

# 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		Webmaster	

October 12, 2008

## KEY DATES

**No races on the schedule**



## Hello out there in Lompoc Valley Distance Club Land

Congratulations all-around, to everyone connected with our 32nd annual Valley of the Flowers Half-Marathon, from race director Betty Lee, right-hand-man Jesse Lee, left-hand-girl Goodie Fink, to winners Jason Brosseau and Rosalva Bonilla, to the mighty Tym Stark, who returned and finished this time, to La Purisima Mission, etc, so-on and so-forth.

According to LVDC newsletter editor Nancy Perry, the half cracked its scholarship nut, which is another good thing. According to LVDC treasurer Ron Cortopassi, the club is also in decent shape overall, financially. By my count, with the half numbers being up, that means all of the LVDC runs in 2008 came through the line with increased attendance. We'll look to do the same in 2009.

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

**VALLEY OF THE FLOWERS HALF-MARATHON.** Betty Lee and her crew organized an outstanding half-marathon. Harvey Wynne walked Tym Stark from his point of collapse last year to the finish line and gave Tym a 2007 medallion when he crossed the finish line. Tym and his family handed out the 2008 medallions to all the runners. Tym and fireman John Steffens had a great reunion. Check out Tym's blog at <http://www.stark-family.com/> for write ups and photos. The shirts were beautiful - Novel Casteel had a great design and RaceReady printed beautiful race shirts and volunteer shirts. We didn't have to use the paramedics and ambulance that were standing by. There wasn't a parking problem. And we increased by about 40 runners this year. No one got lost and no one saw a mountain lion either. The BBQ was a great idea, Harvey. Thanks to the Lompoc Bike Club for runner escort. Support from the sponsors listed on the last page of the newsletter will enable the club to fund four scholarships again this year. Plans for the 2009 edition of the Valley of the Flowers Half-Marathon will be starting soon. If you want to be part of the committee, let Betty or me know, we would be glad to have you on the committee.

**PARADE ROUTE RUN.** The club received a nice thank you letter from the Cystic Fibrosis Foundation for the donation made from the Parade Route Run. Lee and Wayne Davis covered the expenses for this event and all entry fees were presented to the Foundation in the name of Mallory Mae Holloway, Lee's granddaughter. Mallory is the daughter of Matt and Katrina Holloway. Matt was part of the Lompoc High School track team and ran in many local races when he was going to school in Lompoc.

**PARK TO PARK.** The Park to Park 8 miles from Miguelito Canyon to the Mission went off the calendar for this year. A new race director is needed for next year. Kathi Froemming can help a new director get the event organized so taking over as director for this race will be easy because of Kathi's well-organized past races. Give Al a call at 736-5435 if you can direct this race and get it back on next year's schedule.

**RUNNER SAFETY.** It is getting dark earlier in the evening so be careful out there if you are running after work or early in the morning. Remember to wear reflective gear so you can be seen. Watch out for vehicles, stay safe.

## **UPCOMING ROAD RACES**

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

**SATURDAY, OCTOBER 18, 8:00 AM. PSIPSINA'S 5th, JULIET'S 4th, AJAX'S 3rd, AND MILLIE'S 1st FALL XC 5 MILES, SANTA BARBARA.** Lake Los Carneros. - A true cross-country race around Lake Los Carneros. No hills but plenty of attention-worthy footing. The only local race that dares to be named after the race director's grandkids. To the extent that that's daring. Which is probably not very great, really. Jim Kornell (805) 452-8660 jim.kornell@gmail.com.

**SUNDAY, OCTOBER 19, 8:00 AM. CANCER CENTER OF SANTA BARBARA 5K WALK/RUN AND 10K RUN.** 10K 8:00 AM, 5K Walk/Run 8:30 AM, Kid's Fun Run 10:00 AM. 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. Online registration @<http://www.ccsb.org/events/walkrun2008>.

**SATURDAY, OCTOBER 25, 5:00 PM. TWILIGHT'S LAST GLEAMING CROSS COUNTRY CHALLENGE, VENTURA.** Arroyo Verde Park. Normally you run to go fast. Not here. How about resistance training? Everything resists you going fast. This will be your slowest race of the year. First there are the hills, over 1000 feet of elevation gain (most of it in the first half of the race) and loss in a mere four miles. Throw in narrow gates, narrow trails, sand, rocks, wood chips, dirt, grass, pavement . . . OK the last ones aren't so bad but by the time you get there you're too tired to appreciate it. This is the Twilight's Last Gleaming Cross Country Challenge. The 23rd edition of the race will be held Saturday evening, October 25th at 5 p.m. The location is Arroyo Verde Park, off Foothill Road, west of Victoria, in Ventura. Be sure to sign up early for the advance registration fee of \$15 (slightly more if you register on active.com), or if you want, you can register at a picnic table in the park just before the race for the outrageous day of race entry fee of \$10 (not a typo). Further race information is available at <http://www.trackinfo.org/twilight.html>. Contact race disorganizer Andrew Hecker at (805) 642-3879 or [info@trackinfo.org](mailto:info@trackinfo.org).

**SUNDAY, OCTOBER 26, 12:00 AM (MIDNIGHT). 2ND MIDNIGHT SPECIAL OLYMPICS BENEFIT 5K, AVILA BEACH.** Come join the fun for the 2nd Annual Midnight 5K Run 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 for this event is \$30 if you register by October 19th. Fees from October 20th up to race day will be \$35. Register online at [www.firstgiving.com/sosc/](http://www.firstgiving.com/sosc/) and select

Midnight 5K Fun Run or mail to 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.

**SUNDAY, OCTOBER 26, 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.

**SUNDAY, OCTOBER 26, 8:00 AM. TEMPLETON COMMUNITY CHURCH FALL FESTIVAL 5K.** This race takes place at 3770 Ruth Way in Templeton, next to Hwy 101 just north of the Main Street exit from Highway 101. Check-in and race-day registration starts at 7:15 and the entry fee is \$10. Baby Joggers and dogs are welcome and there will be refreshments, water, and sports drinks provided. Plaques will be awarded to the overall top male and female finishers and medals for the top 5K male and female in each age category. The race will be held rain or shine. You can pre-register by down-loading a form from their website: Templeton-CommunityChurch.com. Go to the "Fall Festival 5K" link to download the registration form/waiver and mail it along with your check (payable to "TCC") to Post Office Box 188, Templeton, CA 93465-0188. You can also register on race-day at no extra charge. Directions – From the 101 Freeway, exit at Main Street. Go east and turn left on Ramada (the frontage road on the east side of the freeway). Turn right on Cow Meadow Drive. You'll see the building about 200 yards ahead. If you have any question call Rob Fraser 434-5040, 801-0500, or email TempletonCommunityChurch@yahoo.com.

**WEDNESDAY, OCTOBER 29, 6:00 PM. RUN TO REMEMBER 5K, SAN LUIS OBISPO.** This evening event will be on the Cal Poly campus, starting and finishing at the Health Center, located next to the Recreation Center. The entry fee is \$15 by October 22 and \$20 after that, which includes a T-shirt to the first 200 entries and awards to the first three men and women to finish. Contact Jess Hawley at the Cal Poly Women's Center, University Union #217, San Luis Obispo, 93407, 756-2600. Applications are available on-line at [www.safer.calpoly.edu](http://www.safer.calpoly.edu).

**SATURDAY, NOVEMBER 1, 8:00 AM. SANTA BARBARA HALF-MARATHON AND 5K.** Half-Marathon 8:00 AM, 5K 8:10 AM. Leadbetter Beach. Beautiful, semi-challenging shoreline course. Benefits local youth programs. Ethel Byers, (805) 967-8822, [tennisrun.runtennis@verizon.net](mailto:tennisrun.runtennis@verizon.net), [www.SBRunning.org](http://www.SBRunning.org). <http://www.newspress.com/halfmarathon/>.

**SATURDAY, NOVEMBER 22, 9:00 AM. UC SANTA BARBARA TURKEY TROT 10K AND 5K RUN/WALK.** 10K 9:00 AM, 5K Run/Walk 9:15 AM. UCSB - Trail run along the lagoon and through Isla Vista. Benefits UCSB Recreational Sports. Awards/raffle prizes and free Woodstock's pizza. UCSB Recreational Sports, Paul Lee/Marcus McMullen, (805) 893-3908 or 893-3253.

**SATURDAY, NOVEMBER 22, 8:00 AM. TEMPLETON TURKEY TROT 5K, 10K, AND YOUTH MILE.** The location this year is the County Park in Templeton and the new organizer is the Templeton Recreation Department. Pre-registration by November 5 is \$29 (\$33 after that and on race day) and includes a participation gift, goodie bag, and raffle ticket. Turkeys to the first three men and women for each of the distances and Cider Creek Apple Pies will be awarded to finishers at random. The youth half mile is at 9:00 AM for ages 5-12 with a \$5 entry fee and ribbons to all participants. The 5K is a loop, the 10K is two laps of the 5K course, and the kids' mile is a loop. The race may be cancelled in the event of a storm with \$10 withheld but the remaining amount refunded. Registration is available by mail or through [www.active.com](http://www.active.com). Directed by

Sarah Botts, Post Office Box 780, Templeton, 93465-0780, 434-4909, sbotts@templetoncsd.org. Proceeds benefit the Templeton Rotary Club.

**SATURDAY, NOVEMBER 22, 9:00 AM. SAN LUIS OBISPO Y.M.C.A. 5K TURKEY TROT.** Start/finish at the YMCA for the 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 & under), and the top senior (age 55+). The entry fee is \$25 for YMCA members, \$30 for non-members by November 19, \$30/\$35 after that and on race day, \$10 for kids ages 6-12, and free for those 5 & under. 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](http://www.sloymca.org/turkeytrot.htm) or call Nate Asher at 543-8235, Ext. 115.

**SATURDAY, NOVEMBER 22, 9:00 AM. 11TH SANTA MARIA RECREATION DEPT TURKEY TROTS.** A series of age group races from first grade through open/masters at the Hagerman Sports Complex, 3300 Skyway Drive in Santa Maria. Race distances are 1/2 mile for 1st/2nd grade, 1 mile for 3rd/4th, 2 miles for 5th/6th, and 3 miles for 7th/8th, 9th/12th, and open (which has age divisions for 18-25, 26-35, 36-45, & 46+). Entry fees are \$10 for pre-entries and \$15 at the park on race day. Awards will be given to first and second place finishers. Santa Maria Recreation Dept., 615 South McClelland St., Santa Maria, 93454, 925-0951, Ext. 355.

**SUNDAY, NOVEMBER 23, 9:00 AM. TURKEY 3-MILE FUN RUN, LOMPOC.** Come out and enjoy a great family experience at River Park. This event is geared for all ages and ability levels for people to experience a great 3-mile race. Race day registration 8:00 – 8:45. Fees: \$15 pre-registration, \$20 on race day. Ages 7 and up. T-Shirt will be included in your registration - prizes will be awarded for 1st and 2nd place in each category. Mario Guerrero Jr., Lompoc Recreation Department, (805) 875-8095, [M\\_GUERRERO@ci.lompoc.ca.us](mailto:M_GUERRERO@ci.lompoc.ca.us).

**THURSDAY, NOVEMBER 27, 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](http://www.RunSantaBarbara.com), (805) 564-8879, 718 Castillo St., SB CA 93101 Keyword: "Thanksgiving".

**THURSDAY, NOVEMBER 27. 8:00 AM. 32ND THANKSGIVING DAY EIGHT MILE RUN/TWO MILE WALK, SAN LUIS OBISPO.** There is a new starting area this year 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 again 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 Meals on Wheels, the Senior Nutrition Program, Prado Day Center, Loaves & Fishes, and the EOC Homeless Shelter. No awards are given but runners will be timed and results will be posted on the club web site. Conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, 543-4723. No pre-entries are needed, register at the parking lot on race day.

**THURSDAY, NOVEMBER 27, NO TIME. THANKSGIVING DAY 5K. VENTURA.** Prize money on a super flat (and hopefully fast) course. \$300-\$200-\$100 to top 3 overall and \$200-\$100-\$50 to the top 3 masters. [www.INSIDETRACKVENTURA.COM](http://www.INSIDETRACKVENTURA.COM).

**SATURDAY, NOVEMBER 29, NO TIME. SANTA BARBARA NINE TRAILS.** Even more gently rolling than Tough Enough. Almost like a full year's supply of gently rolling all in a single event. Thirty-five miles (figure your time will be about what you'd run for a normal 50-miler). To get a feel for it, imagine that the name was written in alternating caps and lower-case. [luis@reflectionsphotographystudio.com](mailto:luis@reflectionsphotographystudio.com).

**SATURDAY, DECEMBER 6, 8:00 AM. 16TH ANNUAL GOLETA NOONTIME ROTARY CLUB RUN FOR YOUTH 10 K AND 5K FUN RUN/WALK.** Dos Pueblos High School. Scenic Gordon McClenathen 10K around Lake Los Carneros and Goleta orchards! 5K Fun Run/Walk. Refreshments. Benefits local youth. [www.goletanoontimerotary.org/](http://www.goletanoontimerotary.org/)

### **RACE RESULTS**

September 21, Fresno. Christopher Denny was 330 overall and second in his age group, 1:10:35 in the Saint Agnes Men's Club Cross City Race. ([active.com](http://active.com))

October 12, Long Beach. Marathon - Mary Lou Seelandt was 858<sup>th</sup> overall in 4:12:40. Half-Marathon – Karl Seelandt was 209<sup>th</sup> overall, 1:35:11. ([http://www.runlongbeach.com/2008\\_Results.htm](http://www.runlongbeach.com/2008_Results.htm))

October 12, San Luis Obispo. Fran Zimmer ran the City to Sea Half-Marathon in 2:14:23, 596<sup>th</sup> overall. (<http://www.citytothesea.org/>)

**Have you ever wanted to be a race director? Well, the Park to Park race is in need of a race director. We would like to get this race back on the schedule in 2009. Kathi Froemming and Neil Smoots directed this event for many years and they will help a new race director get started. Kathi and Neil have a great organizational notebook and a list of contacts for road use, etc. Give Al a call at 736-5435 if you would like to be a race director.**

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	Park to Park		
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

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)

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