

TENTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL RUN + WALK

Saturday, March 27, 2010 • Cabrillo High School Track, 4350 Constellation Rd, Lompoc
Registration 8:00am (No Pre-registration) • Race Starts At 9:00am

BACKGROUND

This race is to honor Dr. John C. Trettin who was tragically killed in a bicycling accident in the summer of 2000. He was a great runner and an even better person who will always be remembered. The proceeds of this race go to the Dr. Trettin Memorial Fund that offers scholarships to Cabrillo and Lompoc High School seniors.



COURSE DETAILS

The 5K course begins on the dirt track at Cabrillo High School and enters the surrounding chaparral consisting of hard dirt and sand including some hills ("Big Sandy" – the name says it all). The course continues onto the baseball field grass, around the asphalt basketball courts, and finishes back on the track.

DIVISIONS

Men and Women Ages: 10 & Under, 11–14, 15–18, 19–29, 30–39, 40–49, 50–59, 60+, Clydesdale: Men 200lbs+; Filly: Women 150lbs+, Walkers: All ages

MEDALS

Medals three deep for male and female participants in each division. Plaques awarded for overall male and female winners. Commemorative Finishers Medals will be given to the first 200 participants across the line.

RAFFLE

All race participants will be entered into a free raffle for a chance to win a new IPOD and other great prizes

ENTRY

Entry fee: \$10 adults, \$8 members of Lompoc Valley Distance Club, \$5 for 18 and under, \$4 for 18 and under LVDC members. Make checks payable to: Dr. Trettin Memorial Run. Limited Edition Commemorative T-Shirts available for purchase on race day (while supplies last).

For more information contact Kent Yankee at (805) 733-0754

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