

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

<http://www.impulse.net/~lvdc/>



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January 12, 2008

## KEY DATES

**March 15 DR. JOHN C. TRETTIN MEMORIAL 5K RUN/WALK**



### **Hello out there in Lompoc Valley Distance Club Land**

The announcement that Lompoc's La Purisima Mission State Historical Park is on the state budget chopping block has some rolling their eyes and saying "politics." It has the Lompoc Valley Distance Club wondering where four of its events, including the May Mission Runs, the July Lizard Breath and the September Park-to-Park and Half-Marathon, will be held if the axe falls. I've sent off letters to various and sundry elected officials, everybody from the California governor to the Lompoc mayor. Coincidentally, I learned from a conversation with Mayor DeWees last night, the governor is meeting with Santa Barbara County mayors Friday in SB.

Other than La Purisima, it's been a quiet month on the LVDC front. Kent Yankee is working on our season lid-lifter, the Trettin Run, which will be held in March. Betty Lee is holding the fort on the Parade Route and Half-Marathon. Hopefully, Neal Smoots and Kathi Froemming are still interested in the Park-to-Park. I know I'm intending to hold the Mission Runs in May and the Lizard Breath in July.

Meanwhile, I'm assembling the pages of my biographical sketch on Lompoc's Olympian, Nick Carter. It is work, but it is going well. Those 1920s pics and cartoons are looking good!

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

**2008 MEMBERSHIP.** A 2008 membership form is included with this newsletter. It doesn't seem possible that is almost a new year. Anyway, renew your membership and pass on a copy to a running friend so we can increase our membership. This will be the last newsletter you receive unless you renew your membership.

**LA PURISIMA MISSION.** Al has already written about the projected closure of the La Purisima Mission State Park. We will try to keep everyone up-to-date on the status of the Mission. If petitions are being circulated we will try to get the word out to members where they can sign the petitions or attend meetings, etc.

## UPCOMING ROAD RACES

**CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES.**

**SATURDAY, JANUARY 26, 2008, 9:00 AM. MISSION MULTISPORT 5K/10K CROSS COUNTRY RUNS, SAN LUIS OBISPO.** There will be a 10K cross country race at 9 AM, a 5K x-c race at 10 AM (both on dirt), a European style 5K steeplechase cross country race at 10:45, and a 1 mile European style x-c race for kids ages 8-13 at 11:30. The site is the Fairbanks XC Course across from Cuesta College with check-in 45 minutes before your race. Costs are \$20 for ages 14 through adult with a t-shirt if signed up by January 23 and \$25 on the day of the race. Kids who enter the one mile run are \$5 with race day sign-ups only. Merchandise awards for race winners and medals to all the finishers in the youth race. Directed by Kathy Hennesly, [www.missionmultisport.com](http://www.missionmultisport.com), 459-6967.

**SUNDAY, FEBRUARY 3, 9:00 AM. SUPER BOWL 4-MILER, GOLETA.** Stow Grove Park in Goleta (La Patera and Cathedral Oaks) - 1st annual Super Bowl 4-miler is a fun run/walk and a great way to start your Super Bowl Sunday. Flat/fast course. Jose Gonzalez (805) 962-3627, [jose@sbactionpro.com](mailto:jose@sbactionpro.com). [www.sbactionpro.com](http://www.sbactionpro.com)

**SUNDAY, FEBRUARY 3, 8:00 AM. VENTURA HALF-MARATHON AND 5K.** West Park Community Center, Ventura. Out and back on the bike path toward Ojai, nice course. There's a 5K, too. Josh Spiker, (805) 258-6361, [joshspiker@gmail.com](mailto:joshspiker@gmail.com), [www.venturamarathon.com](http://www.venturamarathon.com).

**SUNDAY, FEBRUARY 10, 8:00 AM. SANTA BARBARA RUNNING VALENTINE'S 4-MILER AND COUPLES RELAY RUN, SANTA BARBARA.** 4-Mi. 8:00, 2 x 2 mile Couple's Relay 9:00. UCSB Lagoon. Fun and beautiful two-loop course around the UCSB Lagoon. Great Valentine's treats/prizes. Santa Barbara Running, (805) 899-8802 or (805) 964-6700, [joe@sbrunningco.com](mailto:joe@sbrunningco.com), [www.sbrunningco.com](http://www.sbrunningco.com).

**SUNDAY, FEBRUARY 10, 9:00 AM. 7th ANNUAL CHAINS OF LOVE 5K, 10K, AND 15K (at Cal Poly), SAN LUIS OBISPO.** Get a head start on Valentine's Day with the Chains of Love 5K, 10K, 15K, and half Mile Kid's Run brought to you by the Cal Poly Triathlon Team. Run as an individual or grab a friend and finish holding hands in the couple's division. The race starts in front of the Cal Poly Heath Center and all courses tour the gentle rolling hills of the beautiful Cal Poly campus. First place finishers 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 finishers in each age group will win a race mug and all participants receive a race shirt. To register, go to [www.active.com](http://www.active.com) and search for Chains of Love. Entry fees for the 5K are \$20 for students & \$25 for non-students and couples; fees for the 10K are \$25 for students and \$30 for non-students and couples; fees for the 15K are: \$30 for students and \$35 for non-students and couples. The kid's half mile is \$10 and starts at 11:00 am. For more information visit [www.calpolytriathlon.com](http://www.calpolytriathlon.com) or contact Katie Blaesser at [kblaesse@calpoly.edu](mailto:kblaesse@calpoly.edu), (831) 227-8477. Registration fees will help send the Cal Poly Triathlon team to the Collegiate Triathlon Nationals.

**SATURDAY, FEBRUARY 16, 8:30 AM. 8th ANNUAL "BUZZ" MARATHON, HALF MARATHON, AND 5K, CAMP ROBERTS.** 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. Other activities include a barbeque at the finish and a drawing for door prizes. The meet director is Eileen Rogers, Lillian Larsen School, P. O. Box 299, San Miguel, 93451, 238-6749 (H), 467-3216 (school), e-mail [hornetqueen93451@buzzmarathon.org](mailto:hornetqueen93451@buzzmarathon.org), race web site [www.buzzmarathon.org](http://www.buzzmarathon.org).

**SATURDAY, FEBRUARY 16, 8:00 AM. CITY OF PISMO BEACH HALF MARATHON AND 5K.** The Pismo Beach Recreation Division is holding this half marathon on the beach at the Pismo pier with registration starting at 7:00 AM. The 5K is \$15 before February 1 and \$20 after that while the half marathon is \$40 before February 1 and \$50 afterwards. T-shirts to all 5K entrants, long-sleeved T-shirts to the half marathon runners. Awards three deep in each division (17 & Under, 18-29, 30-39, 40-49, 50-59, 60-69, & 70+). For more information, contact the Pismo Beach Recreation Division, 760 Mattie Road, Pismo Beach, 93449, 773-7049, [www.pismo-beach.org](http://www.pismo-beach.org).

**SUNDAY, FEBRUARY 17, 8:00 AM. CARPINTERIA KIWANIS SECOND ANNUAL WINTER WARM-UP 5K, CARPINTERIA.** Carpinteria Bluffs, Bailard Ave. Post-race fruit, free photos and other goodies. Bill Swing, (805) 684-2577, [istartandstop@cox.net](mailto:istartandstop@cox.net), [www.carpkiwanis.org](http://www.carpkiwanis.org)

**SUNDAY, FEBRUARY 24, 8:00 AM. INDEPENDENT ROSES TO LA PLAYA 5K AND 1K KIDS/FAMILY RUN, SANTA BARBARA.** 5K 8:00, 1K Kid's/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](mailto:jose@sbactionpro.com), [www.sbactionpro.com](http://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](mailto: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](mailto:dougbuck@sbcglobal.net), and Jerry Shea, 924-1506 ([go2icon@netscape.net](mailto:go2icon@netscape.net)).

**SUNDAY, MARCH 9, 9:00 AM. SAN LUIS MOUNTAIN 6.2 MILE RUN, SAN LUIS OBISPO.** Laguna Lake Park. Postponed from November, the San Luis Mountain Run is back. 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 is 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](http://www.slomountainrun.com) or contact Nimble Creative LLC, 1313 Pacific Street, San Luis Obispo, 93401, 546-8077, [racing@slomountainrun.com](mailto:racing@slomountainrun.com).

**SATURDAY, MARCH 15, 2008, 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. SANTA BARBARA RUNNING SHAMROCK 5, 5 MILES, GOLETA.** 5-Mi. 10:00. 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, APRIL 13, 8:00 AM. 12th ANNUAL WINE COUNTRY HALF MARATHON AND 5K AND KID'S 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 kid's 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](http://www.winecountryruns.com), register at [www.active.com](http://www.active.com), e-mail [mcrundoc@digitalputty.com](mailto:mcrundoc@digitalputty.com), or call 226-9911.

### **RACE RESULTS**

31 Dec 2007 – 1 Jan 2008 – Julie and Juan Campos ran the 2007 Year to Year 5K at Pt Mugu. Juan was 33<sup>rd</sup> overall, 23:23, and Julie was 88<sup>th</sup> overall, 29:27. The race started at 11:50 PM and runners ran along a paved race course that paralleled the beach. The course was lit by glow sticks, bonfires and the star-filled night sky. This race sounds like a lot of fun. (Julie Campos)

**DON'T FORGET TO RENEW YOUR MEMBERSHIP.**

**PASS ON A MEMBERSHIP FORM TO A FRIEND.**

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](mailto:nperry3@verizon.net)

LOMPOC VALLEY DISTANCE CLUB  
PO BOX 694  
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MEMBERSHIP  
RENEWAL TIME

SATURDAY, MARCH 15  
TRETTIN 5K