

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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July 12, 2010

## KEY DATES

**Saturday, July 17**

**LIZARD BREATH FENCELINE 7.2 MILE RUN/4 MILE WALK**

**Saturday, September 25**

**VALLEY OF THE FLOWERS HALF-MARATHON**



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

I'm writing this on the week of the ninth annual Lompoc Lizard Breath Fenceline Fun Run, hoping to see some of you there this Saturday. We certainly don't need the record 120 who showed up for the Parade Route, but what the hey. On the one hand, more numbers might lead to more folks getting lost. On the other, more numbers would mean there might be someone out there within shouting distance if you did get lost. Obviously, this is always a concern with the fenceline, since we've had at least one take a wrong turn in each of the previous eight. We'll have course monitors and lots of markers out there, though. I'm ever hopeful that some year everybody is going to make it through without wandering astray.

And speaking of the 120 at the Parade Route. Wow! Shades of Kent Yankee with the Trettin and Betty Lee with the Flowers half. What a great job Wayne and Lee Davis have done. And, I know I've said this before, but how about that Bob Lingl and his half-marathon trainees? This is turning into the best-ever training group in LVDC history, and those guys and gals are really injecting a lot of good energy into our events.

Thinking of "best ever" and "Parade Route", we pass along congratulations to Parade Route record holder, Lompoc's own Duane Solomon. Duane, out of Cabrillo in 2003 and a 2009 USC grad, took second in the 800 at the recent USA Track and Field championships in Des Moines, Iowa. He followed that up with a fifth in the 1,000 at the prestigious Prefontaine Classic, where he was the second American to finish, again behind 800 national champ Nick Symmonds. That Symmonds is a toughie. But if Duane keeps it up, he'll get him.

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

## UPCOMING ROAD RACES

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

**TUESDAY, APRIL 27, 2010, 6:25 PM - TUESDAY, SEPTEMBER 07, 2010, 6:25 PM. REEF AND RUN, SANTA BARBARA.** Cabrillo Bathhouse, 1118 E. Cabrillo Blvd. The event offers a 1 mile ocean swim, 1k ocean swim, 2 mile run, 4 mile run or 1k swim/2 mile run (Duathlon). The participants range from elite athletes to first time competitors. We have weekly prizes and give-aways. Refreshments are served. Sharing a picnic with friends and family while watching the sun go down is a great way to end the evening.  
<http://www.reefandrun.com/>

**WEDNESDAY, MAY 05, 2010, 6:35 PM - WEDNESDAY, SEPTEMBER 1, 2010. SANTA BARBARA NITE MOVES 2010.** Leadbetter Beach, 801 Shoreline Road. Registration opens at 5:05 P.M. Swim Santa Barbara Nite Moves 2010 is a series of 18 evening parties at Leadbetter Beach Park in beautiful Santa Barbara. In addition to the running and swimming events every Wednesday May 5 through September 1, 2010, each week features a guest Presenting Sponsor, Featured Buffet Host, the Firestone Beer Garden, local Santa Barbara entertainment and a sunset on the shore of The American Riviera. Run starts at 6:35 P.M. Band, Refreshments & Beer Garden Open at 6:35 P.M. [http://www.runsantabarbara.com/nite\\_moves.html](http://www.runsantabarbara.com/nite_moves.html)

**SATURDAY, JULY 17, 8:00 AM. NINTH ANNUAL LIZARD BREATH FENCE LINE 7.5-MILE FUN RUN AND 3.5-MILE WALK, LA PURISIMA MISSION, LOMPOC.** Approximately seven and a half miles, sandy and hilly. Very scenic for those who enjoy that. Very tough for those who are looking for a challenge. Meat for the ultra marathoner, but not recommended for someone who is either A) not familiar with the terrain or B) not in very good shape. No whiners allowed. You will sign a waiver, Bubba. Registration at the Chumash Village under the big oaks towards the blacksmith shop. Signups start at 7 AM; with the run/walk starting at 8 AM. Fees: To be determined. For information or to volunteer to help with this event, contact Al Hunt at 736-5435.

**SATURDAY, JULY 17, 8:30 AM. 41ST BRIAN WATERBURY MEMORIAL ROCK TO PIER RUN, MORRO BAY.** Named in memory of SLDC founder Brian Waterbury who originated the race in 1970, this 6 mile goes along the beach from the start at the rock in Morro Bay to the finish at the pier in Cayucos with an early start to take advantage of the low tide. The entry fees are \$20 for pre-registration, \$30 with a T-shirt, and \$30/\$40 on race day. Awards will be given to the top three finishers in 15 age divisions from 10 & under to 80 and over. The awards ceremony will be back at Morro Rock. See complete details and enter online at [www.active.com](http://www.active.com) (registration will open on May 10). Directed by Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

**SATURDAY, JULY 31, 8:30 AM. PISMO BEACH STRIDE WITH THE TIDE 5K.** This course is out and back on the hard packed sand. Registration will be taken on race morning from 7:15-8:15 AM at the pier and no entry is needed before that. Entry fees are \$10 without a race shirt and \$15 with one. Shirts will be available to the first 120 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 ages 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, & 80+. Sponsored by Pismo Beach Recreation, 760 Mattie Road, Pismo Beach, 93449, 773-7049, [www.pismobeach.org](http://www.pismobeach.org) and conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, [www.sldc.org](http://www.sldc.org).

**SUNDAY, AUGUST 15, 8:30 AM. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, & 50K):** 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 the events are not sold out. T-shirts to all entrants, refreshments, and awards to

the first male and female. All runners are timed and results posted on the race web site although the emphasis is non-competitive. Registration is available at [www.pctrailruns.com](http://www.pctrailruns.com).

**SUNDAY, AUGUST 15, 8:30 AM. 32<sup>nd</sup> MCCONNELL'S ICE CREAM ENDURANCE EVENTS 10K, 5K AND KID'S MILE, GOLETA.** 5K - 8:30, 10K - 9:30, Kid's Mile (beach run) 11:00. Goleta Beach County Park.

**SATURDAY, AUGUST 28, 9:00 AM. 22<sup>nd</sup> DUNE RUN 5K RUN, 5K WALK, AND 10K RUN, GROVER BEACH.** Runners and walkers of all ages will enjoy this 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 29, 9:00 AM. BEATTIE PARK 5K/10K RUN, 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. All participants will have a chance for 1st and 2nd place awards. A T-Shirt can be purchased for \$10. Check in - 8:00 - 8:45. Fees: \$10.00 – Pre – Registration before August 21, \$15.00 race day registration. Lompoc Parks and Rec Dept, (805) 736-1261.

**SUNDAY, SEPTEMBER 5, 6:00 AM. PIER TO PEAK HALF MARATHON, SANTA BARBARA.** 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. <http://www.runsantabarbara.com/>, [active.com](http://active.com).

**SUNDAY, SEPTEMBER 12, 8:00 AM. GUADALUPE HALF MARATHON AND 5K.** This year's event, a fundraiser for the Guadalupe Sports Hall of Fame, Inc. (Youth Programs), will have a new date, course, and format. Formerly an out-and-back route along the Santa Maria River levee, the 2010 races will be part of Guadalupe's first annual Salad Bowl Festival. Run courses start and finish at Leroy Park and go through the downtown area and past agricultural fields. Additionally the half marathon goes out through the dunes to Guadalupe Beach before returning to the finish at Leroy Park. Registration begins at 6:45 AM with entry fees for the half marathon of \$40 for adults and \$20 for ages 18 and under if registration is received by August 13, and \$50/\$30 after that. For the 5K, the fee is \$20 regardless of age by the same August 13 date, and \$30 after that. Late registrants are not guaranteed a T-shirt if supplies on race day run out. Entry fees include awards to top competitors in age divisions, a colorful, long-sleeved T-shirt, and free entry into the Salad Bowl Festival. Directed by Stephanie Krouse, [sa\\_krouse@hotmail.com](mailto:sa_krouse@hotmail.com). For more info go to [www.saladbowlfestival.com](http://www.saladbowlfestival.com).

**SATURDAY, SEPTEMBER 18, NO TIME. CENTRAL COAST CANCER CHALLENGE, 5K, 10K, CHILDREN'S MILE, SAN LUIS OBISPO.** This challenge includes three run/walk distances for every age and fitness level. The 5K will meander along the trails of Laguna Lake Park while the 10K begins at Laguna Lake and takes participants up the mountain for some trail running. Then there is a children's mile for ages 10 years and under with parents welcome to accompany their child. Entry fees are \$20 for the kid's mile, \$35 for the 5K, and \$45 for the 10K. Along with that will be a bike clinic, a 36 mile ride to Edna Valley, and a 65 mile course to Arroyo Grande and Nipomo then enjoy the wellness expo, family activities, food, and a concert by the Damon Castillo Band. All athletes will receive a tech shirt and prizes will go to first place in each age group and all kids. Register at [www.centralcoastcancerchallenge.com](http://www.centralcoastcancerchallenge.com) or contact them at 458-0655 or by e-mail at [excouchpotato@gmail.com](mailto:excouchpotato@gmail.com).

**SUNDAY, SEPTEMBER 19, 8:30 AM. GOLETA EDUCATION FOUNDATION 4-MILER.** Goleta Union School District Office, 401 N. Fairview Avenue. Fees: \$20 early entry thru 9/16/10, \$30 post 9/16/10. \$10 Kid's 12/Under, \$5 Kid's Fun Run. Add \$5 for t-shirt. Scenic out and back w/loop course starting at Goleta Union School District building, traversing through the beautiful Lake Los Carneros area. Mostly flat with a fast downhill finish. Benefits the music education programs in the Goleta Elementary Schools.

**SATURDAY, SEPTEMBER 25, 8:00 AM. 34<sup>th</sup> 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: \$50, \$55 after September 7 and on race day. 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 26, 7:30-11:00 AM. HERITAGE OAKS BANK 5K, 10K, AND FAMILY FUN RUNS, PASO ROBLES.** This full morning of events at Paso Robles City Park starts with a 10K, followed by a 5K, an open mile for all ages, a series of kid's races, and a 5K walk. Fees are \$5 for the 75 yard dash for ages 5 & under (\$10 after 09/10), \$5 for the half mile for ages 5-12 (\$10 after 09/10), \$10 for the mile (\$15 after 09/10), \$20 for the walk (\$25 after 09/10), \$20 for the 5K (\$25 after 09/10), and \$25 for the 10K (\$30 after 09/10). 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. The races are sponsored by Heritage Oaks Bank, Post Office Box 7012, Paso Robles, 93447-7012, and are directed by Mitch Massey, [mitch@hobfunrun.com](mailto:mitch@hobfunrun.com), [www.hobfunrun.com](http://www.hobfunrun.com).

**SUNDAY, OCTOBER 10, 8:00 AM. CITY TO THE SEA HALF MARATHON (13.1 MILES) AND 5K (3.1 MILES), SAN LUIS OBISPO.** The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and follows beautiful country and ocean view roads to 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, a finisher's gift, 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 including some awards. Proceeds go to the Cuesta College cross country and track programs. For more information, call (805) 546-3100 Ext. 2716 or go to the race web site at [www.citytothesea.org](http://www.citytothesea.org). Registration is on-line only through [www.active.com](http://www.active.com).

**SUNDAY, OCTOBER 24, 7:00 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K.** This is a new event to be held at Sylvester Winery, 5115 Buena Vista Road, Paso Robles, 93446, with beautiful views of the countryside and wine vineyards at harvest time. The morning's races include a full marathon, a two person marathon relay (13.1 miles each), and a 5K. All net proceeds benefit local charities and youth programs with entry fees of \$70 for individuals and \$100 for relay teams by July 10, \$80, and \$140 after that, \$30 for the 5K. The first 100 entries will receive a special inaugural event prize. This is the first marathon in SLO County since the Hearst Castle race in 2001. For further information, check the web site at [www.pasoroblesmarathon.com](http://www.pasoroblesmarathon.com) or contact Julie Opheim, Paso Robles Harvest Marathon, PO Box 1796, Paso Robles, 93447-1796, (877) 264-6979, [pasomarathon@yahoo.com](mailto:pasomarathon@yahoo.com).

**SATURDAY, NOVEMBER 6, 2010, 6:30 AM. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON, SANTA BARBARA.** Marathon and Relay: Location: Dos Pueblos High School, Start Time: 6:30 AM, Parking: Santa Barbara City College Finish Line. Half Marathon: Location: Tucker's Grove, Start Time: 6:30 AM, Parking: San Marcos High School. SBIM will provide buses back to your cars from the

Finish Line Festival at Santa Barbara City College. The Select Staffing Santa Barbara International Marathon is a USATF-sanctioned event and a Boston Qualifier. <http://www.sbimarathon.com/>

**SUNDAY, NOVEMBER 14, 8:00 AM. WINE VINE HALF MARATHON AND 5K, PASO ROBLES.** Experience the wine country of Paso Robles as the race starts and finishes at the beautiful Meridian Winery (7000 East Highway 46) and winds through the vineyards and nearby roads. Entry fees are \$25 for the 5K and \$45 for the half marathon by November 1 and \$35/\$60 after that through [www.active.com](http://www.active.com) with proceeds going to the athletic programs at Paso Robles High School. All entries receive a race shirt and wine glass. More information is available at [www.winevinerun.com](http://www.winevinerun.com). Directed by Field Gibson, Bearcat Boosters, Post Office Box 22, Paso Robles, 93447-0022, [fieldgibson@gmail.com](mailto:fieldgibson@gmail.com)

### **RACE RESULTS**

July 4, Semana Nautica 15K, Santa Barbara. Patty Landis was 288<sup>th</sup> overall, 1:42:13, 1<sup>ST</sup> in her age group; and Julie Campos was 307<sup>th</sup> overall, 1:54:31, 2<sup>nd</sup> age group. Note from Julie: If you look at the full results of this event, it shows 3 'walkers' ahead of me; they cheated; they ran most of the way; I was able to get one of them DQ'd, but didn't realize that there were so many others who cheated. If I had the race director's e-mail I would contact him about this. I was the only one in the top of the order who legitimately walked the whole way; so I was actually the first walker in. However, the race organizer put me in the runner's category and that's how I came up with the second place finish.

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](mailto:nperry3@verizon.net)

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PO BOX 694  
LOMPOC CA 93438

**LIZARD BREATH FENCELINE  
7.2 MILE RUN/4 MILE WALK  
Saturday, July 17**

**VALLEY OF THE FLOWERS  
HALF-MARATHON  
SATURDAY, SEPTEMBER 25**