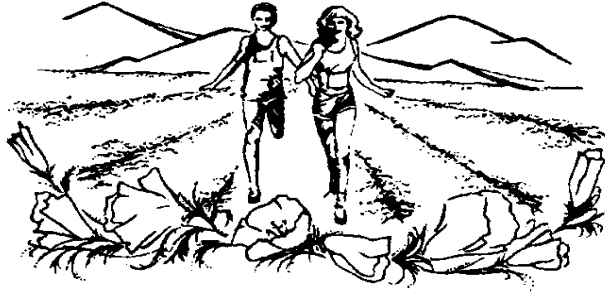


# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Wayne Davis	Secretary	735-7177	Noval Casteel	Webmaster	735-4766

March 12, 2008

## KEY DATES

<b>April 5</b>	<b>SCOTT WILLIAMS MEMORIAL PARK 5K</b>
<b>May 11</b>	<b>RAY GIL MISSION MEMORIAL 5K/10K</b>
<b>June 28</b>	<b>PARADE ROUTE 3 MILES</b>



## Hello out there in Lompoc Valley Distance Club Land

I sure appreciate all the good energy emanating from our lid-lifting event, the John Trettin 5K run/walk on Saturday, March 15. Kent Yankee, with help this year from Cabrillo ace runner Miguel Ortiz, again did a great job of organizing the thing. 189 is an awesome participation number in comparison with the other LVDC events. This does not reflect in any adverse way on our other race directors (such as yours truly, whose Lizard Breath continues to drive people away in droves). It speaks more to the love for Dr. Trettin. Congrats to winners Michael Coe and Laura Monteleone and to the 10 Ogans who showed up (and to the rest).

So, what the hey. Let's all be there with our friends and neighbors and show some love for Scott Williams at that Memorial 5K on Saturday, April 5. I guarantee that if you haven't run this particular course, you will be very favorably impressed with the scenery. There are some spectacular angles of view, angles which let you know how truly beautiful our Valley of the Flowers, Artichokes and Cauliflowers still is.

A few days ago I saw Karl Seelandt running at the Mission again. The man is on a mission, indeed! He was cranking it at a very strong pace in the 15th mile of his 20 for the day, getting ready for the Boston Marathon on Monday, April 21. Go, Karl!!!

Speaking of missions at the Mission, there's no official news regards the possible closure of La Purisima Mission, the Lompoc Valley Distance Club's favorite running venue. But, unofficially, through Elly Robb of the Lompoc Valley Riders, who heard from another LVR member, who heard from Sacramento (follow that?) I have heard that our Mission has been taken off the "hit list." Still, I recommend continued polite pressure on the elected officials. Writing a letter (or another letter) to any and all of the elected officials won't hurt. Also, don't forget to "Walk a Mile for the Mission" on Saturday, March 29. The mile is walked from River Park to La Purisima beginning at 10 AM on that day, with a rally at the mission at 11 AM.

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

Governor Arnold Schwarzenegger  
State Capitol  
Governor's Office  
Sacramento, California 95814  
Phone 916-445-2841

Senator Abel Maldonado  
1356 Marsh Street  
San Luis Obispo, California 93401  
Phone 549-3874

Senator Tom McClintock  
223 East Thousand Oaks Boulevard  
Suite 400  
Thousand Oaks, California 91360  
Phone 494-8808

Assemblyman Sam Blakeslee  
1104 Palm Street  
San Luis Obispo, California 93401  
Phone 549-3381

Assemblyman Pedro Nava  
101 West Anapamu Street  
Suite A  
Santa Barbara, California 93101  
Phone 564-1649

**VALLEY OF THE FLOWERS HALF-MARATHON.** Plans for the September 27<sup>th</sup> half-marathon are moving right along. The brochure is under design and should be ready soon. The Mission has asked that an ambulance and crew be on standby that morning. There will be a chicken BBQ after the half to make the morning more festive and to keep runners around for the awards ceremony. So with the extra expense of the ambulance and crew and BBQ, the cost of the half is going up a little but the price is still less than some of the other races in the area. Mark your calendar and start training.

## UPCOMING ROAD RACES

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

**SATURDAY, APRIL 5, 9:30 AM. SECOND ANNUAL SCOTT WILLIAMS MEMORIAL PARK 5K CROSS COUNTRY RUN AND 1K CHILDREN'S RUN, LOMPOC.** Held on the Picnic Grounds of the Federal Correctional Complex, the run offers scenic vistas of the Lompoc Valley to which the general public has not previously had access. The run is a fund raiser for the construction and maintenance of a memorial park honoring fallen staff from the Federal Bureau of Prisons. The children's run is at 9:30 and is \$10; the 5K is at 10:00 and is \$20. Race day registration starts at 9:00. The awards ceremony will be at 11:30. Sponsored by the FCC Employees' Club and the Lompoc Valley Distance Club. Contact Doris Fredieu at the FCC Employees' Club, 3600 Guard Road, Lompoc CA 93436, or call Scott Leedham at 805 736-4154, ext 626 for more information.

**SATURDAY, APRIL 5, 8:30 AM. LAW DAY 5K/10K RACE/RELAY, SANTA BARBARA.** Palm Park. Beachfront course. Awards/prizes/buffet/raffle. Benefits Legal Aid Foundation. Lynn Goebel, (805) 689-3031, lgoebel@sblawoffices.com

**SATURDAY, APRIL 12. ARE YOU TOUGH ENOUGH 105K, SANTA BARBARA.** Are you adequately resilient? Toro Canyon Park to Nojoqui Falls Park - Solo or five-person teams. Entries limited to 75. Flat and fast course, gently rolling in parts. T-shirts for finishers only. Jim Kornell, (805) 452-8660, jim.kornell@gmail.com

**SUNDAY, APRIL 13, 8:00 AM. 12th ANNUAL WINE COUNTRY HALF MARATHON AND 5K AND KIDS HALF MILE, PASO ROBLES.** The race will start and finish at River Oaks Hot Springs and Spa, 800 Clubhouse Drive, just off Highway 46 a few miles east of Paso Robles. The course takes you over rolling hills, through picturesque vineyards, and along the Salinas River. After the race, enjoy breakfast, music, a raffle, and the awards ceremony. All runners receive a race T-shirt and both male and female first place race winners of the half marathon win their weight in wine. The half marathon begins first, followed by the 5K and then a kids half mile for ages 10 and under. Entry fees are \$35 for the half marathon, \$25 for the 5K, and \$15 for the kid's race with awards three deep in 13 age groups for both the 5K and half marathon. The race web site is [www.winecountryruns.com](http://www.winecountryruns.com), register at [www.active.com](http://www.active.com), e-mail [mcrundoc@digitalputty.com](mailto:mcrundoc@digitalputty.com), or call 226-9911.

**SATURDAY, APRIL 19, 8:00 AM. SANTA BARBARA RUNNING 10-MILER AND 5K.** Leadbetter Beach. Features SB's ocean front and rolling hills of Montecito. Out-and-back course. Music/refreshments/awards. Jose Gonzalez (805) 962-3627, [jose@sbactionpro.com](mailto:jose@sbactionpro.com), [www.sbactionpro.com](http://www.sbactionpro.com).

**SATURDAY, APRIL 19, 9:00 AM. MISSION MULTISPORT 5K/10K CROSS COUNTRY RUNS, SAN LUIS OBISPO.** The Earth Day Running Festival will consist of a 10K cross country race at 9 AM, a 5K x-c race at 10 AM (both on dirt), a European style cross country race with barriers and obstacles at 10:45, and a 1 mile European style x-c race for kids ages 8-13 at 11:30. The site is the Fairbanks XC Course across from Cuesta College with check-in 45 minutes before your race. Costs are \$20 for ages 14 through adult if signed up early and \$25 on the day of the race. Kids in the one mile are \$5 with race day sign-ups only. Awards for race winners and medals to all the finishers in the youth race. Kathy Hennelly, [www.missionmultisport.com](http://www.missionmultisport.com), 459-6967, register at [www.active.com](http://www.active.com).

**SATURDAY, APRIL 26, 9:00 AM. FIRST ANNUAL GAUCHO GALLOP 10K RUN/5K RUN AND WALK, SANTA BARBARA.** UCSB Lagoon. Cross-country race on the beautiful UCSB campus. Awards/raffle prizes and free Woodstock's pizza. Sponsored by TEVA and UCSB Alumni Association. Benefits UCSB student scholarships. John Lofthus, (805) 893-8416, [john@familyvacationcenter.com](mailto:john@familyvacationcenter.com), [www.gauchogallop.com](http://www.gauchogallop.com).

**WEDNESDAYS, APRIL 30 – AUGUST 27, 6:25 PM. NITE MOVES SUMMER SERIES, SANTA BARBARA.** 5K Run/Walk 6:35 PPM, 1K Ocean Swim 6:25 PM. Leadbetter Beach - SB's premier social, fitness event for casual or competitive. Refreshments/music/raffle/kids events. Season awards. [www.RunSantaBarbara.com](http://www.RunSantaBarbara.com), (805) 564-8879. Keyword: "Nite Moves."

**SATURDAY, MAY 3, 8:15 AM. MOTHER'S DAY 5K/10K AND FAMILY FESTIVAL, GOLETA.** 10K 8:15, 5K Run/Walk 9:15, Kids Fun Run/Family Festival 8:30 - 12:30. Goleta Beach County Park. Out-and-back USATF certified course. Prizes/refreshments/vendors/kids activities. Jamie Allison, [jamie@momsinmotion.com](mailto:jamie@momsinmotion.com), [www.momsinmotion.com](http://www.momsinmotion.com), Rachael Steidl, (805) 448-2426 [rachael@sbparent.com](mailto:rachael@sbparent.com), [www.sbparent.com](http://www.sbparent.com).

**SATURDAY, MAY 3, 8:00 AM. BULL CANYON 5K AND 10K, SANTA MARIA.** This event is sponsored by the Law Enforcement Torch Run and proceeds go to benefit Special Olympics. All events start at the Edwards Community Center, just north of Pioneer Valley High School in Santa Maria. The 5K is a relatively flat out and back course while the 10K continues farther up Bull Canyon and has more hills. All events start at 8:00 AM. The cost is \$15 for walkers and youth runners under 18 while adults pay \$20. If you wait until race day, the price is an extra \$5. Pre-registered runners/walkers are guaranteed a shirt, all finishers receive a medal, and awards are 4 deep in 14 age categories. In addition, plaques will be awarded to top 3 finishers in both races as well as to the top finisher in the master (40+) and grand master (50+) divisions. Register on line at [www.active.com](http://www.active.com) or go the race web site at [www.bcrun.org](http://www.bcrun.org). Forms will also be at the Santa Maria

Recreation and Parks office at 615 South McClelland. For more, call Lt. Ken George at 922-6966, ext 3652 or e-mail to [kgeorge@ci.santa-maria.ca.us](mailto:kgeorge@ci.santa-maria.ca.us).

**SATURDAY, MAY 10, 8:30 AM. MIRACLE MILES FOR KIDS 10K WALK/RUN, MORRO BAY.** Support foster and special needs children, youth, and their families by participating in the Miracle Miles for Kids 10K. Start at the base of Morro Rock and run along one of the most beautiful stretches of beach in California to the finish at the pier in Cayucos. The \$30 entry fee includes a t-shirt, post-race barbeque, live music, and goody bag along with prizes in half a dozen age divisions. You can also form teams and raise pledges. Check out the website at [www.fcni.org](http://www.fcni.org) for complete race information. The event is sponsored by Family Care Network, 3765 South Higuera Street, #100, San Luis Obispo, 93401, register on-line at [www.active.com](http://www.active.com), or call 781-3535.

**SATURDAY, MAY 10, 7:15 AM. SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ.** This half marathon features a reception and orientation, expo, pasta dinner, and a post-race brunch. Prices are \$45 for the Half Marathon and \$60 for the 2 Person Relay (price includes both team members). The course starts at Maverick's Saloon in Santa Ynez and passes through Los Olivos (the relay transition area) before heading down Ballard Canyon into Solvang. Each participant receives a logo wine glass, plus live music, food, and vendor booths. Wine, cash and other prizes will be awarded to the top finishers. Participants have the option of entering the Half Marathon or the 2-person relay. The relay will be split into the first 5.6 miles to Los Olivos and the 7.5 mile mostly downhill leg into Solvang. Santa Barbara Wine Country Half Marathon, 3630 Segunto Street, Santa Ynez, register at [www.active.com](http://www.active.com) or check [www.destinationraces.com](http://www.destinationraces.com).

**SUNDAY, MAY 11, 9:00 AM. RAY GIL MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC.** These events take place entirely within the La Purisima Mission. The courses consist of blacktop, dirt and "some hills." Both events will start at 9:00 AM. Registration will start at 8:00; follow the road behind the old visitor's center to large oak tree. Entry fees: To be determined. Contact Al Hunt, 736-5435 or LVDC, PO Box 694, Lompoc 93438.

**SATURDAY, MAY 17, 8:30 AM. LAW DAY 5K/10K RACE/RELAY, SANTA BARBARA.** Palm Park - Beachfront course. Awards/prizes/buffet/raffle. Benefits Legal Aid Foundation. Lynn Goebel, (805) 689-3031, [lgoebel@sblawoffices.com](mailto:lgoebel@sblawoffices.com)

**SUNDAY, JUNE 1, 8:00 AM. PLATINUM PERFORMANCE STATE STREET MILE, SANTA BARBARA.** First Heat 8:00. State St. & Pedregosa St. Fast gradual downhill through downtown S.B. Age Group, Family Fun Mile, Dog and Elite runner races. Benefits District Attorney's Office Victim/Witness Assistance Program. Prize money/course record bonus/refreshments. Megan Rheinschild, (805) 568-2400, [www.sbmile.com](http://www.sbmile.com)

**SATURDAY, JUNE 28, 8:15 AM. FLOWER FESTIVAL PARADE ROUTE 3-MILES RUN AND WALK, LOMPOC.** Start and finish in front of the Lompoc Shopping Center, H and Pine Streets. Registration is near H Street and Pine Avenue and starts at 7. Entry fee: To be determined. The Flower Festival Parade and other Flower Festival activities at Ryon Park follow the race. For more information, call Wane Davis, 735-7177.

## RACE RESULTS

February 16, Buzz Half-Marathon, San Miguel. LVDC runners were Karl Seelandt 1:34:45; Paul Lee, 1:35:35; Sara Leck and Mary Lou Seelandt at 1:52:46; and Katie Adelman, 2:13:17.

February 17, Tokyo Marathon. Julie and Juan Campos, along with 25,000 other runners, ran the Tokyo Marathon. Here is Julie's report: How lucky Juan and I were! With over 160,000 applicants for 25,000 slots

for the 2008 Tokyo Marathon, Juan and I were both picked from the lottery. We chose to go to the Expo at the Tokyo Big Sight early Friday afternoon. Packet pick-up was seamless and done in a large hall before entering the EXPO itself. Even though the marathon started at 9:10 a.m., we headed to the start area at the Government Center at 7:00 a.m. We had to travel about an hour on the world's most efficient public transport system in the world to get to the start on time. (Our hotel was right at the Tokyo Big Sight which was the finish area). The air temperature was low that a.m. but clear. Juan said that there was no balloon arch at the start but 1000s of balloons along with tons of heart-shaped confetti were released at the starting gun. Where I was positioned at the start, a jumbo-tron was set-up so that those of us in the back-of-the-pack could see when the wheelchair racers, the elite runners, and the rest of us (25,000 marathoners with an additional 5,000 10K'ers) took off. This marathon also served as the Japanese Men's Olympic qualifier. The atmosphere of the event was totally festive and filled with excitement, entertainment, a million-plus spectators, and surprises. Well-stocked and well-manned aid stations were positioned every 2 – 3 km and were almost as long as a football field. Tokyo landmarks near the course included: going through the high rises of Shinjuku, the Imperial Palace grounds, Hibiya Park, Tokyo Tower and seeing Mt Fuji. The highlight of the marathon is the round trip from the Ginza to Kaminarimon Gate of Sensoji Temple. At 35 km, it was exciting to see the mix of modern cityscape and traditional Japanese architecture. The last 7 km is a killer (on screaming calf muscles and everything else that hurts) with repeated ups and downs of the bridges. However, once you pass under the elevated Shuto Expressway, the finish line is in sight (no balloon arch here, either) and you are entering the Tokyo Big Sight compound. I would recommend this marathon to anyone – even a first timer. However, to participate, you have to enter your name in the lottery. The course was basically flat with the first 10k downhill; then the last 7k of repeated ups and downs of bridges – just where you don't want hills. However, one's effort is rewarded with a very nice finisher's medal. Juan Campos (his watch time): 4:08:50 Julie Campos (unofficial time): 4:57:17 (it took me 13 minutes to cross the start line so not sure what my official time is). Official times will not be available until mid-March. Their next marathon is the New Zealand Marathon in the fall.

March 2, LA Marathon. Billiana Hardy, 5:18:09.

March 16, Montana de Oro Trail Run, Los Osos. 12K – Paul Lee, 1:03:20, 2<sup>nd</sup> place; Pauline Schneekloth, 1:26:49, 13<sup>th</sup> place. 25K – Sarah Leck, 3:24:15, 43<sup>rd</sup> place, Mary Lou Seelandt, 4:01:33, 64<sup>th</sup> place

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	Betty Lee
July	Lizard Breath Fenceline	Alan Hunt
Sep	Park to Park	Kathi Froemming
		Neil Smoots
Sep	Valley of the Flowers Half Marathon	Betty Lee

Dr Jamison, Race Ready, Ballard, Robinson & Walker, Valley Rick, At Home Senior Services, Lompoc Healthcare District, Community Bank, Valley Medical Group of Lompoc, Taco Bell of Lompoc, Cardiovascular Center of Lompoc, Fargen Surveys, Inc, Retail Management Specialists, LLC, Valley Rock, Sesto Insurance, Graphics Systems, Classic Installation, Impulse Internet Service, Rabobank.

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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5K CROSS COUNTRY RUN

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