

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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October 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, November 21 at River Park, news of LVDC members qualifying for the Boston Marathon comes our way.

First, congrats to our world-traveling 26.2-miler Juan Campos, 50, who qualified for his first-ever Boston with a 3:31:57 at Camarillo on Sunday, October 3. Juan was happy with his time on this muggy day. But there were some flies in the ointment at Camarillo's first-ever attempt to run the big one. "It was very unsupported," said Campos, "There were no porta potties."

And we note that Cabrillo grad Ben Li, a 20-year-old Harvard junior, also qualified for the 2011 Boston Marathon with his first ever marathon race on Sunday, October 17. He completed the Bay State Marathon in Lowell, Massachusetts in 2:49:01.6, averaging 6:28 per mile. Ben started out conservatively, his first mile in 6:57 but then his next miles were 6:30s. At about the halfway point he picked it up running 6:11-6:20 miles. Negative splits! Way to go, Ben.

Next, we see that Berkeley senior Michael Coe is showing good form for Cal's cross country team. Coe clocked a 23:37.1, 7th among 231 runners, over 8,000 meters at the NCAA pre-national in Terre Haute, Indiana, on Saturday, October 16. Captain Coe leads da Bears into the Pac-10 finals against the salty boys from Oregon and Stanford on Saturday, October 30 in Seattle.

Also, Coe's Cabrillo teammate Colin Hacker is having a fine senior cross country season at UC Irvine. Hacker clocked 26:38.5 for second at the Cal Poly Invitational 8,000 on Saturday, October 16 to help the Anteaters to victory. Hacker and his Irvine buds are in the Big West championships, Saturday, October 30 at Riverside.

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

VALLEY OF THE FLOWERS HALF-MARATHON. Betty Lee is an awesome race director! Other than the weather being hot, hot, hot, the half was great. The course support and volunteers were outstanding, the shirts were great (thanks, RaceReady), and Jesse Lee and his crew cooked a terrific BBQ. We were really glad that the AMR paramedics and ambulance were standing by. Bob Lingl's training group accomplished their goal of finishing a half. We had some new sponsors this year, check them out on our list of sponsors and thank them when you visit them.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, OCTOBER 31, 9:00 AM. BAYWOOD PARK OKTOBERFEST FOUR MILE RUN. Start by the boat dock in downtown Baywood and run an out and back course on roads adjacent to the bay. \$10 entry fee, \$25 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.

SUNDAY, OCTOBER 31, 9:00/10:00 AM. LAGUNA LAKE PARK 5K AND 10K MUD MASH, SAN LUIS OBISPO. The MUD MASH is a 5K and 10K run with dirty obstacles including walls, lake scramble, hay bales, slip and slide, and, of course, a huge, nasty mud pit, not to mention some tough trails that will be even tougher when you're wet and muddy. So come out, bring your friends, and make a team. Prizes will be given for best costumes as well as the fastest mud suckers out there. Don't forget your trick or treat bags for on-course treats. A portion of MUD MASH proceeds benefit SLO County's Special Olympics, which provides year-round sports training and athletic competition to people with intellectual disabilities. Entry fees for the Mud Mash are \$40 per person for the 5K (at 9:00) and \$50 for the 10K (at 10:00). Check www.mudmash.com or go to www.active.com to register.

SATURDAY, NOVEMBER 6, 2010, 6:30 AM. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON AND HALF-MARATHON, SANTA BARBARA. Marathon and Relay: Location: Dos Pueblos High School, Start Time: 6:30 AM, Parking: Santa Barbara City College Finish Line. Half Marathon: Location: Tucker's Grove, Start Time: 6:30 AM, Parking: San Marcos High School. SBIM will provide buses back to your cars from the Finish Line Festival at Santa Barbara City College. The Select Staffing Santa Barbara International Marathon is a USATF-sanctioned event and a Boston Qualifier. <http://www.sbimarathon.com/>. If you plan to run this event, check out the parking requirements.

SUNDAY, NOVEMBER 07, 2010, 8:30 AM. 17TH ANNUAL SALMON RUN, 5K, VENTURA. Patagonia's Upper Parking Lot, 259 W. Santa Clara Street. Certified 5K course on a flat dirt road along the Ventura River. Patagonia® gear awarded for 1st, 2nd and 3rd place finishers in each age category. <http://www.patagonia.com/us/patagonia.go?assetid=15737>

SUNDAY, NOVEMBER 14, 8:00 AM. WINE VINE HALF-MARATHON AND 5K, PASO ROBLES. Experience the wine country of Paso Robles 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 \$25 for the 5K and \$45 for the half marathon by November 1 and \$35/\$60 after that through www.active.com with proceeds going to the athletic programs at Paso Robles High School. All entries receive a race shirt and wine glass. More information is available at www.winevinerun.com. Directed by Field Gibson, Bearcat Boosters, Post Office Box 22, Paso Robles, 93447-0022, fieldgibson@gmail.com

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 mi 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 Cliff 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

September 12, Salad Bowl Half Marathon and 5K, Guadalupe: 5K – Paul Lee, 6th overall, 19:45. Half-Marathon – Juan Campos, 18th overall, 1:43:12, Mary Lou Seelandt, 37th overall, 2:12:58, and Julie Campos, 60th overall, 2:47:19. (Julie Campos and <http://www.saladbowlfestival.com/run.html>)

October 3, Camarillo, Camarillo Marathon and Half-Marathon (or "Name that Crop" Marathon, Half-Marathon) seriously fell short of the basic necessities that were promoted to registrants for their comfort and convenience while on the course. We can do without rock 'n roll bands at every mile (which did not exist); however, the race organizers were negligent by not ensuring that the aid stations were properly stocked with electrolytes (there were none), port-a-potties, and cups for water (and timing clocks). Mile markers were non-existent after Mile 12. Where they did exist, it was sporadic or they were from another event (!). We would not recommend this event to anyone unless you like discomfort.

(OK! If you want to know how really bad the port-a-potty issue was: Juan's butt-cheeks were glued together from mile 4 to the finish. Julie had to get creative when she had to 'go'.)

Event Results: Juan Campos 3.31.57 (Marathon - Boston Qualifier), Julie Campos 2.56.50 (Half-Marathon - walking). (Julie Campos)

October 3, Carpinteria. 33rd Annual Kiwanis Big Avocado 5K Run – Patty Landis, 33:56.

October 10, San Luis Obispo, City to the Sea Half-Marathon: Cecilia Ramos, 357th overall, 1:51:20. (<http://www.citytothesea.org/>)

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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