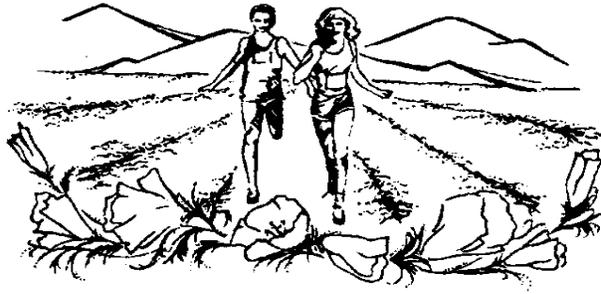


# Lompoc Valley Distance Club

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	

September 12, 2011

## KEY DATES

**SATURDAY, SEPT 24**

**VALLEY OF THE FLOWERS HALF-MARATHON AND 5K**



### **Hello out there in Lompoc Valley Distance Club Land**

We're coming down the home stretch to the 35th Annual Valley of the Flowers Half-Marathon, set for Saturday, September 24 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. The half begins at 8 AM in front of the Visitor Center, registration starting at 7 AM.

We're also holding a 5K and it will start at the same time.

Thanks to Betty Lee, Nancy Perry, and all the ships at sea, (but Betty is the main one – editor)

And here, at no extra charge, are a few words from fearless Bob Lingl. Update #13

I was about to start singing "Rain drops keep falling on my head," but fortunately that was not necessary. However, the possibility of rain did bring up a very good point; races go on Rain or Shine. So never miss a training day if there is a little drizzle or a downpour that is all part of a good training program. It was just a couple years ago that it did start raining toward the end of this race. It was a welcome rain though, the day was hot, and the rain was just enough to cool us off. So be prepared, which you are, anything can happen on race day. Next week, in my update, I will give you a list of things to prepare for the race.

This coming Saturday we will take it easy, 8 miles. We will do one lower loop, two upper loops and when we come down from the second upper loop we will turn right and finish.

If you are interested in taking part in a relay team for the SB Marathon in November of this year, let me know. Several of us did it two years ago and had a great time. The relay teams consist of four members, each doing between 5 and 8 miles.

One attaboy, Bob!

Yours in the spirit of good fun in the great outdoors

Lizard Breath AI

**VALLEY OF THE FLOWERS HALF-MARATHON AND 5K:** As Al said above there is still time to register, right up to race time. If you are not running or one of your family members could help out, we need all the volunteers we can get. Right now we really need some help in directing people where to park. The Mission is charging \$3 a car to park in the paved lot so we will try to get as many cars in the dirt parking area as possible. Jesse Lee has his crew already to BBQ, Betty and group measured the course and tied colored ribbons to the bushes last week. We are expecting a record turnout this year. We hope that the 5K will have a good amount of runners.

## **UPCOMING ROAD RACES**

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

**SATURDAY, SEPTEMBER 17, 7:30 AM. WOUNDED WARRIOR HALF MARATHON, 5K AND MILITARY MILE, NAVAL BASE VENTURA COUNTRY, POINT MUGU.** Naval Base Ventura County, Point Mugu, Building 16 - Gymnasium, North Mugu Rd. NBVC Point Mugu, CA. Wounded Warrior Half Marathon/ 5K/Military Mile, hosted by Naval Base Ventura County, Honoring our Wounded Warriors. Join us as we pay tribute to our injured servicemen and women. Fees: \$5 - \$35. This unique half marathon is held at NBVC Point Mugu and offers a FAST, FLAT and Fun course. The course is certified and perfect for setting new personal records or for the first time runner. The 5K run is a great way to stay in shape and pay tribute, while the Military Mile is family and stroller friendly. All participants will receive a T-shirt and sponsored goodies. Half Marathon participants will also receive a collector's 'Finisher Medal.' After race BBQ provided for all participants. Proceeds benefit the Wounded Warrior Program and NBVC. Online registration for this event is available through Monday, September 12 at 11:59pm and can be found at: [http://www.active.com/event\\_detail.cfm?event\\_id=1959926](http://www.active.com/event_detail.cfm?event_id=1959926). Race participants must send in all spectator names upon registration for gate access. All racers, spectators, and volunteers 18 years or older must have a photo ID to enter the base. Info: 805 989-7378 or 805 982-3007 or active.com

**SATURDAY, SEPTEMBER 24, 8:00 AM. 35<sup>th</sup> ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K, 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; 5K - \$30. 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](http://www.active.com). For more information call Betty Lee at 805 736-7380, or e-mail her at: [Bettylee0077@MSN.com](mailto:Bettylee0077@MSN.com).

**SATURDAY, SEPTEMBER 24, 9:00 AM. SAN SIMEON PIER TO THE POINT TRAIL 5K AND 10K RUNS AND 5K WALK.** Moved from their usual mid-August date, these races will be on dirt roads and trails on Hearst Ranch at San Simeon Point, starting and finishing at William Hearst State Beach Park, 6 miles north of Cambria. It features majestic shoreline views, a variety of running surfaces, and access to places not usually open to the public. Pre-entries for the 5K are \$25 and include a T-shirt and there will also be a 5K walk (\$25) and a children's mile (\$10). Check [www.active.com](http://www.active.com) or [www.ncyfa.com](http://www.ncyfa.com).

**SUNDAY, SEPTEMBER 25, 8:00-11:00 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 at 8:00 AM, followed by a 5K run and 5K walk at 9:15, an open mile for all ages at 10:30, and finally a series of kid's races. 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 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 while the 10K will have \$2,000 in prize money for the top ten age graded performances. 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.

**SUNDAY, SEPTEMBER 25, 10:00 AM. 1ST LOS ALAMOS OLD DAYS 5K STAMPEDE.** This race is part of the Los Alamos Old Days Celebration sponsored by the Los Alamos Men's Club. The start, finish, and late registration will be on Bell Street, the main street in town and will be run over a loop, mostly flat g course on roads through the town. The race will finish just prior to the start of the parade so bring the family. The entry fee is \$15.00 and includes a T-Shirt for those who register online by 9/18 (online registration after 9/18 and race day registration from 9:00-9:30AM will not include a shirt. There will be awards in five divisions with trophies to the top 3 finishers in each division and a 5' trophy to the first overall male and female finisher. This is a fundraiser for Cal Swoosh Sports, a non-profit organization helping underprivileged youth. Contact Coy Kendrick ncswoosh@hotmail.com, Jolinda Clark-Olivia at jolinda4@aim.com, or register online at calswosh.com.

**NEW DATE SUNDAY, OCTOBER 2, 8:30 AM. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, AND 50K), LOS OSOS:** This is part of the Pacific Coast 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 \$35 for the 8K, \$40 for the 12K, \$45 for the 25K, and \$65 for the 50K by September 25, 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 in each age group plus ribbons to second and third to finish. Check the web site at www.pctrailruns.com to register. Official confirmation of the event is pending permit approval from the park.

**SATURDAY, OCTOBER 8, 9:00 AM. 14TH 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.

**SUNDAY, OCTOBER 9, 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. Entry includes awards in 13 age categories, an event T-shirt, breakfast buffet, entertainment, a gift, 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 16, 7:00 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K.** This event will 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 \$80 for individuals and \$110 for relay teams by July 1, \$90 and \$140 after that, \$30/\$35 for the 5K. 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.

**SATURDAY, OCTOBER 22, 9:00 AM. GUADALUPE SALAD BOWL FESTIVAL HALF MARATHON AND 5K.**

This event is a fundraiser for the Guadalupe Sports Hall of Fame's youth programs and will be part of the town's Salad Bowl Festival. The start and finish will be at Central Park in Guadalupe located on 9th Street between Olivera and Pacheco streets. The courses go along the Santa Maria River Levee - flat out and back routes on paved and unpaved roads. Entry fees for the half marathon are \$40 for adults and \$20 for ages 18 & under by September 24 and \$50/\$30 after that. For the 5K, the fee is \$20 regardless of age by the same September 24 date and \$30 after that. Late registrants are not guaranteed a T-shirt if supplies on race day run out. Entry fees include awards to the top competitors in various age divisions, refreshments, a long-sleeved T-shirt, and free entry into the Salad Bowl Festival. For more information, go to [www.saladbowlfestival.com](http://www.saladbowlfestival.com) or contact meet director Larissa Heeren, PO Box 908, Guadalupe, 93434, 356-3906, e-mail = [GuagaluipeRun@gmail.com](mailto:GuagaluipeRun@gmail.com).

**SATURDAY, OCTOBER 22, 9:30 AM. FIRST ANNUAL TRIBUTE TROT 10K RUN, 5K RUN/WALK, SANTA BARBARA.**

East Beach in front of Cabrillo Bath House, 1118 East Cabrillo Blvd. 10K (run only): 9:30; 5K walk: 9:45; 5K run: 10:00. Fees: 10K - \$45; 5K - \$35. Join in on Santa Barbara's first 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. Whether you are running for good health, the memory of a loved one, or simply to enjoy the beautiful scenery, H.E.E.A.L. advocates finding a positive outlet through exercise and art. Music, art, and festivities will be part of the post-race fun! <http://www.heealsb.org>

**SUNDAY, OCTOBER 23, 12:00 AM. 5TH ANNUAL MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K, AVILA BEACH.**

Come join the fun for the Midnight 5K in Avila Beach. Registration will start at 11:00pm 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 14th and \$35 from October 15th through race day. Register online at [www.sosc.org/runavilabeach](http://www.sosc.org/runavilabeach) or by mail through Special Olympics, PO Box 1164, San Luis Obispo, 93406. Each participant will receive a runner's 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](mailto:mlara@sosc.org).

**SUNDAY, OCTOBER 30, 9:00 AM. BAYWOOD PARK OKTOBERFEST FOUR MILE RUN.**

Start by the boat dock in downtown Baywood Park 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 30, 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. 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). There will also be team divisions for two person and four person teams. Check [www.mudmash.com](http://www.mudmash.com) or go to [www.active.com](http://www.active.com) to register.

**SATURDAY, NOVEMBER 12, 7:00 AM. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON AND HALF-MARATHON, SANTA BARBARA.**

Located in the "American Riviera" in Santa Barbara, this point-to-point course winds through the scenic Goleta Valley with its lush lemon and avocado orchards, skirts the exclusive community of Hope Ranch, winds through the historic Santa Barbara mesa area, and finishes with a stunning two mile descent to the sparkling Pacific Ocean along the Santa Barbara coastline. Fees: Marathon - \$130; Half-Marathon - \$80. Event Highlights: fast and scenic course, USAT&F

certified/sanctioned, Boston Qualifier, perfect winter running weather, beautiful destination. Registration Includes: goodie bag, T-Shirt, personalized bib (thru Oct 1, 2011), unique finisher medal, medical care - first aid stations, fluid and fuel stations, athlete transportation to the start, entrance into Health and Fitness EXPO and Lecture Series. Prizes/Awards: Awards TBA. Time allowed: The course will close 6.5 hours after start time. <http://www.sbimarathon.com>

**SUNDAY, NOVEMBER 13, 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 \$30 for the 5K and \$50 for the half marathon by October 31 and \$40/\$65 after that through [www.active.com](http://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](http://www.winevinerun.com). Directed by Field Gibson, Bearcat Boosters, PO Box 22, Paso Robles, 93447-0022, [fieldgibson@gmail.com](mailto:fieldgibson@gmail.com).

### RACE RESULTS

August 21, Santa Barbara, McConnell's Ice Cream Endurance Events – Patty Landis, 1:07:13, 2<sup>nd</sup> in her age group.

August 27, Grover Beach, Dune Run, Run Lisa Norcutt, 38:49:51, 1<sup>st</sup> in age group; Olga Lucaric, 49:03:69, 2<sup>nd</sup> in age group; George Lucaric, 55:23:52, 2<sup>nd</sup> in age group. And in the 10K Paul Lee, 52:23:14 and who was listed in the 70-79 age group, but was 2<sup>nd</sup> in his correct age group. (<http://www.grover.org/DocumentView.aspx?DID=2043>)

August 28, Santa Barbara Sprint Triathlon. Chris Denny was 315th overall and 1st in the 75-79 age group.

August 28, Lompoc, Beattie Park 5K/10K. 5K –Juan Compos, 22:38, 1<sup>st</sup> in his age group; Julie Campos, 37:03, 1<sup>st</sup> in her age group; Olga Lucaric 50:11, 1<sup>st</sup> in her age group. ([http://www.ci.lompoc.ca.us/parks\\_rec/events/BeattieParkRun/2011/Beattie\\_5k-10k\\_Results\\_2011.pdf](http://www.ci.lompoc.ca.us/parks_rec/events/BeattieParkRun/2011/Beattie_5k-10k_Results_2011.pdf))

September 4, Santa Barbara, Pier to Peak - Patty Landis, 3:41:16, 1st in her age group. (<http://results.active.com/pages/displayNonGru.jsp?pubID=3&rsID=116085>)

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	Betty Lee	RaceReady, Inc, WILCO Distributors, Inc, Elite Eyecare Medical Group, Cardiovascular Center of Lompoc, Walker, Wilson and Hughen, Valley Medical Group, Starbuck-Lind Mortuary, Community Bank of Lompoc, CoastHills Credit Union, Santa Barbara Bank and Trust, At Home Senior Services, Lompoc Valley Medical Center, Rabobank, Union Bank, Culligan Water

CALL IN YOUR RACE RESULTS OR SEND THEM IN TO THE POST OFFICE BOX OR E-MAIL THEM TO ME AT [nperry3@verizon.net](mailto:nperry3@verizon.net)

LOMPOC VALLEY DISTANCE CLUB  
PO BOX 694  
LOMPOC CA 93438

SATURDAY, SEPTEMBER 24  
VALLEY OF THE FLOWERS  
HALF-MARATHON AND 5K