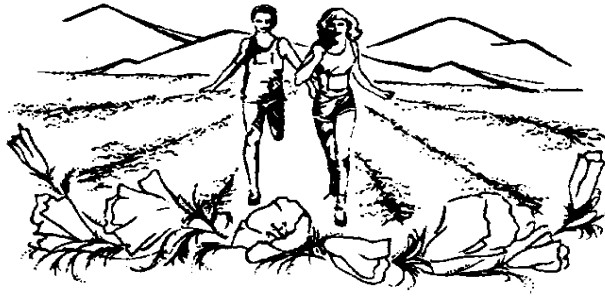


Lompoc Valley Distance Club

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	

July 12, 2011

KEY DATES

SATURDAY, SEPT 24

VALLEY OF THE FLOWERS HALF-MARATHON AND 5K



Hello out there in Lompoc Valley Distance Club Land

Better half Janis and I saw two horny toads while scouting the Lompoc Lizard Breath Fenceline Fun Run course at La Purisima Mission State Historic Park. Son Matthew and I saw two more of the mini-stegasauruses when marking the Fenceline course. Horny toads, as I never tire of pointing out, are hard to spot. Unlike their slender brethren, the little, round lizards with horned heads and spiked bodies don't rush away when approached by big, lumbering people. Unless you threaten to step on them, they just sit there, blending with the surroundings. If it is dirt brown, they are dirt brown. If it is rocky gray, they are rocky gray. If it's leafy green, that's the coloration of your common California Phrynosomatidae. Because horny toads are rarely seen, I think of their sightings while preparing for the Fenceline as a blessing on this off-road affair. And it is easy to feel blessed while on a leisurely stroll in the back-acreage around La Purisima. The scenic trails are hilly and sandy, but I don't fight them by trying to move fast.

While I enjoy the view more when going at the slower pace of the horny toads, I can't expect those entered in the fun run to go about their appointed rounds in that fashion. It is a race, after all. And I'm impressed when anyone finishes the 7.2-miler in less than two hours, which all 10 of those who completed the event last Saturday were able to do. Smooth striding under gentle cloud cover, winner Eduardo Ramos was done in 55 minutes and 50 seconds. Eduardo's training partner, Ed Grand, who, at 48, is double the age of two-time Valley of the Flowers Half-Marathon winner Ramos, rambled through in 56:08. I expected Lompoc's Ramos and Grand, who use the Fenceline as a regular feature in their workouts pointing to the September Flowers half, to be at or near the front.

And it was neat to see defending Fenceline champion Steve Brookshire of Santa Maria improve on his 2010 time with a 1:06:39, and to cheer when Lompoc's Juan Campos, like Brookshire a youthful 51, also bettered his 2010 Breath of the Lizard with a 1:11.09.

WRONG WAY: It was also interesting to find first-timer Brad Beal, a 30-year-old who just got a job at Vandenberg AFB, thus moving from Michigan, crossing the finish line while going the wrong direction, in 1:05.48. "I took a wrong turn, didn't I?" asked Beal, who went left instead of right when coming onto the finishing loop. Yes. But you aren't alone, Brad. You're in plentiful company, joining the legions who've gone astray while doing the Fenceline. For example, Lompoc's Ben Li, the Harvard student who was second in the Montecito half-marathon Saturday, and who might have won that event if he hadn't made a wrong turn, also might have won the Fenceline a few years ago but for a zig when he should have zagged. I remember getting lost my

first couple of times on the Fenceline, off in the fuzzy past. But I wasn't in a competition. I kept on walking, out into the adjacent farmland, set in beautiful, isolated valleys, before meandering back.

SARAH STRAIGHT AND TRUE: First-timer Sarah Nemeth of Santa Maria, however, showed unerring instincts along the trail, being the first female to cross the LB line, in 1:18.29.

Lompoc Lizard Breath veterans such as Sheila MacFarlane and Mary Lou Seelandt served as running beacons for the 10th annual, just as important in their own way as course monitors like Betty Lee and Sarah Leck, helping newbies such as Nemeth, Eric Voyles, and Lacey Elko get back in to the finish line land of fruit, cookies and water.

HEALEY'S PLUS-THREE: Meanwhile, Fenceline regulars Bill Graham and Julie Campos walked the alternative four-mile course with the ease you might expect. But those of us working the start-finish, including timer Wayne Davis and registrars Nancy Perry and Pam Alexander, couldn't blame Orcutt's Scott Healey, who also signed up for the four, when it turned into a seven-miler. He hadn't been properly warned (my bad) about arrows leading the wrong direction just one quarter mile from the finish. And Healey, who had never been to La Purisima Mission before, was still full of endorphite enthusiasm when he joined the gang under the big oak tree.

HALF-MARATHON SEPT. 24: The Lompoc Valley Distance Club looks forward to seeing all these Fenceline-aware characters at the Valley of the Flowers Half-Marathon on Saturday, Sept. 24 at La Purisima Mission. That 13.1-mile course does not incorporate the hard hills of the Fenceline. But it has its amenities, including the sighting of horny toads, if the hurried competitors would only go slow enough.

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

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

WEDNESDAY, MAY 4, 6:25 PM - WEDNESDAY, August 31. SANTA BARBARA NITE MOVES 2011. Leadbetter Beach, 801 Shoreline Road. Registration opens at 5:05 P.M. Swim Santa Barbara Nite Moves 2011 is a series of events at Leadbetter Beach Park. 1K ocean swim starts at 6:25 and run/walk starts at 6:35 P.M. 564-8879.

TUESDAY, JUNE 7 – SEPTEMBER 13, SANTA BARBARA REEF AND RUN SERIES. Events held each Tuesday including one mile ocean swim beginning at 6:25 PM and 5K run/walk starting at 6:35 at the Cabrillo Pavilion Bathhouse. 886-8123.

SATURDAY, AUGUST 6, 8:00 AM. VENTURA COUNTY FAIR COSTUME 5K RUN/WALK + FREE KIDS 1K, VENTURA. 204 East Main Street. Registration Closing Date Thursday, August 04, 2011 @ 11:59 PM PDT. Join us on a brand new course through Downtown Ventura with a hill that will make you cry, which is followed by a view that will put you in a blissful state. You will then remember you are supposed to be in a 5K and will start racing (or at least moving) again. Check-In/Registration - 7:00; 5K - 8:00, Kids 1K - 9:00, Awards - 9:15. Awards for both performances (3-deep in every age group) and costumes. Sit and relax in Mission Park enjoy great food and stick around to watch Ventura County Fair Parade. Benefitting the Ventura County Fair Foundation. For more information: <http://www.VC5K.com>

SATURDAY, AUGUST 7, VARIOUS TIMES. CENTRAL COAST CANCER CHALLENGE 100K RIDE, 50K RIDE, 22K RIDE, 10K RUN/WALK, 5K RUN/WALK, CHILDREN'S 1 MILE, SAN LUIS OBISPO: This challenge includes multiple run/walk distances for every age and fitness level as well as multiple bike ride distances. The 5K run will be along the trails of Laguna Lake Park while the 10K begins at Laguna Lake and takes participants up the nearby 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. Enjoy the wellness expo, family activities, food, and a concert. Late Registration and Packet Pick-up Opens: 6:30. 100K Ride: 7:30, 50K Ride: 8:30, 22K Ride: 9:00, 10K Run/Walk: 9:10, 5K Run/Walk: 9:30, Children's 1-Mile Run: 10:30. Awards and Survivors Ceremony: 11:45. Check the web site for entry fees. 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 or contact them at 458-0655 or by e-mail at excouchpotato@gmail.com. See the web site for all the details.

SUNDAY, AUGUST 21, 2011, 8:30 AM. 33RD MCCONNELL'S ICE CREAM ENDURANCE EVENTS, GOLETA BEACH COUNTY PARK. 5986 Sandspit Road Goleta. 5K at 8:30, 10K at 9:30, Biathlon: Run the 10K then jump in the water for a mile swim, wet suits OK. Kid's Mile at 11. Mile Swim at 11:30. 5 year age groups for awards 3 deep in the runs. USATF certified 5K and 10K courses, mostly flat. Ocean front start/finish area, run is on bike path. Post-race fruit and ice cream buffet, ribbons to all finishers. Contact kyoung@sbre.com or 805 564-3400 for more info benefits club west run for life, www.runforlife.org

SATURDAY, AUGUST 27, 9:00 AM NIPOMO SUMMER JAMBOREE CERTIFIED 5K RUN AND NON-CERTIFIED 10K RUN. Trilogy at Monarch Dunes, 1640 Trilogy Parkway Nipomo. Fees: Adults 5K or 10K and wheelchair \$30.00 until July 30; then \$40.00; Youth (17 yrs and under) \$15 through August 27. Awards: 1st, 2nd, 3rd for Overall, Masters, Grand Masters. Certified 5K Run and Non-Certified 10K, Male and Female Divisions. Brackets 17 and under, then every 10 yrs, 70 plus. Finisher medals for all. Course will be on asphalt streets thru the community of Nipomo. 10K course will close 2 hours after start time of 9:00 A.M. Also available same day registration between 7:30 AM- 8:30 AM on Aug 27th. T-shirts not guaranteed for late or on-site registrations. www.nipomojamboree.com, 805 929-5437

SATURDAY, AUGUST 27, 9:00 AM. 23RD DUNE 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 & 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. 473-4580.

SUNDAY, AUGUST 28, 9:00 AM- 10 AM. BEATTIE PARK 5K/10K, 10 AND UP, 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. Registration Deadline 8/26, Check-in 8:00AM – 8:45AM. \$15 Pre-Reg, \$20 on race day. Mario Guerrero, 805 875-8100, M_GUERRERO@ci.lompoc.ca.us

SUNDAY, SEPTEMBER 4, 6:15 AM. PIER TO PEAK, SANTA BARBARA. Stearns Wharf at State Street, 6:00 AM Final Check In, Race Starts 6:30 a.m. Fees: \$65. 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 at Look Out Park in the Los Padres National Forest. Capture the panoramic layout of the City of Santa Barbara, the Santa Barbara Channel, and the Channel Islands. You can see where you started from 13.1 miles (sea level) earlier. Post race treats and streamline silkscreen and design finisher's shirts and finisher's Medals. Course is limited to 350. Please NO BANDITS are permitted. Shuttle Service will be available for those who do not have friend or family meeting them at Look Out Park. www.runsantabarbara.com

SUNDAY, SEPTEMBER 11, 8:00 AM. SUMMER'S END 5K AND 10K TRAIL RUNS (AT LOPEZ LAKE), ARROYO GRANDE: This is the third in a four race series to be held at Lopez Lake with an entry fee is \$35 for the 5K and \$45 for the 10K plus \$9 per vehicle for the park entry fee. There will be eight age divisions (10 & Under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, & 70+) for both men and women with medals to the top three in each. There will also be a Tots Mile for ages 6 and under with a \$25 entry fee and medals to the top three boys and girls. For more information, contact Jeannie Keeffe, Friends of Lopez Lake, 1776 Upper Lopez Canyon Road, Arroyo Grande, 93420, jeanniekeeffe@mac.com.

SATURDAY, SEPTEMBER 17, 7:30 AM. WOUNDED WARRIOR HALF MARATHON, 5K AND MILITARY MILE, NAVAL BASE VENTURA COUNTY, POINT MUGU. Naval Base Ventura County, Point Mugu, Building 16 - Gymnasium, North Mugu Rd. NBVC Point Mugu, CA. Wounded Warrior Half Marathon/5K/Military Mile, hosted by Naval Base Ventura County, Honoring our Wounded Warriors. Join us as we pay tribute to our injured servicemen and women. Fees: \$5 - \$35. This unique half marathon is held at NBVC Point Mugu and offers a FAST, FLAT and Fun course. The course is certified and perfect for setting new personal records or for the first time runner. The 5K run is a great way to stay in shape and pay tribute, while the Military Mile is family and stroller friendly. All participants will receive a T-shirt and sponsored goodies. Half Marathon participants will also receive a collectors 'Finisher Medal.' After race BBQ provided for all participants. Proceeds benefit the Wounded Warrior Program and NBVC. Online registration for this event is available through Monday, September 12 at 11:59pm and can be found at: http://www.active.com/event_detail.cfm?event_id=1959926. Race participants must send in all spectator names upon registration for gate access. All racers, spectators, and volunteers 18 years or older must have a photo ID to enter the base. Info: 805 989-7378 or 805 982-3007 or active.com

SATURDAY, SEPTEMBER 24, 8:00 AM. 35th ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K, 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; 5K - \$30. 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. For more information call Betty Lee at 805 736-7380, or e-mail her at: Bettylee0077@MSN.com.

SUNDAY, SEPTEMBER 25, 8:00-11:00 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 at 8:00 AM, followed by a 5K run and 5K walk at 9:15, an open mile for all ages at 10:30, and finally a series of kid's races. 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 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 while the 10K will have \$2,000 in prize money for the top ten age graded performances. 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, www.hobfunrun.com.

SUNDAY, OCTOBER 9, 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. Entry includes awards in 13 age categories, an event T-shirt, breakfast buffet, entertainment, a gift, and post-race shuttle service. The 5K takes place at Dinosaur Cave Park 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. Registration is on-line only through www.active.com.

SUNDAY, OCTOBER 9, 8:30 AM. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, & 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 \$35 for the 8K, \$40 for the 12K, \$45 for the 25K, and \$65 for the 50K by September 25, add \$5 to each fee after that, and add \$15 on race day if there is still space available. There are T-shirts to all entrants, refreshments, medals to the first male and female overall and in each age group plus ribbons to second and third to finish. Check the web site at www.pctrailruns.com to register. Official confirmation of the event is pending permit approval from the park.

RACE RESULTS

July 4 – Santa Barbara. Semana Nautica 15K. Patty Landis was 265th overall, 2nd in her age group, 1:50:48. (active.com)

2011 Lompoc Lizard Breath Fenceline Fun Runs

July 16

Race Director Al Hunt

7-MILERS

PLACE	NAME	AGE	CITY/CLUB	TIME
1	Eduardo Ramos	24	Lompoc	55:50
2	Ed Grand	48	LVDC	56:09
3	Brad Beal	30	Lompoc	1:05.48*
4	Steve Brookshire	51	Santa Maria	1:06.39
5	Juan Campos	51	LVDC	1:11:09
6	Eric Voyles	31	Lompoc	1:18:27
7	Sarah Nemeth	27	LVDC	1:18.29
8	Sheila MacFarlane	38	LVDC	1:19.29
9	Mary Lou Seelandt	55	LVDC	1:35.46
10	Lacey Elko	28	Vandenberg AFB	1:48.16

4-MILERS - ALL WALKERS

PLACE	NAME	AGE	CITY/CLUB	TIME
1	Bill Graham	70	Lompoc	59.26
2	Julie Campos	58	LVDC	1:00.51
3	Scott Healey	34	Orcutt	1:31.17**

* Took a wrong turn at lower loop access, finishing on the east side instead of the west.

** Took a wrong turn at Ranger Road on lower loop, went up and around the upper loop, then finished.

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
PO BOX 694
LOMPOC CA 93438

SATURDAY, SEPTEMBER 24
VALLEY OF THE FLOWERS
HALF-MARATHON AND 5K