

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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June 12, 2010

## KEY DATES

<b>Saturday, June 26,</b>	<b>PARADE ROUTE 5K/1K</b>
<b>Saturday, July 17</b>	<b>LIZARD BREATH FENCELINE 7.2 MILE RUN/4 MILE WALK</b>
<b>Saturday, September 25</b>	<b>VALLEY OF THE FLOWERS HALF-MARATHON</b>



## Hello out there in Lompoc Valley Distance Club Land

Failure to prepare is preparing to fail," said John Wooden.

In a similar frame of mind, we prepare for the Parade Route Run on June 26, the Fenceline on July 17, and the Half-Marathon on September 25.

Bob Lingl's half-marathon group was up to 50 recently for a session at La Purisima Mission State Historic Park. Bob has them doing their laps nicely, and buying annual passes. Getting an annual pass, it seems, might be a good idea if we want the state parks to stay open.

For the Parade Route run, which starts and finishes next to the Auto Club office on H Street, remember that the race directors are Wayne and Lee, who are reachable at 735-7177 or for pre-registration or to volunteer help (also [alhwed@msn.com](mailto:alhwed@msn.com)).

With the Fenceline, also at La Purisima Mission, contact yours truly at [fuzziesareus@yahoo.com](mailto:fuzziesareus@yahoo.com) or 736-5435 for pre-reg or to help. I can always use course monitors.

Re lizards, I note that in my own "training" I've seen two very big horny toads this spring. Both were on the upper loop instead of the eastern fenceline. But I still count them as wondrous critters.

With the 34th annual Valley of the Flowers Half-Marathon, once again at La Purisima Mission, Betty Lee is the contact at [bettylee0077@msn.com](mailto:bettylee0077@msn.com) or 736-7380. Also, you can register on [active.com](http://active.com).

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

**2009 VALLEY OF THE FLOWERS HALF-MARATHON SCHOLARSHIPS:** The scholarship selection committee consisting of Betty Lee, Kathi Froemming, Al Hunt, Sarah Leck, Wayne Davis, and Nancy Perry met in early May. We had eight girls and three boys from Cabrillo High School and five girls and two boys from Lompoc High School apply for the LVDC scholarships. It was very hard to select just one girl and one boy from each school. Kathi again guided the selection committee through the process. Anna Anderson and Rylan Ross were the Cabrillo recipients and Kerri Bermudez and Joe Machado were the Lompoc recipients.

**HALF-MARATHON TRAINING:** Bob Lingl's training for the half-marathon started on June 5th. Bob will be training all levels again this year, walkers, walk/runners, run/walkers, and runners. Bob is looking for a few volunteers so if any Distance Club members are interested in helping out, they can contact him at bob-lingl@aol.com. Also if you are interested in being part of the training group, contact Bob at his e-mail address.

**VALLEY OF THE FLOWERS HALF-MARATHON:** The brochures have been mailed and entries are starting to come in. If you are going to any out-of-town races, please take some brochures along with you. Call Betty Lee or me so we can get some brochures to you.

**VALLEY OF THE FLOWERS HALF-MARATHON SPONSORSHIPS:** We are looking for new sponsors for the half-marathon. If anyone knows of a business or individual who might be interested in sponsoring the half, let me know and I will get a request out. Our sponsorship was down last year and we really need some new sponsors so we can keep funding our scholarships. Olga Lucaric has already suggested one new sponsor so if we could get more sponsors it would really help our scholarship fund.

**SANTA BARBARA NEWS-PRESS ARTICLES:** Al wrote some great articles in the recent SB News-Press county high school graduation insert. He profiled Joe Machado, our scholarship winner from Lompoc High School, whose career goal is to be a cattle rancher, and our very own LVDC member Britni Heter from Cabrillo High School whose career goal is to be a doctor.

## 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.reefandrunk.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, JUNE 26, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK, LOMPOC.** 1K Kid's Run starts at 8:30 AM and 5K Run/Walk at 8:45 AM. Start and finish 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. Pre-registration not required but recommended for speedy check-

in morning of event – call 735-7177. Entry fee: \$5 for Kids Run and \$10 for 5K Run/Walk (Lompoc Valley Distance Club members \$2 discount). Awards in 1K and 5K. Run categories will be for 1st, 2nd, and 3rd place for Male and Female. Awards for 5K Walk will be for 1st, 2nd, and 3rd place Overall. 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; 12 and Under, 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-64, and 65-69, 70 Plus. 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 5 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 A.Lee & Wayne Davis at 735-7177, email: alhwed@msn.com

**SUNDAY, JULY 4, 8:00 AM. 56<sup>th</sup> SANTA BARBARA SEMANA NAUTICA 15K RUN/WALK, SANTA BARBARA.** San Marcos High School, 4750 Hollister. Traditionally held on the 4<sup>th</sup> of July, the 56<sup>th</sup> Annual Semana Nautica 15K is the oldest race on the central coast. Walk begins at 7:30, run begins at 8:00. Moderately flat keyhole course. Fees: \$20 thru 6/7/10. \$30 thru 7/1/10, Late Registration \$40.

**SATURDAY, JULY 4, 8:30 AM. POZO SALOON 5K, POZO.** 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 entries. Registration is on race day only, from 7:00 AM - 8:15. 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. Joe Rubio, Running Warehouse, 181 Suburban Road, San Luis Obispo, 93401, info@runningwarehouse.com, (800) 606-9598.

**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 & 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.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).

**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).

**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, 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 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: To be determined. 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 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 & \$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).

**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

May 30, Arroyo Grande. The 24<sup>th</sup> Annual Strawberry Stampede: Mary Lou Seelandt was 127<sup>th</sup> overall, 27:56, 3<sup>rd</sup> in her age group; Fran Zimmerman, 201<sup>st</sup> overall, 31:35, 3<sup>rd</sup> in her age group, Lisa Norcutt, 296<sup>th</sup>, 37:23, 3<sup>rd</sup> in her age group; and Olga Lucaric, 351<sup>st</sup> overall, 47:24. ([www.strawberrystampede.com](http://www.strawberrystampede.com))

June 5, Santa Barbara, Blue Canyon Trail Race. 50K – Patty Landis, 12:10:00, 34<sup>th</sup> overall. (<http://www.blacksmithendurance.com/bluecanyon/results.htm>)

June 7, Arroyo Grande. 16<sup>th</sup> Annual Marianne Talley Fun Run: Paul Lee was 34<sup>th</sup> overall, 21:00; Juan Campos, 65<sup>th</sup> overall, 23:15; Julie Campos, 221<sup>st</sup> overall, 35:47; Lisa Norcutt, 234<sup>th</sup> overall, 37:04, 1<sup>st</sup> in her age division; and Olga Lucaric, 253<sup>rd</sup> overall, 44:53; 2<sup>nd</sup> in her age division. ([http://www.talleyvineyards.com/cm/annual\\_fun\\_run/race\\_results\\_2010.htm](http://www.talleyvineyards.com/cm/annual_fun_run/race_results_2010.htm))

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)

LOMPOC VALLEY DISTANCE CLUB  
PO BOX 694  
LOMPOC CA 93438

**PARADE ROUTE 5K/1K**  
**Saturday, June 26**

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