

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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April 12, 2009

## KEY DATES



<b>Saturday, May 9</b>	<b>Ray Gil Memorial 5K/10K</b>
<b>Saturday, June 27</b>	<b>Parade Route 5K and 1K kids run</b>
<b>Saturday, July 11</b>	<b>Lizard Breath Fenceline 7.5 miles</b>

## Hello out there in Lompoc Valley Distance Club Land

John Trettin would be proud. The Lompoc Valley Distance Club's season opened with 182 participating in the Ninth Annual Trettin Memorial 5K last Saturday at Cabrillo. Miguel Ortiz was the overall winner in 17:20, Sara Foss the first female in 21:35 on the tough cross country course. "I haven't heard any complaints, except that my bullhorn would go out sometimes," said race director Kent Yankee. Yankee, like Ortiz and Foss, is a Cabrillo grad. The former state meet cross country man was fifth overall in 19:19. Yankee, whose tireless efforts have made the Trettin Run one of the most successful events in the 33-year history of the local distance club, thanked LVDC timers Karl Seelandt and Wayne Davis and all the other volunteers. "It is an honor to do this for Dr. Trettin," said Yankee, who was coached by Trettin at Cabrillo in the late 1990s. Trettin, an orthopedist, was a distance runner at the University of Wisconsin. He remained a running enthusiast and regularly competed at the Boston Marathon. He passed away after being involved in an accident while bicycle touring in Germany in 2000. Proceeds from the Trettin Run go to Trettin fund, which awards scholarships to college-bound Lompoc Valley high school grads.

Next up for the LVDC: the Ray Gil 5K/10K at La Purisima Mission on Saturday, May 9. With this one the cause is the Mission, that favorite stomping grounds of local joggers. Remember, this one is a dog-friendly romp, as long as your dog is friendly and he or she keeps you on a leash.

**MARATHONS:** Speaking of the Seelandts, Mary Lou Seelandt is preparing for the 24th Annual Big Sur Marathon on Sunday, April 26. She was first in the 50-59 division at the Trettin 5K. Karl, meanwhile, is bound for the 113th Boston Marathon on Monday, April 20. Karl will be back for Big Sur. He'll be part of the support team for Mary Lou and the Sweeney Buzzards. The Buzzards are a group of locals who have gained fame while logging many miles on Sweeney Road on the east side of the Lompoc Valley. The Buzzards are led again this year by Jack Webb, aka Joe Friday. Jack, a tough old Marine buzzard, has been under the weather, but is rounding back into shape. He plans to do the full Big Sur Marathon, half on Saturday, half on Sunday.

**RELAY FOR LIFE:** Webb's Relay for Life team, Buzzards for Life, has a benefit dinner at La Purisima Hall on Boston Marathon Monday, April 20. The 24-hour Relay for Life cancer-prevention walk at Huyck Stadium is the

biggest benefit event in the Lompoc Valley. This year it takes place May 16-17. For more info on Jack Webb's Buzzards for Life, call Classic Installation at 735-2162.

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

**MONTHLY NEWSLETTER.** Three March newsletters were mangled by the Post Office's sorting machine. One person got just the address page and she called me, but two other people did not get their newsletters. I'm going to use mailing seals this month instead of staples so I hope that none of the newsletters are mangled. If you don't received a newsletter, give me a call at 736-7122 or send an e-mail to nperry3@verizon.net.

**LVDC SCHOLARSHIPS.** The scholarship selection committee met to select the male and female recipients of the LVDC scholarships from Lompoc High School and Cabrillo High School. There were 16 applications from Lompoc High School and 10 applications from Cabrillo High School. The winners will be announced after the awards have been presented to the students in May.

## UPCOMING ROAD RACES

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

**TUESDAYS, APRIL 28 – 8 SEPTEMBER, 6:25 PM. REEF AND RUN, SANTA BARBARA.** A weekly race on Tuesdays, 6:25 PM, at the Cabrillo bathhouse. 1 mile ocean swim, 1k swim, 2 mile run, 4 mile run, 1k swim/2 mile run. (<http://www.reefandrun.com/>)

**WEDNESDAYS, MAY 6 – SEPTEMBER 2, 6:00 PM. NITE MOVES, SWIMMING, RUNNING AND BIATHLON, SANTA BARBARA.** Leadbetter Beach. Each week features a Presenting Sponsor, a Featured Buffet Host, local Santa Barbara Entertainment and a Sunset on the shore of The American Riviera. Our backdrop is a fantastic view of the SB Channel and Anacapa Island, and the sails of the Wet Wednesday racing fleet. [http://www.runsanta\\_barbara.com/nite\\_moves.html](http://www.runsanta_barbara.com/nite_moves.html).

**SATURDAY, APRIL 18, 8:00 AM. SANTA BARBARA CHARDONNAY 10 MILER AND PATSY DORSEY 5K.** Leadbetter Beach, Shoreline Drive and Loma Alta. A beautiful out-and-back course along the waterfront. Fast, flat start and finish with a few rolling hills in the middle. Join us for the fun, festivities and the return of the post-race wine tasting. [http://sbactionpro.com/events\\_Chardonnay.html](http://sbactionpro.com/events_Chardonnay.html)

**SUNDAY, APRIL 19, 8:00 AM. CAMARILLO HALF MARATHON, 5K, AND 10K.** Elite Sports Ventura County will put on an amazing new race in the city of Camarillo to benefit the Make-A-Wish Foundation of the Tri-Counties. Five dollars from every race entry will be donated to the Make-A-Wish Foundation of the Tri-Counties. Our goal is to raise \$5000 - enough money to adopt the wish of one child. The half marathon course will start at Freedom Park and run along the famous strawberry fields, along the beautiful Conejo Mountains, wind down towards the Coast Highway, and back around to the park. This course is all flat and blazing fast! The 5K and 10K will be mostly in the park area and all flat! All race distances are USATF sanctioned and chip timed. We will have a huge race day expo with music and top health and fitness related vendors for all to enjoy. All athletes will be able to enjoy a free pancake breakfast after the race! Finisher's medals will be awarded to all athletes. Bill Escobar, Race Director. 805-258-3779, [www.CamarilloHalfMarathon.com](http://www.CamarilloHalfMarathon.com).

**SATURDAY, APRIL 25, 9:00 AM. EARTH DAY FAMILY RUNNING FESTIVAL 5K/10K, SAN LUIS OBISPO.** This 5K/10K event will take place at Laguna Lake Park on Madonna Road between Highway 101 and

Los Osos Valley Road. It will be a cross country style race mainly on dirt with some hills in the 10K and there will be a family mile for all ages and abilities. It is a benefit for Old Mission School with pre-entry fees of \$20 for the 5K, \$25 for the 10K, and \$5 for the mile (add \$5 to each on race day). Go to [www.active.com](http://www.active.com) or check [www.missionmultisport.com](http://www.missionmultisport.com) for more.

**SATURDAY, APRIL 25, 8:30 AM. KENNEDY CLUB FITNESS 5K RUN AND WALK, PASO ROBLES.**

The race will start at Kennedy Club in Paso Robles at 8:30 with check in starting at 7:30. The cost for pre-entries is \$20, then \$25 the day of the race, and includes a race bag, t-shirt, and refreshments. There are awards to the top three male and female runners and participation ribbons will be given to all finishers. A race entry form may be found on [www.kennedyclubs.com/activities](http://www.kennedyclubs.com/activities) or by stopping at the club. For more information, contact Sandy Casper, Activities Director, 500 South River Road, Paso Robles, 93446, 238-8488, Ext. 33.

**SATURDAY, APRIL 25, 8:15 AM. TEVA PRESENTS: GAUCHO GALLOP 10K AND 5K, SANTA BARBARA.** Doggie Dash 8:15, 10K Men's 8:45, Women's 8:50, 5K Run/Walk Men's 8:55, Women's 9:00, Kid's Dash 10:00. UCSB. All races start and finish behind the University Center on the UC Santa Barbara campus. Registration/check in begins at 7:30. <http://www.gauchogallop.com/>.

**SATURDAY, MAY 9, 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); \$4 for under 18. Contact Al Hunt, 736-5435 or LVDC, PO Box 694, Lompoc 93438.

**SATURDAY, MAY 9, 8:00 AM. BULL CANYON 5K AND 10K, SANTA MARIA.** 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 (\$5 more on race day). Pre-registered runners/walkers are guaranteed a shirt, all finishers receive a medal, and awards are 3 deep in 14 age groups. 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 at [www.active.com](http://www.active.com), at [www.bcrun.org](http://www.bcrun.org), or get an entry from Santa Maria Recreation & Parks. Ken George, 928-3781, X3652. Proceeds go to Special Olympics.

**SATURDAY, MAY 9, 7:15 AM. SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ.**

This half marathon course starts at Maverick's Saloon in Santa Ynez and passes through Los Olivos before heading down Ballard Canyon into Solvang. Each participant receives a logo wine glass, plus live music, food, and vendor booths, wine, cash & other prizes will be awarded to the top finishers. Write to Destination Races, 1905 Sperring Road, Sonoma, 95476, or register at [www.active.com](http://www.active.com) or [www.destinationraces.com](http://www.destinationraces.com).

**SATURDAY, MAY 9, 8:15 AM. MOTHER'S DAY 5K AND 10K FAMILY FESTIVAL, GOLETA.** 10K 8:15 AM, 5K Run/Walk 9:15 am, Kid's Fun Run/Family Festival 8:30-12:30. Goleta Beach.

**SUNDAY, MAY 24, 8:00/8:05 AM. 21ST ANNUAL STRAWBERRY STAMPEDE 5K AND 10K, ARROYO GRANDE.** These courses are scenic routes through Arroyo Grande, with registration, the start, and the finish all at the end of Short Street by the swinging bridge. Entry fees are \$20.00 for pre-entries (\$25 including a T-shirt) and \$25/30 on race day with refreshments and prize drawings. Proceeds go to Kiwanis community service projects. Awards are three deep in five year age groups in each of the races, part of the Strawberry Festival that features food, music, and crafts. Pismo Beach Kiwanis Club, Post Office Box 44, Pismo Beach, 93448, [www.strawberrystampepe.com](http://www.strawberrystampepe.com).

**SATURDAY, MAY 30, 8:30 AM. 6TH 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](http://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](http://www.active.com), or call 781-3535.

**SUNDAY, MAY 31, 8:00 AM. PLATINUM PERFORMANCE STATE STREET MILE, SANTA BARBARA.**

Start at State Street and W. Pedregosa Street, finish at State Street and De La Guerra Place. Fast gradual downhill mile through scenic downtown Santa Barbara. Race Director, PO Box 6616, Santa Barbara CA 93160, 1 800 568-2316, <http://www.sbmile.com/>

**SUNDAY, JUNE 7, 8:00 AM. MARIANNE TALLEY MEMORIAL IRONRUN 5K AND ONE MILE YOUTH RUN, ARROYO GRANDE.**

This 5K is on rolling dirt roads through the Talley vineyards. The pre-registration fee is \$20 with a T-shirt and \$20 on race day without a T-shirt. Proceeds benefit the Marianne Talley Memorial Foundation which grants college scholarships to female athletes from Arroyo Grande High School. "I Beat the Vintner" T-shirts to anyone finishing ahead of vintner and former AGHS cross country runner Brian Talley. Contact Talley Vineyards, 3031 Lopez Drive, Arroyo Grande, 93420, 489-0446, Ext. 32 or see their web site at [www.talleyvineyards.com](http://www.talleyvineyards.com). There is also a one mile walk at 8:00 and a one mile youth run for ages 13 & under at 8:45 with a \$15 entry fee.

**SATURDAY, JUNE 20, 9:00 AM. MARY GIBBS MEMORIAL YMCA 5K, SAN LUIS OBISPO.**

Bring your family and friends to the SLO YMCA for an enjoyable 5K through Sinsheimer Park area neighborhoods. There will be awards to the top three men and women plus first place for children, parent with a stroller, senior (age 55+), and runner/walker with a dog. Pre-entry registration fees are \$25 for YMCA members, \$30 for non-YMCA adults, \$5 for ages 6-13 (children under 6 are free), and add \$5 more on race day. Entry forms are available at the YMCA, 1020 Southwood Drive, San Luis Obispo, 93401, 543-8235 or on-line at [www.sloymca.org](http://www.sloymca.org).

**SATURDAY, JUNE 27, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK. LOMPOC.**

1K Kid's Run – 8:30 AM and 5K Run/Walk at 8:45 AM. 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: \$5 for the 1K Kids Run and \$10 for the 5K (\$2 discount for LVDC members). 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, and 10-12. Age categories in the 5K Run as follows 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-65, and 66 Plus. Awards for the 5K walk will be the 1st, 2nd, and 3rd overall male and female. There will be an award for youngest and oldest entry. 100 percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 4 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 Alee or Wayne Davis at 735-7177, email: [alhwed@msn.com](mailto:alhwed@msn.com).

**SATURDAY, JULY 11, 8:00 AM. EIGHTH ANNUAL LIZARD BREATH FENCE LINE 7.5-MILE FUN RUN AND 3.5-MILE WALK, LA PURISIMA MISSION, LOMPOC.**

Approximately seven and a half miles, sandy and hilly. Very scenic for those who enjoy that. Very tough for those who are looking for a challenge. Meat for the ultra marathoner, but not recommended for someone who is either A) not familiar with the terrain or B) not in very good shape. No whiners allowed. You will sign a waiver, Bubba. Registration at the Chumash Village under the big oaks towards the blacksmith shop. Signups start at 7 AM; with the run/walk starting at

8 AM. Fee: To be determined. For information or to volunteer to help with this event, contact Al Hunt at 736-5435.

**SATURDAY, JULY 11. 7:30 AM. 40TH ANNUAL BRIAN WATERBURY MEMORIAL ROCK TO PIER 6-MILE RUN, MORRO BAY.** Named in memory of SLDC founder Brian Waterbury who originated the race in 1970, this 6 mile goes along the beach from the start at the rock in Morro Bay to the finish at the pier in Cayucos with an early start to take advantage of the low tide. The entry fees are \$20 for pre-registration, \$30 with a T-shirt, and \$30/\$40 on race day. Awards will be given to the top three finishers in 15 age divisions from 10 and under to 80 and over. Enter online at [www.active.com](http://www.active.com). Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

**SATURDAY, SEPTEMBER 26, 8:00 AM. 33rd 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 7th, 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. You can register on-line at [www.active.com](http://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).

**SUNDAY, DECEMBER 6, 6:30 AM. SANTA BARBARA INTERNATIONAL MARATHON.** Start one mile west of Camino Real Marketplace, Goleta. Finish at Leadbetter Beach. Race directors: June and Rusty Snow, (805) 637-7417, website [www.sbimarathon.com](http://www.sbimarathon.com), Email [sbimarathon@cox.net](mailto:sbimarathon@cox.net)

## RACE RESULTS

March 8 Calabasas. Malibu Creek State Park Trail Runs (Pacific Coast Trail Run series). Paul Lee was 8<sup>th</sup> overall in the 10K, 55:58, and 4<sup>th</sup> in the 40-49 age division. (SLDC)

March 21, Carpinteria. 17<sup>th</sup> Annual Orchard to Ocean 10K. Patty Landis was 226<sup>th</sup> overall, 1:07:39, and 1<sup>st</sup> in her age group. ([active.com](http://www.active.com))

April 29, Paso Robles. Wine Country Half-Marathon and 5K. Karl Seelandt, 33<sup>rd</sup> male, 1:35:48; 3<sup>rd</sup> in his age group; and William Nolen, 89<sup>th</sup> male, 1:52:48. (William Nolen and <http://www.winecountryruns.com/site3.aspx>)

REMEMBER TO CHECK WITH THE RACE DIRECTORS BEFORE YOU HEAD OUT TO A RACE. SOMETIMES THE DATES AND/OR TIMES CHANGE. SOMETIMES ERRORS ARE MADE WHEN THE RACES ARE LISTED. DON'T BE DISAPPOINTED WHEN YOU ARRIVE AT A RACE, CHECK IT OUT BEFORE HAND.

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, Graphics Systems, Impulse Internet, Lompoc, Valley Medical Center, Classic Installation

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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