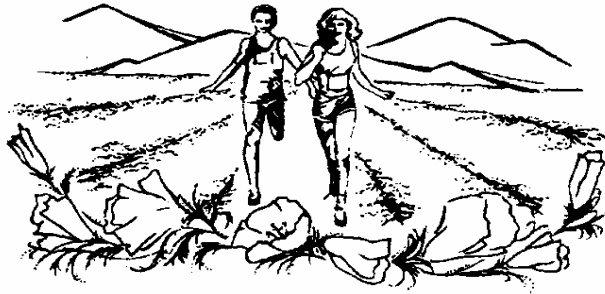


# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Wayne Davis	Secretary	735-7177	Noval Casteel	Webmaster	735-4766

October 12, 2007

## KEY DATES

**No races on the schedule**

### **Hello out there in Lompoc Valley Distance Club Land**



Well, another racing season for the LVDC has come and gone. On September 16, Kathi Froemming and Neil Smoots put on a great Park-to-Park with 18-year-old Jeff Monteleone leading his coach, Peter Anderson, to the finish line. Then, Saturday, September 22, saw the 31<sup>st</sup> Annual Valley of the Flowers Half-Marathon, this being the first of those being held at La Purisima Mission. Race director Betty Lee, with plenty of timely help from husband Jesse and mom Goodie, did an awesome job.

It was a super half-marathon win for recent UCSB grad Bee-Hoo Kim, with Wanda Toro, who just moved here from Kansas City, taking the women's 13.1-miler. The event winners were overshadowed, however, by the collapse of Tym Stark near the finish. Stark, 51, of Santa Maria and an employee at Vandenberg Air Force Base, evidently suffered an arrhythmia. He's now been in Santa Barbara's Cottage Hospital for a couple weeks and is making progress. The Stark family website - <http://stark-family.com> - showed Tym sitting up and smiling a few days ago. I've posted a little letter to Tym, inviting him to our next event at the Mission, the Ray Gil 5K/10K in May. We're hoping for the best here, and there is, in Tym's smiling face, something to hold onto.

On the collegiate cross country scene, LVDC Trettin Run champ Michael Coe and LVDC Parade Route run champ Colin Hacker (both Anderson protégées) finished well up in the huge pack at the Stanford Invitational on Sep 29. Coe, running for the University of California, was 12th, while Hacker, competing for UC Irvine, finished 48th.

More on our college flashes later. In the meantime, have a fun Halloween and send one up for Tym Stark.

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

**VALLEY OF THE FLOWERS 31<sup>st</sup> ANNUAL HALF-MARATHON.** What a day for a race! Perfect running weather, perfect scenery, tough course, and great running company! The first runner, Bee-Hoo Kim, finished in 1:18:32, and the first female runner, Wanda Toro, finished in 1:35:17. Thank you to everyone for being patient with the new venue and date change of this year's event. We are very excited to keep the run at the Mission and will most likely stay with September for the time. This day is a day most of us will remember for a long time due to the fact that we had a runner, Tym Stark, go down a half mile from the finish line. For all

of you wondering how Tym is doing, the family has set up a website, <http://stark-family.com/>; take a minute to go to the website, it will inspire you to run every time you get the chance. A special thank you to our 31<sup>st</sup> Annual Half-Marathon Heroes: John Steffens, Brian Capps, Steven McCort, and Eric Voyles, who were first on scene to administer CPR to Tym; these 4 men saved his life, and Christine Nelson, who dialed 911 and rushed to the finish line to make everyone aware of what was going on. You are all AWESOME. Thank you for your continued support of the run, we will keep this run going to give everyone something to look forward to and enjoy. All the proceeds go to support scholarships for four local graduating seniors.

Betty Lee, Race Director

**VALLEY OF THE FLOWERS HALF-MARATHON.** Well, the 2007 half-marathon has been run and the results are posted on our web page and on active.com. Betty Lee and her crew put on a great event. From what I heard the runners say, everyone liked the new course. Betty had enough aid stations on the course and she also had to have more course monitors for this course. And the course monitors did their jobs well since I didn't hear that anyone got lost. The Mission is a great place to run and the Mission staff was great to work with. But it is dark at 6:00 in the morning when we started setting up the registration table. Another good thing about the Mission was that we didn't have trouble getting runners vouched through the gate like we did at Vandenberg AFB. We are looking for someone to take on the job of publicity person for next year's half. We can handle many more runners and with more publicity we can draw more local and out-of-the-area runners to an outstanding half-marathon. Al and Betty have already talked about Tym Stark. Visit his web site if you can, his family writes daily updates and it is encouraging for us to follow Tym's recovery.

## UPCOMING ROAD RACES

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

**SATURDAY, OCTOBER 13, 8:00 AM. PSIPSINA'S 3RD, JULIET'S 2ND, AND AJAX'S 1ST FALL XC 5 MILES OR SO, GOLETA.** Lake Los Carneros. Real cross-country around Lake Los Carneros. No hills but plenty of attention-worthy footing. Jim Kornell, (805) 452-8660 [jkornell@alumni.engr.ucsb.edu](mailto:jkornell@alumni.engr.ucsb.edu).

**SATURDAY, OCTOBER 13, 9:00 AM. OCTOBER FESTIVAL FOUR MILE RUN AND 1/2 MILE YOUTH RUN, NIPOMO.** This race will be held at Nipomo Regional Park at Tefft and Pomeroy. The course is out and back on paved and dirt roads with a pre-entry fee of \$12 and \$15 on race day (includes a T-shirt). Fees for the youth run for ages 12 and under are \$6 (pre-entry) and \$8 (race day) and there is also a two mile walk. Awards will be three deep in 8 age divisions plus raffle prizes and refreshments. Proceeds go to benefit youth programs in Nipomo and there are activities in the park after the run. Contact the Nipomo Family Resource Center, 920 West Tefft Street, Nipomo, 93444, 473-5560.

**SUNDAY, OCTOBER 14, 8:00 AM. CITY TO THE SEA HALF MARATHON AND 5K HEALTH WALK, SAN LUIS OBISPO.** The half marathon starts in downtown San Luis Obispo (Higuera and Osos Streets) and goes along country roads to the finish at Dinosaur Cave Park in Pismo Beach. Entry fees are \$50 if mailed by October 1, \$60 for walk-ins at Kennedy Club Multiplex at 188 Tank Farm Road in SLO from October 1-4, and \$70 on race day. The fee includes awards in 13 age categories, an event T-shirt, a breakfast buffet, entertainment, and post-race shuttle service. The 5K health walk takes place at Dinosaur Cave Park with fees of \$35/\$40/\$45 and has no awards. Proceeds go towards the cross country and track programs at Cuesta College. Directed by Jani Johnson, City to the Sea, PO Box 8106, San Luis Obispo, 93403-8106, 546-3100, Ext. 2716, [jjohnson@cuesta.edu](mailto:jjohnson@cuesta.edu). Register through [www.active.com](http://www.active.com) or print an application from the race web site at [www.citytothesea.org](http://www.citytothesea.org).

**SUNDAY, OCTOBER 14, 8:00 AM. CANCER CENTER OF SANTA BARBARA 5K WALK/RUN AND 10K RUN, MONTECITO.** 10K 8:00, 5K walk/run 8:30, and kids' 1 mile 10:00. Montecito Union School - 100% of proceeds benefit local cancer research. Unique Montecito course, Biltmore buffet/prizes/raffle. Stephanie Carlyle - (805) 898-2116 - stephanie@ccsb.org.

**SATURDAY, OCTOBER 20, 8:30 AM. GIRLS INC. 5K FAMILY FUN RUN. KID'S 1K, GOLETA.** Girsch Park (Goleta). Unique road/trail course near the Ellwood Bluffs. Benefits Girls Incorporated of Greater Santa Barbara. Stay and enjoy the Goleta Lemon Festival. Contact: (805) 963-4757 x14 - events@girlsincsb.org, www.girlsincsb.org

**SUNDAY, OCTOBER 28, 9:00 AM. OKTOBERFEST FOUR MILE RUN, BAYWOOD PARK.** Start by the boat dock in downtown Baywood and run an out and back course on roads adjacent to the bay. \$8 entry fee, \$20 with multi-color long-sleeved T-shirt. Divisions from 8 and under to 80 and over along with special divisions for parent/child, strollers, walkers, and centipedes. Awards will be given three deep in each division along with merchandise prizes to the top finishers and an extensive random drawing. Directed by Ron Roundy, 1855 - 7th Street, Los Osos, 93402, 528-0775. Proceeds to the Morro Bay HS cross country team.

**SUNDAY, OCTOBER 28, 12:00 AM. SPECIAL OLYMPICS MIDNIGHT 5K, AVILA BEACH.** Come join the fun for the inaugural Midnight 5K Run in Avila Beach. There is a full moon on Friday so this should make for a special Midnight Run the following evening. This first time event will start with registration at 11:00 PM on Saturday evening at Avila Beach Park. The course is a flat, paved one on the road from Avila Beach Park to Port San Luis and back. The entry fee is \$30 if you register by October 19 and \$35 from October 20 up until race day. Register online at [www.firstgiving.com/sosc/](http://www.firstgiving.com/sosc/) and select Midnight 5K Fun Run or mail to Special Olympics, Post Office Box 1164, San Luis Obispo, CA 93406-1164. Each participant will receive a runner's bag which will include a long sleeve t-shirt and other surprises. For additional information, contact Michael Lara at 544-6444

**SATURDAY, NOVEMBER 3, 8:00 AM. S.B. NEWS-PRESS HALF-MARATHON/WALK AND 5K, SANTA BARBARA.** 13.1 mile. 8:30, 5K 8:35, 13.1 mile. Walk 8:00. Leadbetter Beach. Beautiful, semi-challenging shoreline course. Benefits local youth programs. Ethel Byers - (805) 967-8822, tennisrun.runtennis@verizon.net, [www.newspress.com/halfmarathon](http://www.newspress.com/halfmarathon).

**SUNDAY, NOVEMBER 11, 9:00 AM. SAN LUIS MOUNTAIN 10K RUN (LAGUNA LAKE PARK), SAN LUIS OBISPO.** This is a rugged 10K trail race that climbs the ancient volcanic peak Cerro San Luis. The course is speckled with challenging single track, fire road, and double track trails. With an elevation gain of 1556' and set against Laguna Lake with views of the coastal range and an overlook of downtown San Luis Obispo, this is no ordinary 10K. Entry fees are \$35 ahead of time and \$45 on race day, \$5 less for those with a student ID. The entry fee includes awards to the top three men and women overall and in many other divisions, a T-shirt, post-race refreshments, and a raffle (must be present to win). Proceeds benefit the Special Olympics. Visit the web site at [www.slomountainrun.com](http://www.slomountainrun.com) or contact Nimble Creative LLC, 1313 Pacific Street, San Luis Obispo, 93401, 546-8077, [racing@slomountainrun.com](mailto:racing@slomountainrun.com).

**SATURDAY, NOVEMBER 17, (NO TIME). UC SANTA BARBARA TURKEY TROT. 10K TBA, 5K Run/Walk TBA – UCSB.** Trail run along the lagoon and through Isla Vista. Benefits the Student Professional Staff Development Club at UCSB. Individual and teams. Awards/raffle prizes and free Woodstock's pizza. UCSB Recreational Sports, Paul Lee/Marcus McMullen (805) 893-3908 or 893-3253 - [www.recreation.ucsb.edu](http://www.recreation.ucsb.edu).

**SATURDAY, NOVEMBER 17, 9:00 AM. SAN LUIS OBISPO Y.M.C.A. TURKEY TROT 5K/10K.** Start and finish at the YMCA for both the 5K and 10K courses in this first year event. Prizes will go to the top three

male and female finishers in each race. The entry fee is \$22 and funds will support the YMCA's building program. YMCA, 1020 Southwood Drive, San Luis Obispo, 93401, [www.sloymca.org/turkeytrot.htm](http://www.sloymca.org/turkeytrot.htm).

**SATURDAY, NOVEMBER 17, 9:00 AM. 10<sup>th</sup> 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., SM 93454, 925-0951, Ext 355.

**THURSDAY, NOVEMBER 22, 7:00 AM. 3<sup>rd</sup> 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 Chris Monteiro, 712-1919.

**THURSDAY, NOVEMBER 22, 8:00 AM. 31<sup>st</sup> THANKSGIVING DAY EIGHT-MILE RUN/TWO MILE WALK, SAN LUIS OBISPO.** Start at Islay Park at the corner of Orcutt and Tank Farm Roads and run along Tank Farm, Broad Street, Biddle Ranch Road, and Orcutt Road. The two mile walk goes to Broad Street and back and is untimed. A \$10 donation plus a canned good is requested. Proceeds are divided among SLO charitable groups including Harvest Bag, Prado Day Center, Loaves & Fishes, and the EOC Homeless Shelter. No awards are given but runners will be timed. Conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, 543-4723. No pre-entries, register at the park on race day.

**THURSDAY, NOVEMBER 22, 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](http://www.RunSantaBarbara.com) - (805) 564-8879, 718 Castillo St., SB CA 93101 (Keyword: "Thanksgiving").

**SATURDAY, NOVEMBER 24, 6:30 AM. SANTA BARBARA NINE TRAILS 35 MILES.** Cater Water Treatment Plant, San Roque Road. Challenging out-and-back ultra-trail run. Even more flat and fast than Tough Enough. Awards to all finishers. Luis Escobar - (805) 922-2932, [luis@reflectionphotographystudio.com](mailto:luis@reflectionphotographystudio.com), [www.allwedoisrun.com](http://www.allwedoisrun.com).

**SATURDAY, DECEMBER 1, 8:00 AM. 15<sup>th</sup> ANNUAL GOLETA NOONTIME ROTARY CLUB "RUN FOR YOUTH" 5K/10K GOLETA.** Dos Pueblos High School - Scenic Gordon McClenathen 10K around Lake Los Carneros and Goleta orchards. "Orphan Souls" 5K Fun Run/Walk - bring a pair of shoes for an orphaned child. Refreshments. Benefits local youth. - [www.goletanoontimerotary.org](http://www.goletanoontimerotary.org)

## RACE RESULTS

August 18, 3<sup>rd</sup> Annual Pier to Point 10K, San Simeon. Paul Lee was 4<sup>th</sup> overall with a 44:54. (SLDC)

September 8, San Luis Obispo, Mountainbrook Community Church Charity Challenge 5K. Paul Lee was the winner with 20:07. (SLDC)

September 16, Goleta Education Foundation 4-Miler, Goleta. Sheila MacFarlane was 74<sup>th</sup> overall, 35:36; Patty Landis was 99<sup>th</sup>, 38:14, 1<sup>st</sup> in her age group; and Margie Withrow was 157<sup>th</sup>, 57:10. (active.com)

Valley of the Flowers Half-Marathon race results are on our home page at <http://www.impulse.net/~lvdc/> or on active.com. Our home page also has past half-marathon results.



**LOMPOC VALLEY DISTANCE CLUB  
 PARK-TO-PARK 8 MILE RUN  
 SEPTEMBER 16, 2007  
 Race Directors – Kathi Froemming and Neil Smoots**

<b>NAME</b>	<b>CITY/CLUB</b>	<b>AGE</b>	<b>TIME</b>	<b>PLACE</b>	<b>DIVISION</b>
1. Jeff Monteleone	Lompoc	18	47:14	1st Overall	18-29M
2. Peter Anderson	Lompoc	46	48:00	1st	40-49M
3. Joshua Coke	Lompoc	21	50:46	2nd	18-29M
4. Kent Yankee	Lompoc/LVDC	26	50:47	3rd	18-29M
5. Ed Grand	Lompoc/LVDC	44	52:31	2nd	40-49M
6. Karl Seelandt	Lompoc/LVDC	50	54:06	1st	50-59M
7. Jill Zachary	Santa Barbara	40	54:57	1st Female	40-49F
8. Paul Lee	Pismo Beach/LVDC	46	54:58	3rd	40-49M
9. Rob Sandquist	Santa Barbara	24	55:59		18-29M
10. Larry Li	Lompoc/LVDC	51	59:28	2nd	50-59M
11. Rick Hummel	Lompoc/LVDC	51	59:23	3rd	50-59M
12. Pauline Schneekloth	Buellton/LVDC	50	1:01:33	1st	50-59F
13. Cecilia Ramos	Lompoc	56	1:08:15	2nd	50-59F
14. Tom Schmidt	Lompoc	50	1:08:26		50-59M
15. Betty Lee	Lompoc/LVDC	40	1:08:27	2nd	40-49F
16. Abel Romayor	Lompoc/LVDC	43	1:08:58	1st	Clydesdale
17. Anamari Hamada	Santa Maria	35	1:13:48	1st	30-39F
18. Fran Zimmerman	Lompoc/LVDC	58	1:15:19	3rd	50-59F
19. Katie Adelman	Lompoc/LVDC	45	1:18:03	3rd	40-49F
20. Saturnino David	Lompoc	65	1:22:26	1st	60 & Over M
21. Jack Webb	Lompoc/LVDC	65	1:25:41	2nd	60 & Over M
22. Larry LaMay	Lompoc/LVDC	76	1:25:59	3rd	60 & Over M
23. Lisa Norcutt	Lompoc/LVDC	71	1:29:23	1st	60 & Over F

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	Betty Lee
July	Lizard Breath Fenceline	Alan Hunt
Sep	Park to Park	Kathi Froemming
		Neil Smoots
Sep	Valley of the Flowers Half Marathon	Betty Lee

Dr Jamison, Race Ready, Ballard, Robinson & Walker, Valley Rick, At Home Senior Services, Lompoc Healthcare District, Community Bank, Valley Medical Group of Lompoc, Taco Bell of Lompoc, Cardiovascular Center of Lompoc, Fargen Surveys, Inc, Retail Management Specialists, LLC, Valley Rock, Sesto Insurance, Graphics Systems, Classic Installation, Impulse Internet Service,

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)

LOMPOC VALLEY DISTANCE CLUB  
 PO BOX 694  
 LOMPOC CA 93438