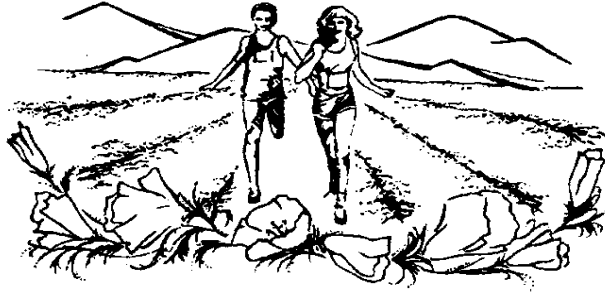


Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Wayne Davis	Secretary	735-7177	Ron Cortopassi	Webmaster	

May 12, 2011

KEY DATES

SATURDAY, MAY 14	RAY GIL MISSION MEMORIAL 5K RUN/WALK AND 10K RUN
SATURDAY, JUNE 25	FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK.
SATURDAY, JULY 16	LIZARD BREATH FENCELINE FUN RUN



Hello out there in Lompoc Valley Distance Club Land

Touching base with a few Lompocans on their 26.2-mile Boston Marathon adventure of two Mondays ago, I netted some of the residual enthusiasm and warm glow of accomplishment that came in the wake of their adventure on that cool, windy morning. "Medium," said veteran distance runner Juan Campos, who was doing his first Bostonian trek. Juan and wife Julie have run marathons on all of Earth's continents, and I asked him to rate it, with "hard", "medium" and "easy" being the choices.

"It was harder than Long Beach," said Brian Wallace, a Boston first-timer and marathon second-timer. The overall elevation drop from start to finish, and the fact that the finish is too far away from the start, preclude any world records at Boston, as we found out in the wake of those four-best-ever 2011 times. Wallace, a 35-year-old three-sport coach at Santa Ynez High who has always taken a strong competitive attitude into any athletic event he's chosen to take up, disagrees with the disallowance of records for Boston. "Bogus," said the former national-class wrestler. The record brouhaha didn't bother Brian personally, of course. Those 26.2 miles were quite enough bother, thank you. "The downhill destroys your legs," said the 6-foot-1, 190-pounder. "Then you get to the uphill." Like so many marathon finishers, Brian's happiness bordered on delirium at the finish line. "I'm 100 feet beyond the line, drifting to the left, and up on top a barrier, I see Hannah (fiancée Hannah Valdez). Seeing a friendly face, it was pretty amazing."

FANS AND MARATHONS: With the fans lining the course in numbers upwards of 500,000, cheering on the 26,964, fastest-to-slowest, there were plenty of other 'friendly' faces. Campos, for example, ran for awhile close to Lompoc's Karl Seelandt, who was doing his fourth Boston biped ramble. "Pretty cool," said Campos a 50-year-old engineer who works at Vandenberg Air Force Base.

"One of the four best I've done at Boston," said Seelandt, our 54-year-old rocket scientist. Next up for Seelandt and Campos, the Big Sur Marathon on Sunday, May 1.

COLLEGIATE CLIPPERS: Last Saturday at the Brutus Hamilton, Cal/Cabrillo miler-par-excellence Michael Coe came from back in the pack to win the invitational mile in 4:00.07. Down in Orange County, Coe's Cabrillo teammate Colin Hacker, like Coe a veteran of many LVDC runs, was part of a UC Irvine 1-2-3 sweep in the 800 against Orange County rival Cal State Fullerton.

MISSION 5K/10K: Meanwhile, the Ray Gil Mission 5K/10K is on Saturday, May 14. Registration starts at 8 AM by the old oak tree next to the loop in the Chumash Village. The event begins at 9 AM. 5K runners/walkers will head out counterclockwise, doing the lower loop and finishing back at the start line. 10K runners will start clockwise, swing up the upper loop and do that counterclockwise, then do the lower loop counterclockwise, finishing, in theory, behind the 5K folks. E-mail fuzziesareus@yahoo.com or call 736-5435 for more info.

PARADE ROUTE 5K: Also, a reminder for Flower Festival attendees...on Saturday, June 25 we have the Parade Route 5K run/walk. Wayne and Lee Davis are the race directors, reachable at alhwed@msn.com or 735-5177.

VALLEY OF THE FLOWERS HALF: And, on Saturday, September 24, the 35th annual Valley of the Flowers Half-Marathon is held at La Purisima Mission. We're incorporating a 5K this year to alleviate the boredom for those waiting for friends and family doing the 13.1-miler, or those who'd just like to do a 5K. Betty Lee is the race director, reachable at blee@sansumclinic.org or 736-7380. Those who've recently participated will be receiving a brochure in the mail. For the rest, you can sign up on active.com.

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

VALLEY OF THE FLOWERS HALF-MARATHON. The 35th Annual Valley of the Flowers Half-Marathon brochures have been mailed out. The scholarship committee met and selected the recipients for the scholarships from the 2010 half-marathon. No boys from Cabrillo applied for a scholarship so two scholarships were awards to Cabrillo girls. As in the past all of the applicants were outstanding and it was hard to decide but the committee consisting of Betty Lee, Al Hunt, Harvey Wynn, Kathi Froemming, Kent Yankee, and Nancy Perry made the selections. Betty will present the awards at the Awards Nights at Lompoc and Cabrillo High Schools in May.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

WEDNESDAY, MAY 4, 6:25 PM - WEDNESDAY, August 31. SANTA BARBARA NITE MOVES 2011. Leadbetter Beach, 801 Shoreline Road. Registration opens at 5:05 P.M. Swim Santa Barbara Nite Moves 2011 is a series of events at Leadbetter Beach Park. 1K ocean swim starts at 6:25 and run/walk starts at 6:35 P.M. 564-8879.

TUESDAY, JUNE 7 – SEPTEMBER 13, SANTA BARBARA REEF AND RUN SERIES. Events held each Tuesday including one mile ocean swim beginning at 6:25 PM and 5K run/walk starting at 6:35 at the Cabrillo Pavilion Bathhouse. 886-8123.

SATURDAY, MAY 7. 8:30 AM. 8TH 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 \$30 by April 7, \$45 by May 5, and is \$5 more for

mail-in registration (\$50 for all entries on race day). Kids ages 13 & 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 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 at www.active.com, or call 781-3535.

SATURDAY, MAY 7, 9:30 AM. 2011 SANTA BARBARA WINE COUNTRY HALF-MARATHON, SANTA YNEZ. Registration Closing Date Thursday, May 05, 2011. (<http://www.active.com/running/santa-ynez-ca/mmr-f-charity-team-santa-barbara-wine-country-half-marathon-2011>)

SATURDAY, MAY 14, 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 blacktop, 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 14, 8: AM. 7TH ANNUAL PEABODY SCHOOL RUN 10K AND 5K, GOLETA. Goleta Beach. For registration information, 284-1152.

SATURDAY, MAY 14, 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. Both distances will include a walk and the total number of entries for all events is limited to 1,500. The 10K walk starts at 7:45 AM, the 10K run at 8:00, the 5K run at 8:05, and the 5K walk at 8:10. 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 & Parks office, 615 South McClelland, Santa Maria, 93454. Directed by 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 14, 2011, 9:00 AM. LAKES OF LOVE 4 MILE RACE FOR CANCER RESEARCH, GOLETA. Stow Grove Park, 580 La Patera Lane, Goleta. Lakes of Love is a 4 mile run/walk for cancer research, organized completely by local teens. Lakes of Love donates 100% of profits to CureSearch - an organization devoted to ending childhood cancer. Last year Lakes of Love raised over \$3,500 to combat cancer. (<http://www.active.com/running/goleta-ca/lakes-of-love-4-mile-race-for-cancer-research-2011>)

SATURDAY, MAY 21, 8:30 AM. KENNEDY CLUB 5K AND 10K RUNS, PASO ROBLES. Both 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 11, available through www.active.com, and \$5 more on race day.

SATURDAY, MAY 21, 2011, 9:00 AM. THE NAKED FOOT 5K, SANTA BARBARA. Chase Palm Park. Join the first ever Barefoot race series benefiting Soles4Souls, a charity that provides shoes to people all across the world who would otherwise do without. Bring an old pair of shoes to donate and then complete the course with naked feet! The event includes a 5K fun run, an all grass 1 miler, a FREE kids 1K, and a morning full of barefoot games and challenges! Check out the details: www.thenakedfoot5k.com. Be one of

the first 50 registrants and receive a FREE foot massage and raffle entry to win a pair of Merrell Gloves. Register NOW at: <http://www.prerace.com/races/event/23165/The-Naked-Foot-5K---Santa-Barbara>. Fees: \$35/\$20/FREE. <http://www.active.com/running/santa-barbara-ca/the-naked-foot-5k-2011>

SUNDAY, MAY 29, 8:00 AM. 25TH 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 \$20.00 for pre-entries (\$25 including a T-shirt) and \$25/30 on race day with refreshments and prize drawings. Registration will open on March 15 - check the web site to confirm 2011 entry fee amounts. 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 5, 8:00 AM. 18TH 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 5, 8:00 AM. PLATINUM PERFORMANCE STATE STREET MILE, SANTA BARBARA.

Includes several one-mile repeats down State Street. First heat begins at 8:00 AM at State and Pedregosa Streets. 568-2400.

SUNDAY, JUNE 12, 8:00 AM. JUNE BLOOM 5K AND 10K TRAIL RUNS AT LOPEZ LAKE, ARROYO GRANDE.

This is the second in a four race series to be held at Lopez Lake with an entry fee is \$35 for the 5K and \$45 for the 10K plus \$9 per vehicle for the park entry fee. There will be eight age divisions for both men and women with medals to the top three in each. There will also be a Tots Mile for ages 6 & under with a \$25 entry fee and medals to the top three boys and girls. For more information, contact Jeannie Keeffe, Friends of Lopez Lake, 1776 Upper Lopez Canyon Road, Arroyo Grande, 93420, jeanniekeeffe@mac.com.

TUESDAY, JUNE 14, 3:00 PM. ARMY BIRTHDAY 3.56 MILES FUN RUN - CAMP SAN LUIS OBISPO, SAN LUIS OBISPO.

This event is open to all runners and walkers. The course consists of a relatively flat, 3.56 miles on blacktop around the main garrison of Camp San Luis Obispo just off Highway 1 (10 Sonoma Ave). Bring photo ID for entrance to the Camp, then park at the main gate and follow the signs to the start/finish at Building 873. The entry fee is \$5 and includes a water bottle and goodie bag. Race day registration and goodie bag pick up will begin at 2:00 P.M. at the starting line area. Proceeds go to the Mission Trails Chapter of the Association of the US Army to benefit soldiers and their families. For information, contact Lorie Noble at (805) 594-6535 or e-mail lorie.noble@us.army.mil.

SATURDAY, JUNE 25, 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 for 5K and \$5 for 1K Kids Run (LVDC 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. 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 16, 8:00 AM. TENTH 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 16, MONTECITO HALF-MARATHON, 10K, 5K RUN/WALK, AND KIDS' MILE, MONTECITO. A benefit for Santa Barbara channelkeeper and COAST. Festivities will take place on Coast Village Road. 896-6917 or www.runmontecito.com

SATURDAY, JULY 16, 7:15 AM. 42ND BRIAN WATERBURY ROCK TO PIER RUN, MORRO Bay. This 6 mile 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 to the top three finishers in 15 age divisions from 10 & under to 80 & over. The awards ceremony will be at Morro Rock. See complete details at <http://www.leaguelineup.com/welcome.asp?url=rock2pier> or enter online at www.active.com (registration will open on May 9). Directed by Karen Sweeny, Morro Bay Recreation Dept. 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

SATURDAY, SEPTEMBER 24, 8:00 AM. 35th 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: \$50, \$55 after September 7 and on race day; 5K - \$30. 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](mailto:Bettylee0077@MSN.com).

RACE RESULTS

April 16, 2011, Santa Barbara Chardonnay 10-Miler & 5K. Patty Landis was 486th overall, 2:01:37, 2nd in her age group. ([active.com](http://www.active.com))

April 17, San Luis Mountain Run 5K and 10K Runs, San Luis Obispo. Paul Lee was 17th overall, 52:17, and 2nd in his age group in the 10K. (<http://slomountainrun.com/results.htm#>)

April 18, Boston. LVDC members running the Boston Marathon were: Karl Seelandt, 3:31:41, 8,140th overall, with a pace of 8:05. Juan Campos finished in 3:47:35, 12,693rd overall, with a pace of 8:41. All your hard training paid off! (<http://www.baa.org/>)

Also in Boston, Juan and Julie Campos competed in the Boston Marathon 5K: Juan, 23:41, and Julie 38:19 (walking). (Julie Campos)

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	Betty Lee	RaceReady, Inc, WILCO Distributors, Inc, Elite Eyecare Medical Group, Cardiovascular Center of Lompoc, Walker, Wilson and Hughen, Valley Medical Group, Starbuck-Lind Mortuary, Community Bank of Lompoc, CoastHills Credit Union, Santa Barbara Bank and Trust, At Home Senior Services, Lompoc Valley Medical Center, Rabobank, Union Bank, Culligan Water

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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