

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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May 12, 2010

KEY DATES

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

Congrats to all the locals who've recently gone the marathon distance, particularly Karl Seelandt, who flew late across country to course the course at Boston, then hustled back to get in a full lap at Big Sur.

At Boston, Karl talked to Wally, the Big Sur race director, double-checking the possibility of fellow LVDC members Jack Webb and Harvey Wynne walking the full at Big Sur. Wally said fine, just have Jack and Harvey keep in touch so they don't get "swept" off the course. Long story short, Jack and Harvey started early, finished late, almost got swept off the course, but didn't because they said the magic word, "Wally".

Sarah Leck and Mary Lou Seelandt also did the whole doggone thing at Big Sur.

Seen at Juan Campos' 50th birthday party: a quilt made by Julie Campos of 50 5Ks she did during her 50th year. Quite a nice job.

With the Ray Gil Mission 5K/10K getting done this weekend, we're now looking forward to the Parade Route Run on Saturday, June 26. Wayne and Lee are doing a great job with this one. Give them a buzz if you want to help. See the note in this month's newsie.

Speaking of the Parade Route Run, two former winners are working hard and doing well in the collegiate arena. Michael Coe, a Cal Berkeley junior ran a PR 13:49.68 5K two Saturdays ago in the Payton Jordan Invitational at Stanford. Though placing only 17th, Coe was the top U.S. collegiate in the race. The week before, Coe ran a 4:00.36 mile for third at Cal's Brutus Hamilton Invitational. Colin Hacker, a senior at UC Irvine, won the 800 in 1:53.66 for the Anteaters against rival Cal State Fullerton three weekends ago. Hacker came back with a 3:46.98 third in the 1,500 at the Steve Scott Invitational two Saturdays ago at Irvine. Coe

and Hacker test their fitness this weekend, Coe in the Pac-10 championship at Berkeley, Hacker in the Big West final at Northridge.

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

HALF-MARATHON TRAINING: Bob Lingl's training for the half-marathon will begin on June 5th. He will be training all levels again this year, walkers, walk/runners, run/walkers and runners. Bob is looking for a few volunteers so if any Distance Club members are interested in helping out, they can contact him at bob-lingl@aol.com. Also if you are interested in being part of the training group, contact Bob at his e-mail.

VALLEY OF THE FLOWERS HALF-MARATHON: The brochures have been mailed and entries are starting to come in. Check the web site for copies of the brochure or give Betty a call and she will mail you one.

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

SATURDAY, MAY 22, 9:30 AM. SLO FURRY 5K RUN/WALK, SAN LUIS OBISPO. Laguna Lake, 504 Madonna Road, Registration – 8:00, run – 9:00, Walk – 9:45 (leashed dogs welcome). Resource Fair- 10:30 – 1 PM - Local Business info and products Health and Animal related booths, music, and raffle. Fees – donation only. SLO Furry 5k run/walk where a 100% will go to either organization of your choice: Humane Society of America, Woods Humane Society or Animal Shelter Adoption Services of San Luis Obispo County. Through this cause we are also raising awareness of animal cruelty, pet overpopulation and the community responsibility towards animal welfare. All while enjoying the beautiful outdoors!

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 Strawber-

ry Festival that features food, music, and crafts. Pismo Beach Kiwanis Club, Post Office Box 44, Pismo Beach, 93448, www.strawberrystampede.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/>

SATURDAY, JUNE 5, 8:30 AM. SANTA MARIA ELKS PARADE ROUTE MILE: This event is a one mile race down Broadway just before the parade begins. The starting line is at Broadway and Main and the race ends at Broadway and Stowell. Meet at the registration tent in Central Park. The entry fee is \$15 and includes a mesh race shirt plus the chance to run in front of thousands of people waiting for the parade to start. A plaque will be awarded to the top male and female. Register through www.active.com.

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 6, 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/>

SUNDAY, JUNE 6, 9:00 AM. 32ND 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 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 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: \$5 for Kids Run and \$10 for 5K Run/Walk (Lompoc Valley Distance Club members \$2 discount). Awards in 1K and 5K. Run categories will be for 1st, 2nd, and 3rd place 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; 6 and under, 7-9, and 10-12. 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. 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 5 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

SUNDAY, JULY 4, 8:00 AM. 56TH SANTA BARBARA SEMANA NAUTICA 15K RUN/WALK, SANTA BARBARA. San Marcos High School, 4750 Hollister. Traditionally held on the 4th of July, the 56th Annual Semana Nautica 15K is the oldest race on the central coast. Walk begins at 7:30, run begins at 8:00. Moderately flat keyhole course. Fees: \$20 thru 6/7/10. \$30 thru 7/1/10, Late Registration \$40.

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, JULY 17, 8:30 AM. 41ST BRIAN WATERBURY MEMORIAL ROCK TO PIER 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 & under to 80 & over. The awards ceremony will be back at Morro Rock. See complete details and enter online at www.active.com (registration will open on May 10). Directed by Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

SATURDAY, JULY 31, 8:30 AM. PISMO BEACH STRIDE WITH THE TIDE 5K. This course is out and back on the hard packed sand. Registration will be taken on race morning from 7:15-8:15 AM at the pier and no entry is needed before that. Entry fees are \$10 without a race shirt and \$15 with one. Shirts will be available to the first 120 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 ages 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, & 80+. Sponsored by Pismo Beach Recreation, 760 Mattie Road, Pismo Beach, 93449, 773-7049, www.pismobeach.org and conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, www.sldc.org.

SUNDAY, AUGUST 15, 8:30 AM. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, & 50K): 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 the events are not sold out. T-shirts to all entrants, refreshments, and awards to the first male and female. All runners are timed and results posted on the race web site although the emphasis is non-competitive. Registration is available at www.pctrailruns.com.

SUNDAY, SEPTEMBER 12, 8:00 AM. GUADALUPE HALF MARATHON AND 5K. This year's event, a fundraiser for the Guadalupe Sports Hall of Fame, will have a new date, course, and format. Formerly an out-and-back route along the Santa Maria River levee, the 2010 races will be part of Guadalupe's first annual Salad Bowl Festival and go through the downtown area and out to the dunes. Registration begins at 6:45 in

Guadalupe with entry fees for the half marathon of \$35 for adults and \$15 for ages 18 and under. For the 5K, the fee is \$15 regardless of age. Directed by Stephanie Krouse, 714-5798, or sa_krouse@hotmail.com.

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

April 17, Chardonnay 10 Miles, Santa Barbara. Pauline Schneekloth, 83rd overall, 1:15:57; 2nd in her age group, and Patty Landis, 463rd overall, 1:50:08, 3rd in her age group. ([active.com](http://www.active.com))

April 19, Boston Marathon. Karl Seelandt, 3:31:54, 7,423rd overall. (<http://www.bostonmarathon.org/>)

May 2, Avenue of the Giants 10K, Olga Lucaric, 364th overall, 1:35:50, 2nd in her age group; and George Lucaric, 372nd overall, 1:39:02, 2nd in his age group.

May 5, Nite Moves, Santa Barbara. Sheila Mac Farlane, 230th overall, 29:04; and Patty Landis, 231st overall, 29:06, 1st in her age group.

May 1, Big Sur Marathon. Karl Seelandt, 3:49:10; Sarah Leck, 4:07:05; and Mary Lou Seelandt, 4:41:03. Jack Webb and Harvey Wynne also walked the course, no times available.

May 8, Santa Barbara Wine Country Half-Marathon, Solvang. Ed Grand was 25th overall, 1:29:20, 2nd in his age group; Pauline Schneekloth, 155th overall, 1:42:10, 2nd in her age group, Diane Reese was 690th overall; 2:15:57; Patty Landis, 1395th overall, 2:25:25, 1st in her age group; Bob Lingl, 1905th overall, 2:58:35;48; and Regina Lingl, 1906th overall, 2:58:36. (<http://www.runsantaynez.com/>)

May 8, Bull Canyon 10K/5K, Santa Maria. 10K – Karl Seelandt, 41:23, 11th overall, 1st in his age group; Juan Campos, 65th overall, 48:14; Mary Lou Seelandt, 54:43; 136th overall, 3rd in her age group; Fran Zimmerman, 59:45, 196th overall, 2nd in her age group; and Julie Campos, 1:05:36, 228th overall. 5K – Lisa Norcutt, 35:54, 303rd overall, 1st in her age group.

New for the May 14, 2011, Bull Canyon Runs - Maximum Number of Participants - 1,500, Return of the 10K Walk (7:30 AM Start Time, and No Race day Registration. (<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	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
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LOMPOC CA 93438

PARADE ROUTE 5K/1K
Saturday, June 26

LIZARD BREATH FENCELINE
7.2 MILE RUN/4 MILE WALK
Saturday, July 17