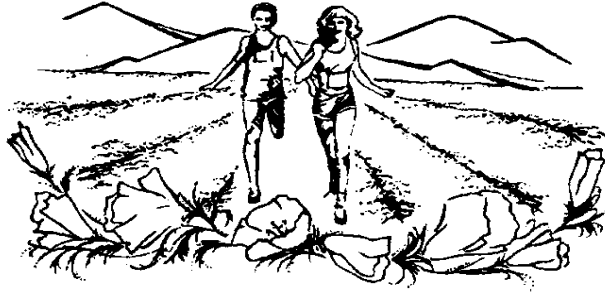


# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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

October 12, 2011

## KEY DATES

**NO RACES ON THE SCHEDULE**



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

Watch for Al's column next month.

Yours in the spirit of good fun in the great outdoors

Lizard Breath Al

**VALLEY OF THE FLOWERS HALF-MARATHON AND 5K.** Betty Lee directed an outstanding event. This was the biggest half-marathon thus far at the Mission. The weather was perfect. Jesse Lee and his crew, including Harvey and Sherman, cooked a delicious chicken BBQ. From the opening song by one of Bob Lingl's group to the tribute to Al Hunt, the half and 5K were great. Check out [www.lompocrecord.com](http://www.lompocrecord.com) for video and still photos. There were great race write-ups and photos in both the Lompoc Record and the Santa Barbara News-Press on Sunday. Al Hunt's column in Friday's News-Press was outstanding. And there was even an article on Bob Lingl's group in Saturday's News-Press. Betty had her crew up and busy from the time the Park Ranger opened the gate at 6:00 AM (and it was still dark then) to the time the last runner/walker finished. She had a great volunteer crew from the all important timers Ron Cortopassi and Wayne Davis to the refreshment person Lee Davis to the registration crew and finish line workers and parking lot attendants. Noval, Gudrun, Krissy, Amber, Virginia, Russ, Diana, and Kent and crew are always there for us every year out on the course and without things would not be so smooth. The course was well marked and the aid stations well manned. And those all important portapotties were out on the course. Noval designed another beautiful shirt this year. Thanks, Betty for great event.

This was the first year without Jack Web. One of his daughters ran the half and his other daughter ran part of it and Jan came for the BBQ. Jan said Jack would have been proud of the way the event turned out.

**VALLEY OF THE FLOWERS HALF-MARATHON AND 5K RESULTS:** Ron Cortopassi has the results up on the LVDC web page. Check them out.

## UPCOMING ROAD RACES

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

**SATURDAY, OCTOBER 8, 9:00 AM. 14TH NIPOMO OCTOBERFESTIVAL 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 a two mile walk. Awards will be three deep in 8 divisions plus raffle prizes and refreshments. Proceeds benefit youth programs in Nipomo and there are activities in the park after the run. Mary Squellati, Nipomo Family Resource Center, 920 West Tefft Street, Nipomo, 93444, 473-5560.

**SUNDAY, OCTOBER 9, 8:00 AM. CITY TO THE SEA HALF MARATHON (13.1 MILES) AND 5K (3.1 MILES), SAN LUIS OBISPO:** The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and follows beautiful country and ocean view roads to Dinosaur Cave Park in Pismo Beach. Entry includes awards in 13 age categories, an event T-shirt, breakfast buffet, entertainment, a gift, and post-race shuttle service. The 5K takes place at Dinosaur Cave Park and has all of the above benefits including some awards. Proceeds go to the Cuesta College cross country and track programs. For more info, call (805) 546-3100 Ext. 2716 or [www.citytothesea.org](http://www.citytothesea.org). Registration is on-line only through [www.active.com](http://www.active.com).

**SUNDAY, OCTOBER 16, 7:00 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K.** Held at Sylvester Winery, 5115 Buena Vista Rd, Paso Robles, with beautiful views of the countryside and wine vineyards at harvest time. The races include a full marathon, a two person marathon relay (13.1 miles each), and a 5K. All net proceeds benefit local charities and youth programs. Entry fees: \$80 for individuals and \$110 for relay teams by July 1, \$90 and \$140 after that, \$30/\$35 for the 5K. For more info, check the web site at [www.pasoroblesmarathon.com](http://www.pasoroblesmarathon.com) or contact Julie Opheim, Paso Robles Harvest Marathon, PO Box 1796, Paso Robles, 93447-1796, (877) 264-6979, [pasomarathon@yahoo.com](mailto:pasomarathon@yahoo.com).

**SATURDAY, OCTOBER 22, 9:00 AM. GUADALUPE SALAD BOWL FESTIVAL HALF MARATHON AND 5K.** This event is a fundraiser for the Guadalupe Sports Hall of Fame's youth programs and will be part of the town's Salad Bowl Festival. The start and finish will be at Central Park in Guadalupe located on 9th Street between Olivera and Pacheco streets. The courses go along the Santa Maria River Levee - flat out and back routes on paved and unpaved roads. Entry fees for the half marathon are \$40 for adults and \$20 for ages 18 & under by September 24 and \$50/\$30 after that. For the 5K, the fee is \$20 regardless of age by the same September 24 date and \$30 after that. Late registrants are not guaranteed a T-shirt if supplies on race day run out. Entry fees include awards to the top competitors in various age divisions, refreshments, a long-sleeved T-shirt, and free entry into the Salad Bowl Festival. For more information, go to [www.saladbowlfestival.com](http://www.saladbowlfestival.com) or contact meet director Larissa Heeren, PO Box 908, Guadalupe, 93434, 356-3906, e-mail = [GuadalupeRun@gmail.com](mailto:GuadalupeRun@gmail.com).

**SATURDAY, OCTOBER 22, 9:30 AM. FIRST ANNUAL TRIBUTE TROT 10K RUN, 5K RUN/WALK, SANTA BARBARA.** East Beach in front of Cabrillo Bath House, 1118 East Cabrillo Blvd. 10K (run only): 9:30; 5K walk: 9:45; 5K run: 10:00. Fees: 10K - \$45; 5K - \$35. Join in on Santa Barbara's first Annual "Tribute Trot." H.E.E.A.L. (Hope through Exercise, Energy, and Art for Life), a local non-profit extends the opportunity to participants to attribute their walk or run. Whether you are running for good health, the memory of a loved one, or simply to enjoy the beautiful scenery, H.E.E.A.L. advocates finding a positive outlet through exercise and art. Music, art, and festivities will be part of the post-race fun! <http://www.heealsb.org>

**SUNDAY, OCTOBER 23, 12:00 AM. 5TH ANNUAL MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K, AVILA BEACH.** Come join the fun for the Midnight 5K in Avila Beach. Registration will start at 11:00pm 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 14th and \$35 from October 15th through

race day. Register online at [www.sosc.org/runavilabeach](http://www.sosc.org/runavilabeach) or by mail through Special Olympics, PO Box 1164, San Luis Obispo, 93406. Each participant will receive a runner's bag which includes a long sleeve T-shirt and other surprises. For more information, contact Michael Lara, Special Olympics of San Luis Obispo County at 544-6444 or by email at [mlara@sosc.org](mailto:mlara@sosc.org).

**SUNDAY, OCTOBER 30, 9:00 AM. BAYWOOD PARK OKTOBERFEST FOUR MILE RUN.** Start by the boat dock in downtown Baywood Park 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 30, 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. 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). There will also be team divisions for two person and four person teams. Check [www.mudmash.com](http://www.mudmash.com) or go to [www.active.com](http://www.active.com) to register.

**SATURDAY, NOVEMBER 12, 7:00 AM. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON AND HALF-MARATHON, SANTA BARBARA.** Located in the "American Riviera" in Santa Barbara, this point-to-point course winds through the scenic Goleta Valley with its lush lemon and avocado orchards, skirts the exclusive community of Hope Ranch, winds through the historic Santa Barbara mesa area, and finishes with a stunning two mile descent to the sparkling Pacific Ocean along the Santa Barbara coastline. Fees: Marathon - \$130; Half-Marathon - \$80. Event Highlights: fast and scenic course, USAT&F certified/sanctioned, Boston Qualifier, perfect winter running weather, beautiful destination. Registration Includes: goodie bag, T-Shirt, personalized bib (thru Oct 1, 2011), unique finisher medal, medical care - first aid stations, fluid and fuel stations, athlete transportation to the start, entrance into Health and Fitness EXPO and Lecture Series. Prizes/Awards: Awards TBA. Time allowed: The course will close 6.5 hours after start time. <http://www.sbim Marathon.com>

**SUNDAY, NOVEMBER 13, 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 \$30 for the 5K and \$50 for the half marathon by October 31 and \$40/\$65 after that through [www.active.com](http://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](http://www.winevinerun.com). Directed by Field Gibson, Bearcat Boosters, PO Box 22, Paso Robles, 93447-0022, [fieldgibson@gmail.com](mailto:fieldgibson@gmail.com).

**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](mailto:M_GUERRERO@ci.lompoc.ca.us).

## RACE RESULTS

September 18, Goleta Education Foundation 4-Miler. Patty Landis was 132nd overall, 39:04; 1st in her age group. ([active.com](http://www.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	Betty Lee	RaceReady, Inc, Elite Eyecare Medical Group, Walker, Wilson and Huguen, 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](mailto:nperry3@verizon.net)

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