

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	

June 12, 2009

KEY DATES

Saturday, June 27	Parade Route 5K and 1K kids run
Saturday, July 11	Lizard Breath Fenceline 7.5 miles
Saturday, September 26	Valley of the Flowers Half-Marathon



Hello out there in Lompoc Valley Distance Club Land

The closure of La Purisima Mission State Historic Park September 1 would have a big effect on the Lompoc Valley Distance Club schedule. We currently have three events at the Mission: the Ray Gil 5K/10K in May, the Lizard Breath in July and the Valley of the Flowers Half-Marathon in September. Will La Purisima be open on September 26, 2009, when the 33rd annual Valley of the Flowers is slated? We don't have the official word on that yet. At a meeting of the half-marathon committee on June 16, we decided to stay the course, acting on faith that the Mission will, somehow, stay open. If the Mission is closed, we cancel for this year.

In the meantime, the Parade Route Run on Saturday, June 27th is a go. See the announcement in this newsletter and give Wayne Davis a buzz if you want to help. It's a fun, well-organized event. Wayne's e-mail is runwithme.w@verizon.net, his phone is 735-7177.

Also, the Lizard Breath at the Mission on July 11th will go on as planned. I've got Nancy to help with registration, Wayne as a timer, Olga Lucaric, Mary Lou Seelandt and Janis Hunt to help with the course marking, but could use some course monitors. E-mail fuzziesareus@yahoo.com or call me at 736-5435.

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

VALLEY OF THE FLOWERS HALF-MARATHON. As many of you may already know La Purisima Mission State Historical Park is on the closure hit list again this year. Since there is no definite word yet that the Mission is going to close by September 1, it has been decided to keep the half-marathon scheduled for September 26. The committee talked about trying to move the half up to the end of August; however, it was felt that it was too difficult to try to reschedule, the weather might be too hot, and the big reason – the difficulty in contacting everyone who had already received a brochure in the mail or picked one up at a race. In years past most of the registration comes in before the pre-registration deadline so if the half has to be cancelled all those already registered can be contacted and their entry fees refunded. Those of us who are

out at the Mission on a regular basis are hoping that “our” Mission will not close. Keep tuned for more information on the half-marathon and the Mission.

VALLEY OF THE FLOWERS HALF-MARATHON SCHOLARSHIPS. The 2009 scholarships were awarded to Cabrillo High School students Katherine Avila and David Fraats and Lompoc High School students Kaitlin Munoz and Kyle Pickles. And we have already received a thank you note from David Fraats and Katherine Avila.

LOMPOC VALLEY DISTANCE CLUB WEB SITE. THE NEW WEB SITE ADDRESS IS:

<http://members.impulse.net/~lvdc/>. If you haven't been on our web page recently, check it out. Ron Cortopassi has added new links, current and past newsletters, race results, and flyers.

PARADE ROUTE 5K. Volunteers needed to assist with the Parade Route 1K/5K on Saturday, June 27, 2009, from 7:30 AM to 9:30 AM. Registration, refreshment tables, course monitors, finisher results board, water stations, and course monitors positions are available. Your participation will ensure kids and adults a fun healthy event to raise donations for the Cystic Fibrosis Foundation. Contact Event Directors A. Lee and Wayne Davis at 735-7177.

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.

SUNDAY, JUNE 21, 8:00 AM. HOME DEPOT CENTER 5K/10K RUN IN CARSON, CA. For only \$35, participants receive: Entry into the race, race t-shirt, 1 ticket to the LA Sol Women's Professional Soccer game on June 21st, 1 ticket to the LA Galaxy Major League Soccer Game on June 28th. To register, runners can visit www.homedepotcenter.com/run. David Ridenhour, 310 630-2244, dridenhour@lagalazy.com

SATURDAY, JUNE 27, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK. LOMPOC. 1K Kid's Run – 8:30 AM and 5K Run/Walk at 8:45 AM. Start in front of the Lompoc Shopping Center, next to the Automobile Club of Southern California (AAA) at 675 North “H” Street. Registration starts at 7:30 AM. Entry fee: \$5 for the 1K Kids Run and \$10 for the 5K (\$2 discount for LVDC members). Awards in all categories will be for 1st, 2nd, and 3rd place for Male and Female. Age category awards for the 1K Kids Run as follows; 6 and under, 7-9, and 10-12. Age categories in the 5K Run as follows 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-64, and 65 Plus. Awards for the 5K walk will be the 1st, 2nd, and 3rd overall male and female. There will be an award for youngest and oldest entry. 100 percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 4 year old Mallory Holloway, the daughter of an avid past local Lompoc runner Matt Holloway. The Flower Festival Parade follows at 10 AM. For more information or to volunteer, contact Alee or Wayne Davis at 735-7177, email: alhwed@msn.com.

SATURDAY, JULY 4, 8:00 AM, 7:30 AM FOR WALKERS. 55TH ANNUAL SANTA BARBARA SEMANA NAUTICA 15K. San Marcos High School (Turnpike and Hollister). Semi-hilly loop course. \$20 thru May 30, \$30 thru July 1, late fee \$40. Registration is at the finish line on Hollister. Post-race goodies and awards. John Brennand, 805-964-2591, brennand@alum.mit.edu. Online registration at www.Active.com

SATURDAY, JULY 4, 8:30 AM. POZO SALOON 5K. Start and finish at the Pozo Saloon and cover an out and back course on country roads. The \$30 entry fee includes a T-shirt and breakfast for the first 200 entrants. No pre-entries - register on race day only. Gift certificates from Running Warehouse to the top three open and first masters, awards to the top 3 in nine age divisions, and many random draw prizes. Race proceeds benefit the Chris Jesoerson Memorial Society. Joe Rubio, Running Warehouse, 181 Suburban Road, San Luis Obispo, 93401, (800) 606-9598, joe@runningwarehouse.com.

SATURDAY, JULY 11, 8:00 AM. EIGHTH 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. Fee: To be determined. For information or to volunteer to help with this event, contact Al Hunt at 736-5435.

SATURDAY, JULY 11. 7:30 AM. 40TH ANNUAL BRIAN WATERBURY MEMORIAL ROCK TO PIER 6-MILE 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 and under to 80 and over. Enter online at www.active.com. Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

SATURDAY, JULY 18, 8:00 AM. GUADALUPE HALF MARATHON RUN AND 10K WALK. This event is a fundraiser for the Guadalupe Sports Hall of Fame youth programs. The run and the walk occur along the Santa Maria River levee adjacent to rural farm fields with flat out and back courses. The walk is a non-competitive, non-timed event. Entry fees include a post-race meal for all finishers and awards in age categories for the half marathon. Registration begins at 6:45 am at the north end of Peralta Street, north of Mary Buren Elementary School (1050 Peralta Street) in Guadalupe. Entry fees for the half marathon are \$35 for adults and \$15 for youth ages 18 and under. For the 10K walk, the fee is \$15 regardless of age. A long sleeved, custom-designed, multi-colored t-shirt can be reserved for an additional \$15 if registration is received by June 15. For more info contact Stephanie Krouse, at (805) 714-5798 or sa_krouse@hotmail.com.

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 and conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, www.sldc.org.

SUNDAY, AUGUST 16, 8:30 AM. 31st ANNUAL MC CONNELL'S ICE CREAM ENDURANCE EVENTS 5K AND 10K AND KID'S MILE, GOLETA BEACH. 5K at 8:30; 10K at 9:30 and 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. – 21st 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. 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

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. For more information call Betty Lee at 805 736-7380, or e-mail her at: Bettylee0077@MSN.com.

SUNDAY, SEPTEMBER 27, 7:30-11:00 AM. 10th 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.

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. 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 or print an application from the race web site at 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 1st & 2nd 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, Email sbimarathon@cox.net

RACE RESULTS

May 24, Arroyo Grande, Strawberry Stampede. 5K – Juan Campos, 44th overall, 22:44:81; Julie Campos, 97th overall, 26:39:37, 2nd in age group; Lisa Norcutt, 249th overall, 35:00:62, 1st in age group; Olga Lucaric, 278th overall, 46:01:19, 3rd in age group. 10:K – William Nolen, 53rd overall, 49:12:95; Mary Lou Seelandt, 53:58:81, 102nd overall, 3rd in age group; Fran Zimmerman, 130th overall, 59:28:72, 2nd in age group. <http://www.strawberrystampede.com/>

May 31, Santa Barbara, Platinum Performance Fitness State Street Mile. Billiana Hardy, 6:49; and Patty Landis, 7:47, 3rd in her age group. ([active.com](http://www.active.com))

June 7, Marianne Talley Fun Run 5K, Arroyo Grande - Paul Lee was 37th overall, 21:28; Pauline Schneckloth, 48th overall, 22:31, 1st in her age division; Juan Campos, 55th overall, 22:55; Julie Campos, 139th overall, 27:13, 2nd in her age group; Lisa Norcutt, 263rd overall, 35:53, 1st in her age group; Olga Lucaric, 46:xx, 2nd in her age group. (<http://www.talleyvineyards.com/funrun.fsp?id=500263>)

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

LOMPOC VALLEY DISTANCE CLUB
PO BOX 694
LOMPOC CA 93438

Parade Route 5K
Saturday, June 27

Lizard Breath 7.5 Mile Run/
3.5 Mile Walk
Saturday, July 11

Valley of the Flowers
Half-Marathon
Saturday, September 26