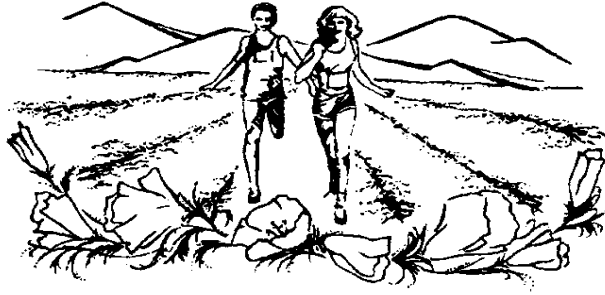


Lompoc Valley Distance Club

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, 2012

KEY DATES

SATURDAY, SEPTEMBER 22

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



NOTES FROM THE INTERIM LVDC PRESIDENT

Greetings Lompoc Valley Distance Club (LVDC) and perspective members! In a few weeks some of you will be crossing the Finish Line at the Valley of the Flowers Half-Marathon to receive a Finisher Medal. This small token of your accomplishment will be an endless reminder to you, friends, and family of reaching a goal that required physical and mental endurance training. This course is tough, scenic, and has many twists and turns. Thanks for choosing to participate in this event that will award scholarships to graduating students at the two High Schools in the Lompoc community.

If you are not participating in the Half-Marathon, Betty Lee and I would like you to step-up and assist with the event. She will assign you to whatever you feel comfortable with doing and will work around the time that you're available. Course monitors, water stations, and tasks at the start/finish are a few of the volunteer duties. Please help with ensuring a safe and great experience for the walkers and runners.

Lastly, after the event a membership and guest barbeque will be held to discuss the future club race events for 2013 and the status of the Board of Directors for the LVDC. The date will be a weekend in October. We will contact you by email or phone when it is set. I'm looking forward to meeting every one of you!

Very respectfully
Wayne Davis
(alhwed@msn.com)

2012 VALLEY OF THE FLOWERS HALF-MARATHON SPONSORS AND VOLUNTEERS: Hello fellow runners and club members! The half marathon planning is under way and pretty much ready to go! Hope everyone is ready to RUN! As you all may know the funds generated from our event go towards scholarships for local high school students. Each year our goal is to raise \$2,000 for four scholarships. Last year due to our great volunteers and sponsorship money were we able to raise \$3,000 and give out six scholarships. This year is not looking so good! We have a HUGE decrease in sponsorship money, our Ambulance (which we cannot have the race without) and Ranger fees have gone up considerably. We also have a shortage of volunteers this year. So I am reaching out to anyone who might know of a club, business, or organization that may want to sponsor us or of anyone who would like to volunteer four hours of time (free t-

shirt and lunch), please send them my way. Call me at 805 736-7380, or e-mail me at: Bettylee0077@MSN.com.

Thank you for your time and happy trails to you.
Betty

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, SEPTEMBER 15, 8:00 AM. 6TH ANNUAL SANTA YNEZ GOURMET CHALLENGE. Santa Ynez County Park, corner of Sagunto and Cuesta Streets. A full or half-metric century cycle and a 10K walk/run event which benefits the Lance Armstrong Foundation (LAF) to fight cancer. Ride or walk/run in the beautiful Santa Ynez Valley and finish with a 4-course gourmet luncheon with libations. Sag support, rest stops, and an event T-shirt are included. Prizes awarded for top fund raisers in each category. Fees: \$50 Registration, minimum \$100 donations; 100% go to Lance Armstrong Foundation. If you have questions, call Jim at 805-350-0284 or go to www.thevineyardhouse.com/gourmet-challenge-2012.html

SUNDAY, SEPTEMBER 16, 8:00 AM. SUMMER'S END 5K AND 10K TRAIL RUNS, LOPEZ LAKE, ARROYO GRANDE. Entry fee is \$30 for the 5K and \$35 for the 10K plus \$9 per vehicle for the park entry fee. There will be eight age divisions for both men and women with medals to the top three in each. There will also be a Tots Mile for ages 6 and under with a \$15 entry fee and medals to the top three boys and girls. For more information, contact Jeannie Keeffe, Friends of Lopez Lake, 1776 Upper Lopez Canyon Road, Arroyo Grande, 93420, jeanniekeeffe@mac.com.

SUNDAY, SEPTEMBER 16, 8:00 AM. WINE VINE HALF MARATHON AND 5K, PASO ROBLES. Experience the wine country of Paso Robles at the Shimmin Canyon Vineyard. Entry fees are \$30 for the 5K and \$70 for the half marathon by September 2 and \$40/\$80 after that through www.active.com with proceeds going to the athletic programs at Paso Robles High School. There is also a 5K Team Challenge with five person teams. All entries receive a race shirt and goodie bag and there are awards to the top three in each age category. More information is available on-line at www.winevinerun.com. Directed by Field Gibson, Bearcat Boosters, PO Box 22, Paso Robles, 93447-0022, director@winevinerun.com.

SATURDAY, SEPTEMBER 22, 8:00 AM. 36th 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: to be determined. 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 or check out the club web site.

SATURDAY, SEPTEMBER 22, 9:00 AM. SAN SIMEON PIER TO POINT TRAIL 5K AND 10K RUNS AND 5K WALK. These races will be on dirt roads and trails on the property of the 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. Entries are \$25. This year there will be a 5K walk (\$25) and a children's mile (\$10) as well as the runs. Check www.active.com. Conducted by the Cambria Youth Athletic Association (www.cyaa.info).

SUNDAY, SEPTEMBER 23, (NO TIME). FIRST ANNUAL SHE.IS.BEAUTIFUL, SANTA BARBARA'S PINKEST WOMEN ONLY 10K AND 5K. Limited to 1,000 women, no race day registration. Join us for a

scenic, sassy tour of beautiful Santa Barbara, CA. Although we will have plenty of it to supply, BYOS (Bring Your Own Sass!). Registration fees: \$30. 15% of the race proceeds benefit Girls Incorporated, Santa Barbara. Registration includes: bib number, goodie bag, tech race shirt. www.runsheisbeautiful.com

SUNDAY, SEPTEMBER 30, 9:30 AM. 2ND ANNUAL LOS ALAMOS OLD DAYS 5K STAMPEDE: This race is part of the Old Days Celebration in Los Alamos. The start, finish, and race day registration will be on Bell Street at Ferrini Park and the race will be run over a scenic loop course in town and through Los Alamos Park, finishing just prior to the start of the parade. Bring the family for a full morning of fun and festivities. The entry fee is \$20.00 and includes a T-Shirt for those who register by 9/23. Online, mail in, and race day registration after 9/23 will not be guaranteed a T-shirt. Check-in and race day registration: 8:00-9:00. There will be awards to the top three in seven age divisions and a 3' tall trophy to the first overall male and female finishers. This is a fundraiser for Cal Swoosh Sports, an organization helping underprivileged youth play sports. Contact Coy Kendrick, ncswoosh@hotmail.com, register online at <http://calswoosh.com>, or mail your entry to Cal Swoosh, P.O. Box 1521, Atascadero CA 93423-1521.

SUNDAY, SEPTEMBER 30, 8:00/9:15 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, followed by a 5K at 9:15 and then a series of kid's races. Fees are \$5 for the 75 yard dash for ages 5 and under (\$10 after 09/07), \$5 for the half mile for ages 5-12 (\$10 after 09/07), \$30 for the 5K (\$35 after 09/07), and \$40 for the 10K (\$45 after 09/07). All entrants get a T-shirt, medal, refreshments, and are eligible for a drawing. The 10K will have prize money for the top three male and female finishers (\$300/&200/\$100) while the 5K will award \$250 to the first male and female. In the past this event has had no race day entry so check with the race director. The races are sponsored by Heritage Oaks Bank, Post Office Box 7012, Paso Robles, 93447-7012 or Mitch Massey, mitch@hobfunrun.com, www.hobfunrun.com.

SATURDAY, OCTOBER 6, 2012, VARIOUS TIMES. THE SOLVANG MILE. This event will start and finish on Copenhagen Drive. The mile road race event will be run in 12 heats, beginning at 7:00 AM. There are 10 age group heats, a Fun Mile, and Men's and Women's elite heats. \$5,000 in cash for the elite heats, and age group and open heats prizes and awards. There will be a family friendly festival and expo area located in Solvang Park for spectators and competitors, as well as a beer tasting garden, featuring local brews, for adult participants. The course length has been certified, and the event sanctioned by USA Track & Field. Race packet pickup at 6:00 and the first heat starts at 7:00. The last heat will be run at around 10:15. Check www.northamericanathletics.com or facebook for event updates and of individual heat start times

SUNDAY, OCTOBER 7, 3:00 PM. GOLETA LEMON RUN 5K. Glen Annie Golf Course, 404 Glen Annie Road Goleta. www.active.com

SATURDAY, OCTOBER 13, 9:00 A.M. 15TH ANNUAL 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.

SATURDAY, OCTOBER 13, 8:00 AM. FOX FALL CROSS COUNTRY 5 MILES AND KID'S MILE, SANTA BARBARA. Lake Los Carneros. A true cross-country race with five miles of mostly off-road running, winding trails through woods and fields, over hill and Dale (one of our volunteers). Watch for logs to jump over, low-hanging branches to duck under, and the occasional fox or bobcat. Directions: take the Los Carneros exit toward the mountains, then turn right on Covington Way and stop after about 300 yards. See that trail? Right there behind Wally's van? Walk up there. You'll find it. Enjoy Octoberfest treats at the finish, and the

best-tasting awards in town, all for the amazingly low price of \$10. Kid's Mile at 9:00 AM - Finisher ribbons for all and free entry. Contact Nash for details: nashjimenez@hotmail.com. <http://foxfallxc.blogspot.com/>

SUNDAY, OCTOBER 14, 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 follows country roads to Dinosaur Cave Park in Pismo Beach. Entry 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 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 14, 8:00 AM. 20TH ANNUAL CANCER CENTER OF SANTA BARBARA 10K RUN AND 5K WALK/RUN.

Montecito Union School, 385 San Ysidro Road. Rain or Shine. Please no dogs or scooters. 10K Run: 8:00; 5K Fun Walk/Run: 8:30; Kids' Fun Run (12 and under): 10:00; Brunch: 9:30; Post-Event Program/Raffle: 10:00. Fees: \$45 thru September 30; \$55 October 1 – 11; \$65 October 12 – 14. Kids' fun run (12 and under): \$20. Race day registration: 7:15 - 8:15. Raise \$100+ and enjoy free registration for the event AND receive one entry into the GRAND PRIZE drawing for a trip to Hawaii! Information: Please call the Cancer Center at (805) 898-2116. <http://www.ccsb.org/events/walkrun2012/>

SATURDAY, OCTOBER 20, 9:00 AM. SECOND ANNUAL TRIBUTE TROT 10K, 5K, AND ONE MILE WALK, SANTA BARBARA.

Parking Lot at Cabrillo Bath House. 10K (run only) - 9:30; 5K walk - 9:45; 1 Mile walk - 9:45; and 5K run - 10:00. Join in on Santa Barbara's second 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. Music, art, and festivities will be part of the post-race fun! Fees: 10K - \$35; 5K run/walk - \$25; 1 Mile Walk - \$20.00. <http://www.heealsb.org>.

SATURDAY, OCTOBER 20, 7:30 AM. A DAY IN THE COUNTRY PLATINUM PERFORMANCE 5K, LOS OLIVOS.

Lavinia Campbell Park at the corner of Grand Avenue and Alamo Pintado Avenue in downtown Los Olivos and the race is part of a street fair. Fees are \$20 for the 5K and \$1 for the Kids Mile. Late registration and packet pick-up -6:30 to 7:30. The 5K walk begins at 7:30, the 5K run starts at 8:00, and the Kid's Mile is at 9:30, followed by the awards presentation. <http://platinumperformance.com>

SUNDAY, OCTOBER 21, 12:00 AM MIDNIGHT. 6TH ANNUAL MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K, AVILA BEACH.

The event will start with registration starting at 11:00 PM on Saturday evening (October 20) at Avila Beach Park. The course is a flat and fast one on the paved road from Avila Beach Park to Port San Luis and back. The entry fee: \$30, add \$5 after October 12. Online registration at www.active.com or by mail to: Special Olympics, PO Box 1164, San Luis Obispo, CA 93406. Each participant will receive a runner's 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.

SATURDAY/SUNDAY, OCTOBER 27 AND 28, NO TIME. 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, a huge mud pit and some tough trails that are even tougher when you're wet and muddy. A portion of MUD MASH proceeds benefit SLO County's Special Olympics. Entry fees are \$40 per person for the 5K and \$50 for the 10K. There will also be team divisions for two person and four person teams. Check www.mudmash.com or go to www.active.com to register.

SATURDAY, OCTOBER 27, (VARIOUS TIMES IN THE PM). THE NAKED FOOT 5K AND KIDS 1K,

SANTA BARBARA. 236 East Cabrillo Boulevard. This isn't just your typical 5K. We have partnered with the national charity Soles4Souls and encourage runners to bring a pair of shoes to donate and challenge them to run barefoot (although completely optional)! We will be hosting a mini healthy living expo and clinics

before the event on how to "run like you are barefoot" with well known runners and authors. The 5K is now FREE to kids under 12! This is no boring road race. We do not reveal the course until race day but be prepared for a cross country-like adventurous course! We have lots of FREE fun events set up after the run including a FREE kids 1K race , "foot painting", foot massages, live music, beer and wine tasting, a raffle for a chance to win amazing prizes, a shoe kicking contest and more! Event schedule and times: Friday October 26th: Packet pick-up, "Learn to Run" clinic by Altra Footwear and happy hour at a local running store (TBA); Saturday, October 27th: Day of packet pick up: 4:00-5:00 PM; 5:15 PM; Free kids 1K; 5:30 PM; Group warm-up- 5:45 PM; 5K start; 6:30 PM; After party!!! Fees: Run/Walk Team Registration - \$35; Run/Walk - \$35; Kids 12 and under; and FREE kids 1K, student rate- must show ID at packet pick-up - \$25.00. <http://thenakedfoot5k.com/#/santa-barbara/>

SUNDAY, OCTOBER 28, 7:30 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K. This third 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, 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 & \$140 after that, \$30/\$35 for the 5K. For further information, check the web site at www.pasoroblesmarathon.com or contact Paso Robles Harvest Marathon, P O Box 1796, Paso Robles, 93447-1796, (877) 264-6979, pasomarathon@yahoo.com.

SUNDAY, OCTOBER 28, 9:00 AM. BAYWOOD PARK OKTOBERFEST FOUR MILE RUN. 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.

SATURDAY, NOVEMBER 10, 7:15 AM. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON AND 1/2 MARATHON, SANTA BARBARA. Fast and scenic course, USAT&F certified/sanctioned, Boston qualifier, perfect winter running weather. Fees: Full marathon - \$130; half marathon \$90; Wounded Warrior Marathon \$130; Wounded Warrior half marathon \$85. <http://www.sbimmarathon.com>

SUNDAY, NOVEMBER 18, 9:00 AM. LOMPOC PARKS AND REC TURKEY TROT 3 MILE FUN RUN, LOMPOC. River Park. Check in and race day registration 8:00 – 8:45. Fees: \$15 pre-registration and \$20 on race day. A T-shirt will be included with registration and prizes will be award for 1st and 2nd place in each category. Mario Guerrero, 875-8095.

RACE RESULTS

August 25, 24TH Dune Run Run, Grover Beach. 5K – Paul Lee, 23:15:91, 2nd in his age group; Lisa Norcutt, 43:23:31, 1st in her age group; Olga Lucaric, 56:44:22, 3rd in her age group; and George Lucaric, 58:50:73, 1st in his age group. (<http://www.grover.org/DocumentView.aspx?DID=2581>)

August 26, Santa Barbara, Santa Barbara Sprint Triathlon. Chris Denny, 1:22:24, 1st place 80-84 age division. (Chris Denny)

September 2, Pier to Peak Run, Santa Barbara. Marie Morlatt was 365th over all, 4:08:17.

September 2, Kauai International Half Marathon. Darryl Dalcerci, 1:43:22, 4th in 50-54 age group. (Darryl Dalcerci)

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	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, Union Bank

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 AND 5K
SATURDAY, SEPTEMBER 22,
8:00 AM**