

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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July 12, 2009

## KEY DATES

**Saturday, September 26**

**Valley of the Flowers Half-Marathon**



## Hello out there in Lompoc Valley Distance Club Land

Is this the season of La Purisima Mission's discontent, or what? It may not compare to the Chumash Rebellion of 1824. But the September 1 closure of La Purisima and most of the rest of the parks in the state system, including El Capitan, Refugio and Gaviota, would definitely put a crimp in the recreational style of Santa Barbara County. Take the Lompoc Valley Distance Club and La Purisima, for example. The Mission is the site for three of the five events on the annual LVDC schedule. Last Saturday's Lompoc Lizard Breath Fenceline Fun Run at the Mission was good fun. (See the run notes in this newsletter). But the status of the 33rd Annual Valley of the Flowers Half-Marathon, set for Saturday, September 26 at the Mission, is inextricably linked with the open/closed status of La Purisima. And the half-marathon is linked with the LVDC's scholarship fund, which distributes thousands of dollars annually. This year's scholarship winners, by the way, were Kaitlyn Munoz and Kyle Pickles out of Lompoc High and Katherine Avila and David Fraats out of Cabrillo.

LVDC board members, including half-marathon race director Betty Lee and yours truly, decided to take it on faith that the Mission would stay open. Will it? Back in May when the governor made his parks-closure proposal, the thought was that it wouldn't. A few weeks later, when a raise-the-fees proposal gathered momentum, the thought was that it would. A few days later, when that proposal was shot down, maybe it wouldn't. A few days after that, when the federal government said that the state parks closure was illegal, maybe it would. State budget wrangling continues. For those of us who like the parks, using them regularly and recreationally, hope springs eternal that a way will be found to keep them open. I've written all my elected officials. With La Purisima I used the 1930s Civilian Conservation Corps logic. The CCC rebuilt the Mission during a serious economic downturn. We can keep it open now. And, for state parks in general, there's a recent study indicating parks contribute \$2 to the general fund for each \$1 they cost. This makes the governor's proposal look like a classic "cutting off your nose to spite your face" piece of politics. "The closure of La Purisima Mission is unacceptable," said Lompoc Mayor Dick DeWees a few weeks ago, drawing a cheer from Mission lovers. DeWees, like many of the rest of us, hopes the state will find a way to keep the parks up and running. But, in the meantime, he's working on a deal by which the City of Lompoc would take over at La Purisima.

To which I add my favorite 1930s football cheer...

"Ma-he, ma-hi, ma-ho.

Ma rum-a-nickle, bum-a-nickle soap, fat, rag.

Hobble-gobble ricker-racker,  
Hobble-gobble firecracker,  
Zis-boom-bah.  
La Purisima Mission, rah-rah-rah!!”

For those interested in keeping La Purisima Mission and other state parks open, the California State Parks Foundation is a rallying point. You can visit their website for information.

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

**VALLEY OF THE FLOWERS HALF-MARATHON.** Betty Lee and her committee are meeting and planning for the half to take place at La Purisima Mission State Park. The sponsorship request letters will go out shortly. If anyone knows of a likely sponsor, let us know so we can add them to our request list.

**Lizard Breath 2009.** The 8th Annual Lompoc Lizard Breath Fenceline Fun Run was held Saturday, July 11, 2009 at La Purisima Mission. The competitors enjoyed cool, cloudy conditions for the first hour, from 8 to 9. By 9 it was sunny, increasing the degree of difficulty for those still out on the very sandy and hilly course. There were 32 finishers, which is a record for this Lompoc Valley Distance Club event, beating the previous high of 31 established in 2003 and 2004. Men’s winner Levi Block, a 17-year-old Cabrillo High student, finished in 58 minutes and 30 seconds. Micky Sederburg, 34, of Vandenberg AFB was second in 1:02.24. The women’s winner was 16-year-old Nikki Peirtsegaele, also a Cabrillo High student. Peirtsegaele clocked 1:08:43, the second-fastest female time in the history of the Lizard Breath fun. An incorrect announcement at the finish by race director Lizard Breath AI gave the winning women’s watermelon to April Fienga, who was actually the second-fastest walker behind Julie Campos. Nonetheless, the event was judged an overall success because of the efforts of tireless volunteers, including Nancy Perry, Lee Holloway, Wayne Davis, Mary Lou Seelandt, Olga Lucaric, Harvey Wynne, Jack Webb, Steve Crummy, Gudrun Fink, Jim Seaslak, Tricia Tiggerman, Jillian Voyles, Mike Benson, Janis Hunt and Two-Ton Tawny. Thanks to Ron Cortopassi, the LVDC’s behind-the-scenes insurance man, and, of course, La Purisima Mission State Historic Park. Course records remain with Craig Farley’s 53:21 in 2002 and Angie Gonzalez’s 1:05:43 in 2003.

## UPCOMING ROAD RACES

### CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

**TUESDAYS, APRIL 28 – 8 SEPTEMBER, 6:25 PM. REEF AND RUN, SANTA BARBARA.** A weekly race on Tuesdays, 6:25 PM, at the Cabrillo bathhouse. 1 mile ocean swim, 1k swim, 2 mile run, 4 mile run, 1k swim/2 mile run. (<http://www.reefandrun.com/>)

**WEDNESDAYS, MAY 6 – SEPTEMBER 2, 6:00 PM. NITE MOVES, SWIMMING, RUNNING AND BIATHLON, SANTA BARBARA.** Leadbetter Beach. Each week features a Presenting Sponsor, a Featured Buffet Host, local Santa Barbara Entertainment and a Sunset on the shore of The American Riviera. Our backdrop is a fantastic view of the SB Channel and Anacapa Island, and the sails of the Wet Wednesday racing fleet. [http://www.runsanta\\_barbara.com/nite\\_moves.html](http://www.runsanta_barbara.com/nite_moves.html).

**SATURDAY, AUGUST 8, 9:00 AM. PISMO BEACH STRIDE WITH THE TIDE 5K, PISMO BEACH.** Put your stamina to the test by taking part in this run on the beach held on the south side of the Pismo Pier. The 5K is out and back on the hard packed sand. Registration will be taken on race morning from 7:30-8:45 AM at the pier and no entry before that is required. Entry fees are \$12 without a race shirt and \$15 with one. Shirts will be available to the first 100 entries who request them and size requests will be filled in the order of

entry. Engraved gold, silver, and bronze medals will be awarded to the top three men and women in 10 age divisions. Sponsored by the Pismo Beach Recreation Division, 760 Mattie Road, Pismo Beach, 93449, 773-7049, [www.pismo-beach.org](http://www.pismo-beach.org) and conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, [www.sldc.org](http://www.sldc.org).

**SATURDAY, AUGUST 15, 9:00 AM. 4th ANNUAL SAN SIMEON PIER TO THE POINT TRAIL 5K & 10K, SAN SIMEON.** These races will be on dirt roads on the property of the Hearst Ranch at San Simeon Point, starting and finishing at William Hearst State Beach Park, 6 miles north of Cambria. It features majestic shoreline views, a variety of running surfaces, and access to places not usually open to the public. Pre-entries are \$25 and include a T-shirt. For more information and to enter, check [www.active.com](http://www.active.com).

**SUNDAY, AUGUST 16, 8:30 AM. 31<sup>st</sup> ANNUAL MC CONNELL'S ICE CREAM ENDURANCE EVENTS 5K AND 10K & KID'S MILE, GOLETA BEACH.** 5K at 8:30; 10K at 9:30 & free run for Life Kid's mile at 11:00.

**SUNDAY, AUGUST 23, 9:00. BEATTIE PARK 5K/10K RUNS, LOMPOC.** Come out and enjoy a great family experience at Beattie Park. This event is geared for all ages and ability levels for people to experience a great 5K/10K race. Check In: 8:00 to 8:45. \$10 pre-registration by August 21 and \$15 race day registration. All participants will have a chance for 1st and 2nd place awards. A T-Shirt can be purchased for \$10. Mario Guerrero Jr., Recreation Manager, City of Lompoc, (805) 875-8095, Fax: (805) 736-5195

**SATURDAY, AUGUST 29, 9:00 AM. – 21<sup>st</sup> DUNE RUN RUN 5K RUN, 5K WALK, AND 10K RUN, GROVER BEACH.** Runners and walkers of all ages will enjoy this diverse course along city streets, the beach boardwalk, hard packed sand, and beautiful soft sand dunes. The entry fee for the race is \$15 (\$26 with an event t-shirt) and registration on race day is an additional \$5 in each category. Awards are given in many age categories in both races, which begin at the same time at Ramona Garden Park at 10th Street and Ramona in Grover Beach. The race is part of the city's Stone Soup Festival. Contact the Dune Run Run, Parks & Recreation Dept., 154 South 8th Street, Grover Beach, 93433, [www.grover.org](http://www.grover.org). 473-4580.

**SUNDAY, AUGUST 30, 8:30 AM. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, & 50K), LOS OSOS.** This is part of the Pacific Coast Trail series designed to provide quality trail running experiences. Entry fees are \$25 for the 8K, \$30 for the 12K, \$40 for the 25K, and \$55 for the 50K by August 9, add \$5 to each fee after that, and another \$15 on race day if not sold out. T-shirts to all entrants, refreshments, and awards to the first male and female. All runners are timed and posted on the race web site although the emphasis is primarily non-competitive. Complete information and registration is available at [www.pctrailruns.com](http://www.pctrailruns.com)

**SUNDAY, SEPTEMBER 6, LABOR DAY WEEKEND. PIER TO PEAK HALF MARATHON, SANTA BARBARA.** Santa Barbara's Challenging Half-Marathon takes you from the famous Santa Barbara Friendship Dolphins Fountain at the edge of Stearns Wharf, past the "Queen of the Missions" and on up an elevation of 3996 feet to the Majestic views at La Cumbre Peak. Capture the panoramic layout of the city, SB Channels and the Channel Islands. You can see where you started from 13.1 miles (sea level) earlier. Early registration is available on line at Active.com. ([http://www.runsantabarbara.com/pier\\_to\\_peak.html](http://www.runsantabarbara.com/pier_to_peak.html))

**SATURDAY, SEPTEMBER 26, 8:00 AM. 33rd ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK, LA PURISIMA MISSION, LOMPOC.** The course begins and ends near the Visitor Center at La Purisima Mission. The course is hilly and very scenic with dirt trails and some asphalt. Race day packet pick up and race day registration starts at 7:00. There will be no packet pick up prior to Saturday. Entry fees: \$45, \$50 after September 7th, entry includes a specially designed Valley of the Flowers jersey, chicken BBQ, entry fee to La Purisima Mission State Park, and a finisher's medal. You can register on-line at [www.active.com](http://www.active.com). For more information call Betty Lee at 805 736-7380, or e-mail her at: [Bettylee0077 @MSN.com](mailto:Bettylee0077@MSN.com).

**SUNDAY, SEPTEMBER 27, 7:30-11:00 AM. 10<sup>th</sup> HERITAGE OAKS BANK 5K, 10K, AND FUN RUNS, PASO ROBLES.** This full morning of events at Paso Robles City Park starts at 7:30 with a 10K, followed by a 5K at 8:45, an open mile for all ages at 10:00, a series of kid's races, and a two mile walk at 10:50. Fees are \$5 for the 75 yard dash for ages 5 and under (\$10 after 09/12), \$5 for the half mile for ages 5-12 (\$10 after 09/12), \$10 for the mile (\$15 after 09/12), \$15 for the walk (\$20 after 09/12), \$15 for the 5K (\$20 after 09/12), and \$20 for the 10K (\$25 after 09/12). There is no race day registration for any of the events. All entrants get a T-shirt, medal, refreshments, and are eligible for a drawing to be held after the last event (must be present to win). The races are sponsored by Heritage Oaks Bank, PO Box 7012 Paso Robles, 93447-7012, and are directed by Mitch Massey, mitch@hobfunrun.com, 369-5281. More information and registration are on-line at [www.hobfunrun.com](http://www.hobfunrun.com).

**SATURDAY, OCTOBER 3, 8:30 AM. MORRO BAY COMMUNITY FOUNDATION ROCK TO ROCK FIVE MILE RUN.** Run on the beach from the start at Morro Rock to North Point and back. Pre-registration for this five mile held on Harbor Festival weekend is \$15 without a T-shirt and \$25 with one. Gift certificates to the top three men and women overall, ribbons to the top three in each age group, pre-register at [www.active.com](http://www.active.com). Directed by Andrea Lueker, City of Morro Bay, 595 Harbor Street, Morro Bay, 93442, 772-6206 with proceeds going to the non-profit organization that supports youth scholarships for Morro Bay Recreation Department programs

**SUNDAY, OCTOBER 11, 8:00 AM. CITY TO THE SEA HALF MARATHON AND 5K, SAN LUIS OBISPO.** The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and goes on the roads to the finish at Dinosaur Cave Park in Pismo Beach. Half marathon entry fees are \$60 by October 7, \$80 for walk-ins at Kennedy Club Multiplex at 188 Tank Farm Road in SLO from 5:00-7:00 PM on October 10 and on race day at the starting locations. The fee includes awards in 13 age categories, an event T-shirt, breakfast buffet, entertainment, and post-race shuttle service. The 5K takes place at Dinosaur Cave Park with fees of \$45/\$55 and has all of the above benefits except no awards. Proceeds go towards the cross country and track programs at Cuesta College. City to the Sea, PO Box 8106, San Luis Obispo, 93403-8106, register through [www.active.com](http://www.active.com) or print an application from the race web site at [www.citytothesea.org](http://www.citytothesea.org).

**SUNDAY, NOVEMBER 22, 9:00 AM. TURKEY TROT 3 MILE FUN RUN, LOMPOC.** Come out and enjoy a great family experience at River Park on the Fitness Trail. This event is geared for all ages and ability levels for people to experience a great 3-mile race. Registration: 8:00 – 8:45. Pre-registration: \$10 by November 20; \$15 on race day. All participants will have a chance for 1<sup>st</sup> & 2<sup>nd</sup> place awards. A T-Shirt can be purchased for \$10. Mario Guerrero Jr., Rec Manager, City of Lompoc, (805) 875-8095, Fax: (805) 736-5195

**SUNDAY, DECEMBER 6, 6:30 AM. SANTA BARBARA INTERNATIONAL MARATHON.** Start one mile west of Camino Real Marketplace, Goleta. Finish at Leadbetter Beach. Race directors: June and Rusty Snow, (805) 637-7417, website [www.sbimarathon.com](http://www.sbimarathon.com), Email [sbimarathon@cox.net](mailto:sbimarathon@cox.net)

## RACE RESULTS

June 7, Baywood Park, Junefest 4 Miles -Mary Lou Seelandt, 79<sup>th</sup> overall, 35:09; Fran Zimmerman, 94<sup>th</sup> overall, 38:07. (SLDC)

July 4, Santa Barbara, 55th Annual Semana Nautica 15K. Billiana Hardy was 278th overall, 1:34:19; and Patty Landis was 304th overall, 1:42:10, 2nd in her age group. (Active.com)

July 11, Moro Bay – From Cody Nolen - "I ran the Brian Waterbury 6 mile beach race this morning, from Morro Rock going north to the pier. It started at 0730 to take advantage of low tide. The race was very well organized as far as registration, timing, safety and taking care of the runners. When we reached the end of the course, they actually had buses there to take us back to the start. (I thought this was very cool). The volun-

teers and cheering crowd was very courteous and supportive. If you are a t-shirt collector like me - the shirt and design are one of the best I have received yet. Even though it was exhausting and a never ending straight shot race - I highly recommend it for next time." Cody finished in 46:22.

## FLOWER FESTIVAL PARADE ROUTE 5K RUN

June 27, 2009

Race Directors – Wayne and Lee Davis

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY/CLUB</u>
1	Steven	Villanueva	15M	1 <sup>st</sup> Male / 13-16	15:43	Lompoc, CA
2	Daniel	Pena	16M	2 <sup>nd</sup> Male / 13-16	16:19	Lompoc, CA
3	Steven	Youngblood	16M	3 <sup>rd</sup> Male / 13-16	16:44	Santa Maria, CA
4	Kent	Yankee	28M	1 <sup>st</sup> Male / 25-29	16:49	Lompoc, CA/LVDC
5	Miguel	Ortiz	19M	1 <sup>st</sup> Male / 17-19	16:59	Lompoc, CA
6	Jose	Garcia	20M	1 <sup>st</sup> Male / 20-24	17:01	Lompoc, CA
7	Nathan	Wyckoff	28M	2 <sup>nd</sup> Male / 25-29	17:02	Lompoc, CA
8	Johnny	Hernandez	17M	2 <sup>nd</sup> Male / 17-19	17:09	Lompoc, CA
9	Lazaro	Nunez	16M	4 <sup>st</sup> Male / 13-16	17:10	Lompoc, CA
10	Chris	Mortenson	41M	1 <sup>st</sup> Male / 40-44	17:20	Colorado Springs, CO
11	Micky	Sederburg	34M	1 <sup>st</sup> Male / 30-34	18:06	VAFB, CA
12	Jeff	Edman	40M	2 <sup>nd</sup> Male / 40-44	18:44	Lompoc, CA
13	Telesforo	Moreida	34M	2 <sup>nd</sup> Male / 30-34	18:47	Lompoc, CA
14	Christopher	Manzanarez	17M	3 <sup>rd</sup> Male / 17-19	19:36	Lompoc, CA
15	Nathan	Alley	30M	3 <sup>rd</sup> Male / 30-34	20:02	Santa Barbara, CA
16	Megan	Diaz	29F	1 <sup>st</sup> Female / 25-29	20:05	Santa Barbara, CA
17	Greg	Eisen	44M	3 <sup>rd</sup> Male / 40-44	20:21	Lompoc, CA
18	James	Trettin	26M	3 <sup>rd</sup> Male / 25-29	20:35	Lompoc, CA
19	Migel	Ortiz	37M	1 <sup>st</sup> Male / 35-39	20:54	Lompoc, CA
20	Denice	Hernandez	16F	1 <sup>st</sup> Female / 13-16	20:59	Lompoc, CA
21	Juan	Campos	49M	1 <sup>st</sup> Male / 45-49	21:05	Lompoc, CA/LVDC
22	Stephen	Villa	25M	4 <sup>th</sup> Male / 25-29	21:17	Lompoc, CA
23	Bill	Arnerich	64M	1 <sup>st</sup> Male / 60-64	21:53	Solvang, CA
24	Chris	Miller-Root	28M	5 <sup>th</sup> Male / 25-29	22:27	Lompoc, CA
25	Paul	Lo	40M	4 <sup>th</sup> Male / 40-44	22:46	Lompoc, CA
26	Robert	Bates	56M	1 <sup>st</sup> Male / 55-59	22:49	Oxnard, CA
27	Michael	Hardesty	31M	4 <sup>th</sup> Male / 30-34	24:30	VAFB, CA
28	Milagos	Moreida	29F	2 <sup>nd</sup> Female / 25-29	24:36	Lompoc, CA
29	Julie	Campos	56F	1 <sup>st</sup> Female / 55-59	24:37	Lompoc, CA/LVDC
30	Frank	Richards	25M	6 <sup>th</sup> Male / 25-29	24:25	VAFB, CA

31	Marc	Barajas	40M	5 <sup>th</sup> Male / 40-44	24:58	Tucson, AZ
32	Aaron	Williams	33M	5 <sup>th</sup> Male / 30-34	25:09	VAFB, CA
33	Angel	Mc Larty	31M	6 <sup>th</sup> Male / 30-34	25:45	Lompoc, CA/LVDC
34	David	Hernandez	61M	2 <sup>nd</sup> Male / 60-64	25:57	Visalia, CA
35	Bradley	Chinlund	27M	7 <sup>th</sup> Male / 25-29	26:20	Lompoc, CA
36	Wally	Henry	47M	2 <sup>nd</sup> Male / 45-49	26:48	Lompoc, CA
37	Fran	Zimmerman	60F	1 <sup>st</sup> Female / 60-64	27:20	Lompoc, CA/LVDC
38	Rose Anna	Harrison	27F	3 <sup>rd</sup> Female / 25-29	27:45	Lompoc, CA
39	Terry	Porterfield	32M	7 <sup>th</sup> Male / 30-34	27:50	VAFB, CA
40	Nikki	Fallon	38F	1 <sup>st</sup> Female / 35-39	28:14	Ventura, CA
41	Alana	Michels	16F	2 <sup>nd</sup> Female / 13-16	28:16	Lompoc, CA
42	Alan	Kait	68M	1 <sup>st</sup> Male / 65-69	28:17	Lompoc, CA
43	Mary	Sharp	53F	1 <sup>st</sup> Female / 50-54	28:31	Lompoc, CA
44	Rita	Washington	32F	1 <sup>st</sup> Female / 30-34	28:40	Lompoc, CA
45	Herminia	Ortiz	37F	2 <sup>ND</sup> Female / 35-39	28:54	Lompoc, CA
46	Parry	Malae	50M	1 <sup>st</sup> Male / 50-54	29:16	VAFB, CA
47	Saturino	David	67M	2 <sup>nd</sup> Male / 65-69	29:18	Lompoc, CA
48	Parker	Grand	10M	1 <sup>st</sup> Male / 10-12	29:34	Lompoc, CA/LVDC
49	Julie	Hain	24F	1 <sup>st</sup> Female / 20-24	29:40	Lompoc, CA
50	Ed	Grand	46M	3 <sup>rd</sup> Male / 45-49	29:41	Lompoc, CA/LVDC
51	Tracy	Valencia	48F	1 <sup>st</sup> Female / 45-49	29:51	Lompoc, CA
52	Leslie	Moreida	9F	1 <sup>st</sup> Female / 7-9	30:42	Lompoc, CA
53	Crystal	Chamblee	24F	2 <sup>nd</sup> Female / 20-24	30:43	Lompoc, CA
54	Matt	Larson	27M	8 <sup>th</sup> Male / 25-29	30:44	Lompoc, CA
55	Jenna	Breen	24F	3 <sup>rd</sup> Female / 20-24	30:52	Lompoc, CA
56	Lisa	Gibson	45F	2 <sup>nd</sup> Female / 45-49	31:15	Lompoc, CA
57	Larry	LaMay	77M	1 <sup>st</sup> Male / 70+	31:31	Lompoc, CA/LVDC
58	Kira	Kazianka	15F	3 <sup>rd</sup> Female / 13-16	32:20	Lompoc, CA
59	Lisa	Norcutt	73F	1 <sup>st</sup> Female / 70+	32:39	Lompoc, CA/LVDC
60	Diana	Hernandez	53F	2 <sup>nd</sup> Female / 50-54	33:35	Lompoc, CA
61	Theresa	Hain	51F	3 <sup>rd</sup> Female / 50-54	35:22	Lompoc, CA
62	Amelia	Quin	26F	4 <sup>th</sup> Female / 25-29	37:25	Lompoc, CA
63	Charles	Cabanero	40M	6 <sup>th</sup> Male / 40-44	37:57	Lompoc, CA
64	Daniel	Cabanero	15M	5 <sup>th</sup> Male / 13-16	39:57	Lompoc, CA
65	Wilhelmina	Hoops	46F	3 <sup>rd</sup> Female / 45-59	40:15	Lompoc, CA
66	Peggy	Isaac	57F	2 <sup>nd</sup> Female / 55-59	40:47	Lompoc, CA
67	Olga	Lucaric	70F	2 <sup>nd</sup> Female / 70+	42:11	Lompoc, CA/LVDC

## Parade Route 5K Walk

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY/CLUB</u>
1	Alison	Bakker	45F	1 <sup>st</sup> Female/Walker	38:10	Santa Maria
2	Debra	Watson	35F	2 <sup>nd</sup> Female/walker	39:01	Lompoc, CA
3	Rolanda	Cordero	49F	3 <sup>rd</sup> Female/Walker	39:02	Lompoc, CA
4	Molly	Machin	50F	4 <sup>th</sup> Female/Walker	41:23	Lompoc, CA
5	Thomas	Machin	54M	1 <sup>th</sup> Male/Walker	42:36	Lompoc, CA
6	Sandy	Day	45F	5 <sup>th</sup> Female/walker	42:41	Lompoc, CA
7	Kayla	Day	20F	6 <sup>th</sup> Female/walker	42:42	Lompoc, CA
8	Larry	Hobbsiefken	74M	2 <sup>th</sup> Male/walker	44:50	Lompoc, CA
9	Judy	Taggart	40F	7 <sup>th</sup> Female/Walker	44:51	Lompoc, CA
10	Karen	Williams	51F	8 <sup>th</sup> Female/walker	45:18	Lompoc, CA
11	Tanis	Ferrari	45F	9 <sup>th</sup> Female/Walker	48:55	Santa Maria, CA
12	Amy	Bessermin	54F	10 <sup>th</sup> Female/Walker	48:56	Santa Maria, CA
13	Diana	Ingraham	35F	11 <sup>th</sup> Female/Walker	48:57	Lompoc, CA
14	Rebecca	May	28F	12 <sup>th</sup> Female/Walker	51:16	Solvang, CA
15	Dawn	Elliott	37F	13 <sup>th</sup> Female/Walker	52:21	Lompoc, CA
16	Linda	Muraraka	44F	14 <sup>th</sup> Female/Walker	52:23	Nipomo, CA
17	Sheldon	Theis	42M	3 <sup>th</sup> Male/Walker	52:39	Santa Maria, CA
18	Benji	Theis	2M	4 <sup>th</sup> Male/Walker	52:40	Santa Maria, CA
19	Elsa	Theis	4M	15thFemale/Walker	52:48	Santa Maria, CA

## Parade Route 1K Kid's Run

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY/CLUB</u>
1	Matthew	Del Vecchio	12M	1 <sup>st</sup> Male / 10-12	4:36	VAFB, CA
2	Andrew	Del Vecchio	9M	1 <sup>st</sup> Male / 7-9	4:43	VAFB, CA
3	Michael	Mc Ginty	9M	2 <sup>nd</sup> Male / 7-9	4:53	Lompoc, CA
4	Cameron	Heyward	8M	3 <sup>rd</sup> Male / 7-9	5:12	VAFB, CA
5	Dora	Nunez	11F	1 <sup>st</sup> Female / 10-12	5:22	Lompoc, CA
6	Tylr	Martinez	11M	2 <sup>nd</sup> Male / 10-12	5:23	Lompoc, CA
7	Jordan	Martinez	9M	4 <sup>th</sup> Male / 7-9	5:48	Lompoc, CA
8	Michelle	Ortiz	8F	1 <sup>st</sup> Female / 7-9	6:02	Lompoc, CA
9	Jen	Hardy	8F	2 <sup>nd</sup> Female / 7-9	6:06	Lompoc, CA
10	Bianca	Moreida	6F	1 <sup>st</sup> Female 6 & Under	6:21	Lompoc, CA
11	Logan	Williams	8M	5 <sup>th</sup> Male / 7-9	6:35	VAFB, CA
12	Hannah	Del Vecchio	5F	2 <sup>nd</sup> Female 6 & Under	6:40	VAFB, CA
13	Preston	Williams	11M	3 <sup>rd</sup> Male / 10-12	6:52	VAFB, CA

LIZARD BREATH FENCELINE FUN RUN

JULY 11, 2009

Race Director - Al Hunt

7.5 MILE RUN

Place	Name	Age	City/Club	Time	Place	Name	Age	City/Club	Time
1	Levi Block	17	Lompoc	58:30	19	Aaron Williams	33	Lompoc	1:32:56
2	Micky Sederburg	34	VAFB	1:02:24	20	Alison Webb	33	Lompoc	1:32:56
3	Steve Brookshire	49	Santa Maria	1:06:42	21	Fran Zimmerman	60	Lompoc/LVDC	1:34:08
4	Craig Wise	16	Lompoc	1:08:31	22	Patty Landis	68	Lompoc/LVDC	1:42:57
5	Joey Pogue	16	Lompoc	1:08:42	23	Larry La May	77	Lompoc/LVDC	1:45:05
6	Nikki Peirtsegaele	16	Lompoc	1:08:42					
7	Zachary Madewell	21	Santa Barbara	1:10:02					
8	Britni Heter	16	Lompoc/LVDC	1:12:09					
9	Rick Hummel	53	Lompoc/LVDC	1:12:10					
10	Betty Lee	42	Lompoc/LVDC	1:13:10					
11	Craig Bamberg	43	Lompoc	1:13:30	1	Julie Campos	56	Lompoc/LVDC	1:00:36
12	Todd Gossett	42	VAFB	1:13:41	2	April Fienga	42	Lompoc	1:07:25
13	Erik Voyles	29	Lompoc	1:18:06	3	Lisa Norcutt	73	Lompoc/LVDC	1:12:23
14	Steve McCort	37	Lompoc	1:18:07	4	Liz Salcido	48	Lompoc	1:23:21
15	Chris Yuncker	33	Lompoc	1:23:02	5	Karen William	51	Lompoc	1:25:23
16	Mary Lou Seelandt	53	Lompoc/LVDC	1:24:42	6	Janis Ferrari	45	Santa Maria	1:34:30
17	Tom Schmidt	52	Lompoc	1:25:02	7	Amy Bessermin	54	Santa Maria	1:38:33
18	Greg Danet	37	Lompoc	1:27:42	8	Larry Gooch	68	Santa Maria	1:47:42
					9	Penny Gooch	66	Santa Maria	1:47:43

3.5 MILE WALK



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	Walker, Wilson & Hughen, Thomas Van Meter, MD, Dr Jamison, Cardiovascular Center of Lompoc, RaceReady, Kendall-Shepard Eye Center, Carnahan Therapy, CoastHills, Community Bank, Fargen Surveys, Inc, Retail Management Specialists, LLC, Valley Rock Ready Mix, Inc, At-Home Senior Services, Inc, Starbuck-Lind, The Leck Sisterhood Fund, Graphics Systems, Impulse Internet, Lompoc, Valley Medical Center, Classic Installation

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  
LOMPOC CA 93438

Valley of the Flowers  
Half-Marathon  
Saturday, September 26