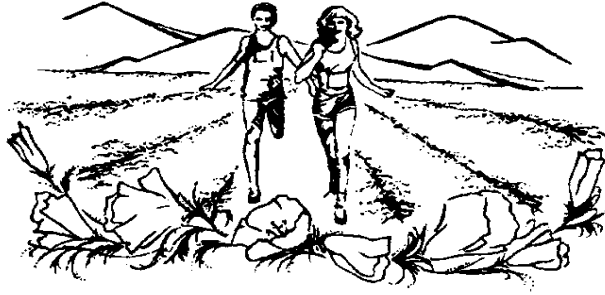


Lompoc Valley Distance Club

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, 2012

KEY DATES

SATURDAY, MARCH 24

TRETTIN MEMORIAL 5K RUN AND NATURE WALK



Hello out there in Lompoc Valley Distance Club Land

The Lompoc Valley Distance Club race schedule for 2012 begins to take shape. 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. Kent Yankee is once again the moving force behind the event, which raises money for the collegiate education of local graduates and which comes complete with three-deep age division awards and raffle prizes. Phone Kent at 733-0754 for more info.

Lompoc Parks and Rec is also busy planning events for 2012, with a Resolution Run set for Saturday, January 14 at River Bend Park at 9 AM., a Lompoc Duathlon (run/bike/run) set for June 2, and the Hank Hudson Triathlon set for Aug. 11. Phone Jeff Storie at 875-2703 for more info.

All this planning inspires yours truly to get busy on the May Ray Gil 5K/10K. I hope to have the particulars on that, as well as the Parade Route 5K (last Saturday in June), the LLBFFR (sometime in July), and Valley of the Flowers Half-Marathon (September) by the time of our February newsletter.

Yours in the spirit of good fun in the great outdoors

Lizard Breath AI

2012 MEMBERSHIP. A 2012 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 your last newsletter if you don't renew by February.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY JANUARY 14, 9:00 AM. RESOLUTION 5K RUN 2012 AND KIDS 1K, RIVER BEND PARK, LOMPOC. This is a new event presented by the Lompoc Parks and Rec Department. Race day registration: 8:00 – 8:45. Awards to top three in nine categories. Kids run will follow the 5K awards at approximately

10:30 AM. For more information, contact Jeff Storie at 805 875-2703 or http://www.cityoflompoc.com/parks_rec/events/ResolutionRun/

SATURDAY, FEBRUARY 4, 8:00 A.M. Y.M.C.A. SUPER BOWL 5K, 10K, AND KID'S RUN, PASO ROBLES. These races take place at War Memorial Stadium at the corner of 24th and Vine Streets in Paso Robles. The fees are \$25 for the 5K, \$35 for the 10K, and \$10 for the kid's run through December 31, add \$5 to each after that (fee includes a football jersey-style race shirt). The courses feature a challenging but very scenic 10K and 5K along with a fun run for the kids around the football field. The 10K and 5K are on a hilly course on the west side of Paso Robles on mostly paved streets. The 10K starts at 8:00; 5K starts at 8:15; Kids' Run starts at 9:30. Enjoy food and festivities after the race. The awards ceremony starts at 10:00 with awards 3 deep in 13 age categories and special awards to the 1st place male and female in both the 10K and 5K races. Kids receive finisher medals. Register at www.active.com. The race web site is <http://sloyanca.org>.

SUNDAY, FEBRUARY 5, 9:00 AM. RAIN OR SHINE! 3RD ANNUAL SUPER BOWL 4-MILER, GOLETA. Stow Grove Park, Goleta, 580 N. La Patera Lane (intersection of La Patera and Cathedral Oaks). 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. Registration: Online at www.Active.com or mail-in registration form and payment must be received by Wednesday, February 1, 2012. Online registration will end at midnight, February 2, 2012. Late Registration: Sunday morning at Stow Grove Park from 6:30 to 8:45. Entry Fees: \$25 (\$12 for under 16 years-old) for pre-registered; late: \$35 (after 2/2/12). No refund. T-shirt availability cannot be guaranteed for race day entrants. Early Packet Pick-up: OUTFOOTERS store in La Cumbre Plaza, 136 South Hope, Santa Barbara CA 93105, 805-689-4533, Saturday, February 4, 2012 from 12-5. Contact Info: Jose Gonzalez, jose@sbactionpro.com, www.sbactionpro.com

SATURDAY, FEBRUARY 11, 9:00 AM. 11TH ANNUAL CHAINS OF LOVE 5K, 10K, AND 15K, CAL POLY, SAN LUIS OBISPO. The Chains of Love is brought to you by the Cal Poly Triathlon Team. Run as an individual or in the couples division (must finish together). All courses tour the hills of the Cal Poly campus (check their web site for directions to the start at O'Neill Green on the corner of California Blvd. and Campus Way). Every participant will receive a T-shirt and race bag with goodies and coupons from local businesses. Entry fees are \$15 for students in the 5K, \$25 for non-students, and \$30 for couples; fees for the 10K are \$25/30/35; and fees for the 15K are \$30/35/45, add \$5 to each late entries. Check the 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 12, 7:00 AM. VENTURA HALF MARATHON AND 5K, VENTURA. Half Marathon Early Start (for those planning to go between 2:15 and 3:30) - 7:00 AM; 1/2 marathon Regular Start (for those planning to go faster than 2:15) - 8:00 AM; 5K - 8:15 AM. Start/finish Ventura Unified School District, 255 W. Stanley Ave. Ventura, CA 93001. Out and back along the Ventura-Ojai bike path. Gently uphill on the way out and gently down on the way back providing a negative split (second half faster than first half) type course. Post Race Activities: Relax in a nice grassy area with music and food from Aloha Steakhouse and stick around for a raffle and awards ceremony. Benefiting Habitat For Humanity. <http://www.venturahalf.com/>

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. A silent auction will also be held with the highest bidder receiving a sushi preparation lesson including tools and dinner for 4 prepared by renowned sushi chef, Leroy, of Sushi Teri in Lompoc. 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).

SUNDAY, APRIL 22, NO TIME. 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, 7:45 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 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. kgeorge@hancockcollege.edu.

RACE RESULTS

January 1, 33rd Annual Resolution Day Run, Santa Barbara. Sheila McFarlane was 105th overall in the 10K, 56:23. (active.com)

RENEW YOUR MEMBERSHIP AND 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	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

RENEW YOUR MEMBERSHIP

**TRETIN 5K RUN/WALK
SATURDAY, March 14, 9:00 AM**