

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	

February 12, 2010

KEY DATES

March 27, 2010

Dr Trettin 5K



Hello out there in Lompoc Valley Distance Club Land

As of this writing, just like the last, our 2010 schedule has the Trettin 5K in March, the Mission 5K/10K in May, the Parade Route Run in June, the Lizard Breath in July and the Valley of the Flowers Half in September. We're having a scheduling board meeting on Feb. 27, so stay tuned for more complete details in the next newsletter. Sorry about the delay in release of the full schedule, but at least we know Kent Yankee has the Trettin 5K organized for March 27.

MORE ON THE TRACK LISTS: Former Parade Route Run winner Duane Solomon (Cabrillo High 2003, USC 2009) is back in shape after ending the 2009 season on the injured list with a pulled right hamstring. I talked to Duane this morning over the phone. The world class 800 meter man is still living in Los Angeles and has been training with U.S. 800 record holder Johnny Gray since last September. "My hamstring is 100 percent," said Duane, who was second in the Joe Yancey 800 at the Millrose Games in New York on January 29. Solomon finished behind Kenyan Olympian Boaz Lalang and just ahead of Prince Mumba of Tanzania in that race. "They paid well in New York," said Solomon, who is also coaching middle distance runners at Beverly Hills High School. If Solomon makes the U.S. team at the indoor nationals next weekend in Albuquerque, New Mexico, he will race indoors one more time this season, at the world indoors in Doha, Qatar, March 12-14. As soon as he's done with the indoor races, Duane will switch his training focus for the summer season overseas, though he does plan to come back to the Mt. Sac Relays, where he is the defending 800 champion, in mid-April.

Up at Cal Berkeley, former Parade Route and recent Trettin Run winner Michael Coe (Cabrillo 2006) is in his junior track season. Coe, who also ended the 2009 track season on the injured list, appeared to be in good shape as he ran at NCAA indoors qualifying 7:52.14 while finishing sixth at the Husky Classic Feb. 13.

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

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.reefandrun.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

SATURDAY, FEBRUARY 20, 9:00 AM. ROSES EN LA PLAYA, SANTA BARBARA. Leadbetter Beach, Shoreline Dr. and Loma Alta. This is an out-and-back race at the beach. Fun and festive! post-race activities at Leadbetter Beach. \$20 pre-registration (thru 2/17/09), \$30 late registration. Youth registration (16/Under) \$15 (no t-shirt). Early packet pick-up/late registration will be at Outfooters, 136 S. Hope Ave. (La Cumbre Plaza), Santa Barbara, CA 93105, 805-687-4533. Friday, February 19, Noon-5 PM.

SATURDAY, MARCH 6, 8:00 AM. PEABODY CHARTER SCHOOL 5K/10K, SANTA BARBARA. Leadbetter Beach, Shoreline Park, 801 Shoreline Dr. Start at Leadbetter beach and continue out along the bike path. The 10K will turn around just before heading up to the music academy. The 5K will turn around in the approximate location of Chase Palm Park. The 10K will start promptly at 8:00, and the 5K will start promptly at 9:15. Children are welcome and encouraged to run EITHER or BOTH events. However, the 5K will probably be more geared toward being a family fun run. Prizes will be awarded for the top 3 male and female overall finishers. This event benefits the Peabody Charter School by helping to pay for P.E., Dramatic Arts and Fine Arts programs. Garrett Headley, (805) 284-1152, gcheadley@yahoo.com

SUNDAY, MARCH 7, 9:00 AM. SAN LUIS MOUNTAIN 10K RUN (LAGUNA LAKE PARK), 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 March 6. 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.

SUNDAY, MARCH 7, 8:00 AM. VENTURA HALF-MARATHON AND 5K, VENTURA. The events start and finish at the Ventura Unified School facility, which is located at 255 W. Stanley Ave. Ventura, CA 93001. There is plenty of parking on-site and the event starts on the grassy area at the back of the parking lot. The course runs out and back along the Ventura-Ojai bike path and should be a negative split course (second half faster than the first.) This race will have a few hundred people and will feature high quality technical

fabric eco friendly tops for half marathon participants (bamboo and recycled polyester), post-race food, and a fun atmosphere. <http://www.VenturaHalf.com>.

SATURDAY, MARCH 13, 8:00 AM. 12th HARES & HOUNDS 5K AND YOUTH RACES, ATASCADERO.

This race will return to Atascadero Lake Park with the start and finish at the Park Pavilion. The 5K will be at 8:00 AM followed by a youth mile for ages 12 and under at 8:45 AM and a half mile, also for ages 12 and under, at 9:00 with the awards ceremony scheduled for 9:30. The entry fees for the 5K are \$20 (\$30 with a T-shirt) by March 6 and \$25/\$35 after that, \$5 (\$15 with shirt) for the kids' race any time. Awards are three deep in 14 age divisions for the 5K with prize money to the top three overall men and women while all finishers in the kids' races will receive medals. There will also be refreshments and lots of raffle prizes (must be present to win). The event is a fundraiser for the Greyhound Athletic Foundation which supports the athletic programs at Atascadero HS. The race director is Robyn Schmidt, K-Man Cycle & Run, 9530 El Camino Real, Atascadero, 93422, HHRaceDirector@teamkman.org. Register through links at www.teamkman.org or www.active.com.

SATURDAY, MARCH 13, 9:00 AM. SHAMROCK 5 MILES AND 1K KIDS DASH, SANTA BARBARA.

All races start and finish at the Devereux property on UCSB's West Campus. Grab your favorite green running clothes and head over to the incredibly beautiful (and green) West Campus of UCSB. The Shamrock 5 Miler will provide lots of great views of the Pacific Ocean while heading through the quiet streets of Isla Vista. The race includes a great mix of running on trails and pavement. Be sure to stick around after the race for post-race food and awards. If you register before online or by mail before March 11 at 5 PM, you may pick up your race packet on Friday, March 12, 12 to 6 at the Santa Barbara Running Company's Goleta store, located at 129 N. Fairview Ave, Goleta CA 93117, 805-964-6700. Packet pick up and late registration will also be available race day at the event from 7:00 to 7:55. <http://www.ucsbbruns.com/>

SUNDAY, MARCH 21, 2010. 8:00 AM. 14th 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 \$50 for the half marathon, \$30 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, MARCH 27, 2010, 9:00 AM. TENTH 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. Funds raised go to scholarships for local graduating seniors. 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). Finisher's medallions to the first 200 participants across the line. Awards three deep male and female in eleven divisions and overall male and female plaques. Free raffle prizes will also be awarded to race participants. Limited edition shirts will be available for purchase on race day. Contact Kent Yankee at 805-733-0754 for more information.

SATURDAY, MARCH 27, 8:00 AM. KENNEDY CLUB DOG JOG, 4K AND 2K, PASO ROBLES.

This race is open to runners and walkers with a limit of one dog per person. Please bring only dogs that are well behaved around other dogs and people. The 4K route is along the Salinas River trail and both 4K and 2K participants will receive a race day bandana and dog goodie bag. There is a \$15 entry fee and the event will

be held rain or shine. Proceeds benefit Parks-4-Pups. To make additional donations or to find out more about the organization, go to www.parks4pups.org. The event location is Kennedy Club Adventure, 500 South River Road, Paso Robles, 93446

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, www.sbactionpro.com

SATURDAY, APRIL 17, 8:30 AM. 7th 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.

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/>

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, 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. Ken George, 928-3781, Ext. 194, 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/>

RACE RESULTS

Some race results from Patty Landis. The New Year's Eve run, Coyote Blue Moon, was just a fun run. Some people ran 50 miles, some 30 miles, some 20 miles, or whatever they wanted. We all just had to be at the last aid station at 9 p.m. there was all kinds of food, goodies, and drinks. Then at 11 p.m. we hiked up to Topa Peak, that is whoever wanted to. I got back to my car at 5 a.m. We all had brunch at the Women's Club. What a great party. I will do it again.

I had the best run at the Calico Mine Run. I broke all my records. What a feeling that was. My time was 8 hours, 2 minutes and I got second place. The run was harder then usual because of so many rocks and slides. The weather was perfect. Gudrun Fink went with me and was a great support for me. She hiked out and about.

January 16, Santa Barbara. Elings Park Cross Country events. 6 Miles – Karl Seelandt, 53:34; Rick Hummel, 58:40; and Mary Lou Seelandt, 1:19:01. http://www.sbrunning.org/Results/ElingsXC_2010.html

February 7, Santa Barbara. Super Bowl 4 Miler. Pauline Schneekloth, 45th overall, 29:11, 1st in her age group; and Patty Landis, 170th overall, 38:21, 2nd in her age group. <http://sbrunning.org/Results/SuperBowl4M2010.html>

February 13, San Miguel. Buzz Half Marathon, Karl Seelandt, 1:34: 27, 4th overall; Mary Lou Seelandt, 2:02:20, 25th overall. (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	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

LOMPOC VALLEY DISTANCE CLUB
PO BOX 694
LOMPOC CA 93438

DR TRETTIN 5K
Saturday, March 27