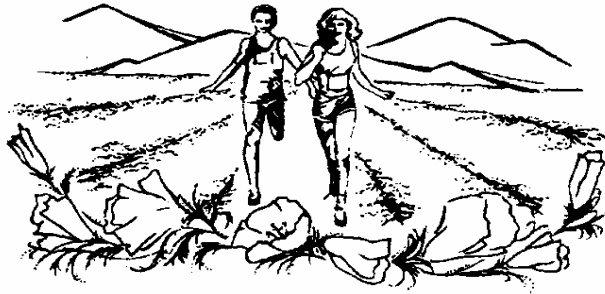


Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Wayne Davis	Secretary	735-7177	Noval Casteel	Webmaster	735-4766

September 12, 2007

KEY DATES

Sunday, September 16

PARK TO PARK 8 MILES

Saturday, September 22

**VALLEY OF THE FLOWERS HALF-MARATHON
NEW DATE AND NEW COURSE**



Hello out there in Lompoc Valley Distance Club Land

We're heading into the last two races of our season as I write this letter. The Park-to-Park this coming Sunday courtesy of Kathi Froemming and Neal Smoots will be an appropriate tune-up for the Valley of the Flowers the following Saturday. There are obviously lots of firsts connected with the 31st annual half, especially the fact that this is our first one at La Purisima Mission. Betty Lee (with plenty of help from mom Gudrun Fink, running sister Sarah Leck, not to mention husband Jesse Lee) is doing a great job of getting us all to the starting line.

Jack Webb has got the sponsorship money coming in to keep our scholarship fund strong. Noval Casteel has done some great artwork for the shirts. Rick Hummel sent flyers to the world. Hello world! The Mission people, particularly Theresa Armas, have been great about getting us porta-potties, not to mention the grounds on which the event is being held! How very fortunate we are to have La Purisima Mission State Historic Park, with its awesome 1,800 acres and 25 miles of trails, on which to recreate.

Speaking of the Mission, several of us were out there on Sunday, Sept. 2, Ray Gil's birthday and memorial. Bennie Contreras' singing, Randy Gil's reading and Sissy Gil's food were right on. I'm proposing that the May 5K/10K now be called the Ray Gil Mission 5K/10K.

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

VALLEY OF THE FLOWERS HALF-MARATHON. The course has already been marked with different colored ribbons for the different loops and will be marked with chalk before the race. There will be monitors on the course and, of course, aid stations and porta-potties. The shirt design is outstanding, thanks, Noval, but you have to run or you have to work the race to get a shirt. We can always use more course monitors so

if you can help at the half either before or after the run if you are running or while a family member is running, give Betty a call at 805 736-7380.

RRCA. (Road Runners Club of America) The September 2007 issue of Footnotes is at <http://www.rrca.org/resources/footnotes/20070901footnotes.pdf>. Everyone is encouraged to visit the RRCA website and read the publication on-line or download and print the file to read on the go.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES.

SUNDAY, SEPTEMBER 16, 8:00 AM. PARK-TO-PARK, 8-MILE RUN, LOMPOC. Start at Miguelito Park and finish at La Purisima Mission State Park. The course is asphalt (a good portion of which slopes gently downhill). Registration: 7:00 at Miguelito Park. Awards three deep in six age groups men and women plus a Clydesdale division, no age divisions. Rides back to Miguelito Park will be available for runners leaving their vehicles at the start. Entry fee TBD. Race directors – Neil Smoots and Kathi Froemming, (805) 736-0677, (805) 717-2812, or LVDC, PO Box 694, Lompoc 93438.

SEPTEMBER 16, SUNDAY, 8:30 AM. GOLETA EDUCATION FOUNDATION 4-MILER. Goleta Union School District Office, 401 N. Fairview Rd. - Fun and unique course that circles scenic Lake Los Carneros. Benefits music education in Goleta's elementary schools. Refreshments/awards/raffle/music. Dan Cooperman - (805) 681-1200 x203 - dcooperman@goleta.k12.ca.us

SATURDAY, SEPTEMBER 22, 8:00 AM. 31TH ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK, LA PURISIMA MISSION, LOMPOC. NEW DATE AND NEW COURSE. The course begins and ends near the Visitor Center at La Purisima Mission. The course is hilly and very scenic with dirt trails and some asphalt. Race day packet pick up and race day registration starts at 6:30. There will be no packet pick up prior to Saturday. Entry fees: \$35; \$40 after August 17, entry includes a specially designed Valley of the Flowers jersey. You can register on-line at www.active.com. For more information call Betty Lee at 805 736-7380, or e-mail her at: Bettylee0077@MSN.com.

SUNDAY, SEPTEMBER 23, 7:30-11:00 AM. HERITAGE OAKS BANK 5K, 10K, AND FAMILY FUN RUNS, PASO ROBLES. This is a full morning of events at Paso Robles City Park on Spring Street and will include the USAT&F National Masters 10K Championship. The day starts at 7:30 with a Pacific Association Grand Prix 10K for open division runners. Next up at 8:45 is the National Masters 10K for ages 40 & over (entrants should be registered members of USAT&F), followed by a 5K at 9:45, a mile for all ages at 10:20, a series of kid's races, and finally a two mile walk at 10:55. Fees are \$5 for the 75 yard dash for ages 5 & under (\$10 after 09/14), \$10 for the half mile for ages 5-12 (\$15 after 09/14), \$15 for the mile (\$20 after 09/14), \$20 for the walk (\$25 after 09/14), \$20 for the 5K (\$25 after 09/14), and \$25 for each of the 10Ks (\$30 after 09/14). There is no race day registration for any of the events. All entrants get a T-shirt, medal, refreshments including a pancake breakfast, and are eligible for a drawing with trips to Hawaii, stays at luxury hotels, mountain bikes, and many other prizes. The drawing starts after the last event and you must be present to win. Proceeds from the race go to benefit local charities. The races are sponsored by Heritage Oaks Bank, Post Office Box 7012 Paso Robles, 93447-7012, and are directed by Mitch Massey, mitch@hobfunrun.com, (805) 369-5281. Register on-line at www.hobfunrun.com.

SUNDAY, OCTOBER 7, 8:30 AM. AVILA BEACH 5K, AVILA BEACH. This race has been around in various forms since 1970 and the current version is in its fourth year as a fund raiser for the Chris Jespersen Memorial Society, a non-profit foundation for children with physical and developmental delays. The course is a flat, paved one on the road from the Avila Pier to Port San Luis and back. Entry fees are \$20 (\$15 without a shirt) and awards will be given to the top three men and women overall as well as the top three in eight age divisions. There will also be prizes for the top fundraisers and by random drawing. Directed by Jennifer Rubio, CJ Society, 1510 - 19th Street, Oceano, 93445, 459-3351.

SUNDAY, OCTOBER 7, 8:00 AM. CARPINTERIA KIWANIS BIG AVOCADO RUN 5K, CARPINTERIA. Location: Viola Field/Carp bluffs. Post-race fruit and goodies. Lou Browdy - (805) 893-2326 - LouB@UCSB.edu - www.carpkiwanis.org

SATURDAY, OCTOBER 13, 8:00 AM. PSIPSINA'S 3RD, JULIET'S 2ND, AND AJAX'S 1ST FALL XC 5 MILES OR SO, GOLETA. Lake Los Carneros. Real cross-country around Lake Los Carneros. No hills but plenty of attention-worthy footing. Jim Kornell, (805) 452-8660 jkornell@alumni.engr.ucsb.edu

SATURDAY, OCTOBER 13, 9:00 AM. OCTOBER FESTIVAL 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 also a two mile walk. Awards will be three deep in 8 age divisions plus raffle prizes and refreshments. Proceeds go to benefit youth programs in Nipomo and there are activities in the park after the run. Contact the Nipomo Family Resource Center, 920 West Tefft Street, Nipomo, 93444, 473-5560.

SUNDAY, OCTOBER 14, 8:00 AM. CITY TO THE SEA HALF MARATHON AND 5K HEALTH WALK, SAN LUIS OBISPO. The half marathon starts in downtown San Luis Obispo (Higuera and Osos Streets) and goes along country roads to the finish at Dinosaur Cave Park in Pismo Beach. Entry fees are \$50 if mailed by October 1, \$60 for walk-ins at Kennedy Club Multiplex at 188 Tank Farm Road in SLO from October 1-4, and \$70 on race day. The fee includes awards in 13 age categories, an event T-shirt, a breakfast buffet, entertainment, and post-race shuttle service. The 5K health walk takes place at Dinosaur Cave Park with fees of \$35/\$40/\$45 and has no awards. Proceeds go towards the cross country and track programs at Cuesta College. Directed by Jani Johnson, City to the Sea, PO Box 8106, San Luis Obispo, 93403-8106, 546-3100, Ext. 2716, jjohnson@cuesta.edu. Register through www.active.com or print an application from the race web site at www.citytothesea.org.

SUNDAY, OCTOBER 14, 8:00 AM. CANCER CENTER OF SANTA BARBARA 5K WALK/RUN AND 10K RUN, MONTECITO. 10K 8:00, 5K walk/run 8:30, and kids' 1 mile 10:00. Montecito Union School - 100% of proceeds benefit local cancer research. Unique Montecito course, Biltmore buffet/prizes/raffle. Stephanie Carlyle - (805) 898-2116 - stephanie@ccsb.org.

SATURDAY, OCTOBER 20, 8:30 AM. GIRLS INC. 5K FAMILY FUN RUN. KID'S 1K, GOLETA. Girsch Park (Goleta). Unique road/trail course near the Ellwood Bluffs. Benefits Girls Incorporated of Greater Santa Barbara. Stay and enjoy the Goleta Lemon Festival. Contact: (805) 963-4757 x14 - events@girlsincsb.org, www.girlsincsb.org

SUNDAY, OCTOBER 28, 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 parent/child, strollers, walkers, and centipedes. 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 3, 8:00 AM. S.B. NEWS-PRESS HALF-MARATHON/WALK AND 5K, SANTA BARBARA. 13.1 mile. 8:30, 5K 8:35, 13.1 mile. Walk 8:00. Leadbetter Beach. Beautiful, semi-challenging shoreline course. Benefits local youth programs. Ethel Byers - (805) 967-8822, tennisrun.runtennis@verizon.net, www.newspress.com/halfmarathon.

SATURDAY, NOVEMBER 17, (NO TIME). UC SANTA BARBARA TURKEY TROT. 10K TBA, 5K Run/Walk TBA – UCSB. Trail run along the lagoon and through Isla Vista. Benefits the Student Professional Staff Development Club at UCSB. Individual and teams. Awards/raffle prizes and free Woodstock's pizza. UCSB Recreational Sports, Paul Lee/Marcus McMullen (805) 893-3908 or 893-3253 - www.recreation.ucsb.edu.

THURSDAY, NOVEMBER 22, 9:00 AM. RUN SANTA BARBARA THANKSGIVING FOUR MILER. Magnolia Center - Santa Barbara's flattest and fastest 4-miler. Prizes/gifts courtesy of Run Santa Barbara and State Street Arcade. www.RunSantaBarbara.com - (805) 564-8879, 718 Castillo St., SB CA 93101 (Keyword: "Thanksgiving").

SATURDAY, NOVEMBER 24, 6:30 AM. SANTA BARBARA NINE TRAILS. 35 MILES. Cater Water Treatment Plant, San Roque Road. Challenging out-and-back ultra-trail run. Even more flat and fast than Tough Enough. Awards to all finishers. Luis Escobar - (805) 922-2932, luis@reflectionphotographystudio.com, www.allwedoisrun.com.

SATURDAY, DECEMBER 1, 8:00 AM. 15TH ANNUAL GOLETA NOONTIME ROTARY CLUB "RUN FOR YOUTH" 5K/10K GOLETA. Dos Pueblos High School - Scenic Gordon McClenathen 10K around Lake Los Carneros and Goleta orchards. "Orphan Souls" 5K Fun Run/Walk - bring a pair of shoes for an orphaned child. Refreshments. Benefits local youth. - www.goletanoontimerotary.org

RACE RESULTS

June 28, SYV 5K Fun Run, Buellton. Pauline Schneekloth finished in 22:13.

August 11, Lompoc Sprint Triathlon. Rick Hummel, 1:02:36, 1st in his age division; Pauline Schneekloth, 1:08:11, 1st age division; Juan Campos, 1:18:55, 2nd age division; Bob Lingl, 1:23:35, 1st age division; Julie Campos, 1:43:09, 2nd age division; and Patty Landis, 1:48:56, 1st age division. Relay Division: Byron Mickowicz, Scott Coe, and Michael Coe, 52.58, 1st place; Kent Yankee and Nate Ogan, 57.57 3rd; Mary Lou Seelandt, Katie Adelman, and Fran Bolucher, 1.08.44 1st; and Sheila Hummel, Brenda Cloud, and Susan Gallacher, 1.08.44. (http://www1.cityoflompoc.com/departments/parks_rec/2007/2007TRIATHLON-SprintResults.pdf)

August 11. Stride with the Tide 10K, Pismo Beach. Paul Lee was 5th overall, 40:08. (<http://www.m-cad.com/sldc/>)

August 19, 29th Annual McConnell's Ice Cream Endurance Events, Goleta. 5K – Alexa Heter, our 2007 scholarship recipient, was 30th overall, 23:53, 2nd in age division and Margie Withrow, 89th overall, 46:15, 1st in age division. 10K - Patty Landis was 36th overall, 1:02:40, 2nd in age division. (<http://www.sbrunning.org/>)

August 23, SYV Family 5K Fun Run, Buellton. Kent Yankee was the overall winner in 18:03.

August 25, Dune Run, Grover Beach. 5K – Lisa Norcutt, 37:47, 1st in age division; Olga Lucaric, 46:54, 1st in age division; and George Lucaric, 49:05, 1st in age division. 10K - Paul Lee, 45:03, overall winner. http://www.grover.org/gr_pr.htm

August 26, Beattie Park Runs, Lompoc. 5K- Sheila McFarlane, 27:16, 1st age division; Juan Campos, along with Elvis and Kady, 30:40, 3rd in age division; Bob Lingl, 27:32, 1st in age division; Mary Lou Seelandt, 28:06, 1st in age division; Fran Zimmerman, 30:20. 2nd in age division; Lisa Norcutt, 34:51; 1st in age division Neil Enslin, 38:27; 2nd in age division; and Olga Lucaric, 43:41, 2nd in age division. 10K – Julie Campos, 1:02:44, 1st in age division and Larry LaMay 1:13:23, 1st in age division. http://www.ci.lompoc.ca.us/departments/parks_rec/news/2007/5k10kResults.htm

August 26. Santa Barbara Co-ed, Sprint Triathlon. Chris Denny was 1st in his age division; 58:59. (Chris Denny)

September 3, Pier-to-Peak Half-Marathon, Santa Barbara. Patty Landis was 243rd overall, 3:41:16. http://www.sbrunning.org/Results/P2P_07.htm.

September 5, Nite Moves 5K, Santa Barbara. Karl Seelandt was 31st overall, 20:49 and Mary Lou Seelandt was 145th overall, 25:57, 1st in age division. (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	Valley of the Flowers Half-Marathon	Betty Lee	Graphics Systems, Classic Installation, Dr Jamison, Diaz Concrete Co, Lompoc Healthcare District, Community Bank of SM, Tileco Distributors, Cardiovascular Center of Lompoc, Wm Rieck Plumbing, Wilco Distributors, Inc, Fargen Surveys, Coastal Care Ins, Calif Chrysler Jeep Dodge, At-Home Senior Services, InWest Ins, Valley Rock, Dana L. Manchester, DMD, LOVARC, Coast Hill Fed CU, Century 21 Armstrong, Bellus Heating & Air Conditioning, Ballard, Robinson & Walker, Ace Hardware, Impulse Internet Service
Jun	Parade Route 3 Miles	Betty Lee	
July	Lizard Breath Fenceline	Alan Hunt	
Sep	Park to Park	Kathi Froemming Neil Smoots	

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

PARK TO PARK 8 MILES
Sunday, September 17

VALLEY OF THE FLOWERS
HALF-MARATHON
Saturday, September 22