

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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September 12, 2008

KEY DATES

September 27 VALLEY OF THE FLOWERS HALF-MARATHON



Hello out there in Lompoc Valley Distance Club Land

Recent Park-to-Park champions Jeff Monteleone and Peter Anderson won't get the chance to run it this year, with the race cancelled because of a lack of a race director. Maybe 2009? Anderson, the Cabrillo cross country coach, has his Conquistadores primed for a run at a seventh straight Los Padres League and Santa Barbara County championship. Veterans Eddie Tovar and Levi Block are running at the front of the Cabrillo pack right now. Former Parade Route Run winner Colin Hacker, a leader on Cabrillo's 2004 CIF championship XC team, looks to be in great shape for his junior season at UC Irvine. Hacker placed second at the recent Irvine Asics 8K. Miguel Ortiz, winner of the Scott Williams 5K and the Lizard Breath in '08, is one of four from Cabrillo on the Hancock men's cross country team. The others are Oscar Torres, Cameron Caton and Nick Gilligan. Lompoc High's Ariana Fabing is in her second year with the Hancock women's team.

As the 32nd annual Valley of the Flowers Half-Marathon approaches, the online registration pace is slowing down, but we're still ahead of last year's numbers. Remember, the race is Saturday, Sept. 27, the cost is \$50. So get yours in now.

If anybody out there has time on Friday, Sept. 26, I could use some help moving picnic tables for our barbecue on Saturday in conjunction with the half. I'll have use of the Mission's flatbed truck. Call me (Alan Hunt) at 736-5435.

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

VALLEY OF THE FLOWERS HALF-MARATHON. Entries are coming in, both by mail and via active.com. Remember there is a limit of 150 runners so get your entry form in the mail or access the active.com web site. Novel Casteel's T-shirt and awards design is terrific. The shirts are on order and will be collector items. We are still looking for sponsors, so if anyone knows someone who would like to be a part of the half-marathon, let us know.

PARK TO PARK. The Park to Park 8 miles from Miguelito Canyon to the Mission is 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.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, SEPTEMBER 27, 8:00 AM. 32nd 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 7, 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. Limit of 150 participants. 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](mailto:Bettylee0077@MSN.com).

SATURDAY, SEPTEMBER 27, 9:00/9:30 AM. MOUNTAINBROOK CHARITY CHALLENGE 5K AND 10K, SAN LUIS OBISPO. There are two races, a flat 5K around Laguna Lake Park and a 10K trail run up San Luis Mountain along with a continental breakfast after the run for all participants. Entry fees are \$20 by August 31, \$25 after that and on race day with proceeds going to benefit Lifewater International. Mountainbrook Community Church, 4251 South Higuera Street, #200, San Luis Obispo, 93401, 543-3162, Jamie Neutill, 458-5075, jneutill@mountainbrook.net.

SUNDAY, SEPTEMBER 28, 7:30-11:00 AM. 10TH HERITAGE OAKS BANK 5K, 10K, AND FAMILY FUN RUNS, PASO ROBLES. This full morning of events at Paso Robles City Park on Spring Street 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 finally 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, Post Office Box 7012 Paso Robles, 93447-7012, and are directed by Mitch Massey, mitch@hobfunrun.com, (805) 369-5281. Register on-line at www.hobfunrun.com.

SATURDAY, OCTOBER 4, 8:30 AM. MORRO BAY COMMUNITY FOUNDATION ROCK TO ROCK 5-MILE RUN, MORRO BAY. 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.

SUNDAY, OCTOBER 5, 8:30 AM. AVILA BEACH 5K. This race is a fundraiser for the Chris Jespersen Memorial Society, a non-profit foundation for children with physical and developmental delays. The course is a flat, paved one on the road from the Avila Pier to Port San Luis and back. Entry fees are \$20 (\$15 without a shirt) and awards will be given to the top three men and women overall as well as the top three in eight age divisions. There will also be prizes for the top fundraisers and by random drawing. Directed by Jennifer Rubio, Chris Jespersen Memorial Foundation Society, 1510 - 19th Street, Oceano, 93445, 459-3351.

SUNDAY, OCTOBER 5, 8:00 AM. CARPINTERIA KIWANIS BIG AVOCADO RUN 5K. Carpinteria Bluffs, Bailard Ave. Post-race fruit, free photos, and other goodies. Bill Swing, (805) 684-2577, istartandstop@cox.net, www.carpkiwanis.org.

SUNDAY, OCTOBER 5, CHANNEL ISLANDS HARBOR HALF-MARATHON. www.EliteSportsVC.com.

SATURDAY, OCTOBER 11, 8:30 AM. OUTFOOTERS 12K AND 5K FUN RUN/WALK, SANTA BARBARA. Dos Pueblos High School. Exciting new race for 2008. Benefits the Friendship Center. Post-race awards/prizes/food/refreshment. Outfooters, (805) 687-4533 or Paul Williams, paul.james.williams@cox.net.

SATURDAY, OCTOBER 11. 9:00 A.M. OCTOBER FESTIVAL 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 go to 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 12, 8:00 AM. CITY TO THE SEA HALF MARATHON AND 5K HEALTH WALK, SAN LUIS OBISPO. The half marathon starts in downtown San Luis Obispo (Higuera and Osos Streets) and goes along country roads to the finish at Dinosaur Cave Park in Pismo Beach. 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 11 and on race day at the starting locations. The fee includes awards in 13 age categories, an event T-shirt, a breakfast buffet, entertainment, and post-race shuttle service. The 5K health walk takes place at Dinosaur Cave Park with fees of \$45/\$55 and has no awards. Proceeds go towards the cross country and track programs at Cuesta College. Directed by Jani Johnson, City to the Sea, PO Box 8106, San Luis Obispo, 93403-8106, 546-3100, Ext. 2716, jjohnson@cuesta.edu, register through www.active.com or print an application from the race web site at www.citytothesea.org.

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>.

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. If you missed last year's run; you certainly do not want to miss this year's! 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/ 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.

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, www.SBRunning.org.

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.

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.

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, (805) 564-8879, 718 Castillo St., SB CA 93101 Keyword: "Thanksgiving".

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. (Wow.) 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.

RACE RESULTS

Vandenberg AFB Duathlon. Karl Seelandt, 1st male 50 plus, 1:23:58; Rick Hummel, 2nd male 50 plus, 1:24:45; and Mary Lou Seelandt, 1st female 50 plus, 1:48:46. (Space and Missile Times)

August 9, Pismo Beach, Stride with the Tide. Paul Lee, 7th overall, 1st in his age division, 19:35; and Fran Zimmerman, 99th overall, 29:34. (SLDC)

August 23, Grover Beach, Dune Run Run. 10K - Paul Lee, 1st overall, 45:04; Olga Lucaric finished the 5K in 47:17, 1st in her age group; George Lucaric, 48:19, 1st in his age group. (Olga Lucaric and SLDC)

August 23, Atascadero - Hares N Hounds 5K. Karl Seelandt, 24th overall, 2nd in age group; 20:31; and Mary Lou Seelandt, 47th overall, 3rd in age group, 27:52, (active.com)

August 24, Lompoc - Beattie Park 5K/10K. 5K - Abel Romayor, 27:50, 1st 40-49; Fran Zimmerman, 31:09, 1st 50-59; Larry LaMay, 36:07, 1st 70 and up; Olga Lucaric, 48:58, 1st 70 and up. 10K – Juan Campos, 54:44; and Julie Campos, 1:01:59; 1st 50-59.

August 23, Santa Barbara Triathlon. Rick Hummel, 374th overall, total time -3:50:34, Swim – 34:23, Bike – 1:46:19, Run – 1:25:51. (http://santabarbaratriathlon.com/Results/sbct_results.cfm)

August 31, Pacific Coast Trail Runs Montana de Oro Trail Run, Los Osos. 12K – Paul Lee was 3rd overall, 1:01:46. (http://www.pctrailruns.com/Montana_de_Oro_Fall.htm)

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.

Can you help out at the half-marathon on September 27th? Give Betty a call at 736-7380 if you can help out in any way.

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	Betty Lee
July	Lizard Breath Fenceline	Alan Hunt
Sep	Park to Park	Kathi Froemming
		Neil Smoots
Sep	Valley of the Flowers Half Marathon	Betty Lee

Dr Jamison, Race Ready, Ballard, Robinson & Walker, Valley Rick, At Home Senior Services, Lompoc Healthcare District, Community Bank, Valley Medical Group of Lompoc, Taco Bell of Lompoc, Cardiovascular Center of Lompoc, Fargen Surveys, Inc, Retail Management Specialists, LLC, Valley Rock, Sesto Insurance, Graphics Systems, Classic Installation, Impulse Internet Service, Rabobank.

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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LOMPOC CA 93438

SATURDAY, SEPTEMBER 27
VALLEY OF THE FLOWERS
HALF-MARATHON