

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		Webmaster	

February 12, 2009

KEY DATES

Saturday, March 28

Trettin 5K

Saturday, May 9

Ray Gil Memorial 5K/10K



Hello out there in Lompoc Valley Distance Club Land

Endorphites of Planet Earth - including run-oriented folks like the Hummels and the Seelandts, and all our friends with the Village Dirtbags and the Lompoc Valley Bicycle Club - are getting fired up about this month's cycling Tour of California.

The two-wheeled traveling circus starts Saturday, Feb. 14 in Sacramento, then goes thru Davis-to-Santa Rosa, Sausalito-to-Santa Cruz, San Jose-to-Modesto and Merced-to-Clovis before doing the stages in our neck of the woods - Visalia-to-Paso Robles and the Solvang Time Trial on Feb. 19 and Feb. 20. It ends with mountainous stages from Santa Clarita over the Angeles Crest and into Pasadena, then Rancho Bernardo over Mount Palomar to Escondido in San Diego County. The galaxy of stars involved includes Lance Armstrong, and, for the women's criterium in Santa Rosa, German world beater Ina Teutenberg. With a name that ends in "borg" she would be a Solvang favorite. Who knows? Maybe someday soon, they'll have a full women's Tour of California.

Look for updates on the Tour, including eating advice from Team Jelly Belly (true) by Cycle Dawg Al in the Santa Barbara News-Press.

In the meantime, I hope you are all getting ready to join Kent Yankee at Cabrillo on Saturday, March 28 for our annual lid-lifter. A 5K a day keeps the doctor away, whether you're running fast, jogging or walking!

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

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, FEBRUARY 14, 2009, 09:00 AM ROMEO'S RUN & RELAY 4 MILE RUN AND 1 MILE COUPLES RELAY, SANTA BARBARA. 1 Lagoon Rd, Santa Barbara, CA 93106, UCSB Main Campus. This race is a part of the Santa Barbara Cross Country Series. Striving for a completely no waste race and environmental awareness. In order to be in contention for the race win you must participate in all three races. UCSB students: \$15 UCSB Alumni: \$20 UCSB Faculty and Staff: \$20 Moms in Motion: \$20 General Public: \$25. <http://www.valentinesdayrun.com>. For more information about the Santa Barbara Cross Country series, please visit www.independent.com/sbxcseries.

SUNDAY, FEBRUARY 15, 9:00 AM. 8TH CHAINS OF LOVE 5K, 10K, 15K AND ½ MILE KIDS RUN (AT CAL POLY), SAN LUIS OBISPO. The Chains of Love 5K, 10K, 15K, and 1/2 Mile Kid's Run is brought to you by the Cal Poly Triathlon Team. Run as an individual or in the couple's division (must finish together). The race starts in front of the Cal Poly Heath Center and all courses tour the hills of the Cal Poly campus. First place in each age group (19 & Under, 20-29, 30-39, 40-49, & 50+) will win a gift certificate to a restaurant in San Luis Obispo, second and third place will win a race mug, and all participants receive a race shirt. To register, go to www.active.com and search for Chains of Love. Entry fees for the 5K are \$15 for students & \$25 for non-students and couples; fees for the 10K are \$20 for students and \$30 for non-students and couples; fees for the 15K are \$25 for students and \$35 for non-students and couples. The kid's ½ mile fun run is \$10 and starts after the adult races. See more on their web site www.calpolytriathlon.com. Registration fees will help send the Cal Poly Triathlon team to the Collegiate Triathlon Nationals.

SUNDAY, FEBRUARY 15, 2009, 08:30 AM. MONTANA DE ORO TRAIL RUN (8 KM, 12 KM, 25 KM, & 50 KM, LOS OSOS, CA. <http://www.pctrailruns.com>.

SUNDAY, FEBRUARY 15, 8:00 AM. THIRD ANNUAL CARPINTERIA KIWANIS WINTER WARM-UP 5K RUN. Carpinteria Bluffs, Bailard Ave. Unique, cross-country style race along the Carpinteria Bluffs. Post-race fruit and other goodies. Bill Terry, (805) 451-4912, bill@billterryinsuranceagency.com. www.carpiwanis.org.

SATURDAY, FEBRUARY 21, 8:30 AM. 9th ANNUAL "BUZZ" MARATHON, HALF MARATHON, AND 5K, SAN MIGUEL. These races serve as a fundraiser for Lillian Larsen School athletic programs. The events will be on the grounds of Camp Roberts north of San Miguel with fees of \$15 for the 5K and \$35 for the half and full marathons for pre-entries and \$20/\$50 after the February 1 deadline. This includes a T-shirt and medals to the winners in each age group. Walkers start at 6:30 AM, full and half marathon runners at 8:30, and the 5K is at 8:45. Other activities include a barbeque at the finish and a drawing for door prizes. Eileen Rogers, Lillian Larsen School, P. O. Box 299, San Miguel, 93451, 238-6749 (H), 467-3216 (school), hornetqueen93451@buzzmarathon.org, web site = www.buzzmarathon.org.

SATURDAY, FEBRUARY 21, 8:00 AM. INDEPENDENT "ROSES EN LA PLAYA 5K," SANTA BARBARA. Leadbetter Beach. The same fun event is now an out-and-back course at the beach. Awards/prizes and post-race activities. Jose Gonzalez, (805) 962-3627, jose@sbactionpro.com. Register @ www.sbactionpro.com.

SUNDAY, MARCH 1, 9:00 AM. SAN LUIS MOUNTAIN 10K RUN, SAN LUIS OBISPO. This rugged trail race goes along the ancient volcanic peak 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 over 1,000 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 (\$30 for students); add \$10 for day of race registration. The fee includes awards in 11 age categories, an event T-shirt, refreshments, raffle, and a race clinic on February 28. There will also be prizes for the top male and female finishers. This year's race is part of Trail Runner Magazine's Trophy Series. 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 7, 8:00 AM. FIFTH ANNUAL PEABODY SCHOOL 5K/10K RUN, SANTA BARBARA. 10K 8:00, 5K 9:15. Leadbetter Beach. Flat and fast 5K/10K along the beautiful Santa Barbara coast. Refreshments. Garrett Headley, (805) 284-1152, gcheadley@yahoo.com, www.peabodycharter.com.

SATURDAY, MARCH 14, 09:00 AM. SHAMROCK SCRAMBLE, GOLETA. UCSB West Campus. This race is a part of the Santa Barbara Cross Country Series, striving for a completely no waste race and environmental awareness. In order to be in contention for the race win you must participate in all three races. UCSB Students: \$15, UCSB Alumni: \$20, UCSB Faculty and Staff: \$20, Moms in Motion: \$20, General Public: \$25. For more information about the Santa Barbara Cross Country series please visit www.independent.com/sbxcseries

SUNDAY, MARCH 15, VENTURA HALF MARATHON AND 5K. The race begins at the Ventura Unified School District (VUSD) building and runs along the Ventura-Ojai bike path. New start and finish location. The course is out and back and is slightly uphill on the way out and slightly downhill on the way back. The 5k is a fun run and awards will not be given. <http://www.venturamarathon.com/>

SATURDAY, MARCH 21, 8:00 AM. 11TH HARES AND HOUNDS 5K AND YOUTH HALF MILE, ATASCADERO. This race will return to Atascadero Lake Park with the start and finish at the Park Pavilion near the zoo. The 5K will be at 8:00 AM followed by a half mile at 9:00 for ages 13 and under at 9:00. The entry fees for the 5K are \$30 by March 15 and \$35 after that; \$10 for the kids' race by March 15 and \$15 after that (verify the entry fees as they are shown as different amounts in different places). Awards are three deep in 12 age divisions for the 5K and there are age divisions of 7 and under, 8-11, and 12-13 in the kids' race. There will also be prize money to the top three male and female finishers, raffle prizes, an Expo, and refreshments. The event is a fundraiser for the Greyhound Athletic Foundation which supports the athletic programs at Atascadero HS. Robyn Schmidt, K-Man Cycle & Run, 9530 El Camino Real, Atascadero, 93422, runninrobyn@charter.net, www.teamkman.org, www.active.com or www.athleteinyou.com.

SATURDAY, MARCH 28, 9:00 AM. NINTH 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 race only. Entry fees: \$10 (\$8 – LVDC); \$5 for 18 and under (\$4 – LVDC). 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 (while supplies last). Contact Kent Yankee at 805 733-0754 for more information.

SATURDAY, MARCH 28. 10:00 AM. BRADLEY BULLDOG 5K/10K. This 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 including a T-shirt is \$15.00 and \$10 without a T-shirt for pre-registration by February 15. Race day registration is \$20 (\$12 without a T-shirt). Additional donations for the scholarship fund are welcome. Contact Bradley School at 472-2310.

SUNDAY, MARCH 29 (8:00 A.M.) - 13th WINE COUNTRY HALF MARATHON AND 5K PASO ROBLES: The race will start and finish at River Oaks Hot Springs & 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. Special awards to the first 100 half marathon finishers and awards to the top three in each of 13 age groups. The half marathon begins first with the walk at 7:15 and the run at 8:00, followed by the 5K at 8:15, and then the kid's Grape Stomp half mile for ages 10 & under at 9:00 AM. Entry fees are \$45 for the half marathon, \$25 for the 5K, and \$15 for the kids' race. The race web site is www.winecountryruns.com, register at www.active.com, e-mail mcrundoc@digitalputty.com, or call 226-9911.

SATURDAY, APRIL 4, 12:00 NOON, AVILA BEACH 1 DREAM 5K AND YOUTH MILE. This is a benefit for the "1 Dream" Foundation which provides educational opportunities for underprivileged youth. Start/finish under the pier in Avila Beach with a course that is entirely on the sand at low tide. Fees are \$20 in advance and \$25 on race day for adults, \$5 in advance and \$10 on race day for the kids. The 5K is at noon with awards to the top three men and women overall and the kids mile (ages 7-14) is at 12:30 with ribbons to all finishers. Register at www.active.com. Call Mission Multisport at 459-6967 or check the web site www.missionmultisport.com.

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.

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 or check www.missionmultisport.com for more.

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: To be determined. Contact Al Hunt, 736-5435 or LVDC, PO Box 694, Lompoc 93438.

SATURDAY, JUNE 27, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KIDS RUN AND 3 MILE RUN/WALK. LOMPOC. 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, 10-12, and 13-15. Age categories in the 3 Mile Run as follows 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-65, and 66 Plus. Awards for the 3 mile walk will be the 1st, 2nd, and 3rd overall male and female. There will be an award for youngest and oldest entry. Finally, there will be an award for best and worst parade costume adhering to the theme of the Flower Festival for 2009. 100 percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 3 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 Wayne Davis at 735-7177, email: runwithme.w@verizon.net.

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, 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: 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.

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

RACE RESULTS

January 17, San Simeon. Castle to Coast Run, Paul Lee was 11th overall, 54:23; Karl Seelandt was 23rd overall, 56:41; and Mary Lou Seelandt, 89th, 71:41. (SLDC)

Jan 25, 2009 – 20th Running of the Marrakesh, Morocco (and our 6th Continent in the Bag). Race Day! Why we came here. Weather: cool, overcast, sprinkles – PERFECT! On-time start. Never heard a gun go off. No balloon arch. No music. You just went. The body odor, spitting, and snot clearing was the norm. No porta-potties at the start/finish area or on the course. Marrakesh was your toilet. Very flat course; however, runners had to share the road with traffic. Traffic control was good until the last 5K. Water stations were every 5K, with sponge stations (!) in-between. Spectator participation was spotty with some crowds and the odd mule and camel. Unfortunately, I was a victim of a random act of violence on the course. Some kid threw a filled water bottle and hit me square in the back (after his failed attempt to kick me). Luckily, justice was swift and very decisive. An adult threw rocks at the rapidly disappearing kid. The course took us from one extreme to the other – very posh neighborhoods to slums with the smell of sewer permeating the senses. Entertainment was extremely spare; whereas traffic was not. Finish line treats were water and tangerines. No Mylar blankets, no on-course or finish line photographers, no major goodies. The finish line clock was not overhead as one would expect, but off to the side with someone standing in front of it. In order to get the finisher's medal (which by the way, is pretty cool), there was a strict five-hour time limit. Finish times: Julie Campos, 4:37:00 (PB) and Juan Campos, 4:37:01. (Julie and Juan Campos)

February 1, Goleta. Super Bowl 4 Miler. Pauline Schneekloth was 67th overall, 29:47, 2nd in her age group; and Patty Landis was 214th overall, 42:46. (active.com)

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

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