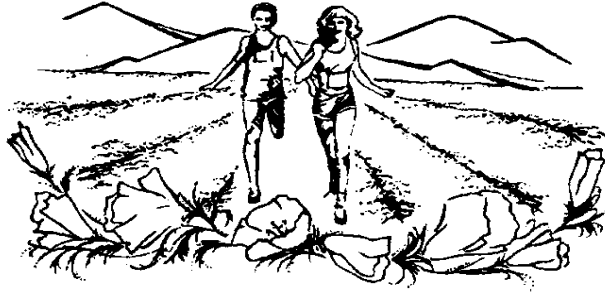


# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



	President		Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Wayne Davis	Secretary	735-7177	Ron Cortopassi	Webmaster	

November 12, 2012

## KEY DATES

### WATCH FOR THE DATES FOR 2013 RACES

#### NOTES FROM THE INTERIM LVDC PRESIDENT



Now is the Season to gobble....gobble....gobble! I have done plenty of that lately with the successful October LVDC Potluck, leftover Halloween candy, and soon in Ventura - a Thanksgiving feast in my daughter-in-law's new kitchen – Yahoo! At the potluck Kent's (chocolate chip cake), Goody's (strawberry cake-roll), and Olga's (fresh apple cake) desserts were served – I went for seconds. My wife Lee recently lassoed me to visit and join the In-Shape City Health Club. I think I know why!

For the month of December I'm looking for a member to host a LVDC Potluck in their home. It will provide an opportunity for an atmosphere for members to spend a few hours to get to know each other, share food, and talk some business of the LVDC. Members came up with great inputs at the potluck that are being considered for implementation.

Election of new or missing LVDC Board members must be voted on and approved in December – probably at the potluck. A replacement for Nancy Perry, editor of the monthly newsletter, is crucial. She has held that position forever and has done a stellar job. I do recall that there was an interest by a few members at the potluck – please contact Nancy to answer any questions you may have about the position. Kent Yankee has volunteered to be a Public Relations Director.

Lastly, race directors please set a date for your 2013 running event to be listed in the December LVDC newsletter and associated running sites. Interested LVDC members that would like to be assistant race directors please call me or the race director.

Very respectfully  
Wayne Davis  
(alhwed@msn.com)

**2013 MEMBERSHIP.** A 2013 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 17, 8:00 AM. TEMPLETON TURKEY TROT 5K, 10K, AND YOUTH MILE.** Start and finish at the Templeton Recreation Department at 599 South Main Street. Registration for the 5.2K and 10.4K is \$40 by November 4, \$45 after that and on race day, and \$5 for the youth mile at 9:00 (ages 5-12). Pre-registration guarantees a long-sleeved T-shirt plus Cider Creek apple pies going to randomly drawn finishers. Walkers and strollers are welcome in the 5K but no pets. Registration is available through [www.active.com](http://www.active.com). Sarah Botts, PO Box 780, Templeton, 93465-0780, 434-4828, [sbotts@templetoncsd.org](mailto:sbotts@templetoncsd.org).

**SATURDAY, NOVEMBER 17, 8:30 AM. 14TH SANTA MARIA RECREATION DEPARTMENT TURKEY TROTTS.** 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 (with age divisions for 18-25, 26-35, 36-45, & 46+). Entry fees are \$10 with awards to first and second place in each division. Santa Maria Recreation Dept., 615 South McClelland Street, Santa Maria, 93454, 925-0951, Ext. 355.

**SUNDAY, NOVEMBER 18, 9:00 AM. LOMPOC PARKS AND REC TURKEY TROT 3 MILE FUN RUN, LOMPOC.** River Park. Check in and race day registration 8:00 – 8:45. Fees: \$15 pre-registration and \$20 on race day. A T-shirt will be included with registration and prizes will be award for 1<sup>st</sup> and 2<sup>nd</sup> place in each category. Mario Guerrero, 875-8095.

**SUNDAY, NOVEMBER 18, 8:00 AM. MONTANA DE ORO TRAIL RUNS, 5M, 7M, 25K, AND 50K, LOS OSOS.** This is part of the Coastal Trail series of runs designed to provide quality trail running experiences. Check-in, the start, and the finish are at Spooner's Cove. All courses are hilly ones on trails through the park. Entry fees vary with the distance and are \$05 for the 5M and 7M, \$40 for the 25K, and \$55 for the 50K by November 5, add \$5 to each fee after that, and add \$15 on race day if there is still space available. There are T-shirts to all entrants, refreshments, medals to the first male and female overall and the top three in each age group. [www.coastaltrailruns.com](http://www.coastaltrailruns.com) to register.

**SUNDAY, NOVEMBER 18, 10:00 AM. 5TH 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 in 9 age divisions 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](http://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 22, 8:00 AM. 36TH 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 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 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. No awards are given but runners will be timed and results will be posted at [www.slcd.org](http://www.slcd.org). San Luis Distance Club, PO Box 1134, San Luis Obispo, CA 93406. Registration race day only.

**THURSDAY, NOVEMBER 22, 9:00 AM. THANKSGIVING DAY 4 MILER, SANTA BARBARA.** Magnolia Shopping Center, 5112 Hollister Avenue. Race day registration: 7:45. Race starts at 9:00. Active.com

**THURSDAY, NOVEMBER 22, 8:00 AM. 7TH ANNUAL PASO ROBLES 10K TURKEY TROT.** This run is going back to its original Thanksgiving date and takes place at the Food 4 Less store at the corner of Niblick and Creston Roads (1465 Creston Road) in Paso Robles over an out and back course, mostly flat with a small hill in the middle. The event is sponsored by the Paso Robles HS wrestling team with part of the proceeds going to the SLO County Food Bank and part to the team. The \$20 entry fee/donation includes a t-shirt. Awards will go to the first place in the high school, open, and masters divisions. Directed by Chris Monteiro, 712-1919, coachmonteiroprhs@yahoo.com.

**FRIDAY, NOVEMBER 23, 10:00 AM. SOLVANG PARKS AND RECREATION TURKEY TROT.** Sunny Fields Park, 900 Alamo Pintado. <http://www.cityofsolvang.com>

**SATURDAY, DECEMBER 1, 8:00 AM. 2ND S.L.O CITY PARKS AND RECREATION DEPARTMENT REINDEER 5K. SAN LUIS OBISPO.** The Parks and Recreation Department will host their second Reindeer Run at Mitchell Park, 1400 Osos Street in San Luis Obispo. The 5K route is perfect for runners and walkers of all abilities. Enjoy pancakes at the Senior Center following the run. An event T-shirt and breakfast ticket is included in the \$25 entry fee. Register at [www.active.com](http://www.active.com) and check for more details at <http://www.slocity.com/parksandrecreation>

**SUNDAY, DECEMBER 2, 8:00 AM. STATE STREET SANTA CLAUS 5K RUN AND 1 MILE, SANTA BARBARA.** 812 State Street, Santa Barbara. Santa Claus is coming to town! The First Annual State Street Santa Claus 5K run is going to be a fun run in downtown Santa Barbara - on State Street. Save the date of Sunday, December 2, 8:00, and join in the fun and festivities. Pre-registration fees are: Santa Claus 5K - \$35, Santa Claus 1 Mile - \$20. Late registration fees (after Nov. 29): 5K - \$45, 1 Mile - \$25. Packet pickup and late registration, Saturday, Dec. 1, Noon-4pm, at Bryant & Sons, 812 State Street, Santa Barbara, CA. Medals for all finishers, Santa Claus suits for first 100 entries. Proceeds go to Kidz For A Cure and their fight against childhood cancer. For more information go to [www.SBActionPro.com](http://www.SBActionPro.com)

**TUESDAY, JANUARY 1, 2013, 8:30 AM. NEW YEAR'S RESOLUTION DAY 5K AND 10K RUN 2013, SANTA BARBARA.** The New Year's Resolution Day Run will be at Leadbetter Beach, 801 Shoreline Drive. The new start times are 8:30 AM for the 5K and 9:15 AM for the 10K. Fees: \$25 early entry thru 12/4/12, \$30 thru 12/29/12, and \$40 race day fee. Good for one or both races. \$5 no shirt option. Race-day registration at race site for \$40. <http://www.sbrunning.org>

**SATURDAY, JANUARY 19, 2013, 8:00 AM. CASTLE TO COAST EIGHT MILE RUN, SAN SIMEON.** Enjoy 8.2 miles of beautiful, point to point, ocean view running beginning at Hearst State Beach just north of San Simeon and ending at Shamel Park in Cambria. Shuttles will be provided for transportation back to start. The course is well marked and plenty of enthusiastic Cuesta volunteers will monitor the course. Water is provided at start, the finish, and at the 4 mile mark near Cavalier Market. This year's giveaways include an assortment of performance goods for men and women of all ages and sizes. Age-group whales are back in 6 age divisions. Registration is \$25 and includes a 2013 edition Castle to Coast t-shirt (limited to the first 100 registrants). A portion of the proceeds helps support Cuesta College XC. Register through [www.active.com](http://www.active.com) (limited to the first 200 participants, no refunds). Directed by Brian Locher, Cuesta College, P O Box 8106, San Luis Obispo, 93403, 546-3100 Ext. 2507. See their web site at [www.castletocoast.com](http://www.castletocoast.com).

**SUNDAY, JANUARY 27, 9:30 AM. RUN FOR MUSIC 5K, 10K, AND KID'S FUN RUN, SAN LUIS OBISPO.** Run For Music is being put on by the Cal Poly chapter of the National Honorary Band Fraternity, Kappa Kappa Psi. Proceeds from the run will benefit supporting schools in San Luis Obispo and help fund

the Cal Poly Band trip to Europe. Entry fees are \$25 for the 5K (\$20 for students), \$35 (\$30) for the 10K, and \$15 for the kid's run. Register through [www.active.com](http://www.active.com) and check [www.runformusic.com](http://www.runformusic.com) for updates.

**SATURDAY, FEBRUARY 2, 8:00 AM. SECOND ANNUAL Y.M.C.A. SUPER BOWL 5K, 10K, AND KID'S RUN, PASO ROBLES.** These races take place at War Memorial Stadium at the corner of 24th and Vine Streets in Paso Robles. The fees are \$30 for the 5K, \$40 for the 10K, and \$15 for the kid's run and the fee includes a football jersey-style race shirt. The 5K/10K courses are challenging but scenic on the west side of Paso Robles on mostly paved streets while the fun run for the kids is around the football field. The 10K starts at 8:00, the 5K begins at 8:15, and the kids' run is at 9:30. Enjoy food and festivities after the race. The awards ceremony starts at 10:00 with awards 3 deep in 13 age categories and to the 1st place male & female in both the 10K and 5K. Kids receive medals in age groups for 4 & 5, 6 & 7, and 8 & 9. The mailing address for entries is the YMCA. 600 Nickerson Drive, Paso Robles, 93446, the race web site is [www.superfunrun.org](http://www.superfunrun.org), and you can register through [www.active.com](http://www.active.com).

**SUNDAY, FEBRUARY 3, 2013, 9:00 AM. SUPER BOWL 4-MILER, GOLETA.** Stow Grove Park, 580 N. La Patera Lane, Goleta. Fees: \$30 (\$15 for 16 years-old and under), \$40 late registration. Start your Super Bowl Sunday with a 4 mile run/walk that starts at Stow Grove Park in Goleta. Fast/flat course through the streets of Goleta with part of the course on the trails of Lake Los Carneros Park. <http://www.sbactionpro.com>

**SATURDAY, FEBRUARY 16, 8:30 AM. 13th "BUZZ" MARATHON, HALF MARATHON, 5K, & KID'S MILE, CAMP ROBERTS.** These events are on the grounds of Camp Roberts north of San Miguel with pre-entry fees of \$15 for the kid's mile (for ages 11 & under) \$25 for the 5K, and \$50 for the half & full marathons. This includes a T-shirt, a barbeque at the finish, and medals to the winners in each age group. Full and half marathon runners start at 8:30, the 5K begins at 8:45, and the youth race is at 9:30. The courses are out-and-back on paved roads and have rolling hills with breathtaking views of oak-studded hillsides, the Salinas and Nacimiento Rivers, and Central Coast wildlife. These races are a fundraiser for Lillian Larsen School athletic programs used to cover entry fees, uniforms, referees, equipment, and physical exams. Eileen Rogers, Lillian Larsen School, 1601 "L" Street, San Miguel, 93451, 467-3216, [hornetqueen93451@buzz-marathon.org](mailto:hornetqueen93451@buzz-marathon.org). The race web site is [www.buzzmarathon.org](http://www.buzzmarathon.org).

**SUNDAY, FEBRUARY 24, 2013, 9:00 AM. ROSES EN LA PLAYA, SANTA BARBARA.** Leadbetter Beach, Shoreline Dr. and Loma Alta, Santa Barbara, CA. Roses en La Playa is an out-and-back race at the beach. Fun & festive! Post-race activities at Leadbetter Beach. Fees: \$30 early registration (thru 2/21/13), \$40 late registration, Youth registration (16/Under) \$15. [www.active.com](http://www.active.com).

## RACE RESULTS

October 14, San Luis Obispo. Jim Brock completed the City to Sea Half Marathon in 2:03:12. There were 1,710 finishers and he finished 672 overall. He had a cold but PR-ed by 7.5 seconds. (Jim Brock, [http://raceresults.eternaltiming.com/index.cfm/20121014\\_City\\_to\\_the\\_Sea\\_Half\\_Marathon\\_and\\_5k.htm?Fuseaction=Results&Class=Half+Marathon+Individual%7EAll](http://raceresults.eternaltiming.com/index.cfm/20121014_City_to_the_Sea_Half_Marathon_and_5k.htm?Fuseaction=Results&Class=Half+Marathon+Individual%7EAll))

November 4, Fresno. Chris Denny ran the Two Cities Half Marathon, 3:07:47, 1st in the 80 Plus age division. (Chris Denny)

November 10, Santa Barbara. International Marathon and Half Marathon: Marathon: Brad Beal was 606<sup>th</sup> overall with 4:11:17. Half-Marathon: Sheila MacFarlane was 1,260<sup>th</sup> overall, 2:01:47; Terry Smith was 1,263<sup>th</sup> overall, 2:01:50; Jim Brock was 1,457<sup>th</sup> overall, 2:05:46; Mary Lou Seelandt was 1,936<sup>th</sup> overall, 2:13:44; and Marie Morlatt was 3,438<sup>th</sup> overall, 3:47:52. (<http://www.geminitiming.com/posts/santa-barbara-international-marathon-half-marathon/>)

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	Wayne Davis	
Jun	Parade Route 3 Miles	Wayne and Lee Davis	
July	Lizard Breath Fenceline	Mary Lou Seelandt	
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, Classic Installation

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  
LOMPOC CA 93438

**RENEW YOUR  
MEMBERSHIP**