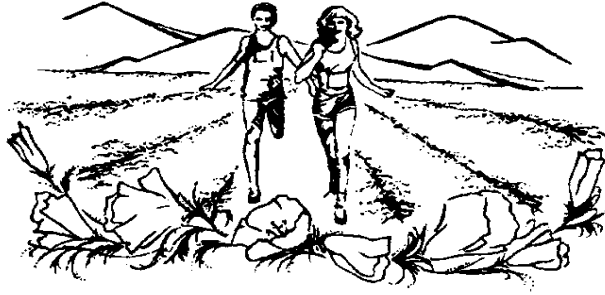


Lompoc Valley Distance Club

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, 2012

KEY DATES

**Sunday, October 14 LVDC Pot Luck at Wayne and Lee Davis's House
12:00 to 3:00**

WATCH FOR THE DATES FOR 2013 RACES



NOTES FROM THE INTERIM LVDC PRESIDENT

Fall Greetings! I want to send a BIG YAHOO to all the 197 finishers of the 36th Annual Valley of the Flowers Half-Marathon (VFHM) and 5K. The loopy and hilly course at the La Purisima Mission and State Park was challenging but you endured and reached a goal. Some of you will say "Been there - Done that" and move on to a higher goal..... A Full Marathon! A Lompoc Valley Distance Club (LVDC) member with the initials KS would be a great guide, he is known to finish 3-6 marathons per year. Hopefully the 5K finishers will return next year to enter the Half-Marathon and train with Bob Lingl's Saturday group at the mission. Of course, there is a LVDC member with initials OL that has finished 34 of the 36 VFHMs and would have lots of great stories of the past events and courses!

On Sunday, 14 Oct – rain or shine (12 Noon to 3 PM) LVDC is hosting a Pot-Luck for members, families, and interested guests. It will be held at my residence – 500 South N Street, Lompoc, CA. We will be serving up Pulled Pork sandwiches, beans, chips, and sodas. Please bring a side dish (salad, dessert, favorite recipe, etc.) to share. So Save-the-Date on your calendar! Let's get together and sit a spell to talk about our Club, families, future distance events, and questions that may need answering. If you can't make it, please forward inputs that I can share with others at the event.

Please email or phone me at 735-7177 so I have a head count for planning purposes – thanks!

Very respectfully
Wayne Davis
(alhwed@msn.com)

2012 VALLEY OF THE FLOWERS HALF-MARATHON AND 5K: Betty Lee did it again. She directed an outstanding half-marathon and 5K. Between the two events 206 people registered and 197 finished and they all had a good time. Even though it is a hard course, runners loved it. I heard many positive comments about the absence of vehicles on the course. Runners were looking for wildlife out there also. I saw one woman come in with a stick in her hand. I guess she was going to beat off the snakes. I was giving extra

points to anyone who saw a bobcat. The medallions were terrific. The La Purisima Mission pottery group handmade and hand painted the beautiful medallions. People couldn't believe that they received something that was individually made. Jesse and his group cooked a great chicken BBQ. Novel Casteel designed a beautiful shirt again this year. The set-up crew was out at the Mission before daylight and the registration crew (Mary Lou Seelandt, Diane Reese, and Teresa Pruitt) was hard at work as the race day entrants arrived. Ron Cortopassi and his fellow timers, Wayne Davis and Karl Seelandt, produced quick results and Ron had the results up on the active.com and LVDC web pages that night. Lee Davis kept the food table well-supplied. Thanks to all the volunteers and support people, Betty could not have done it without you.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, SEPTEMBER 30, 9:30 AM. 2ND ANNUAL LOS ALAMOS OLD DAYS 5K STAMPEDE: This race is part of the Old Days Celebration in Los Alamos. The start, finish, and race day registration will be on Bell Street at Ferrini Park and the race will be run over a scenic loop course in town and through Los Alamos Park, finishing just prior to the start of the parade. Bring the family for a full morning of fun and festivities. The entry fee is \$20.00 and includes a T-Shirt for those who register by 9/23. Online, mail in, and race day registration after 9/23 will not be guaranteed a T-shirt. Check-in and race day registration: 8:00-9:00. There will be awards to the top three in seven age divisions and a 3' tall trophy to the first overall male and female finishers. This is a fundraiser for Cal Swoosh Sports, an organization helping underprivileged youth play sports. Contact Coy Kendrick, ncswoosh@hotmail.com, register online at <http://calswoosh.com>, or mail your entry to Cal Swoosh, P.O. Box 1521, Atascadero CA 93423-1521.

SUNDAY, SEPTEMBER 30, 8:00/9:15 AM. HERITAGE OAKS BANK 5K, 10K, AND FAMILY FUN RUNS, PASO ROBLES. This full morning of events at Paso Robles City Park starts with a 10K at 8:00, followed by a 5K at 9:15 and then a series of kid's races. Fees are \$5 for the 75 yard dash for ages 5 and under (\$10 after 09/07), \$5 for the half mile for ages 5-12 (\$10 after 09/07), \$30 for the 5K (\$35 after 09/07), and \$40 for the 10K (\$45 after 09/07). All entrants get a T-shirt, medal, refreshments, and are eligible for a drawing. The 10K will have prize money for the top three male and female finishers (\$300/&200/\$100) while the 5K will award \$250 to the first male and female. In the past this event has had no race day entry so check with the race director. The races are sponsored by Heritage Oaks Bank, Post Office Box 7012, Paso Robles, 93447-7012, or Mitch Massey, mitch@hobfunrun.com, www.hobfunrun.com.

SATURDAY, OCTOBER 6, 2012, VARIOUS TIMES. THE SOLVANG MILE. This event will start and finish on Copenhagen Drive. The mile road race event will be run in 12 heats, beginning at 7:00 AM. There are 10 age group heats, a Fun Mile, and Men's and Women's elite heats. \$5,000 in cash for the elite heats, and age group and open heats prizes and awards. There will be a family friendly festival and expo area located in Solvang Park for spectators and competitors, as well as a beer tasting garden, featuring local brews, for adult participants. The course length has been certified, and the event sanctioned by USA Track & Field. Race packet pickup at 6:00 and the first heat starts at 7:00. The last heat will be run at around 10:15. Check www.northamericanathletics.com or facebook for event updates and of individual heat start times

SUNDAY, OCTOBER 7, 3:00 PM. GOLETA LEMON RUN 5K. Glen Annie Golf Course, 404 Glen Annie Road Goleta. www.active.com

SATURDAY, OCTOBER 13, 9:00 A.M. 15TH ANNUAL 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.

SATURDAY, OCTOBER 13, 8:00 AM. FOX FALL CROSS COUNTRY 5 MILES AND KID'S MILE, SANTA BARBARA. Lake Los Carneros. A true cross-country race with five miles of mostly off-road running, winding trails through woods and fields, over hill and Dale (one of our volunteers). Watch for logs to jump over, low-hanging branches to duck under, and the occasional fox or bobcat. Directions: take the Los Carneros exit toward the mountains, then turn right on Covington Way and stop after about 300 yards. See that trail? Right there behind Wally's van? Walk up there. You'll find it. Enjoy Octoberfest treats at the finish, and the best-tasting awards in town, all for the amazingly low price of \$10. Kid's Mile at 9:00 AM - Finisher ribbons for all and free entry. Contact Nash for details: nashjimenez@hotmail.com. <http://foxfallxc.blogspot.com/>

SUNDAY, OCTOBER 14, 8:00 AM. CITY TO THE SEA HALF MARATHON AND 5K, SAN LUIS OBISPO. The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and follows country roads to Dinosaur Cave Park in Pismo Beach. Entry includes awards in 13 age categories, an event T-shirt, breakfast buffet, entertainment, 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 information, call (805) 546-3100 Ext. 2716 or go to the race web site at www.citytothesea.org. Registration is on-line only through www.active.com.

SUNDAY, OCTOBER 14, 8:00 AM. 20TH ANNUAL CANCER CENTER OF SANTA BARBARA 10K RUN AND 5K WALK/RUN. Montecito Union School, 385 San Ysidro Road. Rain or Shine. Please no dogs or scooters. 10K Run: 8:00; 5K Fun Walk/Run: 8:30; Kids' Fun Run (12 and under): 10:00; Brunch: 9:30; Post-Event Program/Raffle: 10:00. Fees: \$45 thru September 30; \$55 October 1 – 11; \$65 October 12 – 14. Kids' fun run (12 and under): \$20. Race day registration: 7:15 - 8:15. Raise \$100+ and enjoy free registration for the event AND receive one entry into the GRAND PRIZE drawing for a trip to Hawaii! Information: Please call the Cancer Center at (805) 898-2116. <http://www.ccsb.org/events/walkrun2012/>

SATURDAY, OCTOBER 20, 9:00 AM. SECOND ANNUAL TRIBUTE TROT 10K, 5K, AND ONE MILE WALK, SANTA BARBARA. Parking Lot at Cabrillo Bath House. 10K (run only) - 9:30; 5K walk - 9:45; 1 Mile walk - 9:45; and 5K run - 10:00. Join in on Santa Barbara's second 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. Music, art, and festivities will be part of the post-race fun! Fees: 10K - \$35; 5K run/walk - \$25; 1 Mile Walk - \$20.00. <http://www.heealsb.org>.

SATURDAY, OCTOBER 20, 7:30 AM. A DAY IN THE COUNTRY PLATINUM PERFORMANCE 5K, LOS OLIVOS. Lavinia Campbell Park at the corner of Grand Avenue and Alamo Pintado Avenue in downtown Los Olivos and the race is part of a street fair. Fees are \$20 for the 5K and \$1 for the Kids Mile. Late registration and packet pick-up -6:30 to 7:30. The 5K walk begins at 7:30, the 5K run starts at 8:00, and the Kid's Mile is at 9:30, followed by the awards presentation. <http://platinumperformance.com>

SUNDAY, OCTOBER 21, 12:00 AM MIDNIGHT. 6TH ANNUAL MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K, AVILA BEACH. The event will start with registration starting at 11:00 PM on Saturday evening (October 20) at Avila Beach Park. The course is a flat and fast one on the paved road from Avila Beach Park to Port San Luis and back. The entry fee: \$30, add \$5 after October 12. Online registration at www.active.com or by mail to: Special Olympics, PO Box 1164, San Luis Obispo, CA 93406. 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 @ 544-6444 or by email at mlara@sosc.org.

SATURDAY/SUNDAY, OCTOBER 27 AND 28, NO TIME. 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, a huge mud pit and some tough trails that are even tougher when you're wet and muddy. A portion of MUD MASH proceeds benefit SLO County's Special Olympics. Entry fees are \$40 per person for the 5K and \$50 for the 10K. There will also be team divisions for two person and four person teams. Check www.mudmash.com or go to www.active.com to register.

SATURDAY, OCTOBER 27, (VARIOUS TIMES IN THE PM). THE NAKED FOOT 5K AND KIDS 1K, SANTA BARBARA. 236 East Cabrillo Boulevard. This isn't just your typical 5K. We have partnered with the national charity Soles4Souls and encourage runners to bring a pair of shoes to donate and challenge them to run barefoot (although completely optional)! We will be hosting a mini healthy living expo and clinics before the event on how to "run like you are barefoot" with well known runners and authors. The 5K is now FREE to kids under 12! This is no boring road race. We do not reveal the course until race day but be prepared for a cross country-like adventurous course! We have lots of FREE fun events set up after the run including a FREE kids 1K race, "foot painting", foot massages, live music, beer and wine tasting, a raffle for a chance to win amazing prizes, a shoe kicking contest and more! Event schedule and times: Friday October 26th: Packet pick-up, "Learn to Run" clinic by Altra Footwear and happy hour at a local running store (TBA); Saturday, October 27th: Day of packet pick up: 4:00-5:00 PM; 5:15 PM; Free kids 1K; 5:30 PM; Group warm-up- 5:45 PM; 5K start; 6:30 PM; After party!!! Fees: Run/Walk Team Registration - \$35; Run/Walk - \$35; Kids 12 and under; and FREE kids 1K, student rate- must show ID at packet pick-up - \$25.00. <http://thenakedfoot5k.com/#/santa-barbara/>

SUNDAY, OCTOBER 28, 7:30 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K. This third annual event will be held at LeVigne Winery, 5115 Buena Vista Road, Paso Robles, 93446, with beautiful views of the countryside and wine vineyards at harvest time. The morning's 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 with entry fees of \$80 for individuals and \$110 for relay teams by July 1, \$90 & \$140 after that, \$30/\$35 for the 5K. For further information, check the web site at www.pasoroblesmarathon.com or contact Paso Robles Harvest Marathon, P O Box 1796, Paso Robles, 93447-1796, (877) 264-6979, pasomarathon@yahoo.com.

SUNDAY, OCTOBER 28, 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.

SATURDAY, NOVEMBER 10, 7:15 AM. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON AND 1/2 MARATHON, SANTA BARBARA. Fast and scenic course, USAT&F certified/sanctioned, Boston qualifier, perfect winter running weather. Fees: Full marathon - \$130; half marathon \$90; Wounded Warrior Marathon \$130; Wounded Warrior half marathon \$85. <http://www.sbimarathon.com>

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 in Templeton. 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. Sarah Botts, Post Office Box 780, Templeton, 93465-0780, 434-4828, sbotts@templetoncsd.org.

SATURDAY, NOVEMBER 17, 8:30 AM. 14TH SANTA MARIA RECREATION DEPARTMENT 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 (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 1st and 2nd 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 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 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.

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>

RACE RESULTS

August 26, Santa Rosa Marathon, Karl Seelandt, 3:30:29, 160th overall. Karl qualified for the Boston Marathon at this marathon.

September 9, Beattie Park Run, Lompoc. LVDC age group winners were: 5K: Mary Lou Seelandt, 31:00, and Julie Campos, 37:19, first and second in the 50-59 age group; Juan Campos, 22:40, and Karl Seelandt, 46:27, first and second in the 50-59 age group and Olga Lucaric, 54:02, first in the 70-74 age group. If anyone else ran the Beattie Park Run, let me know so I can post the results.

September 22, Valley of the Flowers Half-Marathon and 5K, Lompoc. Results are at <http://resultsarchive.active.com/pages/page.jsp?eventID=2059589&pubID=3> and on the LVDC web page at <http://members.impulse.net/~lvdc/ValleyFlowers.htm>.

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	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

LOMPOC VALLEY DISTANCE CLUB
PO BOX 694
LOMPOC CA 93438

LVDC Pot Luck
Sunday, October 14
12:00 to 3:00