

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
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Wayne Davis	Secretary	735-7177		Webmaster	

May 12, 2009

## KEY DATES

<b>Saturday, June 27</b>	<b>Parade Route 5K and 1K kids run</b>
<b>Saturday, July 11</b>	<b>Lizard Breath Fenceline 7.5 miles</b>
<b>Saturday, September 26</b>	<b>Valley of the Flowers Half-Marathon</b>



## Hello out there in Lompoc Valley Distance Club Land

Attendance at the Ray Gil 5K/10K on Saturday, May 9 was light, with 19 runners/walkers total. But the weather was nice, the course, of course, was the best and the people participating were top-notch. Thanks from the race director, yours truly, to Betty Lee, Harvey Wynne, Jack Webb and Janis Hunt for the help. The club came out a few bucks ahead, and we shared proceeds with the Mission.

Next, the LVDC holds the Parade Route Run on Saturday, June 28.

Here's an update on 2003 Parade Route Run winner, Duane Solomon. When Duane Solomon was in his first track season at Cabrillo High in 2000, he wanted to be a triple jumper. "James Trettin gave us the heads-up," said Jesse Davis, who was the head coach at CHS at the time. Trettin was a top distance runner on the Cabrillo team, and Solomon had been running workouts with him. "Trettin said Duane looked like he'd be a better distance man than a jumper. And the rest is history," said Davis. Solomon, the state prep champion in the 800 meters in 2003, had a stellar half-mile career at USC, made the national team in 2007, finished sixth in the Olympic trials in 2008, and is out of the gate quick in 2009. Now running for Charisma Sports, Solomon added a first in the 800 at the Payton Jordan Cardinal Invitational last Saturday to his '09 resume. Having established a nation-leading 1:46.85 with a first at the Mt. San Antonio Invitational April 18, Solomon ran a 1:47.36 to easily best a strong field in windy conditions at Palo Alto. Solomon continues to live in Los Angeles, where he trains with three-time USA 800 champion Khadevis Robinson while finishing his sociology degree at USC. "Training with KD (Robinson) has been a blessing," said Solomon after his win in the Payton Jordan meet. "I'm ahead of where I have been at this time of the year. Duane is pointing towards the USA Track and Field meet at Eugene, Ore. in the last week in June. Long-term, he looks to move up to the top of the national chart, and then make the Olympic team in 2012. Solomon is planning to race at the Nike Prefontaine Classic at Eugene on June 7. Will the Nike folks take notice if Duane dominates? "That would be nice, if that happened," Solomon said. "But really, right now, I just want to run fast. I feel like I'm in 1:45-low shape. I just need to get in the right race. I'm hoping to open some eyes. Solomon has run in the 1:45s three times, his PR being 1:45.69. Duane, who had to do some remedial academic work at Hancock College before entering USC, is at least as proud of his impending graduation from Trojanville as

he is of any of his athletic achievements. A soft-spoken man, Solomon actually used the word "excited." when talking about the USC cap and gown ceremony on May 15.

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

**TUESDAYS, APRIL 28 – 8 SEPTEMBER, 6:25 PM. REEF AND RUN, SANTA BARBARA.** A weekly race on Tuesdays, 6:25 PM, at the Cabrillo bathhouse. 1 mile ocean swim, 1k swim, 2 mile run, 4 mile run, 1k swim/2 mile run. (<http://www.reefandrun.com/>)

**WEDNESDAYS, MAY 6 – SEPTEMBER 2, 6:00 PM. NITE MOVES, SWIMMING, RUNNING AND BIATHLON, SANTA BARBARA.** Leadbetter Beach. Each week features a Presenting Sponsor, a Featured Buffet Host, local Santa Barbara Entertainment and a Sunset on the shore of The American Riviera. Our backdrop is a fantastic view of the SB Channel and Anacapa Island, and the sails of the Wet Wednesday racing fleet. [http://www.runsanta\\_barbara.com/nite\\_moves.html](http://www.runsanta_barbara.com/nite_moves.html).

**SUNDAY, MAY 24, 8:00/8:05 AM. 21ST ANNUAL 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, 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](http://www.strawberrystampe.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 6 age divisions. You can also form teams and raise pledges. Log on to [www.fcni.org](http://www.fcni.org) for complete race information. The event is sponsored by Family Care Network, 3765 South Higuera St, #100, SLO, 93401, register on-line at [www.active.com](http://www.active.com), or call 781-3535.

**SUNDAY, MAY 31, 8:00 AM. PLATINUM PERFORMANCE STATE STREET MILE, SANTA BARBARA.** Start at State Street and W. Pedregosa Street, finish at State Street and De La Guerra Place. Fast gradual downhill mile through scenic downtown Santa Barbara. Race Director, PO Box 6616, Santa Barbara CA 93160, 1 800 568-2316, <http://www.sbmile.com/>

**SATURDAY, JUNE 6, 8:30 AM FIRST HEAT. VICKI'S 3,000M, SANTA BARBARA.** Santa Barbara City College La Playa Stadium. Registration - 8:00. Contact [lizwerhane@yahoo.com](mailto:lizwerhane@yahoo.com) for a pre-registration form.

**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](http://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 7, 9:00 AM. 31<sup>st</sup> ANNUAL JUNEFEST 4 MILE RUN, BAYWOOD PARK.** Start/finish in downtown Baywood and run a rolling out-and-back course adjacent to the bay. Dinner and a night at the Back Bay Inn to the first place male and female, merchandise from Running Warehouse to second, merchandise from Venue Sports to third, clothing from GH Sports to divisional winners, medals to the top three in 11 age divisions, and lots of random draw prizes. \$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 20. 9:00 AM. MARY GIBBS MEMORIAL YMCA 5K, SAN LUIS OBISPO.** Bring your family and friends to the SLO YMCA for an enjoyable 5K through Sinsheimer Park area 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-registration 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, SLO, 93401, 543-8235 or on-line at [www.sloymca.org](http://www.sloymca.org).

**SATURDAY, JUNE 27, 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: \$5 for the 1K Kids Run and \$10 for the 5K (\$2 discount for LVDC members). 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](mailto:alhwed@msn.com).

**SATURDAY, JULY 4, 8:00 AM, 7:30 AM FOR WALKERS. 55<sup>TH</sup> ANNUAL SANTA BARBARA SEMANA NAUTICA 15K.** San Marcos High School (Turnpike and Hollister). Semi-hilly loop course. \$20 thru May 30, \$30 thru July 1, late fee \$40. Registration is at the finish line on Hollister. Post-race goodies and awards. John Brennan, 805-964-2591, [brennand@alum.mit.edu](mailto:brennand@alum.mit.edu). Online registration at [www.Active.com](http://www.Active.com)

**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, JULY 11. 7:30 AM. 40TH ANNUAL BRIAN WATERBURY MEMORIAL ROCK TO PIER 6-MILE RUN, MORRO BAY.** Named in memory of SLDC founder Brian Waterbury who originated the race in 1970, this 6 mile 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 \$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

from 10 and under to 80 and over. Enter online at [www.active.com](http://www.active.com). Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

**SATURDAY, JULY 18, 8:00 AM. GUADALUPE HALF MARATHON RUN AND 10K WALK.** This event is a fundraiser for the Guadalupe Sports Hall of Fame youth programs. The run and the walk occur along the Santa Maria River levee adjacent to rural farm fields with flat out and back courses. The walk is a non-competitive, non-timed event. Entry fees include a post-race meal for all finishers and awards in age categories for the half marathon. Registration begins at 6:45 am at the north end of Peralta Street, north of Mary Buren Elementary School (1050 Peralta Street) in Guadalupe. Entry fees for the half marathon are \$35 for adults and \$15 for youth ages 18 and under. For the 10K walk, the fee is \$15 regardless of age. A long sleeved, custom-designed, multi-colored t-shirt can be reserved for an additional \$15 if registration is received by June 15. For more info contact Stephanie Krouse, at (805) 714-5798 or [sa\\_krouse@hotmail.com](mailto:sa_krouse@hotmail.com).

**SATURDAY, AUGUST 8, 9:00 AM. PISMO BEACH STRIDE WITH THE TIDE 5K, PISMO BEACH.** Put your stamina to the test by taking part in this run on the beach held on the south side of the Pismo Pier. The 5K is out and back on the hard packed sand. Registration will be taken on race morning from 7:30-8:45 AM at the pier and no entry before that is required. Entry fees are \$12 without a race shirt and \$15 with one. Shirts will be available to the first 100 entries who request them and size requests will be filled in the order of entry. Engraved gold, silver, and bronze medals will be awarded to the top three men and women in 10 age divisions. Sponsored by the Pismo Beach Recreation Division, 760 Mattie Road, Pismo Beach, 93449, 773-7049, [www.pismo-beach.org](http://www.pismo-beach.org) and conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, [www.sldc.org](http://www.sldc.org).

**SUNDAY, AUGUST 23, 9:00. BEATTIE PARK 5K/10K RUNS, LOMPOC.** Come out and enjoy a great family experience at Beattie Park. This event is geared for all ages and ability levels for people to experience a great 5K/10K race. Check In: 8:00 to 8:45. \$10 pre-registration by August 21 and \$15 race day registration. All participants will have a chance for 1st and 2nd place awards. A T-Shirt can be purchased for \$10. Mario Guerrero Jr., Recreation Manager, City of Lompoc, (805) 875-8095, Fax: (805) 736-5195

**SATURDAY, AUGUST 29, 9:00 AM. – 21<sup>st</sup> DUNE RUN RUN 5K RUN, 5K WALK, AND 10K RUN:, ROVER BEACH.** Runners and walkers of all ages will enjoy this diverse course along city streets, the beach boardwalk, hard packed sand, and beautiful soft sand dunes. The entry fee for the race is \$15 (\$26 with an event t-shirt) and registration on race day is an additional \$5 in each category. Awards are given in many age categories in both races, which begin at the same time at Ramona Garden Park at 10th Street and Ramona in Grover Beach. The race is part of the city's Stone Soup Festival. Contact the Dune Run Run, Parks & Recreation Dept., 154 South 8th Street, Grover Beach, 93433, [www.grover.org](http://www.grover.org). 473-4580.

**SUNDAY, AUGUST 30, 8:30 AM. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, & 50K), LOS OSOS.** This is part of the Pacific Coast Trail series designed to provide quality trail running experiences. Entry fees are \$25 for the 8K, \$30 for the 12K, \$40 for the 25K, and \$55 for the 50K by August 9, add \$5 to each fee after that, and another \$15 on race day if not sold out. T-shirts to all entrants, refreshments, and awards to the first male and female. All runners are timed and posted on the race web site although the emphasis is primarily non-competitive. Complete information and registration is available at [www.pctrailruns.com](http://www.pctrailruns.com)

**SATURDAY, SEPTEMBER 26, 8:00 AM. 33<sup>rd</sup> 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 7th, 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](http://www.active.com). For more information call Betty Lee at 805 736-7380, or e-mail her at: [Bettylee0077 @MSN.com](mailto:Bettylee0077@MSN.com).

**SUNDAY, NOVEMBER 22, 9:00 AM. TURKEY TROT 3 MILE FUN RUN, LOMPOC.** Come out and enjoy a great family experience at River Park on the Fitness Trail. This event is geared for all ages and ability levels for people to experience a great 3-mile race. Registration: 8:00 – 8:45. Pre-registration: \$10 by November 20; \$15 on race day. All participants will have a chance for 1<sup>st</sup> & 2<sup>nd</sup> place awards. A T-Shirt can be purchased for \$10. Mario Guerrero Jr., Rec Manager, City of Lompoc, (805) 875-8095, Fax: (805) 736-5195

**SUNDAY, DECEMBER 6, 6:30 AM. SANTA BARBARA INTERNATIONAL MARATHON.** Start one mile west of Camino Real Marketplce, Goleta. Finish at Leadbetter Beach. Race directors: June and Rusty Snow, (805) 637-7417, website [www.sbim Marathon.com](http://www.sbim Marathon.com), Email [sbim Marathon@cox.net](mailto:sbim Marathon@cox.net)

### RACE RESULTS

#### RAY GIL MEMORIAL MISSION 5K/10K

May 9, 2009

RACE DIRECTOR - AL HUNT

The Mission 5K/10K, also known as the Ray Gil Runs, were held in near-perfect conditions with the temperature at 64 and a light breeze at La Purisima Mission

#### 5K

Place	Name	Age	Club/City	Time	Division
1	Kent Yankee	28	LVDC	16:00	
2	Manuel Castillo	32	Lompoc	18:00	
3	Cherrilee Sederburg	37	Vandenberg AFB	19:16 **	
4	Karen McGraw	39	Lompoc	20:00	
5	Bob Nelson	29	Lompoc	20:19	
6	Stephanie Federmann	28	Lompoc	20:46	
7	Jamie Nelson	30	Lompoc	21:59	
8	Nathaniel Porterfield	11	Vandenberg AFB	23:22	
9	Terry Porterfield	31	Vandenberg AFB	23:24	
10	Larry La May	77	LVDC	27:00	
11	Lisa Norcutt	73	LVDC	29:47	
12	Russ Norcutt	76	LVDC	30:30	
13	Bill Graham	68	Lompoc	31:00	
14	Gudrun Fink	65	Lompoc	32:00	
15	Olga Lucaric	70	LVDC	33:00	

#### 10K

1	Mickey Sederburg	34	Vandenberg AFB	50:00	
2	Laurel Posey	51	Grover Beach	1:05:00	
3	Jack Webb	66	LVDC	1:10:00	Walker

April 18, Santa Barbara. LVDC members in the SB Chardonnay 10 Miler were Betty, Lee, 169<sup>th</sup> overall, 1:25:02, and Patty Landis 387<sup>th</sup>, 1:51:16, 3<sup>rd</sup> in her age group. (<http://www.sbtiming.com/results.html>)

April 20, Boston Marathon. Karl Seelandt finished the 113<sup>TH</sup> Annual Boston Marathon in 3:30:17. (<http://www.bostonmarathon.org/>)

April 26, Big Sur Marathon. Karl Seelandt was 241<sup>st</sup> overall, 3:36:05; Mary Lou Seelandt was 1,289<sup>th</sup>, 4:22:24; and the Sweeney Road Buzzards (Sheila Hummel, Fran Zimmerman, Diane Reese, Deborah Harrison, Brian Rollands) finished the relay division in 4:09:30. (<http://www.bsim.org/site3.aspx>)

May 2, 2009 Avia Wildflower Triathlon, Lake San Antonio. Betty Lee finished the long course in 7:00:13; and Christopher Denny competed in the mountain bike event, 1:38:57, placing second in his division. (<http://www.tricalifornia.com/index.cfm/Wildflower2009-main.htm>)

May 9, Santa Maria, Bull Canyon 10K. Mary Lou Seelandt, 54:30. ([http://www.torchrun.net/bcr\\_results.html](http://www.torchrun.net/bcr_results.html))

May 9, Santa Ynez, Santa Barbara Wine Country Half-Marathon. Ed Grand, 24<sup>th</sup> overall, 1:28:49; Lawrence Li, 182<sup>nd</sup>, 1:44:56; Sarah Leck, 329<sup>th</sup>, 1:52:43; Juan Campos, 281<sup>st</sup>, 1:55:05; Billiana Hardy, 933<sup>rd</sup>, 2:12:08; Diane Reese, 980<sup>th</sup>, 2:13:39; Fran Zimmerman, 1,017<sup>th</sup>, 2:14:56; Patricia Landis, 1,255<sup>th</sup>, 2:23:27; Bob Lingl, 1,688<sup>th</sup>, 2:48:49; Regina Lingl, 1,689, 2:48:59. (<http://www.runsantaynez.com/results.htm>)

CALL IN YOUR RACE RESULTS OR SEND THEM IN TO THE POST OFFICE BOX OR E-MAIL THEM TO ME AT [nperry3@verizon.net](mailto:nperry3@verizon.net)

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PO BOX 694  
LOMPOC CA 93438

Parade Route 5K  
Saturday, June 27

Lizard Breath 7.5 Mile Run/  
3.5 Mile Walk  
Saturday, July 11