

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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March 12, 2010

KEY DATES

Saturday, March 27	DR TRETTIN 5K
Saturday, May 15	RAY GILL MEMORIAL 5K/10K
Saturday, June 26,	PARADE ROUTE 5K/1K
Saturday, July 17	LIZARD BREATH FENCELINE 7.2 MILE RUN/4 MILE WALK
Saturday, September 25	VALLEY OF THE FLOWERS HALF-MARATHON



Hello out there in Lompoc Valley Distance Club Land

The particulars of the Lompoc Valley Distance Club schedule for 2010 were agreed upon at our board meeting on Feb. 27.

Trettin 5K, Saturday, March 27: We start off with a 5K run/walk at Cabrillo in honor of Dr. John Trettin. This is the 10th annual. The fun-for-all course is flat at the start and finish, with a nice down and up in the middle known as Big Sandy to provide a challenge for those looking to get a workout. Kent Yankee, with help from various Cabrillo seniors over the years, has done a very good job with this race. He's made t-shirts available and has a drawing for various and sundry goodies at the completion of the event, during the awards ceremony. Proceeds go to the Trettin Scholarship Fund, which awards money annually to college-bound seniors from Lompoc and Cabrillo high schools.

Ray Gil 5K/10K, Saturday, May 15: Here's the second annual Ray Gil 5K/10K, which is a continuation of the decades-old May Mission Run at La Purisima Mission. It features a fast 5K (more like 2.8 miles) run/walk and a bonafide 10K run. The 10K starts, like the 5, on the lower loop, then has a couple of nice climbs on the upper before finishing in the relatively flat and fast mode. Fruit, cookies, and water for all. Proceeds are shared with La Purisima Mission State Historic Park.

Parade Route 5K/1K, Saturday, June 26: Preceding the Flower Festival Parade, this is an all-street out and back. Wayne and Lee Davis organize it as a benefit for the Muscular Dystrophy Foundation. T-shirts, goodies and awards, not to mention the festive atmosphere surrounding the event, make this a favorite of runners and walkers of all ages and abilities. A 1K Kids Run is included. The winner of the Parade Route

Run 5K, however, is almost always a very fast youngster. Past winners include prep/collegiate champs Terry Williams, Coley Candaele, Duane Solomon, Colin Hacker and Michael Coe.

Lizard Breath Fenceline Fun Run, Saturday, July 17: This 7.2-mile run/4-mile walk is on a hilly, sandy course that uses the eastern fenceline of the La Purisima Mission. The finish, for those front-runners who have enough pizzazz after doing the hills, is flat and fast. Fruit, cookies and water for all. T-shirts for volunteers (course monitors are helpful in the hinterlands to avoid Wrong Way Confusion).

Valley of the Flowers Half-Marathon, Saturday, September 25: The 34th annual local half is again set on the scenic looping course at La Purisima Mission State Historic Park. It uses the mostly dirt/partly paved upper and lower loops as well as the graveled road up and back to the water towers. Every mile and turn is marked. As with all the runs in the Lompoc Valley, the air is clean and cool. But the goal of getting up a good sweat can definitely be achieved during the 13.1-mile run/walk. Proceeds go to the LVDC scholarship fund, which annually awards money to college-bound high school graduates from Lompoc and Cabrillo.

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

HALF- MARATHON TRAINING GROUP. Bob Lingl is going to start up his group training for the half-marathon soon. Give Bob a call at (805) 740-6632 or e-mail him at boblingl@aol.com if you would like to be part of his training group. Bob has training for runners and walkers and his goal is for you to finish the half marathon. The excitement of Bob's trainees at last year's half was wonderful. They were so proud of themselves. Most of the group had never attempted anything like a half-marathon and they and their families were so proud when they finished the half.

VALLEY OF THE FLOWERS HALF-MARATHON SPONSORSHIP. If anyone has someone they think might like to be a sponsor of the half-marathon, let me know at nperry3@verizon.net or 736-7122. We are going to send out sponsorship requests soon and new sponsors would be very welcome.

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.reefandrun.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

SATURDAY, MARCH 6, 8:00 AM. PEABODY CHARTER SCHOOL 5K/10K, SANTA BARBARA. Ledbetter Beach, Shoreline Park, 801 Shoreline Dr. Start at Ledbetter beach and continue out along the bike path. The 10K will turn around just before heading up to the music academy. The 5K will turn around in the approximate location of Chase Palm Park. The 10K will start promptly at 8:00, and the 5K will start promptly at 9:15. Children are welcome and encouraged to run EITHER or BOTH events. However, the 5K will probably be more geared toward being a family fun run. Prizes will be awarded for the top 3 male and female overall finishers. This event benefits the Peabody Charter School by helping to pay for P.E., Dramatic Arts and Fine Arts programs. Garrett Headley, (805) 284-1152, gcheadley@yahoo.com

SUNDAY, MARCH 7, 9:00 AM. SAN LUIS MOUNTAIN 10K RUN (LAGUNA LAKE PARK), SAN LUIS OBISPO. This rugged trail race goes along the ancient volcanic peak Cerro San Luis. The 6.2-mile course is speckled with challenging single track, fire road, and double track trails. With an elevation gain of over 1,000 feet, this 10K is set against Laguna Lake with dramatic views of the coastal range and an overlook of downtown San Luis Obispo. Proceeds benefit San Luis Obispo County's Special Olympics. Entry fees are \$35 (\$30 for students); add \$10 for day of race registration. The fee includes awards in 11 age categories, an event T-shirt, refreshments, raffle, and a race clinic on March 6. There will also be prizes for the top male and female finishers. This year's race is part of Trail Runner Magazine's Trophy Series. For more information and to register, visit www.slomountainrun.com or contact Nimble Creative LLC, 1313 Pacific Street, San Luis Obispo, 93401, 546-8077, racing@slomountainrun.com.

SUNDAY, MARCH 7, 8:00 AM. VENTURA HALF-MARATHON AND 5K, VENTURA. The events start and finish at the Ventura Unified School facility, which is located at 255 W. Stanley Ave. Ventura, CA 93001. There is plenty of parking on-site and the event starts on the grassy area at the back of the parking lot. The course runs out and back along the Ventura-Ojai bike path and should be a negative split course (second half faster than the first.) This race will have a few hundred people and will feature high quality technical fabric eco friendly tops for half marathon participants (bamboo and recycled polyester), post-race food, and a fun atmosphere. <http://www.VenturaHalf.com>.

SATURDAY, MARCH 13, 8:00 AM. 12th HARES & HOUNDS 5K AND YOUTH RACES, ATASCADERO. This race will return to Atascadero Lake Park with the start and finish at the Park Pavilion. The 5K will be at 8:00 AM followed by a youth mile for ages 12 and under at 8:45 AM and a half mile, also for ages 12 and under, at 9:00 with the awards ceremony scheduled for 9:30. The entry fees for the 5K are \$20 (\$30 with a T-shirt) by March 6 and \$25/\$35 after that, \$5 (\$15 with shirt) for the kids' race any time. Awards are three deep in 14 age divisions for the 5K with prize money to the top three overall men and women while all finishers in the kids' races will receive medals. There will also be refreshments and lots of raffle prizes (must be present to win). The event is a fundraiser for the Greyhound Athletic Foundation which supports the athletic programs at Atascadero HS. The race director is Robyn Schmidt, K-Man Cycle & Run, 9530 El Camino Real, Atascadero, 93422, HHRaceDirector@teamkman.org. Register through links at www.teamkman.org or www.active.com.

SATURDAY, MARCH 13, 9:00 AM. SHAMROCK 5 MILES AND 1K KIDS DASH, SANTA BARBARA. All races start and finish at the Devereux property on UCSB's West Campus. Grab your favorite green running clothes and head over to the incredibly beautiful (and green) West Campus of UCSB. The Shamrock 5 Miler will provide lots of great views of the Pacific Ocean while heading through the quiet streets of Isla Vista. The race includes a great mix of running on trails and pavement. Be sure to stick around after the race for post-race food and awards. If you register before online or by mail before March 11 at 5 PM, you may pick up your race packet on Friday, March 12, 12 to 6 at the Santa Barbara Running Company's Goleta store, located at 129 N. Fairview Ave, Goleta CA 93117, 805-964-6700. Packet pick up and late registration will also be available race day at the event from 7:00 to 7:55. <http://www.ucsbruns.com/>

SATURDAY, MARCH 13, 8:00 AM. VENTURA DOWNTOWN GREEN MILE. An exciting new mile run or walk event in downtown Ventura taking place before the St. Patrick's Day Parade. This "Magic Mile" is downhill so get ready to run fast! There is also a special "Dog Mile" presented by The Inquisitive Canine where you can run/walk with your dog. See how fast Buster can go. This is a point-to-point course. The start is around Lincoln School and the finish is in front of Mission Park. Registration and check-in is at Mission Park so a good option is to check-in and then jog or walk the 1-mile to the start. We have four categories, which you must signify when registering. Open Male Mile - 8:00, Open Female Mile - 8:20; Dog Mile - 8:40, Community Mile (run or walk for all ages, not meant to be as "competitive") - 9:00. Contact Josh Spiker, Josh@RunnerX.com, 805.804.3254

SATURDAY, MARCH 20, 9:00 AM. DASH, SPLASH, & PANCAKE BASH, PISMO BEACH. This unique 5K run includes a polar plunge and pancake breakfast in support of Special Olympics. All events will take place at the beautiful Pismo Beach Pier. After the race, there will be the annual polar plunge followed by a pancake breakfast, music, contests and awards. The entry fee is \$30 - make sure to register before March 12th to guarantee a shirt and breakfast. Check-in starts at 8:00 AM, the run is at 9:00, and the polar plunge takes place at 10:00. Register at active.com or return forms and payments to Special Olympics, 1171-A Toro Street, San Luis Obispo, CA 93401.

SUNDAY, MARCH 21, 2010. 8:00 AM. 14th 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 \$50 for the half marathon, \$30 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, MARCH 27, 2010, 9:00 AM. TENTH 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. Funds raised go to scholarships for local graduating seniors. 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 only. Entry fees: \$10 (\$8 for LVDC members) and \$5 for 18 and under (\$4 for LVDC members 18 and under). Finisher's medallions to the first 200 participants across the line. Awards three deep male and female in eleven divisions and overall male and female plaques. Free raffle prizes will also be awarded to race participants. Limited edition shirts will be available for purchase on race day. Contact Kent Yankee at 805-733-0754 for more information.

SATURDAY, MARCH 27, 8:00 AM. KENNEDY CLUB DOG JOG, 4K AND 2K, PASO ROBLES. This race is open to runners and walkers with a limit of one dog per person. Please bring only dogs that are well behaved around other dogs and people. The 4K route is along the Salinas River trail and both 4K and 2K participants will receive a race day bandana and dog goodie bag. There is a \$15 entry fee and the event will be held rain or shine. Proceeds benefit Parks-4-Pups. To make additional donations or to find out more about the organization, go to www.parks4pups.org. The event location is Kennedy Club Adventure, 500 South River Road, Paso Robles, 93446

SATURDAY, APRIL 17, 8:00 AM. THE SANTA BARBARA CHARDONNAY 10-MILER AND 5K, SANTA BARBARA. Leadbetter Beach, Shoreline Drive and Loma Alta. A beautiful out-and-back course along the waterfront. Fast, flat start and finish with a few rolling hills in the middle. Join us for the fun, festivities and

the return of the post-race wine tasting! Early packet pickup and late registration: Friday, April 17, noon to 5:45, Outfooters, La Cumbre Plaza, 136 South Hope Ave, Santa Barbara, CA 93105, 805-687-4533. The Chardonnay post-race wine tasting returns. Be sure to add a wine tasting ticket to your entry fee to ensure a place in the post-race wine festivities. Space is limited so please sign up now. Must be 21/Over for wine-tasting. Early entry fee through 3/28: 10-Miler \$30, 5K \$20. Mid-entry fee from 3/29 through 4/14: 10-Miler \$40, 5K \$25. After 4/14 (Late entry fee): 10-Miler \$50, 5K \$30. Youth (16/Under) \$15 for 10-Miler or 5K. Contact Info: Jose Gonzalez, 805-962-3627, jose@sbactionpro.com, www.sbactionpro.com

SATURDAY, APRIL 17, 8:30 AM. 7th ANNUAL MIRACLE MILES FOR KIDS 10K WALK/RUN, MORRO BAY. The Family Care Network will host its 7th Annual Miracle Miles for Kids 10K Walk/Run, a benefit for foster and high-needs children and families. The 10K (6.2 miles) race course runs along the water's edge from Morro Rock to the Cayucos Pier, one of the most beautiful stretches of beach in California. When participants cross the finish line, they will be treated to a post-race party with live music, lunch, a diverse vendor fair, children's activities and an award ceremony. In addition, every walker/runner will receive a goody bag filled with fun items and a 2010 Miracle Miles for Kids commemorative t-shirt! This event has something for everyone—from the serious athlete trying to beat their personal time to moms and dads looking for something fun the whole family can enjoy. The race begins at 8:30 AM and the post-race celebration runs from 9:00 AM-12:00 PM. All are welcome to participate in one or both portions of this exciting event! Register at www.FCNI.org.

SUNDAY, APRIL 18, 8:00. LAKE CASITAS HALF MARATHON AND 5K, VENTURA. Lake Casitas Recreation Area, 11311 Santa Anna Rd, Ventura. The first annual Ojai Half Marathon and 5k will start and finish at Lake Casitas with a huge race day expo and celebration. All athletes will be awarded a finishers medal as they cross the finish line. \$5 of registration will be donated to Team In Training. The course will run along the famous country roads of Ojai, wind through the scenic bike path and back to the lake where the last four miles over rolling trails along the lake side will give you a challenge you can brag about! <http://www.lakecasitashalfmarathon.com/>

SUNDAY, APRIL 25, 10:00 AM. EARTH DAY 5K AND KIDS' RUNS, SAN LUIS OBISPO. Laguna Lake Park, Madonna Road and Dalidio Road. 5k-10:00, 1mi-11:00, 1/2mi-11:30 (approx. times!). Celebrate Earth Day by running or walking this eco-friendly event on our beautiful Laguna Lake Park Trails! Run the same route as the County high school meet or try a mile or 1/2 mile for the kids! (note: rain route will be on paved roads). There will be a special park clean-up after approx. 12-noon. Fees: 5k: \$25 with shirt/\$20 n/s...1 mile: \$15 w/s, \$10 n/s. 1/2 mi: \$10 w/s, \$5 n/s...after April 21, \$5 more for each category. Award Categories 3-deep in most age categories- awards will be eco-friendly! Donate gently used shoes for soles 4 souls! No hazardous waste, please! Ride your bike, jog, walk, or take the bus! We will have special appearances from some local running luminaries!

SATURDAY, MAY 8, 8:00 AM. BULL CANYON 5K AND 10K, SANTA MARIA. All events start at the Edwards Community Center, 800 North Panther Street, Santa Maria (East on Main Street from Highway 101, just north of Pioneer Valley High School). 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 \$20 for walkers and youth runners under 18 while adult runners pay \$25 (\$5 more on race day). Pre-registered runners/walkers are guaranteed a shirt, all finishers receive a medal, awards are 3 deep in 14 age groups, and plaques will be awarded to top 3 finishers in both races as well as to the top finisher in each major division. Register on line at www.active.com, go the race web site at www.bcrun.org, or get an entry form at the Santa Maria Recreation and Parks office, 615 South McClelland, Santa Maria, 93454. Ken George, 928-3781, Ext. 194, kgeorge@hancockcollege.edu. This race has been growing every year and this year will feature chip timing. It is a Law Enforcement Torch Run with proceeds going to benefit Special Olympics.

SATURDAY, MAY 8, 7:00 AM. SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ VALLEY. Registration is currently CLOSED. You may still join a Charity Team or register for our WAITLIST. Start Area: Sagunto St. in Santa Ynez. Finish: Copenhagen Dr. in Solvang. Wine and Music Festival: 9:00 to noon in Solvang Park. This is destination event so bring your friends and family (especially Mom as it's Mother's Day weekend). The race is staged on SATURDAY and our packet pickup and expo days are Thursday and Friday. Registration is open to runners and fast walkers who can keep a pace of 15:30 per mile or better and finish in 3 hours 30 minutes. <http://www.runsantaynez.com/>

SATURDAY, MAY 15, 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: To be determined. Contact Al Hunt, 736-5435 or LVDC, PO Box 694, Lompoc 93438.

SATURDAY, MAY 15, 9:00 AM. WALK AWAY FROM INTIMATE PARTNER VIOLENCE 5K (LAGUNA LAKE), SAN LUIS OBISPO. Although it says walk in the title, this 5K is a run and walk with an entry fee by April 23 is \$25 and \$30 after that and on race day. You can register via the race web site at www.walkawayfromipv.com - go to the "Registration Form" tab and mail the form along with your check to the Women's Shelter Program, c/o Emily Kent, PO Box 703, San Luis Obispo, 93406. The race is a senior project directed by Emily Kent, emkent@calpoly.edu and proceeds go to the Women's Shelter Program.

SATURDAY, MAY 22, 8:30 AM. LAW DAY 5K, VENTURA. Ventura County Government Center, 800 South Victoria Avenue, Ventura, CA. <http://www.lawday5k.com/>.

SUNDAY, MAY 30, 8:00/8:05 AM. 24TH STRAWBERRY STAMPEDE 5K AND 10K, ARROYO GRANDE. These courses are scenic routes through Arroyo Grande, with registration, the start, and the finish all at the end of Short Street by the swinging bridge. Entry fees are \$20.00 for pre-entries (\$25 including a T-shirt) and \$25/30 on race day with refreshments and prize drawings. Proceeds go to Kiwanis community service projects. Awards are three deep in five year age groups in each of the races, which are part of the Strawberry Festival that features food, music, and crafts. Pismo Beach Kiwanis Club, Post Office Box 44, Pismo Beach, 93448, www.strawberrystampepe.com.

SATURDAY, JUNE 5, VARIOUS TIMES. BLUE CANYON TRAIL RACE, 100K, 50 MILE, AND 50K, HALF MARATHON, SANTA BARBARA. Rancho Oso, 3750 Paradise Road, Santa Barbara. Easy on the environment, tough on the competitor: this challenging out-and-back in Los Padres National Forest's Blue Canyon offers course options through a diverse and rugged mix of terrain and altitude. <http://www.blacksmithendurance.com/bluecanyon/>

SUNDAY, JUNE 6, 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.

SUNDAY, JUNE 06, 8:00 AM. PLATINUM PERFORMANCE STATE STREET MILE, SANTA BARBARA. 1925 State St. (State Street and Pedregosa). Registration and Packet Pickup: Santa Barbara Running Co. at 129 N. Fairview in Goleta (next to OSH) Saturday, June 5th from 11 to 4. Race Day at the start, State Street and Pedregosa, from 7 a.m. on. <http://sbmile.com/>

SATURDAY, JUNE 12, 9:00 AM. 5TH MARY GIBBS MEMORIAL SAN LUIS OBISPO Y.M.C.A. 5K. Bring your family and 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 55+), 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 add \$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.

SATURDAY, JUNE 26, 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: 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, 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 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, SEPTEMBER 25, 8:00 AM. 34th 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.

RACE RESULTS

February 14, Pacific Coast Trail Runs, Montana de Oro. 8K – Britni Heter was 10th overall, 2nd in her age group, 49:26; Abel Romayor was 41st overall, 1:04:10. 12K - Paul Lee was 5th overall, 1st in his age group, 1:05:31. (http://www.pctrailruns.com/MDO_WNTR_RESULTS_10.HTM)

February 20, Santa Barbara, Independent Roses En La Playa 5K. Patty Landis was 117th overall, first in her age group, 28:44; and Abel Romayor was 129th overall, 29:41:33. (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	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

LOMPOC VALLEY DISTANCE CLUB
PO BOX 694
LOMPOC CA 93438

DR TRETTIN 5K
Saturday, March 27