

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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March 12, 2012

KEY DATES

SATURDAY, MARCH 24	TRETTIN MEMORIAL 5K RUN AND NATURE WALK
SATURDAY, MAY 12	RAY GIL MISSION MEMORIAL 5K RUN/WALK AND 10K RUN
SATURDAY, JUNE 23	FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK
SATURDAY, SEPTEMBER 22	VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K



Hello out there in Lompoc Valley Distance Club Land

Help with the Trettin Run? Kent Yankee still needs some volunteer help for course monitoring, set-up, clean-up, and start-finish stuff at the 12th Annual Trettin 5K on Saturday, March 24. The event starts at 9, so most volunteers need to be there early. Contact the estimable Mr. Yankee at kentyankee@aol.com or 733-0754.

Solomon wins USA indoor 800. Duane Solomon, our 2003 Parade Route Run winner, gets along well in Albuquerque. Two weekends ago, the Cabrillo High grad won the 800 meters in the USA Track and Field Indoor championship, which was held at that mile-high city's convention center for the second year in a row. Solomon clocked 1:48.81, the fastest time of the day, to win his heat on Saturday. Sunday, he ran away from the finals field with a 1:48.58, well ahead of the 1:49.90 posted by second-place Michael Rutt of the New Jersey/New York Track Club. "It was a good weekend," said Solomon this week in a phone conversation from his home in Los Angeles. "I was able to run my own race both days. I went out and dictated the pace. "The altitude (5,312 feet) didn't really affect me. And we've done a lot of training where we run hard on back-to-back days." Unlike 2011, when Solomon went from his victory at the US indoors to the world indoor meet, Duane is done with indoor racing for 2012. "We just used the indoor season as a training this year," said the Saucony-sponsored runner who is coached by US 800 record holder Johnny Gray. Pointing towards the Olympic qualifier at Eugene, Ore. in the last week of June, Solomon has been concentrating on distance, not speed. "I feel great," he said. "I haven't done any speed work yet. So I'm excited to see what I can do in the outdoor season." Needing to finish top-three to make the US Olympic team, Solomon ran 1:45.78 for sixth at the trials in 2008.

COE INDOORS AND OUT: "You never want to count Duane out," said Cabrillo 2006 grad Michael Coe of Solomon, who won the state prep 800 in 2003, when Coe was a freshman at the high school in Vandenberg

Village. "That was outstanding, what he did at the US indoors." Coe, a winner of several LVDC runs over the years, including the Trettin, also won the D-3 state championship in the cross country 5,000 meters (5K) and was second in the state prep track 1,600 in his senior year at Cabrillo, continues to live in the Bay Area after graduating from Cal last spring. Running with the Bay Area Track Club, Coe was fifth at the Tyson Invitational indoor two mile on Feb. 13 at Fayetteville, Ark. "I wasn't in the best of shape, but my agent got me a spot, and I couldn't pass up the opportunity to run against a bunch of good professionals," Coe said. Top of the line at the Tyson was Oregon-grad Galen Rupp, who set a new American indoor two-mile record of 8:09. "Unbelievable. Incredible," said Coe, who "got lost in the shuffle" on the 200-meter Fayetteville track, finishing in 8:45. "Not a very good time, but it was still a good experience," Coe said.

STANDARD CHASERS: Coe won an outdoor 1,500-meters against Stanford and Cal undergrads last weekend, clocking 3:46.07. He wasn't impressed with that time, either, but agreed it was fun to cross the line first. The best news is that Michael, whose collegiate career was hampered by injuries, including a broken bone in his right foot last spring, continues to be injury-free. "I'm healthier than I've been in two years," he said. Coe said he will likely concentrate on posting an Olympic-qualifying time in the 5K meters this spring. "I'm looking at the Stanford Invitational (April 6-7), and maybe Mt. Sac (April 19-22), as 'standard chasers'," he said. The "B" standard for the 5K is 13 minutes and 50 seconds, while the "A", which automatically qualifies you for the Olympic trials in Eugene, is 13:33. For the 1,500, which is still in the back of Coe's mind, the "B" is 3:43, the "A" 3:39. For Solomon's 800, you need a 1:48.30 to meet the "B", a 1:46.50 for the "A".

Yours in the spirit of good fun in the great outdoors

Lizard Breath AI

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, MARCH 24, 2012, 9:00 AM. TWELFTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN AND NATURE 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. Participants of the Run and Nature Walk are encouraged to use provided bags and gloves to keep the course clean as they enjoy their surroundings. Registration begins at 8 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). Awards three deep for 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 or to volunteer.

SATURDAY, MARCH 24, 9:45 AM. SAN LUIS OBISPO HEALTH AND FITNESS EXPO 5K, SAN LUIS OBISPO. Registration and check-in is at the Madonna Expo Center where the race will start and finish as part of the SLO County Health and Fitness Expo. Pre-registration is \$25, \$30 on race day, includes a shirt, and can be done through their web site at www.slohealthandfitness.com or www.active.com. Awards to the top three men and women to finish. Proceeds benefit the Community Health Centers, a non-profit organization providing medical services. If you have questions, call 772-4600 or e-mail admin@simplyclearmarketing.com.

SUNDAY, MARCH 25, 8:00 AM. 16TH WINE COUNTRY RUNS HALF MARATHON, 5K, AND KID'S GRAPE STOMP, 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 T-shirt and both male and female first place race winners of the half marathon win their weight in wine. Finisher medals to all half marathon finishers, special awards to the 5K male and female winners, and awards to the top three in each of 13 age groups in both races. The half marathon begins at 8:00, followed by the 5K at 8:15 and the kid's Grape Stomp half mile for ages 10 and under at 9:00. Entry fees are \$55 for the half marathon, \$35 for the 5K (prices increase by \$5 after December 31) and \$15 for the kids race. The race web site is www.winecountryruns.com and you can register for the race at www.active.com. The e-mail contact is mcrundoc@digitalputty.com or call 226-9911 (answering machine only).

SATURDAY, APRIL 14, 2012, 8:00 AM. SANTA BARBARA CHARDONNAY 10-MILER AND 5K, SANTA BARBARA. Leadbetter Beach, Shoreline Drive and Loma Alta. The Santa Barbara Chardonnay 10-Miler and 5K is the premier spring running event in Santa Barbara. 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 post-race wine tasting! Early entry fee through 3/28: 10-Miler \$35, 5K \$25. Mid-entry fee from 3/29 through 4/7: 10-Miler \$45, 5K \$35. Late entry fee: 10-Miler \$55, 5K \$40. Youth (16/Under) \$15 for 10-Miler or 5K. The "Chardonnay" wine tasting is a fun, festive way to "finish" the event. 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. <http://www.sbactionpro.com>

SATURDAY, APRIL 21, 2012, 8:30 AM. FIREHOUSE 5K FUN RUN AND HEALTH FAIR, ATASCADERO. Atascadero Fire Station 1, 6005 Lewis Avenue. The Atascadero Firefighters Association presents: The Inaugural Firehouse Health Fair and Fun Run- Unique 5K course incorporating both road and trail. Start and finish at Atascadero Fire Station 1 and head into the beautiful Stadium Park. The course consists of 1 mile on flat roads. The trails of Pine Mountain provide the other 2 miles with over 500 feet of elevation gain. It is guaranteed to provide gorgeous views of the city, challenging terrain and fun for all. Saturday morning 7:30-8:15 – Packet pick-up and race-day registration 8:00 – Health fair open 8:30 – 5K starts 9:45. Awards (overall male/female, top finisher in each age group, firefighter challenge). 10:00 – Kids ½ mile start. 10:30 – Health fair close. Race Day Events continued: Health Fair- displaying a wide variety of health and wellness sponsors. They will be providing information about their services and how they may assist you in becoming healthier. Live music provided by the sweet sounds of Dixie Dominus. Kids ½ Mile Fun Run. Race day registration available. No Age limit. Post race snacks and drinks. Fire Station and Equipment tours provided by all your city firefighters. Registration: Kids ½ Mile is \$5. Race day registration only. 5K \$25 till March 21st, 2012, 5K \$30 from March 21 to race day; 5K race day \$35. T shirt availability for race day entrants may be limited. 5K race Student grades K-12 \$20. 5K race for Firefighter Team Challenge is \$80 for a team of 4. All runners must be members of a fire department. The team with the fastest combined finish time will win the challenge. Registration includes t shirt, race fees, post race snacks. Event Contact Phone: 805 748-5288

SUNDAY, APRIL 22, NO TIMES. SAN LUIS OBISPO MARATHON, HALF MARATHON, AND 5K. These new races will be on Earth Day with courses that feature rolling hills, vineyards, and other scenic vistas. The marathon and half marathon will benefit Team In Training while the 5K benefits Special Olympics. Packet pick-up will take place at the SLO Life Expo at the Madonna Inn Expo Center. Entry fees are \$110 for the marathon, \$85 for the half, and \$35 for the 5K. **There is no late registration for the marathon and half marathon.** Online registration cut-off is Sunday, April 15. 5K athletes receive a short sleeve re-cycled Tech T-shirt and all marathon and half marathon athletes receive a long-sleeve recycled Tech T-shirt and recycled sweats bag. Marathon and half marathon finishers also receive a medal. Visit www.SLOMarathon.com for additional information.

SATURDAY, APRIL 28, 9:00 AM. FIFTH ANNUAL GAUCHO GALLOP, SANTA BARBARA. UCSB - Harder Stadium. Race alongside the pounding surf of the Pacific Ocean and past many UCSB landmarks. Bring your best friend (i.e. your dog) for the pre-race Dioji Dog Dash and then drop them off at the Dioji Doggie Lounge. Celebrate your finish in style at the Finish Line Festival, held inside of Harder Stadium. Fees: \$15/\$20/\$25. The race is held in conjunction with the 6th annual All Gaucho Reunion. For more information: www.ucsbalum.com/agr. To register, go to www.ucsbbruns.com

SATURDAY, MAY 12, 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 black-top, 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. 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 12, 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 on-line entry fee is \$35 by April 7 and \$50 after that. Kids ages 13 and under are \$15. Included in the fee is an event t-shirt, post-race barbeque, live music, children's activities, vendor displays, and goody bag along with prizes in half a dozen age divisions. You can also form teams and raise pledges. Check out the websites at www.fcni.org and www.mm4k.com for complete race information. The event is sponsored by the Family Care Network, 3765 South Higuera Street, #100, San Luis Obispo, 93401, register though their web site, at www.active.com, or call 781-3535.

SATURDAY, MAY 12, 2012, 7:00 AM. SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. Sold out. <http://www.runsantaynez.com/>

SATURDAY, MAY 19, 7:45 AM. BULL CANYON 5K AND 10K, SANTA MARIA. NOTE DATE CHANGE. 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. Both distances will include a walk and the total number of entries for all events is limited to 1,500. The cost is \$20 for military 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 4 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. Directed by Ken George, 928-3781, Ext. 194, Proceeds benefit Special Olympics. Contact: kgeorge@hancockcollege.edu or <http://www.bcrun.org/>

SATURDAY, MAY 19, 8:30 AM. KENNEDY CLUB 5K AND 10K RUNS, PASO ROBLES: Both the 5K and 10K are run/walks with prizes awarded to the top 3 male and female finishers in each race. Both routes loop east of the club through the streets of Paso Robles. This year a portion of the proceeds benefit the American Cancer Society's Relay For Life. The race location is Kennedy Club Adventure, 500 South River Road, Paso Robles, 93446. Entry fees are \$20 for the 5K and \$30 for the 10K until May 9, available through www.active.com, and \$5 more on race day. The organizer's web site is www.kennedyclubs.com.

SATURDAY, MAY 19, 9:00 AM. MUD MASH X, SANTA MARGARITA RANCH, 22720 EL CAMINO REAL, SANTA MARGARITA, CA. Fees: \$90 until April 1st, \$120 until May 15th. Brief Description: You're here to crush this 10-mile course mentally and physically, returning to your everyday life knowing what you're truly made of. Designed by an active duty Navy SEAL in conjunction with adventure race professionals, we are

proud to benefit The John Wayne Cancer and the Navy SEAL Foundations. You versus the course: part mud run, part expedition, and all out adventure! <http://www.mudmashx.com/>

SUNDAY, MAY 27, 8:00 AM. 26TH ARROYO GRANDE STRAWBERRY STAMPEDE 5K AND 10K:

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 \$30.00 for pre-entries (\$35 including a T-shirt) and \$35/40 on race day (check the web site to confirm entry fee amounts) 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.strawberrystampe.com.

SUNDAY, JUNE 3, 8:00 AM. 19TH MARIANNE TALLEY MEMORIAL 5K AND ONE MILE YOUTH RUN, ARROYO GRANDE. This 5K is on rolling dirt roads through the Talley vineyards. Pre-registration is \$20 with a T-shirt and \$20 on race day without a T-shirt. There is a one mile walk at 8:00 and a mile youth run for ages 13 and under at 8:45 with a \$15 entry fee. 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 cross country runner Brian Talley. Contact Talley Vineyards, 3031 Lopez Drive, Arroyo Grande, 93420, 489-0446, Extension 32. Register through www.active.com or www.talleyvineyards.com.

SUNDAY, JUNE 3, 8:00. STATE STREET MILE SANTA BARBARA. At State Street and Pedregosa, 1925 State St. Santa Barbara. Registration and Packet Pickup: Santa Barbara Running Co. at 110 Anacapa St. in Santa Barbara Saturday, June 2 from 11 to 4; Race Day at the start, State Street and Pedregosa, from 7 on. Dog Mile: All dogs are combined into one category - the Dog Mile. So if you want to race your dog or walk your dog down State Street register for the Dog Mile. Want to run two races? If you want to run two races, neither of which is the Family Mile, enter just one of the races and specify which additional race you want to run. You will be provided with bib numbers for each race and charged for only one race. There are two unavailable combinations; 1) Master's Elite and Elite Mile, 2) Elite Mile & Dog Mile. If you want to run the Family Fun Mile along with another race just wear the other race bib# for the Family Mile. Raffle prizes, entertainment, and food. Check the web site for the various fees, qualifications, prizes, categories, and more information. <http://www.sbmile.com>

SATURDAY, JUNE 23, 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 (\$2 discount for LVDC members! Awards in 1K and 5K. Run categories will be for 1st & 2nd 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; 5 and under, 6-8, and 9-11. 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, JULY 7, 8:00 AM. 43RD BRIAN WATERBURY ROCK TO PIER SIX MILE RUN, MORRO BAY. Named in memory of Brian Waterbury who originated the race in 1970, this 6 mile run 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 will be given to the top three finishers in 15 age divisions. The awards ceremony will be at Morro Rock. See complete details at

<http://www.leaguelineup.com/welcome.asp?url=rock2pier> or at www.active.com. Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

SATURDAY, JULY 16, 8:00 AM. ELEVENTH 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 22, 8:00 AM. 36th 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: 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 26, Roses en La Playa 5K, Santa Barbara. Karl Seelandt was 24th overall, with a time of 21:08, and Mary Lou Seelandt was 134th overall with a time of 28:02. ([active.com](http://www.active.com))

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	RaceReady, Inc, Elite Eyecare Medical Group, Walker, Wilson and Hughen, Valley Medical Group, Starbuck-Lind Mortuary, Community Bank of Lompoc, CoastHills Credit Union, Santa Barbara Bank and Trust, Dr. W. Blake Jamison, Dr Thomas A. Van Meter, At Home Senior Services, Lompoc Valley Medical Center, Rabobank, Union Bank

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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