

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	

January 12, 2011

KEY DATES

SATURDAY, MARCH 19

Trettin 5K Run and Nature Walk

Hello out there in Lompoc Valley Distance Club Land



How's your winter workout regime going? Mine is strictly so-so, but regular. I've increased my weight lifting from 2-3 days per week to 4-5, kept the three-mile jogs at 3-4 times per week and actually managed to go surfing four times during the past month. But I had only two swims (at Walnut Pier, since the Lompoc Aquatics Center was closed) and only two bike rides. The surfing "increase" is nothing compared to ancient times living nearer the beach in San Diego and Santa Barbara, when I surfed every day (sometimes twice). But it was the most I managed in one four-week span in a year. I've also incorporated a surf-simulator activity in my daily stretching. I put a couple of tires down on the ground, jacking up the back one with plywood, and setting the surfboard on top. I lay down on the board, then get up, repeating the process several times. The process seems to be helping my surfing, which, as you might guess, is not quite as sprightly in my 60s as it was in my 20s. Meanwhile, the increase in weight lifting gives me a nice feeling of strength, but tends to tighten me up, and the continued running, while obviously of benefit to my cardiovascular system, is less than ideal for my arthritic knees. Like surfing, the attempt to stay in shape is a constant balancing act.

Speaking of workouts, I hope everyone has gotten a chance to see the series that the Lompoc Record has been running recently, with local folks describing their routines. I particularly enjoyed reading the entries put forth by Dana Manchester and Bob Lingl. That line from cycling enthusiast Dana "...the best exercise is one you will do..." is a classic. You can make all kinds of pledges, but if you don't enjoy your exercise, it is very difficult to maintain a regular routine.

Hope to see you all at the Trettin 5K in March!

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

2011 MEMBERSHIP. A 2011 membership form is included with this newsletter. If you have already renewed your membership, pass on a copy to a running friend so we can increase our membership. This will be your last newsletter if you don't renew by February.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, FEBRUARY 06, 9:00 AM, RAIN OR SHINE! THE 3RD ANNUAL SUPER BOWL 4-MILER, SANTA BARBARA. This is a fun run/walk that will be a great way to start your Super Bowl Sunday. It's a flat/fast course on the streets of Goleta plus a portion through the trails of Lake Los Carneros Park. Stow Grove Park, Goleta, 580 N. La Patera Lane (intersection of La Patera and Cathedral Oaks). Entry Fees: \$25 (\$12 for under 16 years-old) for pre-registered; late: \$35 (after 2/3). No refund. T-shirt availability cannot be guaranteed for race day entrants. Late Registration on race day at Stow Grove Park from 6:30 to 8:45. Jose Gonzalez, 805-962-3627, jose@sbactionpro.com, www.sbactionpro.com.

SATURDAY, FEBRUARY 12, 9:00 AM. 10TH ANNUAL CHAINS OF LOVE 5K, 10K, AND 15K (at Cal Poly), SAN LUIS OBISPO. The Chains of Love 5K, 10K, 15K, and ½ Mile Kid's Run is brought to you by the Cal Poly Triathlon Team. Run as an individual or in the couple's division (must finish together). All courses tour the hills of the Cal Poly campus (check their web site for directions to the start). Every participant will receive a T-shirt and race bag with goodies and coupons from local businesses. Pending participant demographics, top finishers in the following age-group will receive prizes: 10 and under, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, and 80+ along with the top three students and couples to finish. The first 25 finishers in the 5k, 10k, and 15k will each receive a commemorative "top finisher" race mug. Entry fees for the 5K are \$20 for students, \$30 for non-students and \$35 for couples; fees for the 10K is \$30/35/40; fees for the 15K are \$35/40/50, add \$5 to each for entries after the deadline. Get more information from their web site at www.calpolytriathlon.com or register at www.active.com. Registration fees will help send the team to the collegiate nationals.

SUNDAY, FEBRUARY 13, 8:00 AM. 10th ANNUAL VENTURA HALF-MARATHON AND 5K. Along the Ventura-Ojai bike path, 255 W. Stanley Ave. (Check the start and finish locations on this race if you go, this address was all I could find.). Fast course and a very friendly low key atmosphere. Registration/sign-in - 7:00, half-marathon start - 8:00; and 5K start - 8:15. Super cool recycled polyester event shirts for all pre-registers half-marathon participants. Free T-Shirts included for all pre-registered 5K participants. Post race food and drinks for all participants following the race. Simple and convenient. Hundreds of runners/walkers (not thousands) that together create a fun and friendly atmosphere. Fees: By Jan 1st, \$50, Jan 1 - 31 - \$55, Feb 1-12 \$60; race Day \$70. 5K -\$20, \$25, \$30, \$35. Awards three deep in 10-year age increments for both the 5K and half-marathon. Plenty of free parking by the start and finish area. (805) 258-6361 (Josh), Josh@RunnerX.com, www/VenturaHalf.com, <http://vendurance.com/venturahalfmarathon>.

SUNDAY, FEBRUARY 13, 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, & \$55 for the 50K by January 30, add \$5 to each fee after that, 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.

SATURDAY, FEBRUARY 19, 8:30 AM. 11th ANNUAL "BUZZ" MARATHON, HALF MARATHON, 5K, AND KID'S MILE, CAMP ROBERTS. The 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 & under) \$20 for the 5K, and \$40 for the half and full marathons and \$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 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 Barbara. 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 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.

RACE RESULTS

No posting this month. E-mail your race results so they can go in the newsletter.

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
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SATURDAY, MARCH 19
TRETTIN 5K RUN AND NATURE WALK

RENEW YOUR MEMBERSHIP