ca.us.

SUNDAY, NOVEMBER 20, 10:00 AM. 4TH ANNUAL LOPEZ LAKE TURKEY TREKS AND YOUTH TROT, ARROYO GRANDE. These events are part of the Turkey Festival with activities that go from 10 AM-4 PM with music, arts and crafts, and food vendors. The entry fee (plus a park entry fee) is \$30 for the 5K, \$35 for the 10K, and \$15 for the youth mile (for ages 8 and under) 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 www.slocountyparks.org for an entry form and to verify the starting times - click on the Special Events Calendar and go to the Turkey Festival section. Conducted by Friends of Lopez Lake, 6800 Lopez Drive, Arroyo Grande, 93420, 788-2386.

THURSDAY, NOVEMBER 24, 8:00 AM. 35TH PETE DORN MEMORIAL THANKSGIVING DAY EIGHT MILE RUN AND 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 untimed two mile walk goes along the sidewalk to Islay Park and comes back to the starting area. A \$10 donation plus 3 canned goods 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, the Senior Nutrition Program, Prado Day Center, and the Maxine Lewis Homeless Shelter. No pre-entries, register in the parking area on race day. No awards are given but runners will be timed and results will be posted at www.sldc.org. Conducted by the San Luis Distance Club, PO Box 1134, San Luis Obispo, CA 93406.

THURSDAY, NOVEMBER 24, 9:00 AM, THANKSGIVING 4 MILER, SANTA BARBARA. Magnolia Center. Santa Barbara's flattest and fastest 4 miles. Prizes and gifts courtesy of Run Santa Barbara and the State St Arcade. Registration begins at 8 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, DECEMBER 3, 8:00 AM. REINDEER RUN 5K, SAN LUIS OBISPO. Mitchell Park, 1400 Osos Street. The Reindeer Run 5K route is perfect for runners and walkers of all abilities. Enjoy breakfast with Santa immediately following the race. Event T-shirt and breakfast ticket included. <http://www.slocity.com/parksandrecreation>.

SATURDAY, DECEMBER 10, 9:00 AM. SANTA CLAUS 5K SANTA BARBARA. East Beach, 1118 Cabrillo Blvd. Fun and festive run celebrating the holiday season. The Santa Claus 5K is a double loop course around Palm Park. Flat and fast. Packet pickup and late registration will be available Friday, December 9, 1:00 PM - 5:00 PM, at Outfooters, La Cumbre Plaza, 136 South Hope, Santa Barbara, CA 93105. Also on race day at race site. (805) 687-4533.

SUNDAY, DECEMBER 11, 2011, 8:00 AM. SANTA TO THE SEA, HALF MARATHON, 2 PERSON RELAY TEAM AND 5K FUN RUN, OXNARD. Flat, fast, and festive. <http://www.santatothesea.com>

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/>

RACE RESULTS

October 9, City to the Sea Half Marathon, San Luis Obispo. Pauline Scheekloth, 1:44:13; Jim Brock, 2:07:57; Fran Zimmerman 2:21:44. (Jim Brock)

October 16, Spring Grove, Illinois. Every summer, hundreds of corn fields in the US are turned into a labyrinth of pathways with twists and turns, dead ends, and switchbacks and on Oct 16, Juan and I had the opportunity to experience the ultimate in "agri-tainment" by participating in a 5K event held in the "World's Largest Corn Maze" in Spring Grove, Illinois (less than a 2 hour drive north of Chicago). It had over 250 turns, along with three bridges to cross. Even though the course was well-marked, we still made a few wrong turns. To relieve congestion in the maze, runners entered the maze every 3 seconds. This 5K post-race goodies surpassed most post-marathon goodies. The race organizers passed out a limitless supply of water, pretzels, cookies, popcorn, snack-size candy bars, and bananas. Long-sleeved T-shirts with the corn maze route printed on the back was included in the registration fee. Award winners were presented with a really cute medal and you could have your photograph taken on a special stage. This 5K topped them all in every regard, especially in the "WOW" and "fun"-factors. Juan finished in 22:58, 2nd in his age group, 51st out of 673, and Julie finished in 34:06. (Julie Campos)

October 15, Fox Fall XC 2011, Santa Barbara. Patty Landis was 33rd overall, 1st in her age division, 55:38; and Margie Withrow was 40th overall, 1:21:24, first in her age division. (active.com)

October 16, Paso Robles Harvest Marathon. Mary Lou Seelandt and Sarah Leck placed second in the Female Half Marathon Teams with a time of 4:17:18, (and were 25 years older than their competition!). (Karl Seelandt and active.com)

October 23, Avila Beach, 5th Annual Midnight Special Olympic Benefit 5K: Amanda Tomasini finished the 5K in 31:00. Sandra Tomasini and Debbie Mills walked the 5K and finished in 48:51. (Debbie Mills)

October 30, Baywood Park, Oktoberfest. Paul Lee was 43rd overall and 2nd in his age group with a time of 24:05. (SLDC).

November 6, 2 Cities Marathon and a Half. Chris Denny was the first place finisher in the 75-79 age group with a time of 2:54:54 in the half marathon. (Chris Denny)

November 12, Santa Barbara Half Marathon. Edward McFillin, 1:56:14; and Patricia Landis, 2:43:01, 2nd in her age division. <http://www.sbimarathon.com/>

November 13, Wine Vine Run Half Marathon and 5K - Paso Robles. Paul Lee was 4th overall in the 5K, 20:09. (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 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

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