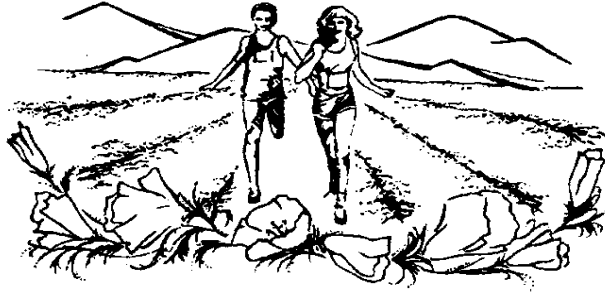


Lompoc Valley Distance Club

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, 2012

KEY DATES

SATURDAY, MARCH 24

TRETTIN MEMORIAL 5K RUN AND NATURE WALK

SATURDAY, MAY 12

RAY GIL MISSION MEMORIAL 5K RUN/WALK AND 10K RUN

SATURDAY, JUNE 23

FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK



Hello out there in Lompoc Valley Distance Club Land

The Lompoc Valley Distance Club race schedule for 2012 continues to take shape. We established last month that our 12th Annual Trettin Memorial 5K run and walk is set for Saturday, March 24 on the Cabrillo cross country course beginning at 9 AM.

New dates to mark on your calendar are Saturday, May 12 for the Ray Gil Mission 5K/10K, Saturday, June 23 for the Parade Route 5K, Saturday, July 14 for Lompoc Lizard Breath Fenceline Fun Run, and Saturday, September 22 for the Valley of the Flowers Half-Marathon.

Start time for the May Ray Gil run/walk is 9 AM, with signups at the Olde Oake Tree on the road next to the Chumash Village beginning at 8 AM. Start time for the Fenceline run/walk is 8 AM, with signups starting at 7.

Keep checking the newsletter for more details on all these events.

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

SATURDAY, FEBRUARY 18, 8:30 AM. 12th "BUZZ" MARATHON, HALF MARATHON, 5K, AND KID'S MILE, CAMP ROBERTS. These events will be on the grounds of Camp Roberts north of San Miguel with

pre-entry fees of \$15 for the kid's mile (for ages 11 and under) \$25 for the 5K, and \$40 for the half and full marathons. This includes a T-shirt, a barbeque at the finish, and medals to the winners in each age group. Full and half marathon runners start at 8:30, the 5K begins at 8:45, and the youth race is at 9:30. The courses are out-and-back on paved roads and have rolling hills with breathtaking views of oak-studded hillsides, the Salinas and Nacimiento Rivers, and abundant Central Coast wildlife. These races serve as a fundraiser for Lillian Larsen School athletic programs with the funds used to cover entry fees, uniforms, referees, equipment, and physical exams. They are directed by Eileen Rogers, Lillian Larsen School, 1601 "L" Street, San Miguel, 93451, 238-6749 (H), 467-3216 (school), hornetqueen93451@buzzmarathon.org, web site - www.buzzmarathon.org.

SUNDAY, FEBRUARY 26, 9:00 AM. RAIN OR SHINE! ROSES EN LA PLAYA, SANTA BARBARA. The course is an out-and-back race at the beach starting and finishing at Lead better Beach, Shoreline Drive, and Loma Alta. Post-race activities at Leadbetter Beach. Early packet pick-up/late registration will be at Outfooters, 136 S. Hope Ave. (La Cumbre Plaza), Santa Barbara CA 93105, 805-687-4533, Saturday, February 25, noon-5. Fees: \$25 early registration (thru 2/23/12), \$35 late registration; youth registration (16/Under) \$15. Fee includes new t-shirt design. No refund. T-shirt availability cannot be guaranteed for race day entrants. Contact Info: Jose Gonzalez, 805-962-3627, jose@sbactionpro.com, www.sbactionpro.com.

SATURDAY, MARCH 10, 8:00 AM. HARES AND 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 followed by a youth mile for ages 12 and under at 8:45 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 \$25 (\$35 with a T-shirt) and \$10/\$20 for the kids races. Awards are three deep in 14 age divisions for the 5K 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 and Run, 9530 El Camino Real, Atascadero, 93422, HHRaceDirector@teamkman.org. Register through links at www.teamkman.org, www.teamkman.org, or active.com

SATURDAY, MARCH 24, 2012, 9:00 AM. TWELFTH 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 only. Entry fees: \$10 (\$8 for LVDC members) and \$5 for 18 and under (\$4 for LVDC members 18 and under). Awards three deep for 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 or to volunteer.

SATURDAY, MARCH 24, 9:45 AM. SAN LUIS OBISPO HEALTH AND 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. Awards to the top three men and women to finish. 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.

SUNDAY, MARCH 25, 8:00 AM. 16TH WINE COUNTRY RUNS 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 finishers, 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 at 8:00, followed by the 5K at 8:15 and the kid's Grape Stomp half mile for ages 10 and under at 9:00. Entry fees are \$55 for the half marathon, \$35 for the 5K (prices increase by \$5 after December 31) and \$15 for the kids race. The race web site is www.winecountryruns.com and you can register for the race at www.active.com. The e-mail contact is mcrundoc@digitalputty.com or call 226-9911 (answering machine only).

SATURDAY, APRIL 14, 2012, 8:00 AM. SANTA BARBARA CHARDONNAY 10-MILER AND 5K, SANTA BARBARA. 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 post-race wine tasting! Early entry fee through 3/28: 10-Miler \$35, 5K \$25. Mid-entry fee from 3/29 through 4/7: 10-Miler \$45, 5K \$35. Late entry fee: 10-Miler \$55, 5K \$40. Youth (16/Under) \$15 for 10-Miler or 5K. 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. <http://www.sbactionpro.com>

SATURDAY, APRIL 21, 2012, 8:30 AM. FIREHOUSE 5K FUN RUN AND HEALTH FAIR, ATASCADERO. Atascadero Fire Station 1, 6005 Lewis Avenue. The Atascadero Firefighters Association presents: The Inaugural Firehouse Health Fair and Fun Run- Unique 5K course incorporating both road and trail. Start and finish at Atascadero Fire Station 1 and head into the beautiful Stadium Park. The course consists of 1 mile on flat roads. The trails of Pine Mountain provide the other 2 miles with over 500 feet of elevation gain. It is guaranteed to provide gorgeous views of the city, challenging terrain and fun for all. Saturday morning 7:30-8:15 – Packet pick-up and race-day registration 8:00 – Health fair open 8:30 – 5K starts 9:45. Awards (overall male/female, top finisher in each age group, firefighter challenge). 10:00 – Kids ½ mile start. 10:30 – Health fair close. Race Day Events continued: Health Fair- displaying a wide variety of health and wellness sponsors. They will be providing information about their services and how they may assist you in becoming healthier. Live music provided by the sweet sounds of Dixie Dominus. Kids ½ Mile Fun Run. Race day registration available. No Age limit. Post race snacks and drinks. Fire Station and Equipment tours provided by all your city firefighters. Registration: Kids ½ Mile is \$5. Race day registration only. 5K \$25 till March 21st, 2012, 5K \$30 from March 21 to race day; 5K race day \$35. T shirt availability for race day entrants may be limited. 5K race Student grades K-12 \$20. 5K race for Firefighter Team Challenge is \$80 for a team of 4. All runners must be members of a fire department. The team with the fastest combined finish time will win the challenge. Registration includes t shirt, race fees, post race snacks. Event Contact Phone: 805 748-5288

SUNDAY, APRIL 22, NO TIMES. SAN LUIS OBISPO MARATHON, HALF MARATHON, AND 5K. These new races will be on Earth Day with courses that feature rolling hills, vineyards, and other scenic vistas. The marathon and half marathon will benefit Team In Training while the 5K benefits Special Olympics. Packet pick-up will take place at the SLO Life Expo at the Madonna Inn Expo Center. Entry fees are \$110 for the marathon, \$85 for the half, and \$35 for the 5K. **There is no late registration for the marathon and half marathon.** Online registration cut-off is Sunday, April 15. 5K athletes receive a short sleeve re-cycled Tech T-shirt and all marathon and half marathon athletes receive a long-sleeve recycled Tech T-shirt and recycled sweats bag. Marathon and half marathon finishers also receive a medal. Visit www.SLOMarathon.com for additional information.

SATURDAY, MAY 12, 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 12, 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 on-line entry fee is \$35 by April 7 and \$50 after that. Kids ages 13 and 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 websites at www.fcni.org and www.mm4k.com for complete race information. The event is sponsored by the Family Care Network, 3765 South Higuera Street, #100, San Luis Obispo, 93401, register though their web site, at www.active.com, or call 781-3535.

SATURDAY, MAY 12, 2012, 7:00 AM. SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. Sold out. <http://www.runsantayneze.com/>

SATURDAY, MAY 19, 7:45 AM. BULL CANYON 5K AND 10K, SANTA MARIA. NOTE DATE CHANGE. 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 cost is \$20 for military 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 4 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. Directed by Ken George, 928-3781, Ext. 194, Proceeds benefit Special Olympics. Contact: kgeorge@hancockcollege.edu or <http://www.bcrun.org/>

SATURDAY, JUNE 23, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK, LOMPOC. 1K Kid's Run starts at 8:30 AM and 5K Run/Walk at 8:45 AM. Start and finish 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. Pre-registration not required but recommended for speedy check-in morning of event – call 735-7177. Entry fee: \$10 (\$2 discount for LVDC members! Awards in 1K and 5K. Run categories will be for 1st & 2nd for Male and Female. Awards for 5K Walk will be for 1st, 2nd, and 3rd place Overall. Age category awards for the 1K Kids Run as follows; 5 and under, 6-8, and 9-11. Age categories in the 5K Run as follows: 12 and Under, 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-64, and 65-69, 70 Plus. 100 Percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 7 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 A.Lee & Wayne Davis at 735-7177, email: alhwed@msn.com

SATURDAY, JULY 16, 8:00 AM. ELEVENTH 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. Fees: To be determined. For information or to volunteer to help with this event, contact Al Hunt at 736-5435.

RACE RESULTS

January 28, San Juan Bautista Mission 10 Miles. Chris Denny was 3rd in the 70 plus age division, 2:09:55. (Chris Denny)

February 12, Ventura Half-Marathon. Juan Campos finished in 1:46:24 and Julie Campos walked it in 2:45:15. (Julie Campos)

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	RaceReady, Inc, Elite Eyecare Medical Group, Walker, Wilson and Hughen, Valley Medical Group, Starbuck-Lind Mortuary, Community Bank of Lompoc, CoastHills Credit Union, Santa Barbara Bank and Trust, Dr. W. Blake Jamison, Dr Thomas A. Van Meter, At Home Senior Services, Lompoc Valley Medical Center, Rabobank, Union Bank

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

**TRETIN 5K RUN/WALK
SATURDAY, MARCH 14, 9:00
RAY GIL MISSION MEMORIAL
5K RUN/WALK AND 10K RUN
SATURDAY, MAY 12, 9:00
FLOWER FESTIVAL PARADE
ROUTE 1K KID'S RUN AND
5K RUN/WALK,
SATURDAY, JUNE 23, 8:30**