

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Wayne Davis	Secretary	735-7177	Ron Cortopassi	Webmaster	

April 12, 2010

## KEY DATES

<b>Saturday, May 15</b>	<b>RAY GILL MEMORIAL 5K/10K</b> <b>TIME CORRECTION, REGISTRATION 8:00, RACE AT 9:00</b>
<b>Saturday, June 26,</b>	<b>PARADE ROUTE 5K/1K</b>
<b>Saturday, July 17</b>	<b>LIZARD BREATH FENCELINE 7.2 MILE RUN/4 MILE WALK</b>
<b>Saturday, September 25</b>	<b>VALLEY OF THE FLOWERS HALF-MARATHON</b>



## Hello out there in Lompoc Valley Distance Club Land

With the Trettin 5K under our belts - great job! - we proceed to the Ray Gil 5K/10K on Saturday, May 15.

But before we do, members should know that the Trettin 5K, at least at its current site, is in jeopardy. Race director Kent Yankee passes on that the Department of Fish and Game, taking note probably because of more publicity this year, came to him and said that he couldn't use the Cabrillo cross country course because????? Later that day, the DF&G relented and allowed the race to go one as scheduled.

Do we have any club members who work for the DF&G? Can someone please explain this?

My reaction, and I'm only half-kidding here, is that we should employ the same tactic that the Native American tribes used at Alcatraz in 1969. We're taking over this unused federal area - the cross country course - precisely because it is unused. There's an 1868 treaty that allows Native Americans to do that. This was the logic employed by representatives of more than 300 tribes when they took over Alcatraz. My grandfather on my father's side was born on a Cherokee reservation in Oklahoma. Through him, I am part Cherokee and Blackfoot. I am sure there are other representatives of other tribes in the Lompoc Valley Distance Club.

In the meantime....

Ray Gil 5K/10K, Saturday, May 15: Here's the second annual Ray Gil 5K/10K, which is a continuation of the decades-old May Mission Run at La Purisima Mission. It features a fast 5K (more like 2.8 miles) run/walk and a bonafide 10K run. The 10K starts, like the 5, on the lower loop, then has a couple of nice climbs on the upper before finishing in the relatively flat and fast mode. Fruit, cookies and water for all. Proceeds are shared with La Purisima Mission State Historic Park.

By the way, as many of you know, Ray Gil was/is 100 percent Mescalero Apache. I'm sure he would approve of our takeover of the Cabrillo cross country course for the Trettin Run, knowing, as he did/does, that the Lompoc Valley Distance Club treads lightly on Mother Earth. And if anyone from the DFG wants to argue the point, I'll personally stack my environmentally-sound credentials against yours any day of the year, and twice on Earth Day.

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

**NEWSLETTER.** If you don't get your newsletter, let me know. Even though I am using mailing seals, the mailing address is sometimes ripped off and the newsletter returned to the PO Box.

## **UPCOMING ROAD RACES**

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

**TUESDAY, APRIL 27, 2010, 6:25 PM - TUESDAY, SEPTEMBER 07, 2010, 6:25 PM. REEF AND RUN, SANTA BARBARA.** Cabrillo Bathhouse, 1118 E. Cabrillo Blvd. The event offers a 1 mile ocean swim, 1k ocean swim, 2 mile run, 4 mile run or 1k swim/2 mile run (Duathlon). The participants range from elite athletes to first time competitors. We have weekly prizes and give-aways. Refreshments are served. Sharing a picnic with friends and family while watching the sun go down is a great way to end the evening.  
<http://www.reefandrunk.com/>

**WEDNESDAY, MAY 05, 2010, 6:35 PM - WEDNESDAY, SEPTEMBER 1, 2010. SANTA BARBARA NITE MOVES 2010.** Leadbetter Beach, 801 Shoreline Road. Registration opens at 5:05 P.M. Swim Santa Barbara Nite Moves 2010 is a series of 18 evening parties at Leadbetter Beach Park in beautiful Santa Barbara. In addition to the running and swimming events every Wednesday May 5 through September 1, 2010, each week features a guest Presenting Sponsor, Featured Buffet Host, the Firestone Beer Garden, local Santa Barbara entertainment and a sunset on the shore of The American Riviera. Run starts at 6:35 P.M. Band, Refreshments & Beer Garden Open at 6:35 P.M. [http://www.runsantabarbara.com/nite\\_moves.html](http://www.runsantabarbara.com/nite_moves.html)

**SATURDAY, APRIL 17, 8:00 AM. THE SANTA BARBARA CHARDONNAY 10-MILER AND 5K, SANTA BARBARA.** 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! Early packet pickup and late registration: Friday, April 17, noon to 5:45, Outfooters, La Cumbre Plaza, 136 South Hope Ave, Santa Barbara, CA 93105, 805-687-4533. The Chardonnay post-race wine tasting returns. Be sure to add a wine tasting ticket to your entry fee to ensure a place in the post-race wine festivities. Space is limited so please sign up now. Must be 21/Over for wine-tasting. Early entry fee through 3/28: 10-Miler \$30, 5K \$20. Mid-entry fee from 3/29 through 4/14: 10-Miler \$40, 5K \$25. After 4/14 (Late entry fee): 10-Miler \$50, 5K \$30. Youth (16/Under) \$15 for 10-Miler or 5K. Contact Info: Jose Gonzalez, 805-962-3627, [jose@sbactionpro.com](mailto:jose@sbactionpro.com), [www.sbactionpro.com](http://www.sbactionpro.com)

**SATURDAY, APRIL 17, 8:30 AM. 7<sup>th</sup> ANNUAL MIRACLE MILES FOR KIDS 10K WALK/RUN, MORRO BAY.** The Family Care Network will host its 7th Annual Miracle Miles for Kids 10K Walk/Run, a benefit for foster and high-needs children and families. The 10K (6.2 miles) race course runs along the water's edge from Morro Rock to the Cayucos Pier, one of the most beautiful stretches of beach in California. When participants cross the finish line, they will be treated to a post-race party with live music, lunch, a diverse vendor fair, children's activities and an award ceremony. In addition, every walker/runner will receive a goody bag filled with fun items and a 2010 Miracle Miles for Kids commemorative t-shirt! This event has

something for everyone—from the serious athlete trying to beat their personal time to moms and dads looking for something fun the whole family can enjoy. The race begins at 8:30 AM and the post-race celebration runs from 9:00 AM-12:00 PM. All are welcome to participate in one or both portions of this exciting event! Register at [www.FCNI.org](http://www.FCNI.org).

**SUNDAY, APRIL 18, 8:00. LAKE CASITAS HALF MARATHON AND 5K, VENTURA.** Lake Casitas Recreation Area, 11311 Santa Anna Rd, Ventura. The first annual Ojai Half Marathon and 5k will start and finish at Lake Casitas with a huge race day expo and celebration. All athletes will be awarded a finishers medal as they cross the finish line. \$5 of registration will be donated to Team In Training. The course will run along the famous country roads of Ojai, wind through the scenic bike path and back to the lake where the last four miles over rolling trails along the lake side will give you a challenge you can brag about! <http://www.lakecasitashalfmarathon.com/>

**WEDNESDAY, APRIL 21, 6:00 PM. RUN TO REMEMBER 5K, SAN LUIS OBISPO.** This evening event will be on the Cal Poly campus, starting and finishing at the Health Center, located next to the Recreation Center. The entry fee is \$15 for pre-entries and \$20 on race day, which includes a T-shirt to the first 200 entries and awards to the first three men and women. Contact the Cal Poly Women's Center, University Union #217, San Luis Obispo, 93407, 756-2600, or look on-line at [www.studentlife.calpoly.edu](http://www.studentlife.calpoly.edu) to confirm event details.

**SATURDAY, APRIL 24, 9:00 AM. U.C.S.B. GAUCHO GALLOP 5K AND 10K, GOLETA.** Race alongside the Pacific Ocean and then celebrate your finish in style at the Finish Line Festival, with music, vendor booths, pizza, an awards ceremony, and a raffle. The race is held in conjunction with Gaucho Days and the races start and finish inside UCSB's Harder Stadium. The 5K course will circumnavigate the UCSB Lagoon with views of the lagoon and Pacific Ocean while 10K runners will continue on with views of many UCSB landmarks. See [www.UCSBruns.com/gauchogallop](http://www.UCSBruns.com/gauchogallop) for more information on the run and the day's events.

**SUNDAY, APRIL 25, 10:00 AM. EARTH DAY 5K AND KIDS' RUNS, SAN LUIS OBISPO.** Laguna Lake Park, Madonna Road and Dalidio Road. 5k-10:00, 1mi-11:00, 1/2mi-11:30 (approx. times!). Celebrate Earth Day by running or walking this eco-friendly event on our beautiful Laguna Lake Park Trails! Run the same route as the County high school meet or try a mile or 1/2 mile for the kids! (note: rain route will be on paved roads). There will be a special park clean-up after approx. 12-noon. Fees: 5k: \$25 with shirt/\$20 n/s...1 mile: \$15 w/s, \$10 n/s. 1/2 mi: \$10 w/s, \$5 n/s...after April 21, \$5 more for each category. Award Categories 3-deep in most age categories- awards will be eco-friendly! Donate gently used shoes for soles 4 souls! No hazardous waste, please! Ride your bike, jog, walk, or take the bus! We will have special appearances from some local running luminaries!

**SATURDAY, MAY 8, 8:00 AM. BULL CANYON 5K AND 10K, SANTA MARIA.** All events start at the Edwards Community Center, 800 North Panther Street, Santa Maria (East on Main Street from Highway 101, just north of Pioneer Valley High School). 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 \$20 for walkers and youth runners under 18 while adult runners pay \$25 (\$5 more on race day). Pre-registered runners/walkers are guaranteed a shirt, all finishers receive a medal, awards are 3 deep in 14 age groups, and plaques will be awarded to top 3 finishers in both races as well as to the top finisher in each major division. Register on line at [www.active.com](http://www.active.com), go the race web site at [www.bcrun.org](http://www.bcrun.org), or get an entry form at the Santa Maria Recreation and Parks office, 615 South McClelland, Santa Maria, 93454. Ken George, 928-3781, Ext. 194, [kgeorge@hancockcollege.edu](mailto:kgeorge@hancockcollege.edu). This race has been growing every year and this year will feature chip timing. It is a Law Enforcement Torch Run with proceeds going to benefit Special Olympics.

**SATURDAY, MAY 8, 7:00 AM. SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ VALLEY.** Registration is currently CLOSED. You may still join a Charity Team or register for our WAITLIST.

Start Area: Sagunto St. in Santa Ynez. Finish: Copenhagen Dr. in Solvang. Wine and Music Festival: 9:00 to noon in Solvang Park. This is destination event so bring your friends and family (especially Mom as it's Mother's Day weekend). The race is staged on SATURDAY and our packet pickup and expo days are Thursday and Friday. Registration is open to runners and fast walkers who can keep a pace of 15:30 per mile or better and finish in 3 hours 30 minutes. <http://www.runsantaynez.com/>

**TIME CORRECTION SATURDAY, MAY 15, 9:00 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 9:00 AM. Registration will start at 8:00; 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: To be determined. Contact Al Hunt, 736-5435 or LVDC, PO Box 694, Lompoc 93438.

**SATURDAY, MAY 15, 9:00 AM. WALK AWAY FROM INTIMATE PARTNER VIOLENCE 5K (LAGUNA LAKE), SAN LUIS OBISPO.** Although it says walk in the title, this 5K is a run and walk with an entry fee by April 23 is \$25 and \$30 after that and on race day. You can register via the race web site at [www.walkawayfromipv.com](http://www.walkawayfromipv.com) - go to the "Registration Form" tab and mail the form along with your check to the Women's Shelter Program, c/o Emily Kent, PO Box 703, San Luis Obispo, 93406. The race is a senior project directed by Emily Kent, [emkent@calpoly.edu](mailto:emkent@calpoly.edu) and proceeds go to the Women's Shelter Program.

**SATURDAY, MAY 22, 8:30 AM. LAW DAY 5K, VENTURA.** Ventura County Government Center, 800 South Victoria Avenue, Ventura, CA. <http://www.lawday5k.com/>.

**SUNDAY, MAY 30, 8:00/8:05 AM. 24TH 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, which are 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, JUNE 5, VARIOUS TIMES. BLUE CANYON TRAIL RACE, 100K, 50 MILE, AND 50K, HALF MARATHON, SANTA BARBARA.** Rancho Oso, 3750 Paradise Road, Santa Barbara. Easy on the environment, tough on the competitor: this challenging out-and-back in Los Padres National Forest's Blue Canyon offers course options through a diverse and rugged mix of terrain and altitude. <http://www.blacksmithendurance.com/bluecanyon/>

**SATURDAY, JUNE 5, 8:30 AM. SANTA MARIA ELKS PARADE ROUTE MILE:** This event is a one mile race down Broadway just before the parade begins. The starting line is at Broadway and Main and the race ends at Broadway and Stowell. Meet at the registration tent in Central Park. The entry fee is \$15 and includes a mesh race shirt plus the chance to run in front of thousands of people waiting for the parade to start. A plaque will be awarded to the top male and female. Register through [www.active.com](http://www.active.com).

**SUNDAY, JUNE 6, 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.

**SUNDAY, JUNE 06, 8:00 AM. PLATINUM PERFORMANCE STATE STREET MILE, SANTA BARBARA.** 1925 State St. (State Street and Pedregosa). Registration and Packet Pickup: Santa Barbara Running Co. at 129 N. Fairview in Goleta (next to OSH) Saturday, June 5th from 11 to 4. Race Day at the start, State Street and Pedregosa, from 7 a.m. on. <http://sbmile.com/>

**SUNDAY, JUNE 6, 9:00 AM. 32ND ANNUAL JUNEFEEST 4 MILE RUN, BAYWOOD PARK.** Start/finish in downtown Baywood and run a rolling out-and-back course adjacent to the bay. Dinner and a night at the Back Bay Inn to the first place male and female, merchandise from Running Warehouse to second, merchandise from Venue Sports to third, clothing from GH Sports to divisional winners, medals to the top three in 11 age divisions, and lots of random draw prizes. \$8 entry fee, \$20 with multi-color, long sleeved T-shirt. Proceeds benefit the Morro Bay HS cross country team. Register at the boat dock on race day. Directed by Ron Roundy, 1855 - 7th Street, Los Osos, 93402, 528-0775.

**SATURDAY, JUNE 12, 9:00 AM. 5TH MARY GIBBS MEMORIAL SAN LUIS OBISPO Y.M.C.A. 5K.** Bring your family and friends for an enjoyable 5K through Sinsheimer Park 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 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 at [www.sloymca.org](http://www.sloymca.org).

**SATURDAY, JUNE 26, 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: 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, 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, 60-64, and 65 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 17, 8:00 AM. NINTH 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. Fees: To be determined. For information or to volunteer to help with this event, contact Al Hunt at 736-5435.

**SATURDAY, JULY 17, 8:30 AM. 41ST BRIAN WATERBURY MEMORIAL ROCK TO PIER 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 & under to 80 & over. The awards ceremony will be back at Morro Rock. See complete details and enter online at [www.active.com](http://www.active.com) (registration will open on May 10). Directed by Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

**SATURDAY, SEPTEMBER 25, 8:00 AM. 34<sup>th</sup> 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: To be determined. 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).

### **RACE RESULTS**

March 6, Peabody Charter School 5K/10K, Santa Barbara. Abel Romayor was 53<sup>rd</sup> overall, in the 10K, 1:03:10. ([active.com](http://active.com))

March 20, Orchard to Ocean Run, Carpinteria, Patty Landis, 122<sup>nd</sup> overall, 1:1:48. (<http://results.active.com/uploads/pdf/90269.pdf>)

March 21, Los Angeles Marathon - Daniel Hopson, 6:00:25.

March 21, Wine Country Half-Marathon, Paso Robles. Karl Seelandt was 34<sup>th</sup> overall, 1:33:09 and Mary Lou Seelandt was 211<sup>th</sup> overall, 1:58:14.

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	Valley of the Flowers Half Marathon	Betty Lee	Dr Jamison; Coast Hills Federal Credit Union, Valley Medical Group; Dr Van Meter; Walker, Wilson & Hughen; RaceReady; Lompoc Valley Medical Center; Wilco Distributors, Inc; Starbuck-Lind Mortuary; Elite Eyecare Medical Group; Santa Barbara Bank and Trust; Community Bank of, Lompoc; Culligan Water Company; Graphics Systems, Impulse Internet, Lompoc; At Home Senior Services

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)

LOMPOC VALLEY DISTANCE CLUB  
PO BOX 694  
LOMPOC CA 93438

**RAY GIL MEMORIAL 5K/10K**  
**Saturday, May 15**