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SPONSOR HIGHLIGHTS

Scott Coe - Coast-Hills

John Trettin's influence on those who knew him came in a variety of ways. For me, it was his competitiveness, and the motivation I took from that. In the late 90s, we were both in the middle of our marathon training, and his regimen was far different than mine. He would begin his training for the April Boston Marathon on December 31st, and then would dedicate his diet almost entirely to fish and vegetables (and an occasional beer) until race day. Plus, he would run 20 miles every other day the weeks prior to the race -- at near race pace -- which was unfathomable to me. When we did compete in races or training runs leading up to Boston, we were often just a few seconds apart. I knew he was doing everything he could to beat me, and vice versa. But, once the run was finished, we had a strong, mutual respect for one another, and that speaks to the core of distance running.

Coast-Hills Credit Union's vision is to make a difference in our neighbors' lives. We do it through community support both in sponsorships and in thousands of service hours with our sleeves rolled up, helping those who need it the most. At Coast-Hills, we care. So did John. His spirit and commitment he gave to those around him mirror our commitment. Plus, I'm just glad he didn't make me eat fish every day.

Kent Yankee
3821 Casart Circle Unit #2
Lompoc, CA 93436

THE SEVENTEENTH ANNUAL

DR. JOHN C. TRETTIN

5K
MEMORIAL RUN
&
NATURE WALK



SATURDAY, MARCH 25, 2017
RACE BEGINS AT 9:00AM

Registration Begins At 8:00AM
No Pre-Registration



4350 Constellation Road Cabrillo High School Track - Lompoc, CA 93436

WHY WE RACE

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 scholarships for Cabrillo and Lompoc High School scholar athletes continuing on to higher education.



We run rain or shine!

For more information, to volunteer or to sponsor the race, please contact Kent Yankee at (805) 733-0754.

NOTE: Checks should be made out to the LVDC, but all funds raised will be awarded in the Dr. Trettin Memorial Scholarship to local seniors continuing their education as a way for Dr. Trettin to continue impacting young lives.

RACE DETAILS

DATE: March 25, 2017

LOCATION: Cabrillo High School Track
4350 Constellation Road
Lompoc, CA 93436

TIME: Registration starts at 8:00 a.m.
Race begins at 9:00 a.m. (There is no pre-registration)
We run rain or shine.

DISTANCE: 5K= 3.1 Miles

COURSE: A little bit of every terrain, including a hill called "Big Sandy." Course monitors will be showing the way.

AGE CATEGORIES: 10 & Under, 11-14, 15-18, 19-29,
30-39, 40-49, 50-59, 60-69, 70+

Clydesdale: Men 200lbs+
Filly: Women 150lbs+
Walkers: All ages

SHIRTS: Limited edition, long-sleeve and short-sleeve commemorative T-shirts available for purchase on race day (while supplies last).

AWARDS: Medals three deep for male and female participants in each division. Plaques awarded for overall male and female winners.

FREE RAFFLE: A variety of great prizes, from sports gear to restaurant gift certificates and more, will be given away in a free raffle to race participants.

ENTRY: \$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:
Lompoc Valley Distance Club or LVDC

FURTHER DETAILS

Parts of the course are proudly preserved by the Department of Fish and Wildlife. We sincerely thank them for their diligent work to provide this safe and beautiful habitat for wildlife and humans to cherish and enjoy. We must all do our part as this exquisite reserve is our backyard and a part of our community.

NATURE WALK

We will provide gloves and bags at the start of the race so that as you are enjoying the beautiful environment, you can help keep it clean by picking up any trash along the course. Dr. Trettin enjoyed these trails and now it is up to us to preserve them and their beauty.

The Mission of the Department of Fish and Wildlife is to manage California's diverse fish, wildlife, and plant resources, and the habitats upon which they depend, for their ecological values and for their use and enjoyment by the public.

For more information visit: www.wildlife.ca.gov

BURTON MESA RESERVE

What is it? The Burton Mesa Ecological Reserve is 5,125 acres in Santa Barbara County for the protection of the rare Burton Mesa chaparral and associated sensitive species, including Purisima Manzanita, Shagbark Manzanita, silvery legless lizard and San Diego desert woodrat. The property is owned by the State of California and managed by the California Department of Fish and Game.

What can we do? Remember the purpose of ecological reserves -- protecting special species and habitats -- and stay on the trail. When visiting California's ecological reserves, remember to pack out what you pack in, and leave behind the treasures you find for others to discover.

**Dr. John Trettin Memorial 5K Run & Nature Walk.
March 25, 2017—9 AM. Cabrillo High School.
Registration starts at 8 AM. No pre-registration.**