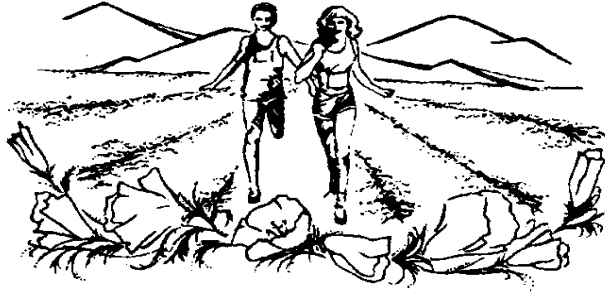


Lompoc Valley Distance Club

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	Noval Casteel	Webmaster	735-4766

April 12, 2008

KEY DATES

- May 11** **RAY GIL MISSION MEMORIAL 5K/10K**
- June 28** **PARADE ROUTE 3 MILES RUN/WALK and 1K KIDS RUN**



Hello out there in Lompoc Valley Distance Club Land

Congrats to Scott Williams Memorial Run race director Scott Leedham for a job well done on the April 5 event. With 100 5K participants, and 30 kids in the 1K, the event drew way more this year than last. Timer Wayne Davis and all those friends of the FCC who helped out made sure the whole thing went off without a hitch. A tip of the hat to men's winner Miguel Ortiz (the Trettin Run co-director with Kent Yankee) and women's winner Gale Tripplett. It was good to see all those smiling faces, including former Valley of the Flowers Marathon winner Tom McKeown, who still cranks a fast 5K.

Next up, our Ray Gil Mission Run on Sunday, May 11. Contact yours truly at 736-5435 if you want to help out or if you want info on the event.

KEEPING TRACK: Trettin Run winner Michael Coe hasn't competed for a couple weeks at Cal Berkeley. But Coe, who has been nursing a strained Achilles tendon, said he will be back in the lineup Saturday, April 12 when his Bears host rival Stanford in the annual Big Meet. "The Achilles was starting to bother me," Coe said. "But the swelling has gone down." Saturday he will run either the 1,500 or 3,000. "Whichever I run, I know I'll need to score points," said Coe. "I think we've got a better dual meet team than Stanford. But in these rivalries, you never know. We supposedly had a better team last year, then they beat us."

Duane Solomon, the local 800-meter whiz who is now a senior at USC, got knocked down when running in the 4-by-400 for the Trojans last Saturday at the Texas Relays in Austin. "Nothing serious," said a spokesman for the Trojan track team. Solomon, a member of the U.S. national team last year, will surely be in there when the Trojans take to the track at UCLA on May 3 for their only dual of the season.

MISSION LAPS: There were a few from the Lompoc Valley Distance Club scattered among the approximate 600 doing the River Park-to-La Purisima Mission walk March 29. About a mile and a half, that walk may have been a nice workout for some. It was certainly for a worthy cause: keeping the mission open. But it was an "off" day for local ultra marathoners like Gudrun Fink and Betty Lee, who were seen doing more laps immediately afterwards. I rode my bike out to River Park from town, and then walked it with from there after mission faithful received instructions from fearless leader Scott Coe. At the mission, we heard inspiring

speeches. Then I biked back, carrying my trusty trekker across the mostly dry Santa Ynez River. From this recreational enthusiast's view, the best thing about the day was the lack of trash on Highway 246 and in the river. Lookin' good, Lompoc.

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

VALLEY OF THE FLOWERS HALF-MARATHON. Plans for the September 27th half-marathon are moving right along. The brochure has been printed and should be in the mail soon. The Mission has asked that an ambulance and crew be on standby that morning. There will be a chicken BBQ after the half to make the morning more festive and to keep runners around for the awards ceremony. So with the extra expense of the ambulance and crew and BBQ, the cost of the half is going up a little but the price is still less than some of the other races in the area. Mark your calendar and start training.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES.

SATURDAY, APRIL 19, 8:00 AM. SANTA BARBARA RUNNING 10-MILER AND 5K. Leadbetter Beach. Features SB's ocean front and rolling hills of Montecito. Out-and-back course. Music/refreshments/awards. Jose Gonzalez (805) 962-3627, jose@sbactionpro.com, www.sbactionpro.com.

SATURDAY, APRIL 19, 9:00 AM. MISSION MULTISPORT 5K/10K CROSS COUNTRY RUNS, SAN LUIS OBISPO. The Earth Day Running Festival will consist of a 10K cross country race at 9 AM, a 5K x-c race at 10 AM (both on dirt), a European style cross country race with barriers and obstacles at 10:45, and a 1 mile European style x-c race for kids ages 8-13 at 11:30. The site is the Fairbanks XC Course across from Cuesta College with check-in 45 minutes before your race. Costs are \$20 for ages 14 through adult if signed up early and \$25 on the day of the race. Kids in the one mile are \$5 with race day sign-ups only. Awards for race winners and medals to all the finishers in the youth race. Kathy Hennelly, www.missionmultisport.com, 459-6967, register at www.active.com.

SATURDAY, APRIL 26, 9:00 AM. FIRST ANNUAL GAUCHO GALLOP 10K RUN/5K RUN AND WALK, SANTA BARBARA. UCSB Lagoon. Cross-country race on the beautiful UCSB campus. Awards/raffle prizes and free Woodstock's pizza. Sponsored by TEVA and UCSB Alumni Association. Benefits UCSB student scholarships. John Lofthus, (805) 893-8416, john@familyvacationcenter.com, www.gauchogallop.com.

WEDNESDAYS, APRIL 30 – AUGUST 27, 6:25 PM. NITE MOVES SUMMER SERIES, SANTA BARBARA. 5K Run/Walk 6:35 PPM, 1K Ocean Swim 6:25 PM. Leadbetter Beach - SB's premier social, fitness event for casual or competitive. Refreshments/music/raffle/kids events. Season awards. www.RunSantaBarbara.com, (805) 564-8879. Keyword: "Nite Moves."

SATURDAY, MAY 3, 8:15 AM. MOTHER'S DAY 5K/10K AND FAMILY FESTIVAL, GOLETA. 10K 8:15, 5K Run/Walk 9:15, Kids Fun Run/Family Festival 8:30 - 12:30. Goleta Beach County Park. Out-and-back USATF certified course. Prizes/refreshments/vendors/kids activities. Jamie Allison, jamie@momsinmotion.com, www.momsinmotion.com, Rachael Steidl, (805) 448-2426 rachael@sbparent.com, www.sbparent.com.

SATURDAY, MAY 3, 8:00 AM. BULL CANYON 5K AND 10K, SANTA MARIA. This event is sponsored by the Law Enforcement Torch Run and proceeds go to benefit Special Olympics. All events start at the Edwards Community Center, just north of Pioneer Valley High School in Santa Maria. The 5K is a relatively flat out and back course while the 10K continues farther up Bull Canyon and has more hills. All events start at 8:00 AM. The cost is \$15 for walkers and youth runners under 18 while adults pay \$20. If you wait until race day, the price is an extra \$5. Pre-registered runners/walkers are guaranteed a shirt, all finishers receive a medal, and awards are 4 deep in 14 age categories. In addition, plaques will be awarded to top 3 finishers in both races as well as to the top finisher in the master (40+) and grand master (50+) divisions. Register on line at www.active.com or go the race web site at www.bcrun.org. Forms will also be at the Santa Maria Recreation and Parks office at 615 South McClelland. For more, call Lt. Ken George at 922-6966, ext 3652 or e-mail to kgeorge@ci.santa-maria.ca.us.

SATURDAY, MAY 10, 8:30 AM. MIRACLE MILES FOR KIDS 10K WALK/RUN, MORRO BAY. Support foster and special needs children, youth, and their families by participating in the Miracle Miles for Kids 10K. Start at the base of Morro Rock and run along one of the most beautiful stretches of beach in California to the finish at the pier in Cayucos. The \$30 entry fee includes a t-shirt, post-race barbeque, live music, and goody bag along with prizes in half a dozen age divisions. You can also form teams and raise pledges. Check out the website at www.fcni.org for complete race information. The event is sponsored by Family Care Network, 3765 South Higuera Street, #100, San Luis Obispo, 93401, register on-line at www.active.com, or call 781-3535.

SATURDAY, MAY 10, 7:15 AM. SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. This half marathon features a reception and orientation, expo, pasta dinner, and a post-race brunch. Prices are \$45 for the Half Marathon and \$60 for the 2 Person Relay (price includes both team members). The course starts at Maverick's Saloon in Santa Ynez and passes through Los Olivos (the relay transition area) before heading down Ballard Canyon into Solvang. Each participant receives a logo wine glass, plus live music, food, and vendor booths. Wine, cash and other prizes will be awarded to the top finishers. Participants have the option of entering the Half Marathon or the 2-person relay. The relay will be split into the first 5.6 miles to Los Olivos and the 7.5 mile mostly downhill leg into Solvang. Santa Barbara Wine Country Half Marathon, 3630 Segunto Street, Santa Ynez, register at www.active.com or check www.destinationraces.com.

SUNDAY, MAY 11, 9:30 AM. RAY GIL MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. These events take place entirely within the La Purisima Mission. The courses consist of blacktop, dirt and "some hills." Both events will start at 9:30 AM. Registration will start at 8:30; follow the road behind the old visitor's center to large oak tree. Proceeds will be shared with La Purisima Mission State Historic Park. Entry fees: \$10 (\$8 – LVDC members). Contact Al Hunt, 736-5435 or LVDC, PO Box 694, Lompoc 93438.

SATURDAY, MAY 17, 8:30 AM. LAW DAY 5K/10K RACE/RELAY, SANTA BARBARA. Palm Park - Beachfront course. Awards/prizes/buffet/raffle. Benefits Legal Aid Foundation. Lynn Goebel, (805) 689-3031, lgoebel@sblawoffices.com

SUNDAY, JUNE 1, 8:00 AM. PLATINUM PERFORMANCE STATE STREET MILE, SANTA BARBARA. First Heat 8:00. State St. & Pedregosa St. Fast gradual downhill through downtown S.B. Age Group, Family Fun Mile, Dog and Elite runner races. Benefits District Attorney's Office Victim/Witness Assistance Program. Prize money/course record bonus/refreshments. Megan Rheinschild, (805) 568-2400, www.sbmile.com

SATURDAY, JUNE 7, 8:30 AM. VICKI'S 3000, SANTA BARBARA. 1st Heat 8:30. S.B. City College Track. Benefits Special Olympics. Entry \$8; no shirt. Liz Werhane, (805) 690-2944, lizwerhane@yahoo.com.

SATURDAY, JUNE 28, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KIDS RUN AND 3 MILE RUN/WALK. LOMPOC, CA. Start in front of the Lompoc Shopping Center, next to the Automobile Club of Southern California (AAA) at 675 North "H" Street. Registration starts at 7:30 AM. Entry fee: To be determined. Awards in all categories will be for 1st, 2nd, and 3rd place for Male and Female. Age category awards for the 1K Kids Run as follows; 6 and under, 7-9, 10-12, and 13-15. Age categories in the 3 Mile Run as follows 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-65, and 66 Plus. Awards for the 3 mile walk will be the 1st, 2nd, and 3rd overall male and female. There will be an award for youngest and oldest entry. Finally, there will be an award for best and worst parade costume adhering to the theme of the Flower Festival for 2008. 100 percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 3 year old Mallory Holloway, the daughter of an avid past local Lompoc runner Matt Holloway. The Flower Festival Parade follows at 10 AM. For more information or to volunteer, contact Wayne Davis at 735-7177, email: runwithme.w@verizon.net

FRIDAY, JULY 4, 8:00 AM. 54th ANNUAL SEMANA NAUTICA 15K, SANTA BARBARA. San Marcos High. John Brennand, (805) 964-2591, brennand@alum.mit.edu

RACE RESULTS



**LOMPOC VALLEY DISTANCE CLUB
 Scott Williams Memorial Cross Country Run
 5-Apr-08
 1 Kilometer Children's Run**

NAME	CLUB	AGE	TIME	PLACE	DIVISION
1. Daniel Villa		10	4:12	1st	Male
2. Mario Ruiz		11	4:17	2nd	Male
3. Tori Jimenez		10	4:19	1st	Female
4. Connor Rowe		10	4:34	3rd	Male
5. Katherine Leedham	LVDC	11	4:38	2nd	Female
6. Ben Quinlan		9	4:40		
7. Emma Trevino		11	4:41	3rd	Female
8. Jordan Sanders		9	4:42		
9. Cole Alpro		11	4:46		
10. Garret Rosalez		9	4:52		
11. Blake Beech		7	4:56		
12. Anaela Bruce		4	4:57		
13. McKell Davis		11	4:58		

14. Reyna Munoz	11	5:14
15. Camila Flores	12	5:20
16. Joshua Rowe	6	5:22
17. Leslie Mereida	7	5:43
18. Leslie Armbuster	8	5:49
19. Robert Almanza	8	6:07
20. Ketara Mangino	6	6:11
21. Jasimine Downey	7	6:19
22. Alyssa Rosalez	6	6:21
23. Arnold Vega	6	6:24
24. Andrew Quinlan	7	6:26
25. Brianna Bicerra	6	6:28
26. Unknown		
27. Natalie Almanza	7	6:48
28. Diego Vega	6	6:58
29. Christopher Thorson	4	8:15
30. Kean Caldwell	3	8:16
31. Robert Handy	6	8:19
32. Hunter Rosalez	5	8:41



LOMPOC VALLEY DISTANCE CLUB
Scott Williams Memorial Cross Country Run
5-Apr-08
5 Kilometer Run

NAME	CLUB	AGE	TIME	PLACE	DIVISION
1. Miguel Ortiz		17	17:42	1st	Male 15-19
2. Matt Armbuster		44	18:27	1st	Male 40-50
3. Nicholas Gilligan		17	18:39	2nd	Male 15-19
4. Tom McKeown		53	18:54	1st	Male 50& above
5. Jim Triplett		50	19:08	2nd	Male 50& above
6. Steven Villanueva		14	19:45	1st	Male 14&under
7. Luis Bayardo		32	20:22	1st	Male 30-40
8. Cameron Caton		19	20:39	3rd	Male 15-19

9.	Karl Seelandt	LVDC	51	21:01	3rd	Male 50& above
10.	Steve Southall		46	22:02	2nd	Male 40-50
11.	Gae Triplett		45	22.46	1st	Female 40-50
12.	Michael Wilfing		42	23:01	3rd	Male 40-50
13.	Kathleen Anderson		15	23:13	1st	Female 15-19
14.	Austin Hayes		10	23:34	2nd	Male 14&under
15.	Britni Heter	LVDC	15	23:36	2nd	Female 15-19
16.	Crystal Reynolds		18	23:44	3rd	Female 15-19
17.	Lawrence Li	LVDC	54	22:53		
18.	Chelsey Sidhu		15	24:02		
19.	Trent Clark		39	24:16	2nd	Male 30-40
20.	Cecilia Ramos		56	24:21	1st	Female 50&above
21.	Scott Brown		15	24:36		
22.	Zachary Trevino		13	24:37	3rd	Male 14&under
23.	Tom Schmidt		50	25:49		
24.	Raven Wolf		10	25:58	1st	Female 14&under
25.	Devon Bedell		14	25:59	2nd	Female 14&under
26.	Claudia Carrillo		10	26:17	3rd	Female 14&under
27.	Allie Kazianka		16	26:18		
28.	James Binnebose		38	26:25	3rd	Male 30-40
29.	Telesforo Moreida		33	26:28		
30.	Troy Thomas		13	26:31		
31.	Frankie Gutierrez		13	26:32		
32.	John Bartlett		32	26:38		
33.	Leeila Pack		14	26:41		
34.	Maya Pico		8	26:42		
35.	Kevin O'Bar		58	27:09		
36.	Kemp Anberg		68	27:10		
37.	Samantha Kerley		12	27:13		
38.	Michelle Menjivar		35	27:29	1st	Female 30-40
39.	Regina Anderson		40	27:40	2nd	Female 40-50
40.	Isabel Li	LVDC	15	27:50		
41.	B. Vaidehi		14	27:56		
42.	Fabiola Ruiz		17	28:01		
43.	Mary Seelandt	LVDC	52	28:03	2nd	Female 50&above
44.	Kerry Baysinger		30	28:06	2nd	Female 30-40
45.	Karen Unrue		40	28:21	3rd	Female 50&above
46.	Milagros Moreida		28	28:31	1st	Female 20-30
47.	Stephanie Becerra		11	28:36		
48.	Maria Salas		15	29:43		
49.	Katie Adelman	LVDC	47	29:45	3rd	Female 40-50
50.	Marilou Leedham		44	29:57		
51.	Alan Kowalski			30:00		
52.	Jennifer Rangel		14	30:21		
53.	Marisol Perez		14	30:59		

54.	Lisselle? Busno		12	31:00		
55.	Maribel Ahquiano		13	31:24		
56.	Bradley Wick		11	31:26		
57.	Caitlin Saxton		19	31:34		
58.	Herminia Ortiz		35	31:45	3rd	Female 30-40
59.	Patricia Landis	LVDC	67	31:48		
60.	Janet Garcia		13	31:53		
61.	Tony Centino		65	32:14		
62.	Larry LaMay	LVDC	76	32:24		
63.	Brenda Southall		45	32:28		
64.	Kaylee Summers		15	32:30		
65.	Unknown			32:32		
66.	Francine Pelka		21	32:56	2nd	Female 20-30
67.	Cody Hilliard		19	32:57		
68.	Linda Pelka		50	33:58		
69.	Leo Trevino		45	33:53		
70.	Jenna Hilliard		15	33:57		
71.	Michaela Paige		13	34:09		
72.	Marian Taylor		13	34:10		
73.	Emily Graalk		12	34:11		
74.	Sarah Carrillo		14	35:15		
75.	Edith Vargas		12	35:17		
76.	Elizabeth Hunt		12	35:26		
77.	Katy Wallace (c)		31	35:54	1st	Female Clydesdale
78.	Schel Brown		45	35:56		
79.	Lisa Norcutt	LVDC	72	36:45		
80.	Janis Hunt	LVDC	54	40:18		
81.	Alan Hunt	LVDC	60	40:19		
82.	John Hernandez		16	42:00	1st	Male Walking
83.	Miguel Ortiz		36	42:40	2nd	Male Walking
84.	Dawn O'Bar		49	42:49		
85.	Scott O'Bar		19	43:05		
86.	Neal Enslin	LVDC	65	45:26		
87.	Margie Withrow	LVDC	81	49:06	1st	Female Walking
88.	Gudrum Fink	LVDC	64	49:08	2nd	Female Walking
89.	Elizabeth Bates		15	60:01	3rd	Female Walking
90.	Teresa Bates		47	60.02		

February 10, San Luis Obispo, Cal Poly Triathlon Club Chains of Love 15K. Paul Lee was 1st in the 40+ age division, 61:17.

February 17, Tokyo Marathon. Official results: Juan Campos, 4:08:51, and Julie Campos, 4:45:00.

April 6, Run for the Cheetah 5K, Chicago. Juan Campos, 24:10, and Julie Campos, 27:42, 1st in her age group.

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

LOMPOC VALLEY DISTANCE CLUB
 PO BOX 694
 LOMPOC CA 93438

SUNDAY, MAY 11
 RAY GIL MISSION MEMORIAL
 5K/10K

SATURDAY, JUNE 28
 PARADE ROUTE 3 MILES
 RUN/WALK AND KIDS 1K