

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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March 12, 2009

KEY DATES

Saturday, March 28

Trettin 5K

Saturday, May 9

Ray Gil Memorial 5K/10K



Hello out there in Lompoc Valley Distance Club Land

While we prepare, counting the kilometers, for the Trettin 5K on March 28 and the Gil 5K/10K on May 9, here's something about the good old mile run and young Michael Coe (a Trettin Run race director and winner in the recent past. In American track and field, the mile has the reputation. It is the standard, not the 1,500 meters, which is used on the international scene. The mile, that old English measurement, a derivation of the ancient Roman mille passum, is the figure attached to Rod Serling's "...signpost up ahead." We ask, "How many miles?", when we want to know how far. We say "100 miles per hour" when we talk about a fast car. The rest of the world may have gone metric. But the USA, particularly Lompoc, is stubborn about the mile. The high school tracks at Lompoc and Cabrillo are 440 yards, not 400 meters. So when someone does four laps around the track here, he is running a mile. And now, when we talk about milers from the Lompoc Valley, we can put 2006 Cabrillo grad Michael Coe at the top of the list. His 3:56.5 anchor leg for the University of California's winning distance medley relay last Friday in the Mountain Pacific Sports Federation indoor championships at Seattle gives us all the reason we need to move Mr. Coe way up there. Certainly, we don't forget Nick Carter. Lompoc High's Carter finished second in the mile at the state prep meet in 1921. He went on to dominate the mile against all comers in the early years of the Los Angeles Coliseum, taking time out to compete in the Olympics in the 1,500 meters at Amsterdam in 1928. We remember Raul Yanez, the man who finally broke Carter's school mile record at LHS in 1956, then ran for Carter's UC Santa Barbara track team. And there was Terry Williams, who in the early 1970s led a bevy of Lompoc High distance runners, a crew called recently by dyestatcal "the best high school cross country team ever." Williams later joined with Steve Prefontaine on NCAA champion squads at Oregon. If Terry had concentrated on the mile in Duckland, he might have dipped below that once-upon-a-time magical 4-minute barrier. But he gravitated to the 5K (3 miles) and the 10K (6 miles). So Coe is the man, the first sub-4-minute miler in Lompoc history. He follows in that noble tradition established by Carter, Yanez and Williams, not to mention England's Roger Bannister with his 3:59.6 in 1954. Yes, it was in a relay, where he got a running start. And it was on an odd-sized indoor track, 307 meters for gosh sake. But "He's ready to run a 3:57 open mile," said Michael's dad, Scott Coe, a fair distance runner at LHS back in the Williams era. Coe is definitely ready. As we pointed out here two weeks ago, he is fine-tuned after red-shirting last spring with an ankle problem, then getting in shape with a strong cross country season last fall. And on Feb. 14, Coe ran a 7:48.08 3,000 meters on this same Dempsey Center track in Seattle. It was no shame that he finished second to Oklahoma State's German Fernandez (7:47.97) there. Both Fernandez and Coe moved into the top-ten all time for indoor 3,000s by

Americans while shattering the Dempsey Center record. "It's about time," said Michael's high school coach Peter Anderson, who mentored Coe through a CIF championship cross country season and a state second-place finish in the 1,600 meters. "He's really excited about his training. He's been working on his finishing kick with coach (Tony) Sandoval. That was one thing he had a hard time with in high school. Finishing. "And he's healthy," Anderson said, alluding to the sophomore broken ankle and the senior mononucleosis that Coe worked around. In high school, Coe's archrival was A.J. Acosta of Oceanside, who kicked away from Michael in the state finals in the spring of 2006. Acosta went to Oregon, and his times have steadily dropped. Last Saturday in Seattle, about 24 hours after Coe's leg in the relay, Michael kicked away from A.J. over the last 80 yards of the MPSF mile. Coe won that tactical race in 4:00.29 to Acosta's 4:01.89. In two weekends, Coe and his Cal Bears join Acosta, 10,000-meter Olympian Galen Rupp and the rest of the Oregon Ducks in the NCAA indoor nationals at Lubbock, Texas, on the campus of Texas A&M. Coe will do the mile in the distance medley relay on Friday the 13th, and then run the 3,000 on Saturday. He may face Acosta. He may have Rupp to deal with, or Fernandez, or some other awesome interloper of the world wide distance web. But "I'm going back there to win two national championships," said Michael to his dad.

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

HALF-MARATHON TRAINING. Bob Lingl is starting to organize his training group for the Valley of the Flowers half-marathon in September. He hopes to generate some interest among the younger runners as well this year. If you are interested in joining Bob's training group, call him at 740-6632.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, MARCH 14, 09:00 AM. SHAMROCK SCRAMBLE, GOLETA. UCSB West Campus. This race is a part of the Santa Barbara Cross Country Series, striving for a completely no waste race and environmental awareness. In order to be in contention for the race win you must participate in all three races. UCSB Students: \$15, UCSB Alumni: \$20, UCSB Faculty and Staff: \$20, Moms in Motion: \$20, General Public: \$25. For more information about the Santa Barbara Cross Country series please visit www.independent.com/sbxcseries

SUNDAY, MARCH 15, VENTURA HALF MARATHON AND 5K. The race begins at the Ventura Unified School District (VUSD) building and runs along the Ventura-Ojai bike path. New start and finish location. The course is out and back and is slightly uphill on the way out and slightly downhill on the way back. The 5K is a fun run and awards will not be given. <http://www.venturamarathon.com/>

SATURDAY, MARCH 21, 8:00 AM. 11TH HARES AND HOUNDS 5K AND YOUTH HALF MILE, ATASCADERO. This race will return to Atascadero Lake Park with the start and finish at the Park Pavilion near the zoo. The 5K will be at 8:00 AM followed by a half mile at 9:00 for ages 13 and under at 9:00. The entry fees for the 5K are \$30 by March 15 and \$35 after that; \$10 for the kids' race by March 15 and \$15 after that (verify the entry fees as they are shown as different amounts in different places). Awards are three deep in 12 age divisions for the 5K and there are age divisions of 7 and under, 8-11, and 12-13 in the kids' race. There will also be prize money to the top three male and female finishers, raffle prizes, an Expo, and refreshments. The event is a fundraiser for the Greyhound Athletic Foundation which supports the athletic programs at Atascadero HS. Robyn Schmidt, K-Man Cycle & Run, 9530 El Camino Real, Atascadero, 93422, runninrobyn@charter.net, www.teamkman.org, www.active.com or www.athleteinyou.com.

SATURDAY, MARCH 28, 9:00 AM. NINTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN/WALK, LOMPOC. This race was established to honor the memory of John Trettin, a local doctor, coach, father, husband, and friend, who was tragically killed while bicycling in the summer of 2000. This race starts and finishes at the Cabrillo High School Track, 4350 Constellation Road. The run will be held on the Cabrillo High School cross-country course behind the school. Registration begins at 8:00 AM and is day of race only. Entry fees: \$10 (\$8 – LVDC); \$5 for 18 and under (\$4 – LVDC). Awards three deep male and female in eleven divisions and overall male and female plaques. Limited edition T-shirts will be available for purchase on race day (while supplies last). Contact Kent Yankee at 805 733-0754 for more information.

SATURDAY, MARCH 28. 10:00 AM. BRADLEY BULLDOG 5K/10K. This event is to raise money for the Marjorie Vicente Scholarship fund at Bradley Elementary School. The Bulldog walk/run takes place at Bradley Community Hall on the corner of Dixie and Hall Streets in Bradley (north of San Miguel). Registration will be from 8:45 - 9:45 and the walk and run begin at 10:00. The cost including a T-shirt is \$15.00 and \$10 without a T-shirt for pre-registration by February 15. Race day registration is \$20 (\$12 without a T-shirt). Additional donations for the scholarship fund are welcome. Contact Bradley School at 472-2310.

SUNDAY, MARCH 29, 8:00 AM. 13th WINE COUNTRY HALF MARATHON AND 5K, PASO ROBLES. The race will start and finish at River Oaks Hot Springs & 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. Special awards to the first 100 half marathon finishers and awards to the top three in each of 13 age groups. The half marathon begins first with the walk at 7:15 and the run at 8:00, followed by the 5K at 8:15, and then the kid's Grape Stomp half mile for ages 10 & under at 9:00 AM. Entry fees are \$45 for the half marathon, \$25 for the 5K, and \$15 for the kids' race. The race web site is www.winecountryruns.com, register at www.active.com, e-mail mcrundoc@digitalputty.com, or call 226-9911.

SATURDAY, APRIL 4, 12:00 NOON, AVILA BEACH 1 DREAM 5K AND YOUTH MILE. This is a benefit for the "1 Dream" Foundation which provides educational opportunities for underprivileged youth. Start/finish under the pier in Avila Beach with a course that is entirely on the sand at low tide. Fees are \$20 in advance and \$25 on race day for adults, \$5 in advance and \$10 on race day for the kids. The 5K is at noon with awards to the top three men and women overall and the kids mile (ages 7-14) is at 12:30 with ribbons to all finishers. Register at www.active.com. Call Mission Multisport at 459-6967 or check the web site www.missionmultisport.com.

SUNDAY, APRIL 19, 8:00 AM. CAMARILLO HALF MARATHON, 5K, AND 10K. Elite Sports Ventura County will put on an amazing new race in the city of Camarillo to benefit the Make-A-Wish Foundation of the Tri-Counties. Five dollars from every race entry will be donated to the Make-A-Wish Foundation of the Tri-Counties. Our goal is to raise \$5000 - enough money to adopt the wish of one child. The half marathon course will start at Freedom Park and run along the famous strawberry fields, along the beautiful Conejo Mountains, wind down towards the Coast Highway, and back around to the park. This course is all flat and blazing fast! The 5K and 10K will be mostly in the park area and all flat! All race distances are USATF sanctioned and chip timed. We will have a huge race day expo with music and top health and fitness related vendors for all to enjoy. All athletes will be able to enjoy a free pancake breakfast after the race! Finisher's medals will be awarded to all athletes. Bill Escobar, Race Director. 805-258-3779, www.CamarilloHalfMarathon.com.

SATURDAY, APRIL 25, 9:00 AM. EARTH DAY FAMILY RUNNING FESTIVAL 5K/10K, SAN LUIS OBISPO. This 5K/10K event will take place at Laguna Lake Park on Madonna Road between Highway 101 and

Los Osos Valley Road. It will be a cross country style race mainly on dirt with some hills in the 10K and there will be a family mile for all ages and abilities. It is a benefit for Old Mission School with pre-entry fees of \$20 for the 5K, \$25 for the 10K, and \$5 for the mile (add \$5 to each on race day). Go to www.active.com or check www.missionmultisport.com for more.

SATURDAY, MAY 9, 9:30 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 9:30 AM. Registration will start at 8:30; follow the road behind the old visitor's center to large oak tree. Proceeds will be shared with La Purisima Mission State Historic Park. Entry fees: \$10 (\$8 – LVDC Members); \$4 for under 18. Contact Al Hunt, 736-5435 or LVDC, PO Box 694, Lompoc 93438.

SATURDAY, MAY 9, 8:00 AM. BULL CANYON 5K AND 10K, SANTA MARIA. 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 (\$5 more on race day). Pre-registered runners/walkers are guaranteed a shirt, all finishers receive a medal, and awards are 3 deep in 14 age groups. 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 at www.active.com, at www.bcrun.org, or get an entry from Santa Maria Recreation & Parks. Ken George, 928-3781, X3652. Proceeds go to Special Olympics.

SATURDAY, MAY 9, 7:15 AM. SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. This half marathon course starts at Maverick's Saloon in Santa Ynez and passes through Los Olivos before heading down Ballard Canyon into Solvang. Each participant receives a logo wine glass, plus live music, food, and vendor booths, wine, cash & other prizes will be awarded to the top finishers. Write to Destination Races, 1905 Sperring Road, Sonoma, 95476, or register at www.active.com or www.destinationraces.com.

SATURDAY, MAY 30, 8:30 AM. 6TH 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 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, or call 781-3535.

SUNDAY, JUNE 7, 8:00 AM. MARIANNE TALLEY MEMORIAL IRONRUN 5K AND ONE MILE YOUTH RUN, ARROYO GRANDE. This 5K is on rolling dirt roads through the Talley vineyards. The pre-registration fee is \$20 with a T-shirt and \$20 on race day without a T-shirt. Proceeds benefit the Marianne Talley Memorial Foundation which grants college scholarships to female athletes from Arroyo Grande High School. "I Beat the Vintner" T-shirts to anyone finishing ahead of vintner and former AGHS cross country runner Brian Talley. Contact Talley Vineyards, 3031 Lopez Drive, Arroyo Grande, 93420, 489-0446, Ext. 32 or see their web site at www.talleyvineyards.com. There is also a one mile walk at 8:00 and a one mile youth run for ages 13 & under at 8:45 with a \$15 entry fee.

SATURDAY, JUNE 27, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KIDS RUN AND 3 MILE RUN/WALK. LOMPOC. 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: To be determined. 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, 10-12, and 13-15. Age categories in the 3 Mile Run

as follows 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-65, and 66 Plus. Awards for the 3 mile walk will be the 1st, 2nd, and 3rd overall male and female. There will be an award for youngest and oldest entry. Finally, there will be an award for best and worst parade costume adhering to the theme of the Flower Festival for 2009. 100 percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 3 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 Wayne Davis at 735-7177, email: runwithme.w@verizon.net.

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

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

February 15, Los Osos. Montana de Oro Pacific Coast Trail Runs: William Nolen was 24th overall in the 12K, 1:27:05, 2nd in his age group. Paul Lee was 21st overall in the 25K, 2:43:07, 3rd in his age group. (William Nolen and http://www.pctrailruns.com/MDO_WNTR_RESULTS_09.HTM)

February 21, Santa Barbara. Independent Roses En La Playa 5K. Pauline Schneekloth was 23rd overall, 21:50, 1st in her age group; and Billiana Hardy, was 69th overall, 26:50, 3rd in her age group. (SBAA)

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	Park to Park		
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

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