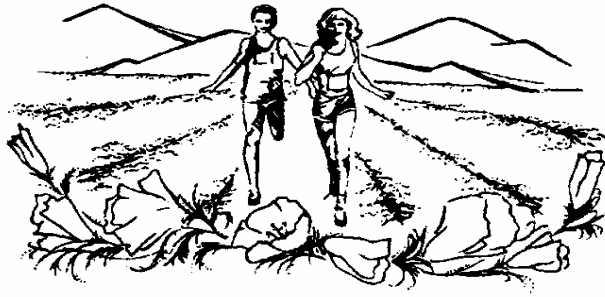


# Lompoc Valley Distance Club

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

August 12, 2007

## KEY DATES

**Sunday, September 16**

**PARK TO PARK 8 MILES**

**Saturday, September 22**

**VALLEY OF THE FLOWERS HALF-MARATHON  
NEW DATE AND NEW COURSE**



## **Hello out there in Lompoc Valley Distance Club Land**

I'm writing this letter from a big coffee shop near my brother's place in Fort Bragg, being on vacation for a week. Ain't modern technology something?

As we turn into the second week of August, the LVDC looks forward to our double-header, the Park-to-Park Run on Sunday, September 16 and the Half-Marathon on Saturday, September 22. All power and kudos to the race directors! In these cases, we're talkin' Kathi, Neal and Betty. You guys are number one!

The Sixth Annual Lompoc Lizard Breath Fenceline Fun Run came and went without serious incident. That made two years in a row since Sally Adam went astray back in '05. Our turnout for the race has gone from small (about 30 for the first four years) to miniscule (about 15 the last two). I suppose I could spend a whole bunch more money and make the event more attractive to some, but I'm not putting the Lizard Breath on for the dispensation of goods and goodies. The event, in my pea brain, is all about a good workout with good scenery. Plus you get fruit, and, if you're a winner (1 male, 1 female) you get a t-shirt. If that is not enough to attract a big crowd (50 max), c'est la lizard vie. Anyway, this year's race was also about Ray Gil, who passed on the Thursday before the event. Here's what I wrote up for the folks who showed up...

**LIZARD BREATH AND RAY GIL.** The Lompoc Lizard Breath Fenceline Fun Run started in the summer of 2002. Ray Gil and I took a walk around the eastern side of La Purisima Mission, hugging the fenceline. Ray saw a little rock-shaped thing. Not knowing what it was immediately, he flicked it with his walking stick. Then he recognized that it was a horny toad. Ray bent over and talked to the mini-stegosaurus for a minute, apologizing for any injury he may have caused. Once we saw it was OK, we went on walking what was now becoming (in my mind) the Lizard Breath Fenceline. Ray always called it The Fenceline, which is how most locals refer to the area. Today we're having the Sixth Annual Lizard Breath. But it is the first without Ray Gil, who helped mark the course for the other five of these events. Ray passed on Thursday at the age of 82. He had a full life with Hildred which included five kids, grandkids, great grandkids and many, many friends. He had a full life that began in a little Mescalero Apache town in New Mexico (Ray called himself a Mescalero, not an Apache), a full life that continued with a stint in the Civilian Conservation Corps that took him to Sequoia among other places, a full life that saw him spend 24 years in the Navy (WWII) and Army (he

switched because the Army recruiter offered him a meal and he was hungry), a full life that included lots of sports and many thousands of miles of running. “I jock-strapped through the service,” said Ray, the boxer of nearly 200 fights. Ray usually won. His boxing advice? “Go for the body. The solar plexus.” One of his favorite boxing stories was about a fight in San Francisco where he hit a guy in the solar plexus, and the guy threw up. In Lompoc, Ray Gil was a gardener with the schools, keeping the grounds in great shape. And he was a runner. He already had decades of running behind him when the fun run craze hit the USA in the 1970s. Just after WWII, during his first stay in Lompoc while in the Army, he participated in a drill which had Ray playing the role of “escaped prisoner.” He ran over from the current site of the Lompoc pen to what we know as the Upper Loop of the La Purisima Mission. They never found him. That was Ray’s first experience at the Mission. In Lompoc, Ray ran A LOT. He liked to run. He liked to race, but he also liked just getting out there and going. He regularly ran from his house on the southeast side of Lompoc up to the Sudden Gate in Miguelito Canyon and back, about 15 miles. On his 50th birthday, in 1974, Ray ran 50 miles, to Buellton and back, with his young friends from the Lompoc High cross country team running relay legs along with him. For running and walking, Ray loved the La Purisima Mission most of all. Almost every week during his big-miles decades, he’d run at least once all along The Fenceline, again starting and finishing at his house. “What a beautiful place,” he said every time we walked at the Mission in this century. “It is like a church to me.” He was talking about the sights, the sounds, the smells of this patch of outdoors we call The Mission. Now, I know The Lompoc Lizard Breath Fenceline Fun Run is a tough course. It is hilly and it is very sandy. Even the walkers are challenged. The hill they climb while working back towards the Lower Loop would tax Lance Armstrong. But along that hill, if you stop and look southwest out through the little Mission Valley and on into the Lompoc Valley, you will see a sight that rivals any on Earth. Ditto for the runners when they get to the northern perimeter, heading up to Manzanita Highway. And that’s at least half the reason for the Lizard Breath. So, if you find yourself getting hot and bothered out there, stop and smell the sagebrush. As always, extra points (or fruit) for horny toad sightings. And today, send one up for Ray Gil.

**Lizard Breath data:**

2002, 25 finishers, men’s winner Craig Farley (53:21), women’s winner Ruby Fitzpatrick (1:13:50).  
2003, 31 finishers, men’s winner Craig Farley (57:47), women’s winner Angie Gonzalez (1:05:43).  
2004, 31 finishers, men’s winner Paul Lee (54:11), women’s winners Pauline Schneckloth & Betty Lee (1:14:15)  
2005, 30 finishers, men’s winner Luis Escobar (54:41). Nick Martin ran a 52:42, but took a wrong turn and ran a slightly shorter course. Women’s winner Sarah Leck (1:18:20)  
2006, 17 finishers, men’s winner Paul Lee (56:05, 10,205th consecutive day of running 3 miles or more), women’s winner Angie Gonzalez (1:07:20).  
2007, 14 finishers, men’s winner Kent Yankee (54:32), with Paul Lee second while running his 10,541st consecutive day of 3 or more miles. Women’s winner Betty Lee, 1:17:36.

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



Ray Gil, Lean on Beef Run,  
February 27, 1993



Ramon Gil  
September 2, 1924 – July 12, 2007

Ray was an early member of the Lompoc Valley Distance Club and was a member for many years. Ray directed the La Purisima Mission 5K/10K for many years and co-directed the Red Ribbon Runs also at the Mission. Ray ran many races up and down the central coast and was well-known by many runners in other areas. Ray measured and marked courses, he painted numbers on the roads, and he directed traffic when someone needed him to stand on a corner. Ray was always enthusiastic about everything he did whether it was running a race or giving someone a rubdown after a race.

Ray's family will have a memorial for him at the La Purisima Mission fountain area on his birthday, September 2, at 2:00 PM.

**VALLEY OF THE FLOWERS HALF-MARATHON.** The course is starting to shape up and the aid stations and portapotty sites are being planned. Registrations are starting to come in. The shirt design is being worked. If you haven't gotten a registration form, check out active.com or call Betty Lee at 805 736-7380, or e-mail her at: Bettylee0077@MSN.com. We need more course monitors for this course so if you can help at the half either before or after the run if you are running or while a family member is running, give Betty a call.

## UPCOMING ROAD RACES

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

**WEDNESDAYS, MAY 2 - SEPTEMBER 5 (EXCEPT JULY 4), 6:25 PM. NITE MOVES SUMMER SERIES, 5K RUN/WALK, 1K OCEAN SWIM, SANTA BARBARA.** (Grand Prix - May 2, August 29.) 5K Run/Walk 6:35 PM, 1K Ocean Swim 6:25 PM - Leadbetter Beach. Refreshments/music/raffle/kid's events. Season awards. [www.RunSantaBarbara.com](http://www.RunSantaBarbara.com) - (805) 564-8879.

**SATURDAY, AUGUST 18, 9:00 AM. 3RD ANNUAL SAN SIMEON PIER TO THE POINT TRAIL 5K AND 10K, SAN SIMEON.** These races will be on dirt roads on the property of the Hearst Ranch at San Simeon Point, starting and finishing at San Simeon Beach State Park, 6 miles north of Cambria. It features majestic shoreline views, a variety of running surfaces, and access to places not usually open to the public. Entry fee is \$25 for pre-entries and includes a T-shirt. For more information and to enter, check [www.active.com](http://www.active.com).

**SUNDAY, AUGUST 19, 8:30 AM. 29TH MCCONNELL'S ICE CREAM ENDURANCE EVENT RUN FOR TIBET, GOLETA.** 5K 8:30, 10K 9:30, Kid's Mile 11:00, Mile Swim 11:30. Biathlon (10K run/1 mi. swim).

Goleta Beach County Park. USATF certified out-and-back course. Fruit buffet/awards/ ribbons and ice cream to all! Benefits Tibet Freedom Movement. Kevin Young - (805) 564-3400 - kyoung@sbre.com,

**THURSDAY, AUGUST 23, 6:15 PM. 5TH ANNUAL SANTA YNEZ VALLEY FAMILY 5K RUN/WALK AND KIDS' 1 MILE FUN RUN, BUELLTON.** The evening will begin with registration at 5:30 PM. The Run/Walk will begin at 6:15 PM, with events and activities for all ages. The 5K Run/Walk will start at Oak Park and continue through the city to Jonata Park Road with the finish back at Oak Park. 5K participants will receive an event T-shirt and entry into a prize raffle with awards presented to top finishers. Also included in the evening's activities is a 1 mile kids' run for children 12 and under. These runs are oriented toward youth fitness education. All children's run participants will receive an event T-shirt and entry into a prize raffle. During and after the races, all participants and spectators are invited to enjoy fellowship and music in the park. The 5K run admission is \$12 and the children's run is \$7. Proceeds from the events will benefit local non-profits including the Buellton Community Education Foundation and to ensure that we can continue to put on more Fun Run events. For additional event information or for sponsorship opportunities, please call Kyle Abello, Buellton Recreation, at 805-688-7529 or e-mail him at kabelleo@ucsd.edu.

**SATURDAY, AUGUST 25, 9:00 AM. 19TH ANNUAL GROVER BEACH 5K RUN/WALK AND 10K RUN DUNE RUNS.** A course that includes city streets, hard packed beach sand, soft dunes, and the beach boardwalk create a challenging combination for all ages in this 5K walk, 5K run, and 10K run. The races will be held in conjunction with the Stone Soup Music Festival. Early registration is encouraged and is \$20 including a T-Shirt. Race day registration begins at 8:00 and both races begin at 9:00 at Ramona Garden Park, 993 Ramona Avenue in Grover Beach. The deadline for early registration is August 18th at 5:00 PM. Directed by Rachael Manuele, Recreation Coordinator, Parks and Recreation Department 154 South 8th Street, Grover Beach, 93433, 473-4587, [www.grover.org](http://www.grover.org).

**SATURDAY, AUGUST 25, 8:00 AM. TEAM K-MAN 5K AND AVIA YOUTH MILE (formerly Hares and Hounds), ATASCADERO.** Back after several postponements, this race will return for its 9th year at Atascadero Lake Park with the start and finish at the Park Pavilion near the zoo. The course is a hilly, winding one on roads around the park and through residential areas. The 5K will be followed by a one mile for children ages 13 and under at 9:00. The entry fees for the 5K are \$20 by August 17 and \$25 after that and the kids' race is \$15 by August 17 and \$20 after that. Awards are three deep in 12 age divisions for the 5K and 3 age divisions for the kids' mile plus raffle prizes and refreshments after the race. The event is a fund raiser for athletics at Atascadero HS. Registration is available online or by mail to K-Man Cycle & Run, 9530 El Camino Real, Atascadero, 93422, 461-1472, [HHRaceDirector@teamkman.org](mailto:HHRaceDirector@teamkman.org) or check the web sites at [www.teamkman.org](http://www.teamkman.org) or [www.active.com](http://www.active.com).

**SUNDAY, AUGUST 26, 8:00 AM. BEATTIE PARK 5K/10K RUN, LOMPOC.** Come out and enjoy a great family experience at Beattie Park. This event is geared for all ages and ability levels for people to experience a great 5K/10K race. All participants will have a chance for 1st and 2nd place awards. Fees: \$10 by August 17; \$15 on race day. A t-shirt can be purchased for \$10. For more information, contact the Lompoc Parks, Recreation and Urban Forestry Dept at 875-8100 or [www.cityoflompoc.com](http://www.cityoflompoc.com)

**SATURDAY, SEPTEMBER 1, 7:45 AM. 15TH CAMBRIA PINEDORADO DAYS 5K, CAMBRIA.** This race is held in conjunction with Pinedorado Days and takes place just before the parade. The race starts and finishes at Coast Joint Union High School, 2550 Santa Rita Creek Rd in Cambria. Entry fees are \$10 without a shirt and \$15 with one with medals in ten year age groups based on participation. It is a fund raiser for CUHS's American Field Service club and contacts are Sharon Bisso, 995-1432 and Jim Hurley, 528-6576.

**SEPTEMBER 2, SUNDAY, 7:00 AM. PIER-TO-PEAK HALF-MARATHON, SANTA BARBARA.** Stearns Wharf (Cabrillo at State St.) - The "World's Toughest Half-Marathon". Uphill from sea level to 4,000 ft. finish

overlooking Santa Barbara. Prizes/ refreshments. Limited entries. [www.RunSantaBarbara.com](http://www.RunSantaBarbara.com) - (805) 564-8879, 718 Castillo St., SB, CA 93101 Keyword: "Pier to Peak"

**SATURDAY, SEPTEMBER 8, 9:00/9:30 AM. MOUNTAINBROOK CHARITY CHALLENGE 5K AND 10K, SAN LUIS OBISPO.** There are two races, a flat 5K around Laguna Lake Park and a 10K trail run up Madonna Mountain along with a continental breakfast after the run for all participants. Entry fees are \$20 by August 31, \$25 after that and on race day with proceeds going to benefit the Family Care Network. Conducted by Mountainbrook Community Church, 4251 South Higuera Street, #200, San Luis Obispo, 93401, 543-3162, [www.charitychallenge2007.com](http://www.charitychallenge2007.com) and directed by Jamie Neutill, 458-5075, [jneutill@mountainbrook.net](mailto:jneutill@mountainbrook.net). Registration is available at [www.active.com](http://www.active.com).

**SUNDAY, SEPTEMBER 16, 8:00 AM. PARK-TO-PARK, 8-MILE RUN, LOMPOC.** Start at Miguelito Park and finish at La Purisima Mission State Park. The course is asphalt (a good portion of which slopes gently downhill). Registration: 7:00 at Miguelito Park. Awards three deep in six age groups men and women plus a Clydesdale division, no age divisions. Rides back to Miguelito Park will be available for runners leaving their vehicles at the start. Entry fee TBD. Race directors – Neil Smoots and Kathi Froemming, (805) 736-0677, (805) 717-2812, or LVDC, PO Box 694, Lompoc 93438.

**SEPTEMBER 16, SUNDAY, 8:30 AM. GOLETA EDUCATION FOUNDATION 4-MILER.** Goleta Union School District Office, 401 N. Fairview Rd. - Fun and unique course that circles scenic Lake Los Carneros. Benefits music education in Goleta's elementary schools. Refreshments/awards/raffle/music. Dan Cooperman - (805) 681-1200 x203 - [dcooperman@goleta.k12.ca.us](mailto:dcooperman@goleta.k12.ca.us)

**SATURDAY, SEPTEMBER 22, 8:00 AM. 31<sup>TH</sup> ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK, LA PURISIMA MISSION, LOMPOC. NEW DATE AND NEW COURSE.** 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 6:30. There will be no packet pick up prior to Saturday. Entry fees: \$35; \$40 after August 17, entry includes a specially designed Valley of the Flowers jersey. 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, SEPTEMBER 23, 7:30-11:00 AM. HERITAGE OAKS BANK 5K, 10K, AND FAMILY FUN RUNS, PASO ROBLES.** This is a full morning of events at Paso Robles City Park on Spring Street and will include the USAT&F National Masters 10K Championship. The day starts at 7:30 with a Pacific Association Grand Prix 10K for open division runners. Next up at 8:45 is the National Masters 10K for ages 40 & over (entrants should be registered members of USAT&F), followed by a 5K at 9:45, a mile for all ages at 10:20, a series of kid's races, and finally a two mile walk at 10:55. Fees are \$5 for the 75 yard dash for ages 5 & under (\$10 after 09/14), \$10 for the half mile for ages 5-12 (\$15 after 09/14), \$15 for the mile (\$20 after 09/14), \$20 for the walk (\$25 after 09/14), \$20 for the 5K (\$25 after 09/14), and \$25 for each of the 10Ks (\$30 after 09/14). There is no race day registration for any of the events. All entrants get a T-shirt, medal, refreshments including a pancake breakfast, and are eligible for a drawing with trips to Hawaii, stays at luxury hotels, mountain bikes, and many other prizes. The drawing starts after the last event and you must be present to win. Proceeds from the race go to benefit local charities. The races are sponsored by Heritage Oaks Bank, Post Office Box 7012 Paso Robles, 93447-7012, and are directed by Mitch Massey, [mitch@hobfunrun.com](mailto:mitch@hobfunrun.com), (805) 369-5281. Register on-line at [www.hobfunrun.com](http://www.hobfunrun.com).

**SUNDAY, OCTOBER 7, 8:00 AM. CARPINTERIA KIWANIS BIG AVOCADO RUN 5K, CARPINTERIA.** Location: Viola Field/Carp bluffs. Post-race fruit and goodies. Lou Browdy - (805) 893-2326 - [LouB@UCSB.edu](mailto:LouB@UCSB.edu) - [www.carpkiwanis.org](http://www.carpkiwanis.org)

**SATURDAY, OCTOBER 13, 8:00 AM. PSIPSINA'S 3RD, JULIET'S 2ND, AND AJAX'S 1ST FALL XC 5 MILES OR SO, GOLETA.** Lake Los Carneros. Real cross-country around Lake Los Carneros. No hills but plenty of attention-worthy footing. Jim Kornell, (805) 452-8660 jkornell@alumni.engr.ucsb.edu

**SUNDAY, OCTOBER 14, 8:00 AM. CANCER CENTER OF SANTA BARBARA 5K WALK/RUN AND 10K RUN, MONTECITO.** 10K 8:00, 5K walk/run 8:30, and kids' 1 mile 10:00. Montecito Union School - 100% of proceeds benefit local cancer research. Unique Montecito course, Biltmore buffet/prizes/raffle. Stephanie Carlyle - (805) 898-2116 - stephanie@ccsb.org.

**SATURDAY, OCTOBER 20, 8:30 AM. GIRLS INC. 5K FAMILY FUN RUN. KID'S 1K, GOLETA.** Girsch Park (Goleta). Unique road/trail course near the Ellwood Bluffs. Benefits Girls Incorporated of Greater Santa Barbara. Stay and enjoy the Goleta Lemon Festival. Contact: (805) 963-4757 x14 - events@girlsincsb.org, www.girlsincsb.org

**SATURDAY, NOVEMBER 3, 8:00 AM. S.B. NEWS-PRESS HALF-MARATHON/WALK AND 5K, SANTA BARBARA.** 13.1 mile. 8:30, 5K 8:35, 13.1 mile. Walk 8:00. Leadbetter Beach. Beautiful, semi-challenging shoreline course. Benefits local youth programs. Ethel Byers - (805) 967-8822, tennisrun.runtennis@verizon.net, www.newspress.com/halfmarathon.

### RACE RESULTS

July 7, Guadalupe Half-Marathon. Karl Seelandt was 5<sup>th</sup> overall, 1:33:41 and 2<sup>nd</sup> in his age group; and Mary Lou Seelandt was 42<sup>nd</sup> overall, 2:04:26 and 1<sup>st</sup> in her age group. ([http://www.allwedoisrun.com/2007\\_results.htm](http://www.allwedoisrun.com/2007_results.htm))

July 11, Nite Moves, Santa Barbara. Mary Lou Seelandt was 167<sup>th</sup> overall, 27:31 and 3<sup>rd</sup> in her age division. (active.com)

July 14, Brian Waterbury Memorial Rock to Pier, Morro Bay. Paul Lee was 37<sup>th</sup> overall with 39:41 and 3<sup>rd</sup> in his age group; and Christopher Denny was 354<sup>th</sup> overall, 57:32, 1<sup>st</sup> in his age division. And they both ran the Lizard Breath the next day. ([http://www.doitsports.com/newresults3/client/176388\\_206010\\_2007.html](http://www.doitsports.com/newresults3/client/176388_206010_2007.html))

July 18, Nite Moves, Santa Barbara. Mary Lou Seelandt was 176<sup>th</sup> overall, 28:09, and 3<sup>rd</sup> in her age division. (active.com)

August 8, Nite Moves, Santa Barbara. Mary Lou Seelandt was 150<sup>th</sup> overall, 27:10, and 3<sup>rd</sup> in her age division. (active.com)

LIZARD BREATH FENCELINE  
 7.5 Mile Run and 3.5 Mile Walk  
 July 15, 2007  
 Race Director – Al Hunt

PLACE	NAME	AGE	CLUB/CITY	TIME	DIVISION
RUNNERS					
1.	Kent Yankee	26	LVDC/Lompoc	54:33	First Male
2.	Paul Lee	46	LVDC/Pismo Beach	1:03:40	
3.	Steve Brookshire	47	Santa Maria	1:10:23	
4.	Tom Schmidt	50	Lompoc	1:16:37	
5.	Betty Lee	40	LVDC/Lompoc	1:17:36	First Female
6.	Chris Denny	75	LVDC/Fresno	1:28:58	
7.	Juan Campos	47	LVDC/Lompoc	1:29:04	
	(Juan finished with his canine friend, Elvis)				
8.	Fran Zimmerman	58	LVDC/Lompoc	1:29:10	
9.	Larry LaMay	75	LVDC/Lompoc	1:37:34	
WALKERS					
1.	Bill Graham	66	Lompoc	58:45	Walker
2.	Julie Campos	54	LVDC/Lompoc	1:11:36	Walker
3.	Olga Lucaric	68	LVDC/Lompoc	1:23:32	Walker
4.	Janet Lizarraga	50	Lompoc	1:45:32	Walker
5.	Mary Graham	64	Lompoc	1:45:32	Walker

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	Valley of the Flowers Half-Marathon	Betty Lee	Graphics Systems, Classic Installation, Dr Jamison, Diaz Concrete Co, Lompoc Healthcare District, Community Bank of SM, Tileco Distributors, Cardiovascular Center of Lompoc, Wm Rieck Plumbing, Wilco Distributors, Inc, Fargen Surveys, Coastal Care Ins, Calif Chrysler Jeep Dodge, At-Home Senior Services, InWest Ins, Valley Rock, Dana L. Manchester, DMD, LOVARC, Coast Hill Fed CU, Century 21 Armstrong, Bellus Heating & Air Conditioning, Ballard, Robinson & Walker, Ace Hardware, Impulse Internet Service
Jun	Parade Route 3 Miles	Betty Lee	
July	Lizard Breath Fenceline	Alan Hunt	
Sep	Park to Park	Kathi Froemming Neil Smoots	

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

PARK TO PARK 8 MILES  
Sunday, September 17

VALLEY OF THE FLOWERS  
HALF-MARATHON  
Saturday, September 22