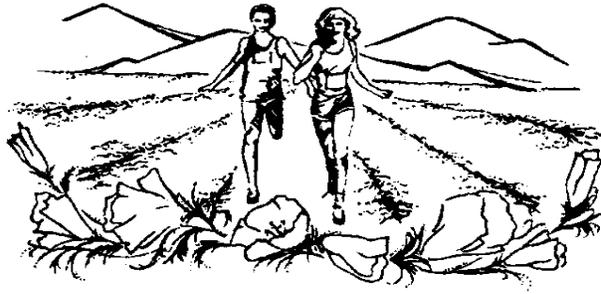


Lompoc Valley Distance Club

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, 2012

KEY DATES



SATURDAY, MAY 12

RAY GIL MISSION MEMORIAL 5K RUN/WALK AND 10K RUN

SATURDAY, JUNE 23

FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK

SATURDAY, SEPTEMBER 22

VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K

Hello out there in Lompoc Valley Distance Club Land

April showers bring May flowers. Remember that, boys and girls, as you ramble out to your various recreational venues this weekend. And take that musical headgear off while you are recreating, please! Their use is stifling to your senses, ruinous to your ears, dangerous to your body. Case in point. A couple jogged up a quiet road at La Purisima Mission State Historic Park last Saturday. A docent at Purisima since 2006, I happened to be driving along the road with my family, heading to our secret parking spot. The world's slowest motorist, I putted at three miles per hour behind the oblivious pair. After a minute, the guy pulled over to the left to adjust his electronics. He saw us and started hollering at his significant other, joining the chorus of shouts and laughter from all five in the vehicle. The girl kept going, right up the middle of the road, blithely unaware. The guy yelled, "Just go around her!" But the road is too narrow. Another minute passed and the ear-phoned lady moved slightly to the left. I drove up on her right. She almost fell down in shock, and then stopped, in an apparent daze. Nobody hurt, this time. We had a wondrous walk, and I trust the headphones finished their fandango nicely. Problem is, that road, though lightly used by Purisima park staff and docents, is narrow and winding. And no one else drives as slow as I do.

STICKER SHOCK AT STATE PARKS: Here's a non-headgear heads up to you walkers, runners, bikers, horse riders, surfers, kayakers, fishermen, etc. who have California state parks annual day use passes. The price will be \$195 in May. So if your yearly pass is about to expire, you might want to get another for \$125 in April. Locally, the state parks day use pass applies at Carpinteria, El Capitan, Refugio, Gaviota, and La Purisima.

BOSTON MONDAY: Those going to Boston for the marathon on Monday will, according to weather people, begin under overcast skies, temperature in the 40s, rising to the low 60s midday. There is a chance of showers. Such mild weather won't slow down my rocket scientist friend Karl Seelandt, who has turned in

long runs everywhere from the humid south to Kodiak Island, and was in fine form last year at Boston. We send out best wishes to the rest, including 1999 Cabrillo grad Elizabeth Anderson, who caught the running bug under the tutelage of then-Conq mentor Kathi Froemming (another Boston finisher). Elizabeth now lives in Brea, and has been coaching would-be Orange County runners through her rec department.

RAY GIL 5K/10K MAY 12: I'm looking forward to the Ray Gil 5K/10K at La Purisima Mission on Saturday, May 12. Hope to see you all there. As usual, the start-finish is at the big oak tree in the Chumash Village. Registration begins at 8 AM, with both 5s and 10s heading out in different directions at 9. Fruit, cookies, and water to all, with big fruit to winners. Any questions or interest in helping out, please contact yours truly at fuzziesareus@yahoo.com or 736-5435.

Yours in the spirit of good fun in the great outdoors

Lizard Breath AI

TRETTIN RESULTS: As usual Kent directed an outstanding event. The results are included with the newsletter or check out the LVDC web site.

2012 VALLEY OF THE FLOWERS HALF-MARATHON: Our active.com page is up and running. The brochures have been mailed out and Ron has added a link on the web site to the brochure if you would like to download a copy.

NEWSLETTER SHREDDING: There have been some problems with the newsletter being shredded at the post office. Unless it is my own copy that is shredded or someone gives me a call that they didn't get a newsletter or they got only pieces of their newsletter, I won't know that you didn't get your copy. Call or e-mail me if your newsletter doesn't come in a timely manner or only part of it gets there.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, APRIL 21, 9:30 AM. SECOND ANNUAL SEXUAL ASSAULT AWARENESS MONTH 5K FUN RUN AND WALK, SANTA BARBARA. Student Resource Building University of California. All proceeds from the race will benefit the Santa Barbara Rape Crisis Center. The race is open to students, faculty, and staff members. The greater Santa Barbara Community is also invited and encouraged to participate in the race that will benefit community services for sexual assault survivors. The race will take place on campus and will highlight buildings and offices around campus that are important resources for student survivors of sexual assault. The race will begin on the Faculty Green near the lagoon, and end on the back lawn of the Student Resource Building, adjacent to Parking Lot #23. Racers can park in Lot #22 or #23 for the duration of the race. Registration will begin at 8:30 on the day of the race, and the race will begin at 9:30. Post-race refreshments will be available on the Student Resource Building lawn until 12:00. This year's race also offers an opportunity for runners to register as a team. Registration is \$15 for individuals or \$10 per person for teams of four to six. For questions or for more information about this year's race, please contact Kegan Allee, Advocacy Support Specialist with the Rape Prevention Education Program, at (805) 893-3305 or via e-mail at kegan.allee@sa.ucsb.edu.

SATURDAY, APRIL 21, 2012, 8:30 AM. FIREHOUSE 5K FUN RUN AND HEALTH FAIR, ATASCADERO. Atascadero Fire Station 1, 6005 Lewis Avenue. The Atascadero Firefighters Association presents: The Inaugural Firehouse Health Fair and Fun Run- Unique 5K course incorporating both road and trail. Start and finish at Atascadero Fire Station 1 and head into the beautiful Stadium Park. The course consists of 1 mile

on flat roads. The trails of Pine Mountain provide the other 2 miles with over 500 feet of elevation gain. It is guaranteed to provide gorgeous views of the city, challenging terrain and fun for all. Saturday morning 7:30-8:15 – Packet pick-up and race-day registration 8:00 – Health fair open 8:30 – 5K starts 9:45. Awards (overall male/female, top finisher in each age group, firefighter challenge). 10:00 – Kids ½ mile start. 10:30 – Health fair close. Race Day Events continued: Health Fair- displaying a wide variety of health and wellness sponsors. They will be providing information about their services and how they may assist you in becoming healthier. Live music provided by the sweet sounds of Dixie Dominus. Kids ½ Mile Fun Run. Race day registration available. No Age limit. Post race snacks and drinks. Fire Station and Equipment tours provided by all your city firefighters. Registration: Kids ½ Mile is \$5. Race day registration only. 5K \$25 till March 21st, 2012, 5K \$30 from March 21 to race day; 5K race day \$35. T shirt availability for race day entrants may be limited. 5K race Student grades K-12 \$20. 5K race for Firefighter Team Challenge is \$80 for a team of 4. All runners must be members of a fire department. The team with the fastest combined finish time will win the challenge. Registration includes t shirt, race fees, post race snacks. Event Contact Phone: 805 748-5288

SUNDAY, APRIL 22, NO TIMES. SAN LUIS OBISPO MARATHON, HALF MARATHON, AND 5K. These new races will be on Earth Day with courses that feature rolling hills, vineyards, and other scenic vistas. The marathon and half marathon will benefit Team In Training while the 5K benefits Special Olympics. Packet pick-up will take place at the SLO Life Expo at the Madonna Inn Expo Center. Entry fees are \$110 for the marathon, \$85 for the half, and \$35 for the 5K. **There is no late registration for the marathon and half marathon.** Online registration cut-off is Sunday, April 15. 5K athletes receive a short sleeve re-cycled Tech T-shirt and all marathon and half marathon athletes receive a long-sleeve recycled Tech T-shirt and recycled sweats bag. Marathon and half marathon finishers also receive a medal. Visit www.SLOMarathon.com for additional information.

SATURDAY, APRIL 28, 9:00 AM. FIFTH ANNUAL GAUCHO GALLOP, SANTA BARBARA. UCSB - Harder Stadium. Race alongside the pounding surf of the Pacific Ocean and past many UCSB landmarks. Bring your best friend (i.e. your dog) for the pre-race Dioji Dog Dash and then drop them off at the Dioji Doggie Lounge. Celebrate your finish in style at the Finish Line Festival, held inside of Harder Stadium. Fees: \$15/\$20/\$25. The race is held in conjunction with the 6th annual All Gaucho Reunion. For more information: www.ucsbalum.com/agr. To register, go to www.ucsbbruns.com

SATURDAY, MAY 12, 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 black-top, 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 12, 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 on-line entry fee is \$35 by April 7 and \$50 after that. Kids ages 13 and under are \$15. Included in the fee is an event t-shirt, post-race barbeque, live music, children's activities, vendor displays, and goody bag along with prizes in half a dozen age divisions. You can also form teams and raise pledges. Check out the websites at www.fcni.org and www.mm4k.com for complete race information. The event is sponsored by the Family Care Network, 3765 South Higuera Street, #100, San Luis Obispo, 93401, register though their web site, at www.active.com, or call 781-3535.

SATURDAY, MAY 12, 2012, 7:00 AM. SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. Sold out. <http://www.runsantayneez.com/>

SATURDAY, MAY 19, 7:45 AM. BULL CANYON 5K AND 10K, SANTA MARIA. NOTE DATE CHANGE.

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. Both distances will include a walk and the total number of entries for all events is limited to 1,500. The cost is \$20 for military 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 4 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, go the race web site at www.bcrun.org, or get an entry form at the Santa Maria Recreation and Parks office, 615 South McClelland, Santa Maria, 93454. Directed by Ken George, 928-3781, Ext. 194, Proceeds benefit Special Olympics. Contact: kgeorge@hancockcollege.edu or <http://www.bcrun.org/>

SATURDAY, MAY 19, 8:30 AM. KENNEDY CLUB 5K AND 10K RUNS, PASO ROBLES: Both the 5K and 10K are run/walks with prizes awarded to the top 3 male and female finishers in each race. Both routes loop east of the club through the streets of Paso Robles. This year a portion of the proceeds benefit the American Cancer Society's Relay For Life. The race location is Kennedy Club Adventure, 500 South River Road, Paso Robles, 93446. Entry fees are \$20 for the 5K and \$30 for the 10K until May 9, available through www.active.com, and \$5 more on race day. The organizer's web site is www.kennedyclubs.com.

SATURDAY, MAY 19, 9:00 AM. MUD MASH X, SANTA MARGARITA RANCH, 22720 EL CAMINO REAL, SANTA MARGARITA, CA. Fees: \$90 until April 1st, \$120 until May 15th. Brief Description: You're here to crush this 10-mile course mentally and physically, returning to your everyday life knowing what you're truly made of. Designed by an active duty Navy SEAL in conjunction with adventure race professionals, we are proud to benefit The John Wayne Cancer and the Navy SEAL Foundations. You versus the course: part mud run, part expedition, and all out adventure! <http://www.mudmashx.com/>

SATURDAY, MAY 26, 9:00 AM. LAKES OF LOVE 4 MILE RUN/WALK FOR CANCER RESEARCH, GOLETA. Stow Grove Park. Lakes of Love is a four mile run/walk benefitting the Cancer Center of Santa Barbara. Lakes of Love is organized by the Dos Pueblos Lakes of Love, completely by the students, with support from Club West Track and Field. Fees: Child online registration (14 and under): \$10.00, Adult online registration (15 and above): \$15.00. Race-Day Registration (all ages): \$25.00. The race will begin at 9:00 AM, please arrive earlier to check-in or register and warm-up! For more information: <http://lakesoflove.weebly.com>, [active.com](http://www.active.com)

SUNDAY, MAY 27, 8:00 AM. 26TH ARROYO GRANDE STRAWBERRY STAMPEDE 5K AND 10K: 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 \$30.00 for pre-entries (\$35 including a T-shirt) and \$35/40 on race day (check the web site to confirm entry fee amounts) 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.strawberrystampe.com.

SATURDAY, JUNE 2, 10:00 AM. GOLDEN STATE URBAN RACE, VARIOUS DISTANCES, SANTA BARBARA. The GSUR is your opportunity to spend the day with a partner competing for the chance to be crowned the victors in a one of a kind scavenger hunt/ urban adventure race. You'll need equal parts brains and brawn to complete a 12 stage race by solving clues and puzzles, completing physical challenges (nothing too strenuous) and hunting for relics and landmarks. You'll get to see corners of your city you probably didn't know existed, and you'll have a blast doing it! This isn't a run of the mill "eat a bite of ice cream," or "take a picture wearing a fake mustache" kind of urban race. Our races are actually exciting, and we take care to ensure you and your partner will have tons of fun! The entry fee is for one team of two people.

Check in starts at 10:00 AM and race will start promptly at 11:30 AM. Everyone gets an event shirt and sponsor provided swag. Trophies and prizes are awarded to first, second and third place in both the standard course (3-5 mile total distance) and ultra course (10-13 mile) events! Benefitting the Livestrong Foundation and sponsored by Road ID, Clif Bar, Sports Authority, and Lava Magazine. A few volunteer positions are still open for this event. Volunteers receive a free pass to a future event and other cool stuff! Contact: scott@hegnessevents.com to volunteer. For more information: <http://hegnessevents.com>.

SUNDAY, JUNE 3, 8:00 AM. 19TH MARIANNE TALLEY MEMORIAL 5K AND ONE MILE YOUTH RUN, ARROYO GRANDE. This 5K is on rolling dirt roads through the Talley vineyards. Pre-registration is \$20 with a T-shirt and \$20 on race day without a T-shirt. There is a one mile walk at 8:00 and a mile youth run for ages 13 and under at 8:45 with a \$15 entry fee. 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 cross country runner Brian Talley. Contact Talley Vineyards, 3031 Lopez Drive, Arroyo Grande, 93420, 489-0446, Extension 32. Register through www.active.com or www.talleyvineyards.com.

SUNDAY, JUNE 3, 8:00. STATE STREET MILE SANTA BARBARA. At State Street and Pedregosa, 1925 State St. Santa Barbara. Registration and Packet Pickup: Santa Barbara Running Co. at 110 Anacapa St. in Santa Barbara Saturday, June 2 from 11 to 4; Race Day at the start, State Street and Pedregosa, from 7 on. Dog Mile: All dogs are combined into one category - the Dog Mile. So if you want to race your dog or walk your dog down State Street, register for the Dog Mile. Want to run two races? If you want to run two races, neither of which is the Family Mile, enter just one of the races and specify which additional race you want to run. You will be provided with bib numbers for each race and charged for only one race. There are two unavailable combinations; 1) Master's Elite and Elite Mile, 2) Elite Mile & Dog Mile. If you want to run the Family Fun Mile along with another race just wear the other race bib# for the Family Mile. Raffle prizes, entertainment, and food. Check the web site for the various fees, qualifications, prizes, categories, and more information. <http://www.sbmile.com>

SATURDAY, JUNE 23, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK, LOMPOC. 1K Kid's Run starts at 8:30 AM and 5K Run/Walk at 8:45 AM. Start and finish 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. Pre-registration not required but recommended for speedy check-in morning of event – call 735-7177. Entry fee: \$10 (\$2 discount for LVDC members! Awards in 1K and 5K. Run categories will be for 1st & 2nd for Male and Female. Awards for 5K Walk will be for 1st, 2nd, and 3rd place Overall. Age category awards for the 1K Kids Run as follows; 5 and under, 6-8, and 9-11. Age categories in the 5K Run as follows: 12 and Under, 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-64, and 65-69, 70 Plus. 100 Percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 7 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 A.Lee & Wayne Davis at 735-7177, email: alhwed@msn.com

SATURDAY, JUNE 23, 9:00 AM. 7TH MARY GIBBS MEMORIAL SAN LUIS OBISPO Y.M.C.A. 5K. Bring your friends for an enjoyable 5K through Sinsheimer Park neighborhoods. There will be awards to the top men and women plus first place for children, parent with a stroller, senior, 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 \$5 more on race day. Verify fees and get entry forms from the YMCA, 1020 Southwood Drive, San Luis Obispo, 93401, 543-8235, www.sloymca.org.

WEDNESDAY, JULY 4, 8:00 AM. 58TH ANNUAL SANTA BARBARA SEMANA NAUTICA 15K RUN/WALK. San Marcos High School, 4750 Hollister Santa Barbara. Fees: \$25 thru 6/10/11. \$30 thru 7/1/11, late registration - \$40. <http://www.sbrunning.org>

SATURDAY, JULY 7, 8:00 AM. 43RD BRIAN WATERBURY ROCK TO PIER SIX MILE RUN, MORRO BAY. Named in memory of Brian Waterbury who originated the race in 1970, this 6 mile run goes along the beach from the start at the rock in Morro Bay to the finish at the pier in Cayucos. 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. The awards ceremony will be at Morro Rock. See complete details at <http://www.leaguelineup.com/welcome.asp?url=rock2pier> or at www.active.com. Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

SATURDAY, JULY 16, 8:00 AM. ELEVENTH 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.

SUNDAY, AUGUST 5, NO TIME. CENTRAL COAST CANCER CHALLENGE, SAN LUIS OBISPO. This challenge includes multiple run/walk distances for every age and fitness level as well as multiple bike ride distances (22K, 50K, & 100K). The 5K run will be along the trails of Laguna Lake Park while the 10K begins at Laguna Lake and takes participants up the nearby mountain for some trail running. Then there is a children's mile for ages 10 years and under with parents welcome to accompany their child. All athletes will receive a tech shirt and prizes will go to first place in each age group and all kids. Register at www.active.com. Contact www.centralcoastcancerchallenge.com, 458-0655, or by e-mail at excouchpotato@gmail.com for more information.

SATURDAY, SEPTEMBER 22, 8:00 AM. 36th ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K, 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. For more information call Betty Lee at 805 736-7380, or e-mail her at: Bettylee0077@MSN.com.

RACE RESULTS

January 15, Phoenix - Rock 'n' Roll Arizona Half Marathon, Karl Seelandt, 955th overall, 1:43:07; Mary Lou Seelandt, 6,681 overall, 2:14:02, and Karla Seelandt from Melbourne, Florida, 10,453 overall, 2:36:28. (Karl Seelandt)

March 10, Alzheimer's Benefit 5K at La Purisima Mission. Some of the times from this event are: Olga Lucaric, 45:35, George Lucaric, 48:36; and Julie and Juan Campos and Fran Zimmerman also ran. (Olga Lucaric)

March 11, Honolulu Marathon Hapalua Half Marathon: Karl Seelandt, 112th overall, 3rd in his age group, 1:39:15; and Mary Lou Seelandt, 1,042 overall, 2:18:12. (Karl Seelandt)

March 18, Los Angeles Marathon – Sarah Leck, 4:42:31; and Betty Lee, 4:42:31.
(<http://www.lamarathon.com/runner-info/results/>)

March 18, Marathon di Roma - Juan Campos, 5:07:40, and Julie Campos, 6:09:16 (power-walking, lolly-gagging, and taking photos). Rome is great, as you know. The Rome Marathon - well, the big hype was passing 500 landmarks. The operative word is 'passing' not actually seeing. However, when you round this one corner and there's St Peter's right in from you - that's a pretty amazing sight. 65% of the course was on cobblestones; the temperature got up to 79 degrees. Even though the aid stations were well-stocked and manned, the water and Gatorade were in plastic cups instead of Dixie cups. So, when someone stepped on the plastic, it literally shattered. Many of the aid stations were as slick as ice skating rinks with all the Gatorade, banana peels, and blood-red orange rinds on the cobblestones. Then the wind really picked up. Actually, rain was predicted but it didn't materialize - it was sunny skies the whole day. What was truly amazing was the total indifference of the Romans and their lack of respect for the marathon participants - it was like there was no marathon happening. Very few spectators called out any kind of encouragement (well, it was noisy at the Spanish steps and the Trevi Fountain - those landmarks were the exception); at one point on the street, you could not tell who was a marathoner and who wasn't. Course marshals just shrugged when marathoners started complaining about all the cyclists and other nonsense happening on the course. The time limit was 7 hours and the marathon committee encouraged walkers to participate. It was disturbing to see aid stations being dismantled after 5 1/2 hours. I was hoping to hit St Peter's Square around noon so I could see the Pope give all us heathens a papal blessing, but I was about a half hour early. However, when I was going past the Vatican Museums, I heard someone yell my name and it was my sister-in-law Gloria along with my mother-in-law. They had just showed up on their way to St Peter's, went to the curb to watch the marathoners, and I happened to be going by. (BTW: my in-laws were travelling with us; they didn't just show up unannounced in Rome). What were the chances? The marathon started and ended at the Colosseum. (Our hotel was a straight shot there and back). The finisher's medals were actually quite nice.

Shortly after the marathon, which started at 9:00 AM, a 4K followed with 80,000 (!) plus participants. This also started at the Colosseum (poor choice). Anyways, somehow a fund-raiser connected with dogs was part of this event, and OH MY! the dogs we saw! The Romans are just as goofy as we are when it comes to our dogs. Many of them were in costume, etc. Since the 4K was passing our hotel, Gloria got photos of wall-to-wall people with their dogs going by. This was also a non-timed event and anybody who was mobile participated. The fee was only 8 Euros, so Juan and I paid for 4 bib #s (even though we weren't using them) - which got you a really cool T-shirt and gratis on Rome's transportation on marathon Sunday. My in-laws took advantage of that on Sunday. Juan and I could have walked all the way to the start, but WHY? when we could ride the ghetto buggy for free. (Julie Campos)

April 14, Santa Barbara – Chardonnay 10 Miles: Jim Brock, 277th overall, 1:33:34; Amanda Tomasini, 477th overall, 2nd in her age group, 2:03:12, Sandra Tomasini, 490th overall, 2:16:24.
(http://sbtiming.com/results/char_10ovr_2012.txt)

April 16, Boston – Boston Marathon, Karl Seelandt, 4:30:14. (www.baa.org).

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	RaceReady, Inc, Elite Eyecare Medical Group, Walker, Wilson and Hughen, Valley Medical Group, Starbuck-Lind Mortuary, Community Bank of Lompoc, CoastHills Credit Union, Santa Barbara Bank and Trust, Dr. W. Blake Jamison, Dr Thomas A. Van Meter, At Home Senior Services, Lompoc Valley Medical Center, Rabobank, Union Bank

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

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SATURDAY, MAY 12, 9:00
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