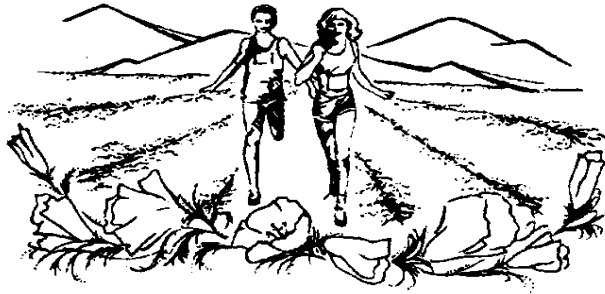


Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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	Vice President		Nancy Perry	Newsletter	736-7122
Wayne Davis	Secretary	735-7177		Webmaster	

May 12, 2008

KEY DATES



May 11 **RAY GIL MISSION MEMORIAL 5K/10K**

June 28 **PARADE ROUTE 3 MILES RUN/WALK AND 1K KIDS RUN**

July 12 **LIZARD BREATH FENCE LINE 7.5-MILE FUN RUN AND 3.5-MILE WALK**

September 27 **VALLEY OF THE FLOWERS HALF-MARATHON**

Hello out there in Lompoc Valley Distance Club Land

The Ray Gil Memorial 5K/10K is set Sunday, May 11, at La Purisima Mission. The lower loop 5K, which is flat and closer to 2.8 miles and will thus be your fastest 5K of the year, is also a walk. The 10K includes the paved road from the lower to the upper loop (and back) and is thus close to that actual distance. We're starting a little later this year, with registration at 8:30 and the event beginning at 9:30.

Defending Trettin Run champ Michael Coe's 2008 college track season is over. The Cal Berkeley sophomore distance runner has had a strained Achilles tendon for more than a month. The swelling backed off enough for Coe to win the 3,000 in the Cal-Stanford meet a couple weekends ago. "I was kinda pushing it," said Cabrillo grad Coe. "But the day after the Stanford meet, it was real sore." Coe went to a doctor for an MRI on the foot. The image revealed what the doctor called a "mini" stress fracture in a bone near the Achilles tendon. "They caught it early enough that I should be able to get back to running in a couple of weeks," said Coe. "But we decided that I should take a medical red shirt for the season. It means I would still have three outdoor seasons here." Coe did not rule out the possibility of running unattached in June in a 1,500-meter competition in an attempt to post an Olympic trials qualifying mark. "That was the goal, to try to make the trials," he said. "But the weeks with no running are going to hurt my conditioning."

Current Cabrillo distance running stars Ben Li and Miguel Ortiz are making college plans. Li, the Santa Barbara County two-mile champion, has been accepted to Harvard and will likely attend that institution. In addition to his straight-A grades, high test scores and athletic achievement, Li is an accomplished piano and flute player. Ortiz, the County mile champ and winner of our Scott Williams 5K this year, is leaning towards UC Irvine, with UC Santa Barbara also a possibility. Ortiz showed good leg speed with a 440 win in the Lompoc-Cabrillo meet last meet, while Li blasted to a wide-margin victory in the 880 against the cross-town rivals.

Playing it forward to the summer, we're looking forward to the Parade Route three miler on Saturday, June 28, with the Lizard Breath 7-plus miler on Saturday, July 12, then the Park-to-Park and Half-Marathon in September.

For the Valley of the Flowers Half-Marathon, get your registration in early. There will be a limit of 150 on entries this year.

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

VALLEY OF THE FLOWERS HALF-MARATHON. The 2008 brochures are in the mail. If you haven't received one, give Betty a call and she will send you one or register on www.active.com which will be up soon or print an entry form from our web site, <http://www.impulse.net/~lvdc/>. The half-marathon committee met recently to select the 2007 half-marathon scholarship recipients. Betty will present the scholarships at the Lompoc and Cabrillo High Schools' awards ceremony. We appreciated Kathi Froemming's guidance again this year. All of the applicants were outstanding and it was hard to choose just one boy and one girl from each school. Watch for the names in next month's newsletter.

2007 VALLEY OF THE FLOWERS HALF-MARATHON. Lompoc Firefighter John Steffens was recognized by the Lompoc Elks at their annual public safety appreciate night in April. John's actions at the 2007 half-marathon contributed to saving Tym Stark's life when Tym collapsed a half mile from the finish line.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

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, (805) 564-8879. Keyword: "Nite Moves."

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 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.

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 or check www.destinationraces.com.

SUNDAY, MAY 11, 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). 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

SUNDAY, MAY 25, 8:00 AM. 20TH ANNUAL STRAWBERRY STAMPEDE 5K AND 10K, ARROYO GRANDE. Start and finish are at the end of Short Street by the swinging bridge. Pre-entry fees are \$20 (\$25 includes a T-shirt) and \$25/30 on race day. These events are part of the Strawberry Festival that features food, music, and crafts. Pismo Beach Kiwanis Club. PO Box 44, Pismo Beach, 93448, www.strawberrystampede.com

SATURDAY, MAY 31, 8:00 AM. SANTA MARIA STYLE FAMILY FUN DAY AND 5K FUN RUN, ½ MILE KIDS' RUN AND 75 YARD KIDS' DASH, SANTA MARIA. All events will be staged at the Town Center West parking lot, 361 Town Center West. Participants will receive a free pancake breakfast, sponsored by the Noontime Kiwanis, a race day t-shirt and a race medal. All entry fees will be donated to P.L.A.Y., the Santa Maria Rec Dept's non-profit organization. Santa Maria Style 5K - \$20.00, PG&E 1/2 Mile Kids Race - \$10.00, Conoco Philips 75 Yard Kids Dash - \$5.00. Applications are available at any Heritage Oaks Bank office. Race day registration closes at 7:30. For more information contact Mitch Massey at mmassey@hobfunrun.com or 293-5200 ext. 281.

SUNDAY, JUNE 1, 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. Pre-registration is \$20 with 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, www.talleyvineyards.com. There is also a one mile walk at 8:00 and a one mile youth run for ages 13 and under at 8:45 with a \$15 entry fee.

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

SATURDAY, JUNE 7, 8:30 AM. VICKI'S 3000, SANTA BARBARA. 1st Heat 8:30. S.B. City College Track. Benefits Special Olympics. Entry \$8; no shirt. Liz Werhane, (805) 690-2944, lizwerhane@yahoo.com.

SATURDAY, JUNE 7, 9:00 AM. MARY GIBBS MEMORIAL SAN LUIS OBISPO YMCA 5K RUN/WALK, SAN LUIS OBISPO. Sinsheimer Park. Awards to the top three men and women plus special divisions for children, parents with a stroller, and runner/walker with a dog. Pre-entry is \$18 for adults and \$10 for ages 6-15. Entry forms are available at the YMCA, 1020 Southwood Drive, SLO, 93401, 543-8235, ext 111, www.sloyymca.org.

SUNDAY, JUNE 8, 9:00 AM, 30TH ANNUAL JUNEFEST 4 MILE RUN, BAYWOOD PARK. Start/finish in downtown Baywood Park and run a rolling out-and-back course adjacent to the bay. \$8 entry fee, \$20 with multi-color, long sleeved T-shirt. Proceeds benefit the Morro Bay HS cross-country team. Register at the boat dock on race day. Directed by Ron Roundy, 1855 7th Street, Los Osos, 93402, 528-0775.

SATURDAY, JUNE 28, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KIDS RUN AND 3 MILE RUN/WALK. LOMPOC, CA. 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 2008. 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

FRIDAY, JULY 4, 8:00 AM. 54TH ANNUAL SEMANA NAUTICA 15K, SANTA BARBARA. San Marcos High. John Brennand, (805) 964-2591, brennand@alum.mit.edu

SATURDAY, JULY 5, 9:00 AM. GUADALUPE HALF-MARATHON RUN AND 10K WALK, GUADALUPE. This race replaced the Fields to fair Ten Mile and will be a fundraiser for the Guadalupe Sports Hall of Fame. Both the run and the walk will be along the levee on out and back courses adjacent to rural farm fields. Registration begins at 7:30 across from the Mary van Buren Elementary School, 1050 Peralta Street. Entry fees for the half marathon are \$35 and \$15 for youth ages 18 and under and \$15 for the 10K which is a noncompetitive, nontimed event. Reserve a T-shirt for an additional \$15 if registered by June 5. The entry includes breakfast and awards after the race. Stephanie Krouse, 714-5798 or sa_krouse@hotmail.com.

SATURDAY, JULY 12, 8:00 AM. SEVENTH 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 ultramarathoner, 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: \$10 (\$8 for LVDC members). For information or to volunteer to help with this event, contact Al Hunt at 736-5435.

SATURDAY, JULY 19, 7:00 AM. 39TH BRIAN WATERBURY MEMORIAL ROCK TO PIER 6 MILE RUN, MORRO BAY. 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 with an early start to take advantage of the low tide. The entry fees are \$15 for pre-registration, \$25 with a T-shirt, and \$25/\$35 on race day. Enter online at www.leaguelineup.com/welcome.asp?url=rock2pier or www.active.com. Conducted by Karen Sweeny, Morro Bay Rec Dept, 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

SATURDAY, SEPTEMBER 27, 8:00 AM. 32ND 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: \$45; \$50 after September 7, 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: Betty-lee0077@MSN.com.

RACE RESULTS

April 19, Santa Barbara Running 10-Miler – Regina Lingl, 1:59:29, 427th overall; and Bob Lingl, 1:59:29, 428th overall. (Active.com)

April 21, 112th Boston Marathon. Karl Seelandt, 3:34:40, 7,872nd overall, and 2007 Valley of the Flowers Women's winner, Wanda Toro, 3:41:17, 9,595th overall.

April 27, Big Sur Marathon. Sarah Leck, 4:12:06, 992nd overall; Fran Zimmerman, 5:34:14, 2,918th overall. Relay team – Sweeny Road Buzzards, 4:30:37; 198th overall.

2 May, Bull Canyon Run, Santa Maria. 10K - Paul Lee, 39:50; Karl Seelandt, 40:44; Abel Romayor, 53:47; Mary Lou Seelandt, 54:09; and Billiana Hardy, 1:01:40. (<http://www.bcrun.org/>)

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

SUNDAY, MAY 11
RAY GIL MISSION MEMORIAL
5K/10K

SATURDAY, JUNE 28
PARADE ROUTE 3 MILES
RUN/WALK AND KIDS 1K

SATURDAY, JULY 12
LIZARD BREATH FENCE LINE
7.5 RUN, 3.5 WALK