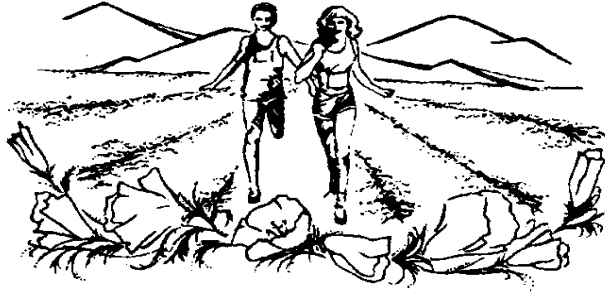


Lompoc Valley Distance Club

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

February 12, 2008

KEY DATES

- March 15** **DR. JOHN C. TRETTIN MEMORIAL 5K RUN/WALK**
- April 5** **SCOTT WILLIAMS MEMORIAL PARK 5K**
- May 11** **RAY GIL MISSION MEMORIAL 5K/10K (MAYBE A BIKE RACE ALSO)**



Hello out there in Lompoc Valley Distance Club Land

We have dates for our first three events of 2008. The John Trettin Memorial 5K is set for Cabrillo on March 15, the Scott Williams Memorial 5K at prison housing on April 5, and the Ray Gil Mission Memorial on May 11.

The Trettin Memorial is a well-attended event on an occasionally sandy, hilly course, with proceeds going to the Trettin Scholarship fund. Kent Yankee always does a great job organizing the thing. The Williams Memorial was inaugurated last year by Scott Leedham and the FCI folks on the 10th anniversary of the murder of guard Scott Williams at the local prison. The course offers some of the best views of the Lompoc Valley from a northwest angle rarely seen, even by longtime locals. The Mission event in May has been a 5K run/walk and 10K run for the past couple of years. This year, the race director (yours truly) is thinking of adding a bike race to the mix. I'm looking at a couple of big upper-lower loops for the two wheelers. We'll remember local lizard lover Ray Gil as well.

At the Mission Run/Bike there will be an update on the status of La Purisima. As most of you know, the Mission is on the chopping block, and may be closed by this summer. If you care, write your legislators, asking to keep the thing open, or there may not be a Half-Marathon at the Mission in September. Speaking of the half, write Saturday, September 27 on your calendar. Join the La Purisima Mission docents, the Lompoc Valley Riders and Mary Lou Seelandt's 5th grade class in saving our Lompoc Valley jewel, the best of the California Missions! Last year, the Mission was a learning tool for 20,313 fourth graders from throughout the state. There was a total attendance of 170,306. The Lompoc Valley Distance Club held four events at the Mission in 2007, including the Mission Run in May, the Lizard Breath in July, the Half-Marathon and Park-to-Park in September.

Here are a few elected officials to write regarding the Mission, and the 47 other impacted parks, including Montana de Oro.

Governor Arnold Schwarzenegger
State Capitol
Governor's Office
Sacramento, California 95814
Phone 916-445-2841

Senator Abel Maldonado
1356 Marsh Street
San Luis Obispo, California 93401
Phone 549-3874

Senator Tom McClintock
223 East Thousand Oaks Boulevard
Suite 400
Thousand Oaks, California 91360
Phone 494-8808

Assemblyman Sam Blakeslee
1104 Palm Street
San Luis Obispo, California 93401
Phone 549-3381

Assemblyman Pedro Nava
101 West Anapamu Street
Suite A
Santa Barbara, California 93101
Phone 564-1649

Yours in the spirit of good fun in the great outdoors,

Lizard Breath AI

A P.S. for friends of longtime LVDC member Olga Lucaric. She's back on the Mission trails again after a little setback. Go Olga!

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES.

SUNDAY, FEBRUARY 24, 8:00 AM. INDEPENDENT ROSES TO LA PLAYA 5K AND 1K KIDS/FAMILY RUN, SANTA BARBARA. 5K 8:00, 1K Kids/Family Fun Run 9:00. Leadbetter Beach. Point-to-point race from State St. and Pedregosa to Leadbetter Beach (bus provided to start). FAST, fun and festive. Down State Street and along the waterfront. Jose Gonzalez (805) 962-3627, jose@sbactionpro.com, www.sbactionpro.com

SATURDAY, MARCH 1, 8:00 AM. FOURTH ANNUAL PEABODY SCHOOL 10K/5K RUN, SANTA BARBARA. 10K 8:00, 5K 9:15. Leadbetter Beach. Flat and fast 5K/10K along the beautiful Santa Barbara coast. Refreshments, plus lots of highly cute kids. Robert Ramirez (805) 692-2500 robr@bdcmanagement.com

SATURDAY, MARCH 1, 8:30 AM. FRIENDS OF THE LIBRARY 5K/10K, CAMBRIA. These hilly races start and finish at Shamel Park on the ocean side of Highway 1 at the north end of Cambria (turn at the Windsor Blvd. signal) and cover land on the East/West ranch. There is an entry fee of \$10 with prizes to the first place male and female. There will also be a two mile walk and a two mile dog walk. The race is directed by Doug Buckmaster, 1965 Emmons Road, Cambria, 93428, 927-4206, dougbuck@sbcglobal.net, and Jerry Shea, 924-1506 (go2icon@netscape.net).

SUNDAY, MARCH 9, 9:00 AM. SAN LUIS MOUNTAIN 6.2 MILE RUN, SAN LUIS OBISPO. Laguna Lake Park. This rugged trail race goes along the ancient volcanic Morro, Cerro San Luis. The 6.2-mile course is

speckled with challenging single track, fire road and double track trails. With an elevation gain of 1,500 feet, this 10K is set against Laguna Lake with dramatic views of the coastal range and an overlook of downtown San Luis Obispo. Proceeds benefit San Luis Obispo County's Special Olympics. Entry fees are \$35 and \$30 for students, add \$10 on the day of registration. The fee includes awards in 22 categories, an event T-shirt, refreshments, raffle (must be present to win), KOM (first person to the aid station at the top of the hill) and a race clinic. There will also be prizes for the top three male and female finishers. For more information and to register, visit www.slomountainrun.com or contact Nimble Creative LLC, 1313 Pacific Street, San Luis Obispo, 93401, 546-8077, racing@slomountainrun.com.

SATURDAY, MARCH 15, 9:00 AM. EIGHTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN/WALK, LOMPOC. This race was established to honor the memory of John Trettin, a local doctor, coach, father, husband, and friend, who was tragically killed while bicycling in the summer of 2000. This race starts and finishes at the Cabrillo High School Track, 4350 Constellation Road. The run will be held on the Cabrillo High School cross-country course behind the school. Registration begins at 8:00 AM and is day of only. Entry fees: \$10 (\$8 for LVDC members) and \$5 for 18 and under (\$4 for LVDC members 18 and under). Awards three deep male and female in eleven divisions and overall male and female plaques. Limited edition T-shirts will be available for purchase on race day. Contact Miguel Ortiz at 805 286-0248 or Kent Yankee at 805 733-0754 for more information.

SATURDAY, MARCH 15, 10:00 AM. BRADLEY BULLDOG 5K/10K, BRADLEY. This annual event is to raise money for the Marjorie Vicente Scholarship fund at Bradley Elementary School. The Bulldog walk/run takes place at Bradley Community Hall on the corner of Dixie and Hall Streets in Bradley (north of San Miguel). Registration will be from 8:45 – 9:45 and the walk and run begin at 10:00. The cost for pre-registration including a T-shirt is \$15.00 and \$10 without a T-shirt. Race day registration including a T-shirt is \$20 and \$12 without a T-shirt. Additional donations for the Marjorie Vicente Scholarship fund are also welcome. Contact Bradley School at (805) 472-2310 for registration forms or more information.

SATURDAY, MARCH 15, 10:00 AM. SANTA BARBARA RUNNING SHAMROCK 5, 5 MILES, GOLETA. Girsch Park (Goleta). Exciting 5 mile loop through the Elwood Bluffs on dirt trails and over hay bales. Stick around for the special post-race party. Santa Barbara Running, (805) 899-8802 or (805) 964-6700, joe@sbrunningco.com, www.sbrunningco.com.

SUNDAY, MARCH 16, 8:30 AM. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, & 50K), LOS OSOS. This is part of the Pacific Coast Trail series of "runs that aren't races in beautiful places" designed to provide a quality trail running experience. Entry fees vary with the distance and are \$30 for the 8K and 12K, \$40 for the 25K, and \$55 for the 50K by March 2, add \$5 to each fee after that, and add \$15 on race day. There are T-shirts to all entrants, refreshments, and awards to the first male and female to finish. All runners are timed although the emphasis is primarily non-competitive. Check the web site at www.pctrailruns.com to register.

SATURDAY, MARCH 22, 8:00 AM. CARPINTERIA EDUCATION FOUNDATION 16th ANNUAL ORCHARD TO OCEAN 10K/5K, MILE FUN RUN. 10K 8:00 AM, 5K 9:15 AM, 1 Mile Fun Run. Main School, 5241 8th Street. Run along ocean front bluff. Benefits Carpinteria schools. Awards/food/raffle/music. Marianne McCarthy, (805) 722-5909, mccarthy140@cox.net

SATURDAY, APRIL 5, 9:30 AM. SECOND ANNUAL SCOTT WILLIAMS MEMORIAL PARK 5K CROSS COUNTRY RUN AND 1K CHILDREN'S RUN, LOMPOC. Held on the Picnic Grounds of the Federal Correctional Complex, the run offers scenic vistas of the Lompoc Valley to which the general public has not previously had access. The run is a fund raiser for the construction and maintenance of a memorial park honoring fallen staff from the Federal Bureau of Prisons. The children's run is at 9:30 and is \$10; the 5K is at 10:00 and is \$15 for pre-registration by March 20; add \$5 to each for race day registration. Race day registration starts at 9:00. The awards ceremony will be at 11:30. Sponsored by the FCC Employees' Club and

the Lompoc Valley Distance Club. Contact Doris Fredieu at the FCC Employees' Club, 3600 Guard Road, Lompoc CA 93436, or call Scott Leedham at 805 736-4154, ext 626 for more information.

SATURDAY, APRIL 5, 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

SATURDAY, APRIL 12. ARE YOU TOUGH ENOUGH 105K, SANTA BARBARA. Are you adequately resilient? Toro Canyon Park to Nojoqui Falls Park - Solo or five-person teams. Entries limited to 75. Flat and fast course, gently rolling in parts. T-shirts for finishers only. Jim Kornell, (805) 452-8660, jim.kornell@gmail.com

SUNDAY, APRIL 13, 8:00 AM. 12th ANNUAL WINE COUNTRY HALF MARATHON AND 5K AND KIDS HALF MILE, PASO ROBLES. The race will start and finish at River Oaks Hot Springs and Spa, 800 Clubhouse Drive, just off Highway 46 a few miles east of Paso Robles. The course takes you over rolling hills, through picturesque vineyards, and along the Salinas River. After the race, enjoy breakfast, music, a raffle, and the awards ceremony. All runners receive a race T-shirt and both male and female first place race winners of the half marathon win their weight in wine. The half marathon begins first, followed by the 5K and then a kids half mile for ages 10 and under. Entry fees are \$35 for the half marathon, \$25 for the 5K, and \$15 for the kid's race with awards three deep in 13 age groups for both the 5K and half marathon. The race web site is www.winecountryruns.com, register at www.active.com, e-mail mcrundoc@digitalputty.com, or call 226-9911.

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 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. ww.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.

SUNDAY, MAY 11, 9:00 AM. RAY GIL MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. WATCH THIS SPACE – THERE MAY BE A BIKE RACE ADDED TO THIS. 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. Entry fees: \$10, \$8 for LVDC members, \$4 for 18 and under. Contact Al Hunt, 736-5435 or LVDC, PO Box 694, Lompoc 93438.

RACE RESULTS

February 3, Ventura Half-Marathon - Julie and Juan Campos ran this cold, wet, and rainy half-marathon which made for ideal running conditions. Juan, 1:49:42, 80th overall, and Julie, 2:11:09, 2nd in age group, 145th. Julie and Juan are running the Tokyo Marathon on February 17.

SAVE THE LA PURISIMA MISSION

WRITE YOUR LETTERS TO THE ADDRESSES IN AL'S NOTES ABOVE. OR ACCESS THE LOMPOC VALLEY CHAMBER OF COMMERCE WEB PAGE AT WWW.LOMPOC.COM, CLICK ON READ MORE UNDER KEEP THE MISSION OPEN FOR E-MAIL ADDRESSES AND A SAMPLE LETTER FOR YOU TO PRINT ON YOUR OWN LETTERHEAD.

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

SATURDAY, MARCH 15
TRETTIN 5K

SATURDAY, APRIL 5
SCOTT WILLIAMS MEMORIAL PARK
5K CROSS COUNTRY RUN

SUNDAY, MAY 11
RAY GIL MISSION MEMORIAL
5K/10K (MAYBE BIKE RACE)