

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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September 12, 2009

KEY DATES

Saturday, September 26

Valley of the Flowers Half-Marathon



Hello out there in Lompoc Valley Distance Club Land

Behind-the-scenes work continues as we approach our 33rd Annual Valley of the Flowers Half-Marathon. Remember, it is at La Purisima Mission on September 26 at 8 AM. Race-day registration and packet pick-up begins at 7 AM. Sign up now and avoid the last-second rush. Besides the satisfaction of doing a 13.1-mile run/walk, it is for a great cause, the Lompoc Valley Distance Club scholarship fund, which has distributed thousands of dollars of college money to deserving Lompoc and Cabrillo grads this century.

Volunteers are always welcome for the event. Please call contact race director Betty Lee (Bettylee0077@msn.com) at 736-7380 or yours truly (fuzziesareus@yahoo.com) at 736-5435 if you want to hand out water at an aid station on September 26. You'll need to be at La Purisima early (7-7:15 AM).

A note to all who will be participating in the half, whether as a runner/walker or as a volunteer: please park in the dirt lot off to the west after you come in the main gate. Leave the main paved lot to those who are otherwise attending the Mission. Sometimes these folks are disabled/handicapped, and they need to park closer than all you go-getter endorphites.

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

VALLEY OF THE FLOWERS HALF-MARATHON. Race day is almost here. See you at the Mission. If you aren't running, come out and help.

ATHLETE OF THE WEEK. Check out this article on Juan Campos who was named athlete of the week by the Santa Maria Sun - <http://www.santamariasun.com/athlete-of-the-week/2867/juan-campos/>. Juan and Julie are getting ready for the New Zealand Marathon. Way to go, Juan.

CHECK WITH THE RACE DIRECTORS. It is really important that you check out a race web site, check with the race director, actually see a flyer, or verify an event in some manner. I had the wrong date for the Montano de Oro Pacific Coast Trail Runs. If you notice that a race date is wrong, call or e-mail me.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, SEPTEMBER 20, 8:30 AM. GOLETA EDUCATION FOUNDATION 4 MILER. Goleta Union School District Office, 401 N. Fairview Avenue. Fees: \$20 early entry thru 9/17/09, \$30 post 9/17/09. \$10 Kid's 12/Under, \$5 Kid's Fun Run. Add \$5 for t-shirt. Scenic out and back w/loop course starting at Goleta Union School District building, traversing through the beautiful Lake Los Carneros area. Mostly flat with a fast downhill finish. Benefits the music education programs in the Goleta Elementary Schools.

SATURDAY, SEPTEMBER 26, 8:00 AM. 33rd ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK, LA PURISIMA MISSION, LOMPOC. 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 7:00. There will be no packet pick up prior to Saturday. Entry fees: \$45, \$50 after September 7th, entry includes a specially designed Valley of the Flowers jersey, chicken BBQ, entry fee to La Purisima Mission State Park, and a finisher's medal. 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 27, 7:30-11:00 AM. 10th HERITAGE OAKS BANK 5K, 10K, AND FUN RUNS, PASO ROBLES. This full morning of events at Paso Robles City Park starts at 7:30 with a 10K, followed by a 5K at 8:45, an open mile for all ages at 10:00, a series of kid's races, and a two mile walk at 10:50. Fees are \$5 for the 75 yard dash for ages 5 and under (\$10 after 09/12), \$5 for the half mile for ages 5-12 (\$10 after 09/12), \$10 for the mile (\$15 after 09/12), \$15 for the walk (\$20 after 09/12), \$15 for the 5K (\$20 after 09/12), and \$20 for the 10K (\$25 after 09/12). There is no race day registration for any of the events. All entrants get a T-shirt, medal, refreshments, and are eligible for a drawing to be held after the last event (must be present to win). The races are sponsored by Heritage Oaks Bank, PO Box 7012 Paso Robles, 93447-7012, and are directed by Mitch Massey, mitch@hobfunrun.com, 369-5281. More information and registration are on-line at www.hobfunrun.com.

SATURDAY, OCTOBER 3, 8:30 AM. MORRO BAY COMMUNITY FOUNDATION ROCK TO ROCK FIVE MILE RUN. Run on the beach from the start at Morro Rock to North Point and back. Pre-registration for this five mile held on Harbor Festival weekend is \$15 without a T-shirt and \$25 with one. Gift certificates to the top three men and women overall, ribbons to the top three in each age group, pre-register at www.active.com. Directed by Andrea Lueker, City of Morro Bay, 595 Harbor Street, Morro Bay, 93442, 772-6206 with proceeds going to the non-profit organization that supports youth scholarships for Morro Bay Recreation Department programs

SATURDAY, OCTOBER 10, 9:00 AM. 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, the finish line is operated by the Nipomo High School cross country team, and there are activities in the park after the run. Contact the Nipomo Family Resource Center, 920 W. Tefft Street, Nipomo, 93444, 473-5560.

SUNDAY, OCTOBER 11, 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 goes on the roads to the finish at Dinosaur Cave Park in Pismo Beach. Half marathon entry fees are \$60 by October 7, \$80 for walk-ins at Kennedy Club Multiplex at 188 Tank Farm Road in SLO from 5:00-7:00 PM on October 10 and on

race day at the starting locations. The fee 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 with fees of \$45/\$55 and has all of the above benefits except no awards. Proceeds go towards the cross country and track programs at Cuesta College. City to the Sea, PO Box 8106, San Luis Obispo, 93403-8106, register through www.active.com or print an application from the race web site at www.citytothesea.org.

SUNDAY, OCTOBER 18, 8:00 AM. CANCER CENTER OF SANTA BARBARA 5K RUN/WALK AND 10K AND KID'S FUN RUN, SANTA BARBARA. Montecito Union School, 385 San Ysidro Road, Montecito. 10K at 8:00. Warm Up: (conducted by SB Athletic Club) at 8:15, 5K Fun Run/Walk at: 8:30, Kids Fun Run: (12 and under) 10:00 (located on upper track). Fees: \$40 thru September 3. Information: Cancer Center (805) 898-2116. <http://www.ccsb.org/events/walkrun2009/>

SUNDAY, OCTOBER 25, 12:00 AM. 3rd ANNUAL MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K, AVILA BEACH. Come join the fun for the Midnight 5K in Avila Beach. Registration will start at 11:00 PM 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 16th and from October 17th up through race day, it will be \$35. Register at www.active.com or through Special Olympics, Post Office Box 1164, San Luis Obispo, 93406. Each participant will receive a runners bag which includes a long sleeve t-shirt. For more information, contact Michael Lara, Special Olympics of San Luis Obispo County at 544-6444.

SUNDAY, OCTOBER 25, 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 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 7, 8:00 AM, 5K AT 8:10 AM. SANTA BARBARA HALF MARATHON AND 5K. Start and finish at Leadbetter Beach. Registration Fees: \$45 thru 9/27, \$55 thru 11/01. Registration at packet pickup or on race day \$65. Packet Pickup at SB Running 110 Anacapa St, Thursday 11/05 and Friday 11/06 from 11:00 am - 6:00 pm. This is a USATF "team race", be prepared with your USATF member number when you register and your running club. Information: John Brennand, 805-964-2591, brennand@alum.mit.edu. Online registration at www.Active.com

SUNDAY, NOVEMBER 15, 8:00 AM. WINE VINE HALF MARATHON AND 5K, PASO ROBLES. Experience the wine country of Paso Robles in this destination race 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 \$45 for the half marathon and \$25 for the 5K through www.active.com. Proceeds benefit the athletic programs at Paso Robles High School and more information is available on the race web site at www.winevinerun.com. Field Gibson, Bearcat Boosters, Post Office Box 22, Paso Robles, 93447-0022.

SATURDAY, NOVEMBER 21, 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 21, 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 by November 5 is \$14 (\$27 with a race T-shirt), \$5/\$18 for the youth mile (ages 5-12), and includes a raffle ticket. Participation gifts will be awarded to finishers at random. The 5K/10K courses are out-and-back with some rolling hills while 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, Post Office Box 780, Templeton, 93465-0780, 434-4828, sbotts@templetoncsd.org.

SUNDAY, NOVEMBER 22, 9:00 AM. TURKEY TROT 3 MILE FUN RUN, LOMPOC. Come out and enjoy a great family experience at River Park on the Fitness Trail. This event is geared for all ages and ability levels for people to experience a great 3-mile race. Registration: 8:00 – 8:45. Pre-registration: \$10 by November 20; \$15 on race day. All participants will have a chance for 1st & 2nd place awards. A T-Shirt can be purchased for \$10. Mario Guerrero Jr., Rec Manager, City of Lompoc, (805) 875-8095, Fax: (805) 736-5195

SUNDAY, NOVEMBER 22, 9:30 AM. 31ST ANNUAL CHAD BRINER, UCSB RECREATIONAL SPORTS TURKEY TROT 10K AND 5K RUN WALK. 10K - 9:30 AM, 5K Run/Walk - 9:45 AM. UCSB

THURSDAY, NOVEMBER 26, 8:00 AM. 33rd THANKSGIVING EIGHT MILE RUN/TWO MILE WALK, SAN LUIS OBISPO. The starting area this year will again be 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. No awards are given but runners will be timed and results will be posted on the club web site (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 26, 9:00 AM. THANKSGIVING FOUR MILER, SANTA BARBARA. Santa Barbara's flattest and fastest 4 miler. 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. Early registration is available on line at Active.com. <http://www.runsantabarbara.com/thanksgiving.html>

SUNDAY, DECEMBER 6, 6:30 AM. SANTA BARBARA INTERNATIONAL MARATHON. Start one mile west of Camino Real Marketplace, Goleta. Finish at Leadbetter Beach. Race directors: June and Rusty Snow, (805) 637-7417, website www.sbim Marathon.com, Email sbim Marathon@cox.net

RACE RESULTS

August 15, Vandenberg AFB. Mary Lou Seelandt finished first in her division at the VAFB Triathlon.

August 23, Santa Barbara. Chris Denney completed the Santa Barbara Sprint Triathlon in 1:30:33, 1st in his age division. (<http://www.santabarbaratriathlon.com/Results.cfm>)

August 23, Moro Bay. Montana de Oro Pacific Coast Trail Runs. 8K – Britni Heter, 43:33, 7th overall, 1st in her age group. 12K - Paul Lee, 1:06:25, 7th overall, 2nd in his age group; William Nolen, 1:19:13, 12th overall, 2nd in his age group. 25K – Sarah Leck, 3:03:46, 37th overall, 1st in her age group. (http://www.pctrailruns.com/MDO_FALL_RESULTS_09.HTM)

August 23, Lompoc. Beattie Park 5K and 10K. 5K – Mary Lou Seelandt, 27:22, female winner and 1st in age division; Parker Grand, 28:07, 1st in age division; Fran Zimmerman, 30:37, 1st in age division; Larry La May,

36:30, 1st in age division; and Olga Lucaric, 48:58, 1st in age division. 10K – Karl Seelandt, 44:27; male winner and 1st in age division; Juan Campos, 1st in age division; Ed Grand, 57:33, 2nd in age division; and Julie Campos, 1:00:59, 1st in age division, (http://www.cityoflompoc.com/parks_rec/events/BeattieParkRun/results.htm)

August 29, 21st Annual Dune Run Run, Grover Beach. 10K - Paul Lee, 51:06, 3rd in his age division. 5K - Fran Zimmerman, 38:30, 2nd in her age division; Lisa Norcutt, 44:56, 1st in age division; Russle Norcutt, 47:21, 1st in age division; Olga Lucaric, 55:35, 2nd in age division; George Lucaric, 58:07, 2nd in age division. (<http://www.grover.org/pdf/DuneRunRun-Results-2009.pdf>)

August 29, Nipomo. Jamboree Half Marathon in 100 degrees heat at the finish line. Karl Seelandt, 1:41:16, 6th overall, 71st place in his age division; Juan Campos, 2:13:35, 21st overall, 1st place in his age group; and Mary Lou Seelandt, 2:26:15, 30th overall 2nd place in her age division. (Karl Seelandt) (<http://www.nipomojamboree.com/>)

September 6, Anaheim. Disneyland Half Marathon. Karl Seelandt, 1:31:11, 107th overall; Mary Lou Seelandt, 2:12:19, 3,092nd overall. This was the third time in a row for us and is lots of fun. Run through Disneyland for the first 3.5 miles, run thru Angels Stadium around 8 miles (and they call your name and have you on the JumboTron) and you have a bunch of folks cheering you in the Stadium. Then you finish the last 1.5 miles in Disneyland. (Karl Seelandt) (http://disneyworldsports.disney.go.com/dwws/en_US/events/eventDetail/detail?name=disneylandHalfMarathonDetailPage&bhcp=1)

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	Walker, Wilson & Hughen, Thomas Van Meter, MD, Dr Jamison, Cardiovascular Center of Lompoc, RaceReady, Kendall-Shepard Eye Center, Carnahan Therapy, CoastHills, Community Bank, Fargen Surveys, Inc, Retail Management Specialists, LLC, Valley Rock Ready Mix, Inc, At-Home Senior Services, Inc, Starbuck-Lind, The Leck Sisterhood Fund, Graphics Systems, Impulse Internet, Lompoc, Valley Medical Center, 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

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Half-Marathon
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