

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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September 12, 2010

KEY DATES

Saturday, September 25

VALLEY OF THE FLOWERS HALF-MARATHON



Hello out there in Lompoc Valley Distance Club Land

We're coming down the home stretch to the 34th Annual Valley of the Flowers Half-Marathon, set for Saturday, September 25 at La Purisima Mission. If you are interested in running or walking the half and don't already have your registration in the mail, it would be best to just come on out and register on the morning of the event. With the half beginning at 8 AM in front of the Visitor Center at the Mission, we're starting registration at 7 AM on that morning right there at the start line. While on the subject of the half, it has been heartening to see all of the folks working out with Bob Ling's group on Saturday mornings at the Mission. The big group ranges from walkin' newbies to speedy veteran distance runners like Larry Li.

Speaking of Larry, I just checked the Harvard University cross country site on the net, and found Larry's son Ben, now a junior, listed on the roster for Harvard's cross country team. Ben, a county two mile champ and fine cross country runner at Cabrillo, is radiating his famous beaming smile in the pic. Local doctor Larry is a 1975 Harvard grad, by the way. Ben, a Lompoc Valley Distance Club scholarship winner, has an emphasis in physics in his studies at Harvard.

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

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, SEPTEMBER 18, NO TIME. CENTRAL COAST CANCER CHALLENGE, 5K, 10K, CHILDREN'S MILE, SAN LUIS OBISPO. This challenge includes three run/walk distances for every age and fitness level. The 5K will meander along the trails of Laguna Lake Park while the 10K begins at Laguna Lake and takes participants up the mountain for some trail running. Then there is a children's mile for ages 10 years and under with parents welcome to accompany their child. Entry fees are \$20 for the kid's mile, \$35 for the 5K, and \$45 for the 10K. Along with that will be a bike clinic, a 36 mile ride to Edna Valley, and a 65 mile course to Arroyo Grande and Nipomo then enjoy the wellness expo, family activities, food, and a concert by the Damon Castillo Band. All athletes will receive a tech shirt and prizes will go to first place in each age

group and all kids. Register at www.centralcoastcancerchallenge.com or contact them at 458-0655 or by e-mail at excouchpotato@gmail.com.

SUNDAY, SEPTEMBER 19, 8:30 AM. GOLETA EDUCATION FOUNDATION 4-MILER. Goleta Union School District Office, 401 N. Fairview Avenue. Fees: \$20 early entry thru 9/16/10, \$30 post 9/16/10. \$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 25, 8:00 AM. 34th 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: \$50, \$55 after September 7 and on race day. 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 26, 7:30-11:00 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, followed by a 5K, an open mile for all ages, a series of kid's races, and a 5K walk. Fees are \$5 for the 75 yard dash for ages 5 & under (\$10 after 09/10), \$5 for the half mile for ages 5-12 (\$10 after 09/10), \$10 for the mile (\$15 after 09/10), \$20 for the walk (\$25 after 09/10), \$20 for the 5K (\$25 after 09/10), and \$25 for the 10K (\$30 after 09/10). 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. 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, www.hobfunrun.com.

SATURDAY, OCTOBER 2, 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 to be held on Harbor Festival weekend is \$15 without a T-shirt and \$25 with one by September 30, \$25/\$35 on race day. The T-shirt fee also includes admission to the Harbor Festival on Saturday. Awards to the top three men and women overall as well as to the top three in each of 15 age groups. Pre-register at www.active.com or in person at the Morro Bay Recreation Department. 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 9, 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 and there are activities in the park after the run. Nipomo Family Resource Center, 920 W. Tefft Street, Nipomo, 93444, 473-5560.

SUNDAY, OCTOBER 10, 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. 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, a finisher's gift, 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 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 24, 12:00 AM MIDNIGHT. 4TH 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 \$35 from October 17th up through race day. Register online at www.sosc.org/runavilabeach or by mail 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 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

SUNDAY, OCTOBER 24, 7:00 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K. This is a new event to be held at Sylvester 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 \$70 for individuals and \$100 for relay teams by July 10, \$80, and \$140 after that, \$30 for the 5K. The first 100 entries will receive a special inaugural event prize. This is the first marathon in SLO County since the Hearst Castle race in 2001. For further information, check the web site at www.pasoroblesmarathon.com or contact Julie Opheim, Paso Robles Harvest Marathon, PO Box 1796, Paso Robles, 93447-1796, (877) 264-6979, pasomarathon@yahoo.com.

SUNDAY, OCTOBER 31, 9:00 AM. BAYWOOD PARK 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. \$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 31, 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. Prizes will be given for best costumes as well as the fastest mud suckers out there. Don't forget your trick or treat bags for on-course treats. 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). Check www.mudmash.com or go to www.active.com to register.

SATURDAY, NOVEMBER 6, 2010, 6:30 AM. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON, SANTA BARBARA. Marathon and Relay: Location: Dos Pueblos High School, Start Time: 6:30 AM, Parking: Santa Barbara City College Finish Line. Half Marathon: Location: Tucker's Grove, Start Time: 6:30 AM, Parking: San Marcos High School. SBIM will provide buses back to your cars from the Finish Line Festival at Santa Barbara City College. The Select Staffing Santa Barbara International Marathon is a USATF-sanctioned event and a Boston Qualifier. <http://www.sbimarathon.com/>

SUNDAY, NOVEMBER 14, 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 \$25 for the 5K and \$45 for the half marathon by November 1 and \$35/\$60 after that through 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. Directed by Field Gibson, Bearcat Boosters, Post Office Box 22, Paso Robles, 93447-0022, fieldgibson@gmail.com

SATURDAY, NOVEMBER 20, 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.

THURSDAY, NOVEMBER 25, 8:00 AM. 33rd THANKSGIVING DAY EIGHT MILE RUN/TWO MILE WALK, SAN LUIS OBISPO. The starting area is the business complex parking lot 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 and in the past have included the Food Bank Coalition, Meals On Wheels, North County Women's Shelter, Grass Roots II, the Senior Nutrition Program, Prado Day Center, and the Maxine Lewis Homeless Shelter. No awards are given but runners will be timed and results will be posted on the web at 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.

RACE RESULTS

August 28 - 22nd Annual Dune Run Run, Grover Beach. 10K - Paul Lee, 46:35, 2nd in his age group. 5K – Olga Lucaric, 47:57, 2nd in her age group, and George Lucaric, 53:24; 1st in his age group. (<http://www.grover.org/pdf/DuneRunRun-Results-2010.pdf>)

August 29 – Beattie Park 5K, 10K, Lompoc. 5K – Lisa Norcutt, 37:39, 1st in her age group; Russle Norcutt, 43:24; 2nd in his age group; Larry LaMay, 46:49, 3rd in his age group; and Olga Lucaric 47:32, 2nd in her age group; 10K – Juan Campos, 48:26, 1st in his age group; Cecilia Ramos, 54:03; 1st in her age group; and Julie Campos, 1:12:53, 2nd in her age group; (http://www.cityoflompoc.com/parks_rec/events/BeattieParkRun/results.htm)

September 5, Pier to Peak, Santa Barbara. Patty Landis was 1st in her age group with 3:58:39. ([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 Half Marathon	Betty Lee	Dr Jamison; Coast Hills Federal Credit Union, Valley Medical Group; Dr Van Meter; Walker, Wilson & Hughen; RaceReady; Lompoc Valley Medical Center; Wilco Distributors, Inc; Starbuck-Lind Mortuary; Elite Eyecare Medical Group; Santa Barbara Bank and Trust; Community Bank of, Lompoc; Culligan Water Company; Graphics Systems, Impulse Advanced Communications, At Home Senior Services

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

**VALLEY OF THE FLOWERS
HALF-MARATHON
SATURDAY, SEPTEMBER 25**