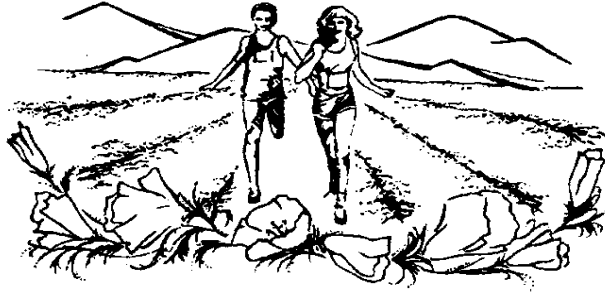


Lompoc Valley Distance Club

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, 2011

KEY DATES

SATURDAY, JUNE 25	FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK.
SATURDAY, JULY 16 SATURDAY, SEPT 24	LIZARD BREATH FENCELINE FUN RUN VALLEY OF THE FLOWERS HALF-MARATHON AND 5K



Hello out there in Lompoc Valley Distance Club Land

The Parade Route 5K, 1K is good to go for Flower Festival Parade Saturday, June 25, with the 1K for kids starting at 8:30, the 5 beginning at 8:45. See the event list for more details.

Parade Route Run record holder Duane Solomon, now a pro 800-meter man, continues to prepare for the USA's outdoor track and field championships in Eugene, Oregon, which are held the same week as the Flower Festival. Solomon's coach Johnny Gray and sponsor, Saucony, have kept him busy this spring. The current national indoor champ hasn't run any eye-popping times, but has competed in Italy, the Netherlands, Poland, France, and at Daegu, South Korea. Daegu is the site of this year's World Track and Field meet. Duane, who was second there recently to Kenyan Boaz Lalang, hopes to make the US team, and return. "Right now, I've got jet lag," Duane said June 13th, having just gotten back into LA. "The plan is to get readjusted (to West Coast time), make it through the prelims, then pop a good one in the finals," at Eugene, he said.

We also have news on Solomon's fellow Cabrillo grads, and fellow former Parade Route run winners, Colin Hacker at UC Irvine and Michael Coe at Cal. Hacker wound up as the Big West champion in the 1,500 while Coe's spring was cut short with foot problems. It would be great to see those guys on Parade Route Saturday.

Meanwhile, back in the Lompoc Valley, former Lompoc High star, and two-time Valley of the Flowers Half-Marathon winner Eduardo Ramos has been seen lately working out with Ed Grand at La Purisima Mission. They're done a few tours of the fenceline. Eduardo says he plans to compete in the Lizard Breath (Saturday, July 16), and the Flowers half (Saturday, September 24). Maybe we'll see those two on Parade Route Saturday too, eh?

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

VALLEY OF THE FLOWERS HALF-MARATHON SCHOLARSHIPS. The scholarship committee met and selected the recipients for the scholarships from the 2010 half-marathon. Scholarships were awarded to Carrie Lynn Esparza and Zachary Kedgwin Powell from Lompoc High School and Isabel Li and Nikki Peirtsegaele from Cabrillo High School.

VALLEY OF THE FLOWERS HALF-MARATHON TRAINING. Just a reminder, get those running shoes out of storage and start dusting them off. In just a few days Bob Lingl begins his fourteen week training sessions for this year's Half-Marathon. For those of you just joining us this year, welcome. As in past years, at our first meeting he will hand out training schedules. The schedules will be similar to past years, group training on Saturdays and individual training 3-4 days during the week. For new people, we start slow and gradually build-up our miles. It all starts with one step at a time. Mark your calendars: 8:00 AM on Saturday, June 18th. If you have any questions, e-mail Bob at boblingl@aol.com;

HalfMarathons.Net. I just found this web site (via SLDC's web page). It has a lot of information on half-marathons and other events. The Valley of the Flowers Half is listed here. Whoever posted it, thanks.

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, JUNE 25, 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: \$10 for 5K and \$5 for 1K Kids Run (LVDC 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. 100 Percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 7 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

SATURDAY, JUNE 25, 9:00 AM. 6TH MARY GIBBS MEMORIAL SAN LUIS OBISPO Y.M.C.A. 5K. Bring your friends for an enjoyable 5K through Sinsheimer Park neighborhoods. There will be awards to the top three men and women plus first place for children, parent with a stroller, senior (age 65+), and runner/walker with a dog. Pre-entry fees are \$25 for YMCA members, \$30 for non-YMCA adults, \$5 for ages 6-13 (children under 6 are free), and \$5 more on race day. Entry forms are available at the YMCA, 1020 Southwood Drive, San Luis Obispo, 93401, 543-8235 or at www.sloymca.org.

MONDAY, JULY 4, 8:30 AM. 19TH POZO SALOON 5K (90 WEST POZO ROAD), POZO. Start and finish at the Pozo Saloon and cover an out and back course on country roads. \$35 for pre-registration, available through www.active.com (deadline (6/30/11), \$40 on race day from 7:00-8:15 AM. The entry fee includes a T-shirt, breakfast, and raffle for the first 200 entries. Proceeds benefit the Chris Jespersen Society. 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. Directed by Joe Rubio, Running Warehouse, 181 Suburban Road, San Luis Obispo, 93401, (800) 606-9598, info@runningwarehouse.com.

MONDAY, JULY 4, 8:00 AM. 57TH SANTA BARBARA SEMANA NAUTICA 15K RU/WALK. San Marcos High School, 4750 Hollister. Walk begins at 7:30 AM, run begins at 8:00 AM. Moderately flat keyhole course. Registration is at the finish line on Hollister. Registration Fees: \$25 thru 5 June, \$30 thru July 1, Late fee \$40. \$5 discount for SBAA members or USATF members. Write-in applications must be received by June 29. Post-race goodies and awards. Information: John Brennan, 805-964-2591, brennand@alum.mit.edu. Online registration at www.Active.com

SATURDAY, JULY 9, 8:00 AM. ARROYO GRANDE CENTENNIAL 5K RUN. The Arroyo Grande Centennial 5K is a fundraising event to benefit youth activities in the South County and is produced by the Kiwanis of Greater Pismo Beach. Online pre-registration through www.active.com is \$30 with a T-shirt by June 15 and \$35 after that date, mail-in entries are \$5 more, add \$5 in both categories after the June 15 date. The race features electronic chip timing. Awards to first, second, and third place for male and female in 14 age divisions. Runners who are pre-registered can pick up their race numbers on race morning beginning at 6:45 AM at the start/finish area at the corner of Short Street and Nelson. We will also accept race day registrations from 6:45 until 7:45 AM. The race web site is www.centennialrun.com.

SATURDAY, JULY 16, 8:00 AM. TENTH 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 16, MONTECITO HALF-MARATHON, 10K, 5K RUN/WALK, AND KIDS' MILE, MONTECITO. A benefit for Santa Barbara channelkeeper and COAST. Festivities will take place on Coast Village Road. 896-6917 or www.runmontecito.com

SATURDAY, JULY 16, 7:15 AM. 42ND BRIAN WATERBURY ROCK TO PIER 6 MILE RUN, MORRO BAY. This 6 miler goes along the beach from the start at the rock in Morro Bay to the finish at the pier in Cayucos. The entry fees are \$20 for pre-registration, \$30 with a T-shirt, and \$30/\$40 on race day. Awards to the top three finishers in 15 age divisions from 10 & under to 80 & over. The awards ceremony will be at Morro Rock. See complete details at <http://www.leaguelineup.com/welcome.asp?url=rock2pier> or enter online at www.active.com. Directed by Karen Sweeny, Morro Bay Recreation Dept. 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

SATURDAY, JULY 23, 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 \$20 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. Gold, silver, and bronze medals will be awarded to the top three men and women in 10 age divisions. Sponsored

by Pismo Beach Recreation, 760 Mattie Road, Pismo Beach, 93449, 773-7049, www.pismobeach.org and conducted by the San Luis Distance Club, PO Box 1134, San Luis Obispo, 93406, www.sldc.org.

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, 2011 @ 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

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

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.

RACE RESULTS

May 1 – Big Sur Marathon. Karl Seelandt was 415th over, 3:39:31 and Mary Lou Seelandt was 2099th overall, 4:49:14. (<http://www.bsim.org/site3.aspx>)

May 7, 8th Annual Miracle Miles for Kids 10K Walk/Run, Morro Bay. Paul Lee finished in 45:02; and Sarah Nemeth finished in 53:43.

May 14, Bull Canyon 5K and 10K, Santa Maria. 5K - Linda Signal was 63rd overall, 2nd in her age group, 24:00; and Lisa Norcutt was 335th overall, 2nd in her age group, 36:26. 10K – Edward McFillin was 26th overall, 1st in his age group, 45:25; Sarah Nemeth was 100th overall, 51:31; and Catherine Boyle was 236th overall, 1:04:28. (<http://www.bcrun.org/>)

May 14, Ray Gil Runs. Good fun at La Purisima Mission

The Ray Gil Mission 5K/10K went off without a hitch on the morning of Saturday, May 14 at La Purisima Mission State Historic Park on the northeastern edge of the Lompoc Valley. A lucky 13 competed in the event the day after Friday, the 13th. The weather was pleasant, clear, calm, and about 58 degrees at the 9 AM start. Kent Yankee of Lompoc was the 5K men's winner, with Lompoc's April Fienga taking the women's 5K.

Lompoc's Juan Campos won the 10K with four-legged Dudley, four-legged Hershey doing the upper loop then taking up finish line chores with Julie Campos, the 5K walk winner. Other 5K finishers were Marie Morlatt, Fran Zimmerman, Leslie Martino, Janis Hunt and Olga Lucaric of Lompoc, plus Joni Carrithers and Seth Owens from Bakersfield. Olga, at 72, and Seth, at 10, were the oldest and youngest competitors.

Other 10K competitors were Brigid Woods of Templeton and Andrew Roberts of Bakersfield.

May 29, 25th Annual Arroyo Grande Strawberry Stampede 5K and 10K. 10K – Mary Lou Seelandt, was 1st in her age group, 59:34. 5K – Paul Lee was 1st in his age group, 20:50; Fran Zimmerman, 32:07; Lisa Norcutt, 1st in her age group; 35:44; and Olga Lucaric, 2nd in her age group, 45:45.
<http://www.strawberrystampede.com/>

June 6, Marianne Talley Fun Run 5K. Paul Lee, 16th overall, 1st in his age group, 22:10; David Norcutt, 35th overall, 3rd in his age group, 26:49; Lisa Norcutt, 139th overall, 1 in her age group; 52:17; and Olga Lucaric, 155th overall and 2nd in her age group; 59:34.
(http://www.talleyvineyards.com/cm/annual_fun_run/race_results_2011.html)

Lisa Norcutt - I would not call this one a Fun Run---It rained thru out the run and the trails were soaked up with mud all the way! I ended up walking it; many took their shoes off and ran barefoot! (I believe my shoes are ruined.)

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

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