

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, 2011

KEY DATES

SATURDAY, MARCH 19 TRETTIN 5K RUN AND NATURE WALK

SATURDAY, MAY 14 RAY GIL MISSION MEMORIAL 5K RUN/WALK AND 10K RUN



Hello out there in Lompoc Valley Distance Club Land

I recently got an e-mail from Trettin 5K race director Kent Yankee asking for help at the Saturday, March 19 event at Cabrillo High. This great run/walk, the best-attended Lompoc Valley Distance Club event in recent years, starts at 9 AM, so volunteers should be there by 8 AM. Kent particularly needs folks to get out on the course to be monitors. He is reachable at kentyankee@aol.com or 733-0754. Proceeds from the event go to college scholarships for Lompoc Valley kids.

In other news, about the time you receive this newsletter, LVDC Parade Route Run record holder Duane Solomon will be at (or headed to) Albuquerque to participate in the USA Track and Field Indoor National Championships in the 800 meters (Feb. 26-27). Duane, who is sponsored by Saucony, finished second in this event (and in the outdoor 800 nationals as well) last season. So far this winter, Duane, who now lives in LA, has represented the USA in the 800 (finishing fourth) at the Five Nations meet in Glasgow, Scotland, and finished first in the 600 at the Boston New Balance Grand Prix.

Looking outside, I see that we're finally getting some rain, with more predicted over the next week. I hope you got your favorite winter veggie seed in the ground (I do). After our record-wet December, we had only four days through first six weeks of 2011 with measurable rainfall. It was great jogging, biking, hiking, and barbecue weather while it lasted.

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

SUNDAY, FEBRUARY 27, 9:00 AM, SANTA BARBARA 5000. It's Roses to La Playa returning to State Street with a new name and format. The SB 5000 is a new, exciting, unique race in downtown Santa Barba-

ra. Awards/prizes, and Health & Fitness Expo. Start / Finish Location: State St. and Anapamu St. and pre-race date registration from 6:30 a.m. to 8:30 a.m. Early Pickup and Late Registration: Saturday, Feb. 26th, 12:00 PM- 5 PM, at Outfooters, La Cumbre Plaza, 136 South Hope, Santa Barbara, (805) 687-4533. Packet pickup and late registration will also be available race day at State & A Restaurant from 7:45 - 8:45. Fees: All entries include race T-shirt, food, and entertainment. \$30 early registration (thru 2/24/11), \$40 after Feb. 24th. Youth registration (16/Under) \$15. No refund. T-shirt availability cannot be guaranteed for race day entrants. Jose Gonzalez, 805-962-3627, jose@sbactionpro.com, www.sbactionpro.com

SATURDAY, MARCH 12, 8:00 AM. 13TH ANNUAL HARES & HOUNDS 5K AND YOUTH RACES, ATASCADERO. This race is at 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 kid's 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 19, 2011, 9:00 AM. ELEVENTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN AND NATURE 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. Participants of the Run and Nature Walk are encouraged to use provided bags and gloves to keep the course clean as they enjoy their surroundings. Registration begins at 8 AM and is day of the event 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. 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 19, 9:45 AM. SAN LUIS OBISPO HEALTH & FITNESS EXPO 5K, SAN LUIS OBISPO. Registration and check-in is at the Madonna Expo Center where the race will start and finish as part of the SLO County Health and Fitness Expo. Pre-registration is \$25, \$30 on race day, includes a shirt, and can be done through their web site at www.slohealthandfitness.com or www.active.com. Proceeds benefit the Community Health Centers, a non-profit organization providing medical services. If you have questions, call 772-4600 or e-mail admin@simplyclearmarketing.com.

SATURDAY, MARCH 26, 9:00 AM. KENNEDY CLUB FITNESS DOG JOG, 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 route is along the Salinas River trail and participants will receive a race day bandana and dog goodie bag. The event location is Kennedy Club Adventure, 500 South River Road, Paso Robles, 93446. 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, write to Post Office Box 795, Paso Robles, 93447-0795, e-mail info@parks4pups.org or go to www.parks4pups.org.

SUNDAY, APRIL 10, 8:00 AM. 15th WINE COUNTRY HALF MARATHON, 5K, AND KID'S GRAPE STOMP, 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 T-shirt and both male and female first place race winners of the half marathon win their weight in wine. Finisher medals to all half marathon finisher, special awards to the 5K male and female winners, and awards to the top three in each of 13 age groups in both races. 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 the kid's Grape Stomp half mile for ages 10 & under at 9:00 AM. Entry fees are \$60 for the half marathon, \$40 for the 5K and \$15 for the kid's race. The race web site is www.winecountryruns.com and you can register for the race at http://www.active.com/event_detail.cfm?event_id=1870617. The e-mail contact is mcrundoc@digitalputty.com or call 226-9911 (answering machine only).

SATURDAY, APRIL 16, 8:00 AM. SANTA BARBARA CHARDONNAY 10-MILER AND 5K, SANTA BARBARA. Start at Leadbetter Beach, Shoreline Drive and Loma Alta. The Santa Barbara Chardonnay 10-Miler and 5K is the premier spring running event in Santa Barbara. 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 entry fee through 3/27: 10-Miler \$30, 5K \$25. Mid-entry fee from 3/28 through 4/13: 10-Miler \$40, 5K \$30. Late entry fee: 10-Miler \$50, 5K \$35. Youth (16/Under) \$15 for 10-Miler or 5K. Early Packet Pickup & Late Registration: Friday, April 15, Noon to 5:45, Outfooters, La Cumbre Plaza, 136 South Hope Ave, Santa Barbara, CA 93105, 805-687-4533. The Chardonnay wine tasting is a fun, festive way to finish the event. 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. Jose Gonzalez, 805-962-3627, jose@sbactionpro.com, www.sbactionpro.com.

SUNDAY, APRIL 17, 9:00 AM. SAN LUIS MOUNTAIN RUN 5K AND 10K RUNS (Laguna Lake Park), SAN LUIS OBISPO. These trail races go 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, the 10K is set against Laguna Lake Park with dramatic views of the coastal range and an overlook of downtown San Luis Obispo. The newly added 5K provides views of the city and the challenge of the trails in a smaller package. A portion of the proceeds benefits San Luis Obispo County 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. There will also be prizes for the top male and female finishers. To register, visit www.slomountainrun.com or contact Yishai Horowitz, All-Out Events, 541-0401, yishai@all-outevents.com or www.all-outevents.com.

SATURDAY, MAY 7. 8:30 AM. 8TH 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 \$30 by April 7, \$45 by May 5, and is \$5 more for mail-in registration (\$50 for all entries on race day). Kids ages 13 & 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 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 at www.active.com, or call 781-3535.

SATURDAY, MAY 14, 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 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. 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 14, 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. Both distances will include a walk and the total number of entries for all events is limited to 1,500. The 10K walk starts at 7:45 AM, the 10K run at 8:00, the 5K run at 8:05, and the 5K walk at 8:10. 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 & Parks office, 615 South McClelland, Santa Maria, 93454. Directed by 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

RACE RESULTS

January 29, San Juan Bautista. Mission 10 Race. Chris Denny finished in 5th place in the 70 Plus age division with a 2:24:46. (Chris Denny)

February 13, Ventura 1/2 Marathon. Juan Campos, 1:42:33, and Julie Campos, 2:34:53 (walker). (Julie Campos)

February 13, Montana de Oro Trail Runs, Los Osos. Paul Lee was the winner of the 8K, 39:56. (<http://www.pctrailruns.com/Results/2011MdOFebResults.pdf>)

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	Betty Lee	RaceReady, Inc, WILCO Distributors, Inc, Elite Eyecare Medical Group, Cardiovascular Center of Lompoc, Walker, Wilson and Hughen, Valley Medical Group, Starbuck-Lind Mortuary, Community Bank of Lompoc, CoastHills Credit Union, Santa Barbara Bank and Trust, At Home Senior Services, Lompoc Valley Medical Center, Rabobank, Union Bank, Culligan Water

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 19
TRETTIN 5K RUN AND NATURE WALK

SATURDAY, MAY 14
RAY GIL MISSION MEMORIAL
5K RUN/WALK AND 10K RUN