

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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October 12, 2009

KEY DATES

No races on the schedule until next spring

Hello out there in Lompoc Valley Distance Club Land



Thanks to Betty, Goodie, Jesse, and all of you awesome half-marathon volunteers for making the 33rd annual Valley of the Flowers a success. It was warm that morning. But that did not stop the volunteers from doing a best-ever-style job, nor did it stop the runners and walkers from going on their appointed rounds at La Purisima Mission State Historic Park in fine fashion. Out on the Back 40 at the northern end of the lower loop, I was impressed and amused by the top-notch aid-station crew assembled by our ever-ready energizer bunny, Kent Yankee. I came out to a nearby station nearly asleep, having covered a football game (which means working until midnight) the night before. But I was shaken from any hint of lethargy by Kent's fantabulous whoops of encouragement as the runners came chugging along.

Remember the time when Kent, who was the first of many Cabrillo runners to make the state meet in cross country, led cheers at the half during the football games by running up and down the track with the Conquistador banner? I do, and it is a wondrous thing to see that this man, a successful local engineer, hasn't missed a beat since.

Back at my aid station, which was that one up by the pine trees on the water towers access road, Neal Enslin and I were further entertained by Steve "Voice of the Braves" Crummy, who wakes up and goes to sleep offering observations on philosophy, economics, and sports in a booming tone. Johnny 5 (Steve's fantasy football team name this year) following open-heart surgery is indeed alive.

And so, according to recent reports, is La Purisima Mission. It was a fortuitous moment for the Flowers half, with positive parks news coming out of Sacramento the day before our event, eh?

Speaking of cross country runners, and yes, the rather rotund Crummy was one once upon a time, how about the current crew being led by Coach Peter Anderson at Cabrillo? The Cabrillo boys, currently ranked fourth in the state in Division 3, will be going for their eighth consecutive Santa Barbara County championship at River Park on Friday, October. 30. That meet will be a tune-up for the Los Padres League finals back at River Park on Wednesday November 4, followed by the CIF Southern Section prelims and finals over the next couple of weeks at Mt. Sac, then the state meet at Woodward Park in Fresno on Thanksgiving weekend.

Here in town on Sunday, November. 22nd, we'll be doing the Lompoc Parks and Rec Turkey Trot at River Park. Thus the LVDC endorphites try to stay in good shape as we prepare for the beginning of our 2010 season with the Trettin 5K in March.

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

VALLEY OF THE FLOWERS HALF-MARATHON. Great day at the races. Betty Lee and her crew pulled off another great half-marathon. Betty as usual was well organized and the race went very smoothly. It started off cool in the morning but the temperatures rose so some people were having trouble with the heat by the end. I didn't hear of any problems on the course. Ron quickly posted the race results to our web page and to active.com. Members of Bob Lingl's training group had a great finish. It was wonderful to see their faces when they came across the finish line. Some were met with flowers and posed for photos with their families. Many of Bob's group had never attempted anything like a half-marathon and they should be very proud of themselves. As should Bob for leading the training group. Novel Casteel's shirt design was outstanding as usual. Great job, Novel. Novel's son Orion was the second place finisher. The chicken BBQ was enjoyed by all. And some of us got to pet and hold the baby goats in the parking lot.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, OCTOBER 25, 12:00 AM. 3rd ANNUAL MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K, AVILA BEACH. Come join the fun for the Midnight 5K in Avila Beach. Registration will start at 11:00 PM on Saturday evening at Avila Beach Park. The course is a flat one on the road from Avila Beach Park to Port San Luis and back. The entry fee is \$30 if you register by October 16th and from October 17th up through race day, it will be \$35. Register at www.active.com or through Special Olympics, Post Office Box 1164, San Luis Obispo, 93406. Each participant will receive a runners bag which includes a long sleeve t-shirt. For more information, contact Michael Lara, Special Olympics of San Luis Obispo County at 544-6444.

SUNDAY, OCTOBER 25, 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. Plenty of divisions from 8 and under to 80 and over along with special divisions for strollers, and walkers. 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 go to the Morro Bay HS cross country team.

SATURDAY, NOVEMBER 7, 8:00 AM, 5K AT 8:10 AM. SANTA BARBARA HALF MARATHON AND 5K. Start and finish at Leadbetter Beach. Registration Fees: \$45 thru 9/27, \$55 thru 11/01. Registration at packet pickup or on race day \$65. Packet Pickup at SB Running 110 Anacapa St, Thursday 11/05 and Friday 11/06 from 11:00 am - 6:00 pm. This is a USATF "team race", be prepared with your USATF member number when you register and your running club. Information: John Brennand, 805-964-2591, brennand@alum.mit.edu. Online registration at www.Active.com

SUNDAY, NOVEMBER 15, 8:00 AM. WINE VINE HALF MARATHON AND 5K, PASO ROBLES. Experience the wine country of Paso Robles in this destination race as the race starts and finishes at the beautiful Meridian Winery (7000 East Highway 46) and winds through the vineyards and nearby roads. Entry fees are \$45 for the half marathon and \$25 for the 5K through www.active.com. Proceeds benefit the athletic programs at Paso Robles High School and more information is available on the race web site at www.winevinerun.com. Field Gibson, Bearcat Boosters, Post Office Box 22, Paso Robles, 93447-0022.

SUNDAY, NOVEMBER 15, 10:30 AM. 2nd LOPEZ LAKE TURKEY TREK 5K AND YOUTH TROT, ARROYO GRANDE. These events are part of the Turkey Festival with activities that go from 10 - 4 and include a carnival, music, arts and crafts, and food vendors. The entry fee (plus a \$4 park entry fee) is \$15 for the 5K and \$10 for the youth mile (for ages 8 and under, starts at 11:30) with awards for adults three deep in 9 age divisions (medals to the top three and a turkey to divisional winners) and turkeys to the top 3 kids plus completion medals to all youth entrants. Proceeds go to benefit SLO County Parks & Friends of Lopez Lake. 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. Friends of Lopez Lake, 6800 Lopez Dr, Arroyo Grande, 93420, 788-2386.

FRIDAY, NOVEMBER 20, 12:00 AM. (THURSDAY NIGHT) CAL POLY MIDNIGHT 5K FOR SPECIAL OLYMPICS, SAN LUIS OBISPO. Come join the 2nd Midnight 5K Run on the Cal Poly campus. The entry fee for this event is \$20 if you register by November 12th. Registration from November 13th up to race day will be \$25. Register online at www.active.com or mail to Special Olympics, Post Office Box 1164, San Luis Obispo, 93406. Each participant that registers by November 12th is guaranteed an event t-shirt. For additional information, contact Michael Lara @ 544-6444.

SATURDAY, NOVEMBER 21, 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 21, 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 by November 5 is \$14 (\$27 with a race T-shirt), \$5/\$18 for the youth mile (ages 5-12), and includes a raffle ticket. Participation gifts will be awarded to finishers at random. The 5K/10K courses are out-and-back with some rolling hills while 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, Post Office Box 780, Templeton, 93465-0780, 434-4828, sbotts@templetoncso.org.

SATURDAY, NOVEMBER 21, 9:00 AM. 11TH ANNUAL 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 - \$10 for pre-entries and \$15 on race day. Awards will be given to first and second place finishers. Santa Maria Rec Dept., 615 South McClelland Street, Santa Maria, 93454, 925-0951, Ext. 355.

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.sbimarathon.com, Email sbimarathon@cox.net

RACE RESULTS

October 4, Merced Gateway Triathlon short course – Chris Denny, 1st place 75-79 age group, 1:08:01. (Chris Denny)

October 11, City to Sea Half-Marathon, San Luis Obispo to Shell Beach. Karl Seelandt was 40th overall, 1:30:20; Mary Lou Seelandt, 448th overall, 1:59:56;

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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