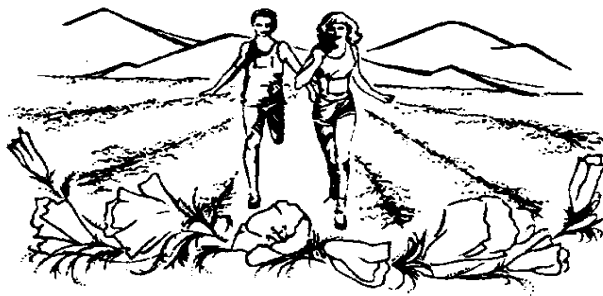


# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Wayne Davis	President	735-7177	Ron Cortopassi	Treasurer	
	Vice President		Larry Huyck	Newsletter	291-7701
Kent Yankee	Secretary	733-0754	Ron Cortopassi	Webmaster	

October 13, 2013

## KEY DATES

### 2013 LVDC RACES

**SUNDAY, OCTOBER 27, 2013, 9:45 AM. ALAN HUNT MEMORIAL LOMPOC LIZARD BREATH FENCE LINE FUN RUN, LA PURISIMA MISSION, LOMPOC.** Race day registration is from 9:00 – 9:45 a.m. Registration fee is \$10 (\$8 for LVDC members) This is a hilly, sandy 7.5 mile course along the fence line with a 3.5 mile walking course. 1<sup>st</sup> and 2<sup>nd</sup> place prizes in ten year age groups. **BEWARE OF AND BE KIND TO ALL LIZARDS!!!** Call Mary Lou at 737-6153 for info or to volunteer.



### NOTES FROM THE LVDC PRESIDENT

Congratulations to event director Betty Lee & all the volunteers for staging the 37<sup>th</sup> Valley of the Flowers Half-Marathon and 5K. They ensured over 200 runners/walkers maneuvered the challenging La Purisima Mission State Park trails, received accurate awards/times, and served-up scrumptious post race food/refreshments. Also I want to applaud the routine Saturday Half-Marathon trainees and trainers that put in months prior to the 21 Sep event. Most noteworthy was Olga Lucaric, she attended the most training sessions and completed her 34<sup>th</sup> Valley of the Flowers Half-Marathon.

Lastly, another Lompoc Valley Distance Club potluck is planned for October. It will be a good time to swap run/walk stories and to meet members. A short LVDC meeting will be held so bring some inputs to discuss with attendees.

Happy Trails!  
Wayne Davis #:^)  
Email [alhwed@msn.com](mailto:alhwed@msn.com)  
Ph. 805-735-7177  
Cell 805-588-2934



**BOOOOO! IT'S A HALLOWEEN COSTUME PARTY. THE SEELANDT'S ARE HOSTING A HALLOWEEN PARTY ON FRIDAY OCTOBER 25<sup>TH</sup> FROM 7 PM -- ? YOU MUST BE IN COSTUME WHEN YOU ARRIVE AT 1309 STONEBROOK DR. IN LOMPOC. THERE WILL BE A COSTUME CONTEST, GAMES AND MUSIC. PLEASE RSVP TO MARY LOU AT 805-551-9594. FEEL FREE TO BRING AN APPETIZER/DESSERT/TREAT -- THAT WOULD BE SPOOKERGREAT. SEE YOU THERE.**



## UPCOMING ROAD RACES

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

**SATURDAY, OCTOBER 19 (8:30/9:15 A.M.) – GUADALUPE SALAD BOWL FESTIVAL 5K WALK/RUN & 10K RUN:** This event is a fundraiser for the SBF Scholarship Fund and the McKenzie JHS athletic programs and will be part of the town's Salad Bowl Festival. The start and finish will be at Mary Buren Elementary School at 11th & Peralta in Guadalupe and the courses will be flat routes on dirt roads. Entry fees are \$30 for adults and includes a T-shirt (although late registrants are not guaranteed a shirt if supplies run out), awards, and refreshments. For more information, go to [www.saladbowlfestival.com](http://www.saladbowlfestival.com) or contact Terry Bauer, 1065 Guadalupe Street, Guadalupe, 93434, 704-7791, [tjbauer1@charter.net](mailto:tjbauer1@charter.net).

**SUNDAY, OCTOBER 20 (12:00 A.M.) – 7TH ANNUAL MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K:** Come join the 7th Midnight 5K Fun Run in Avila Beach. If you missed last years run, you certainly do not want to miss this year's. This event will start with registration at 11:00 PM on Saturday evening (October 19) at Port San Luis Harbor District, the new start/finish area. The course is a flat one, going along the paved road from Port San Luis Harbor to Avila Beach and back. The entry fee is \$30 if you register by October 11 and fees from October 12 through the night of the run will be \$35. Online registration opens on September 1st at [www.active.com](http://www.active.com) or mail to Special Olympics, P. O. Box 1164, San Luis Obispo, CA 93406. Each participant will receive a runners 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](mailto:mlara@sosc.org).

**SATURDAY, OCTOBER 26 - LAGUNA LAKE PARK MUD MASH:** The MUD MASH is a run with obstacles including walls, a lake scramble, hay bales, slip and slide, mud pit, and some tough trails. There will also be team divisions. Check [www.mudmash.com](http://www.mudmash.com) for complete details or go to [www.active.com](http://www.active.com).

**SATURDAY, OCTOBER 26 (9:00 A.M.) - SANTA MARIA HALLOWEEN HUSTLE 5K & KID'S 1 MILE FUN RUN:** Get in shape for Trick-or-Treat by participating in the Halloween Hustle 5K and Kids 1 Mile Fun Run. This event will be held at Jim May Park (next to Taylor Elementary School) at 809 Stanford Drive in Santa Maria. The 5K is for ages 14 & up while kids from 6-13 can participate in the 1-mile fun run. The 5K begins at 9:00 AM and is an out and back course. The kid's 1 mile fun run begins at 9:45 AM and loops twice around Jim May Park. Early registration is \$20 through October 17th, \$25 after that (no refunds), and includes a Sport-Tek shirt. No guarantees on shirt sizes after October 17th. Limited day of event registration will be accepted. Awards will be given to 1st and 2nd place male/female in age categories. Participant check-in begins at 8:00 AM on race day at Jim May Park and the event will take place rain or shine. Walk-in or mail-in registrations accepted at the City of Santa Maria Recreation and Parks Department, 615 South McClelland Street, Santa Maria. For more information, call 925-0951, ext. 260 or check the web site at <http://www.cityofsantamaria.org>.

**SUNDAY, OCTOBER 27, 7:00 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, HALF MARATHON, AND 5K.** This fourth 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, half marathon, and a 5K. The marathon and half will begin at 7:00 AM while the 5K starts at 8:00 AM. All net proceeds benefit the Paso Robles High School Boosters. Entry fees are \$90 for individuals for the marathon by July 31, \$110 through September 30, and \$120 until race day. Half marathon fees are \$60/\$75/\$90 and for the 5K, it's \$30/35/40 with tech shirts and goodie bags to all entrants, finisher medals to all marathoners, and awards to the top three in each age category. For further information, check the web site at [www.pasoroblesmarathon.com](http://www.pasoroblesmarathon.com) or contact Paso Robles Harvest Marathon, Post Office Box 1796, Paso Robles, 93447-1796, (877) 264-6979, [pasomarathon@yahoo.com](mailto:pasomarathon@yahoo.com).

**SATURDAY, NOVEMBER 9, 2013, 7:15/7:30 A.M. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON AND HALF MARATHON.** Marathon starts at 7:30 AM, location: Dos Pueblos High School, 7266 Alameda Ave, Goleta. Half Marathon starts at 7:15 AM, Location: Page Youth Center, 4540 Hollister Ave, Santa Barbara. The Select Staffing Santa Barbara International Marathon is a USATF-Certified event and a Boston Qualifier. Finish Line Festival: As soon as you cross the finish line, celebrate your achievement at the Finish Line Festival located at the gorgeous Santa Barbara City College. The outdoor celebration features live entertainment, food and beverages (some available for purchase) from 8:45 – 1:30 provided by SBCC's award winning Mobile Food Services! Active.com or <http://www.sbim Marathon.com/>

**MONDAY, NOVEMBER 11, 8:00 A.M. VETERAN'S DAY EIGHT MILE, SAN LUIS OBISPO.** This run will take place at Performance Athletics, 4484 Broad Street in San Luis Obispo and use the same course as the Thanksgiving Day Hunger Run with a lap of the parking lot replacing the part through Islay Park. The route covers Route 227, Biddle Ranch Road, and Orcutt Road with scenic vineyards, mild hills, and water stops at miles 2, 4, and 6. The entry fee is \$35 with a Tech Shirt for all registrants, medals to the top three overall males and females, and medals for all finishers. Registration is through [www.active.com](http://www.active.com) and more information is available at [www.operationsurf.com](http://www.operationsurf.com). Operation Run is a program under Amazing Surf Adventures, a recreational and rehabilitative surfing clinic for wounded service personnel.

**SATURDAY, NOVEMBER 16 (8:00 A.M.) – SPOONER'S COVE MONTANA DE ORO TRAIL RUNS (5M, 7M, 25K, & 50K):** 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 in Montana de Oro State Park (Los Osos). All courses are hilly ones on trails through the park. There are T-shirts to all entrants, refreshments, medals to the first male and female overall and the top three in each age group. Check the web site at [www.coastaltrailruns.com](http://www.coastaltrailruns.com) or [www.active.com](http://www.active.com) to register.

**SUNDAY, NOVEMBER 24, 9:00 A.M. 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, 7 and up, and ability levels for people to experience a great 3-mile race on the River Park Fitness Trail. A T-shirt will be included with your registration and prizes will be awarded for 1<sup>st</sup> and 2<sup>nd</sup> place in each category. Check in time is 8:00 A.M. to 8:45 A.M. The race begins at 9 A.M. \$15 pre-registration, and \$20 on-site registration. Mario Guerrero Jr. at 875-8095.



**SATURDAY, DECEMBER 7 (8:00 A.M.) - S.L.O. CITY PARKS & RECREATION DEPARTMENT REINDEER 5K:** The Parks and Recreation Department will host their third annual Reindeer Run at Mitchell Park, 1400 Osos Street in San Luis Obispo. The 5K route is perfect for runners and walkers of all abilities. Enjoy pancakes at the Senior Center following the run. An event T-shirt and breakfast ticket is included in the \$30 entry fee (\$40 on race day). Register at [www.active.com](http://www.active.com) and check for more details at <http://www.slocity.com/parksandrecreation>.



**SATURDAY, DECEMBER 7 (4:45 P.M.) - THE RUDOLPH RUN:** Care Net is hosting a new run in Santa Maria called the Rudolph Run and it will be held just before the start of the annual Santa Maria Parade of Lights. This is a 2 mile run that starts and ends at Broadway & Main. Runners and walkers go south on Broadway to Stowell Road and then return the start line. You can register via [Active.com](http://Active.com) at <http://beta.active.com/santa-maria-ca/running/rudolph-run-walk-2013> or go the Bull Canyon Run web site to download an application and mail it in - <http://www.bcrun.org/running.html>. If there are any questions, contact Paula at [run@carenet-sm.com](mailto:run@carenet-sm.com).

**SUNDAY, DECEMBER 8, 2013 (8:00 A.M.) SANTA TO THE SEA HALF MARATHON, 2 PERSON RELAY, 5K FUN RUN, 1K KIDS RUN, OXNARD.** The Half description is: This point to point course starts at the historic Santa Claus off of the 101 freeway, runs through Oxnard's famous strawberry fields, then through downtown Oxnard and beautiful Plaza Park. Next will be historic Candy Cane Lane, where the homes are decorated for the holidays. Finally, you're off to the Pacific Ocean, the beach, and finishing at the Marine Emporium Landing in the Channel Islands Harbor. Contact: [www.santatothe sea.com](http://www.santatothe sea.com) for more information.

**WEDNESDAY, JANUARY 1, 2014, 8:30 AM. NEW YEAR'S RESOLUTION DAY 5K RUN/WALK AND 10K RUN 2013, SANTA BARBARA.** The New Year's Resolution Day Run will be at Leadbetter Beach, 801 Shoreline Drive. The start times are 8:30 AM for the 5K and 9:15 AM for the 10K. Fees: \$25 early entry thru 12/8/13, \$30 thru 12/29/13, and \$40 race day fee. Good for one or both races. \$5 no shirt discount option. Race-day registration at race site for \$40. <http://www.sbrunning.org>

## RACE RESULTS

Submit your results to Larry at [iristocrat@gmail.com](mailto:iristocrat@gmail.com)

**Correction:** **George Lucaric** – 5K Dune Run Run (8/24/13) was a runner not a walker: 1<sup>st</sup> place 80+ age group with a time of 57:20.



**VALLEY OF THE FLOWERS HALF-MARATHON AND 5K.** Betty Lee and her crew did it again. Everything went smoothly thanks to Betty's organizational skill. The portapotties were in the right place (that is very important), the registration people processed entries quickly; everyone got the shirt size they wanted; the new timing equipment didn't work and it was tested beforehand but Ron Cortopassi and Karl Seelandt fell back to the hardwired timer; Wayne Davis got to run the half for a change; Lee Davis and her crew had enough food for all the runners and walkers; the ambulance standby were not too quick with the staggering runner but people

helped her over the finish line and carried her to the ambulance (thanks, Juan Campos); the BBQ was delicious thanks to Jesse Lee and his crew; the finish line crew had everything well in hand and coped with the people who pinned their bibs on their back or tore off the bottom part of the bib before they ran – we need to put out a poster next year detailing how to wear your race number.

Thanks go out to everyone who was out there at 6:00 AM to unload tables, equipment, food, and boxes of shirts and to all the aid station and course monitor volunteers and to all the people who were still cleaning up the BBQ area and course at 1:00 PM. Without these people, the event could not be conducted.

Although the total numbers of participants in the 2013 and 2012 events were just about the same, the distribution was a little different. In 2013 118 runners finished the half, 10 walkers finished the half, and 62 people finished the 5K. In 2012 140 runners finished the half, 15 walkers finished the half, and 37 people finished the 5K.

Olga Lucaric finished her 34<sup>th</sup> consecutive Valley of the Flowers Half-Marathon and also passed out brochures at different races in the area.

This is an e-mail from Steve Watanabe: "Thanks to all the volunteers and race director for an outstanding race yesterday. This e-mail is from Steve Wa-ta-na-be (not as hard to pronounce as it appears), the 60 year old guy. My friend, Greg Garman won the race at age 53, and my other friend Dennis Olsen was 5th. The three of us had nothing but praise for the race direction, set up, and the course. We are old school throwbacks to a time when racing was simple and easy...no rock bands, no wine tasting...just run what you bring, pay you money and let's see what ya got.

I absolutely abhor trails due to the uneven footing and the fact that a less fit rock hopper can easily whup me, but my two buddies have done American River and a variety of other ultra trail runs. This race is the perfect meeting point of the trail guys and the road guys. Solid footing means that running fitness is most important, and the hills are good training for the roadies like me. Dirt means that you're less beat up after the race, but you can still wear your fast road racing flats.

Kevin McSweeney was supposed to race, but he came down with a minor calf injury just a week ago, and now is so sorry that he missed it. He is the city planner/community director for the city of Fillmore, and he realizes that he missed his opportunity to actually win a race outright...he's a bit faster than Greg. That said, we are all planning to attend next year (along with more of our buddies) and although we are planning on another well orchestrated affair, we have no expectations of putting one of our Santa Clarita Runners on the podium in first place! It was a fluke year competition wise, and although Pastor Greg (Nazarene Church of Newhall) can hope and dream all he wants, he knows that it is quite probable that 2013 will be the slowest winning time in the history of your fine event! Thanks again from the three of us....now if we could convince our buddies that leaving Santa Clarita at 4:15 am isn't such a bad thing."

And a followup e-mail from Greg Garman: "Since Steve Watanabe got the ball rolling, let me also give my thanks for a very fun day. Dr Watanabe is, in many ways, our "coach" and driver to all races. He is right, in that Kevin missed a great race, and I was very fortunate that all local Lompoc runners had AYSO to attend so they could watch their kids. Anyway, the course was great. The hills were perfect, not too long... Not too short. Thank you and I hope to be back next year. Greg Garman."—submitted by Nancy Perry -- For more Valley of Flowers Half Marathon and 5K results go to <http://members.impulse.net/~lvdc/>

**September 21, The Wascally Wabbit Half Mawathon, Fresno CA**

**Chris Denny** – 1<sup>st</sup> 75 and older, 3:09:48

**September 22, Santa Barbara She is Beautiful race, Santa Barbara, CA**

**Sandra Tomasini** – 10K, 394<sup>th</sup> place, 1:15:11

**October 13, Music City Half Marathon, Nashville, Tn**

In today's race of 514 runners, Ben came in 2nd place and set a new PR of 1:13:47 (5:38/mile pace), despite developing a side stitch cramp at mile 3. His training partner and medical school classmate, Joey, came in 1st at 59:56 (5:20/mile pace). Wouldn't it be nice if all of us LVDC could run like 23 year olds again? See: <http://amatteroftiming.com/images/results/2013/music-ag.html>

Larry Li

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.

Mar	John Trettin Memorial 5K	Kent Yankee
May	Mission Run	Wayne Davis
Jun	Parade Route 3 Miles	Wayne and Lee Davis
Sep	Valley of the Flowers Half Marathon	Betty Lee
Oct	Lizard Breath Fenceline	Mary Lou Seelandt

Patronize our sponsors and tell them you appreciate their support of the Lompoc Valley Distance Club.

*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*

LOMPOC VALLEY DISTANCE CLUB  
PO BOX 694  
LOMPOC CA 93438

**VALLEY OF THE FLOWERS  
HALF-MARATHON AND 5K  
SATURDAY, SEPTEMBER 21**

**ALAN HUNT MEMORIAL  
LIZARD BREATH FENCELINE  
SUNDAY, OCTOBER 27**