

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	

December 12, 2009

KEY DATES

March 27, 2010

Dr Trettin 5K

Hello out there in Lompoc Valley Distance Club Land



As of this writing, 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 February 6, so stay tuned for more complete details in the next newsletter.

WE'LL SEE YA, SAM: Fans of track and field around the world said "See you later, Sam" to Santa Ynez/Santa Barbara legend Sam Adams, who passed away at age 78 on Monday, January 11. Sam was known at UC Santa Barbara as "The Rock" when I attended that school in the late 70s. He looked like one, the strong silent type. A talented multi-sport athlete as he graduated from Santa Ynez High in 1949, Sam became a world-class decathlete at UC Berkeley. He just missed making the Olympic team in that endeavor in 1952 and 1956. Berkeley coaching legend Brutus Hamilton, an Olympic decathlete in 1920, called Adams "The greatest athlete I ever coached." Hired as an assistant at UCSB in 1959, Adams took over as the head track and field coach in 1964. He assumed that position when Lompoc Olympian Nick Carter stepped down to an assistant's role. Mark Patton noted in the Santa Barbara News-Press that Carter said this about Adams: "He was a model for the athletes. He had a great physique, and he got along with the athletes really well." Would add that Adams also got along well your not-so-athletic people in P.E. at UCSB, such as yours truly. He loved to see folks out there, getting exercise. He was encouraging, well-organized and had a calm demeanor.

ON THE TRACK LISTS: Looking at the 2009 Track and Field News rankings in this month's issue, we see Michael Coe moving up and Duane Solomon moving down. Coe, a 2006 Cabrillo grad who runs for Cal Berkeley, is listed as the fifth-fastest miler in the USA for 2009 at 3:56.18. He sits 20th in the country in the 1,500 meters at 3:40.52. Solomon, out of Cabrillo in 2003 and a spring 2009 USC grad, is 18th on the 800 meter list at 1:46.85. He slipped from top-five rankings the previous two years. As we never tire of pointing out, Coe's resume includes wins at the Lompoc Valley Distance Club's Parade Route and Trettin runs. Solomon is a Parade Route run winner. Both of the former Conquistadores started the spring of 2009 going great guns, bidding fair to contend for the national team in June at Eugene. But injuries laid them low. Coe took the fall off from cross country at Cal, aiming to peak at bit later in 2010. Seen running at La Purisima Mission over Christmas break, he looked to be in world-class condition.

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

2010 MEMBERSHIP. A 2010 membership form is included with this newsletter. 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.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, FEBRUARY 7, 9:00 AM. SUPER BOWL 4-MILER, GOLETA. Stowe Grove Park, 580 N. La Patera Lane. Start your Super Bowl Sunday with a 4 mile run/walk. Fast/flat course through the streets of Goleta with part of the course on the trails of Lake Los Carneros Park. Fees: \$20 (\$12 under 12 years-old (no t-shirt)) for pre-registration, \$30 for late registration. Packet Pick-up/Late Registration: Early packet pick-up/late registration at Outfooters, La Cumbre Plaza, 805-687-4533, Saturday, February 6, Noon-5 PM.

SATURDAY, FEBRUARY 13, 8:30 AM. 10th "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, \$20 for the 5K, and \$40 for the half and full marathons (increases to \$20/25/\$55 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, the 5K is at 8:45, and the youth race begins at 9:30. Other activities include a barbeque at the finish and a drawing for door prizes. These races serve as a fundraiser for Lillian Larsen School athletic programs and 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 14, 8:30 AM. MONTANA DE ORO TRAIL RUNS, 8K, 12K, 25K, AND 50K, LOS OSOS. This is part of the Pacific Coast Trail series of runs designed to provide quality trail running experiences. Check-in, the start, and the finish are at Spooner's Cove. All courses are hilly ones on trails through the park. Entry fees vary with the distance and are \$25 for the 8K, \$30 for the 12K, \$40 for the 25K, and \$55 for the 50K by February 1, add \$5 to each fee after that on a space available basis, and add \$15 on race day. There are T-shirts to all entrants, refreshments, and awards to the first male and female to finish. All runners are timed although the emphasis is primarily non-competitive. Check the web site at www.pctrailruns.com to register.

SUNDAY, FEBRUARY 14, 9:00 AM. 9th ANNUAL CHAINS OF LOVE 5K, 10K, AND 15K, CAL POLY, SAN LUIS OBISPO. The Chains of Love 5K, 10K, & 15K, is brought to you by the Cal Poly Triathlon Team. Run as an individual or in the couple's division (couples 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 and under, 20-29, 30-39, 40-49, and 50+) will win a gift certificate to a local restaurant, 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 \$30 for couples; fees for the 10K are \$20/30/35; fees for the 15K are \$30/35/45, add \$5 to each after the January 1 deadline. Get more information from their web site www.calpolytriathlon.com. Registration fees will help send the Cal Poly Triathlon team to the Collegiate Triathlon Nationals. Directed by Anna Flaherty.

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. Ledbetter Beach, Shoreline Park, 801 Shoreline Dr. Start at Ledbetter 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, gtheadley@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.

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 & under at 8:45 AM and a half mile, also for ages 12 & 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.

SUNDAY, MARCH 21, 2010. 8:00 AM. 14th WINE COUNTRY HALF MARATHON & 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, 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.

RACE RESULTS

June 6. Patty Landis ran the Blue Canyon Trail 50K in 10:16:06.

November 28, Santa Barbara. Patty Landis ran the Santa Barbara Red Rock 40M in 14:06:00.

December 31, Ojai. Patty Landis spent her New Year's Eve running the Coyote Blue Moon 50K.

**RENEW YOUR MEMBERSHIP
PASS ON A COPY OF THE MEMBERSHIP
FORM TO A RUNNING 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	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

RENEW YOUR
MEMBERSHIP