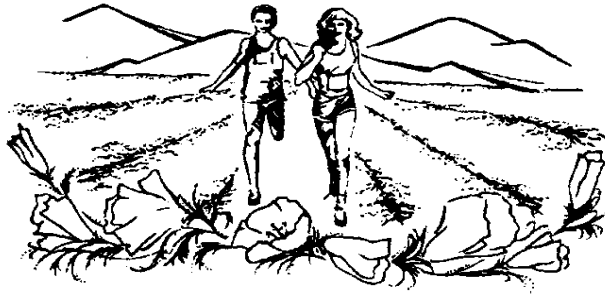


Lompoc Valley Distance Club

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, 2012

KEY DATES

SATURDAY, JUNE 23

**FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN
AND 5K RUN/WALK**

SATURDAY, JULY 16

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

SATURDAY, SEPTEMBER 22

**VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK
AND 5K**



Hello out there in Lompoc Valley Distance Club Land.

Saturday, May 12 was a perfect morning for running or walking at La Purisima Mission. It was cool and overcast. Not so cool that you couldn't get a sweat up with a little effort. But not so hot that the same effort would lay you out with heatstroke. So 18 folks turned up, plus registrar Nancy Perry, course monitor Steve Crummy, timer Karl Seelandt, snoopers Teddy and Tawny and race director Al for the Annual Ray Gil Mission 5K/10K. Winners of big fruit were Kent Yankee (14:56) and Betty Lee (20:07) for the 5K. Mike Harnden (39:07) and Sheila MacFarlane (52:55) took the 10K honors plus watermelon and cantaloupe. Other runners, most partaking of cookies (especially, as always, the sugar-coated animal crackers), grapes and water, included Jim Curriden (10K), Daniel Hopson, Courtney Trettin, Nicole Trettin, James Trettin, Fran Zimmerman, April Fienga, Lisa Norcutt, Olga Lucaric, Matt Taber (first 5K), Brian Taber, and Joel George, with Lolita Hopson and Russle Norcutt walking the walk.

While the 5K and 10K participants were going on their appointed rounds, veteran runner Cecelia Ramos stopped by after own her morning Mission ablutions. Always good to see the local docs (like Brian Taber) at the running events. Maybe it is a healthy lifestyle, even if our knees occasionally argue otherwise. Next up for the LVDC, the Parade Route 5K on Saturday, June 23. Be there or be square!

Yours in the spirit of good fun in the great outdoors

Lizard Breath Al

2012 VALLEY OF THE FLOWERS HALF-MARATHON: Noval Castel is working with the Mission to design and make the finishers medallions for this year's half. They will have a special hand painted design on the medallion. The first sample medallion looks great.

VALLEY OF THE FLOWERS HALF-MARATHON TRAINING. Just a reminder, get those running shoes out of storage and start dusting them off. In just a few days Bob Lingl begins his fourteen week training sessions for this year's Half-Marathon. For those of you just joining us this year, welcome. As in past years, at the first meeting he will hand out training schedules. The schedules will be similar to past years, group training on Saturdays and individual training 3-4 days during the week. For new people, we start slow and gradually build-up our miles. It all starts with one step at a time. Mark your calendars: 8:00 AM on Saturday, June 16th. Bob is looking for a couple of assistants this year. If you are willing to help, please let him know by email to boblingl@aol.com. You will not be required to do anything other than run/walk with a group of individuals at your same pace. If you remember last year we had a few new people getting lost on the course. Bob just needs some help getting first timers around the course for the first couple of weeks. Do you remember your first time around the upper loop? Did you think it would never end and that you may be lost? Bob would like to prevent that this year. So if you are interested in helping, send Bob an email with your time for last year's race. With the times he can make sure you are paired with similar paced individuals. If you have any questions, e-mail Bob at boblingl@aol.com.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

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/>

SATURDAY, MAY 26, 9:00 AM. LAKES OF LOVE 4 MILE RUN/WALK FOR CANCER RESEARCH, GOLETA. Stow Grove Park. Lakes of Love is a four mile run/walk benefitting the Cancer Center of Santa Barbara. Lakes of Love is organized by the Dos Pueblos Lakes of Love, completely by the students, with support from Club West Track and Field. Fees: Child online registration (14 and under): \$10.00, Adult

online registration (15 and above): \$15.00. Race-Day Registration (all ages): \$25.00. The race will begin at 9:00, please arrive earlier to check-in or register and warm-up! <http://lakesoflove.weebly.com>, active.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.

SATURDAY, JUNE 2, 10:00 AM. GOLDEN STATE URBAN RACE, VARIOUS DISTANCES, SANTA BARBARA.

The GSUR is your opportunity to spend the day with a partner competing for the chance to be crowned the victors in a one of a kind scavenger hunt/ urban adventure race. You'll need equal parts brains and brawn to complete a 12 stage race by solving clues and puzzles, completing physical challenges (nothing too strenuous) and hunting for relics and landmarks. The entry fee is for one team of two people. Check in starts at 10:00 and race will start promptly at 11:30. Everyone gets an event shirt and sponsor provided swag. Trophies and prizes are awarded three deep in both the standard course (3-5 mile total distance) and ultra course (10-13 mile) events! Benefitting the Livestrong Foundation and sponsored by Road ID, Clif Bar, Sports Authority, and Lava Magazine. Contact: scott@hegnessevents.com to volunteer. For more information: <http://hegnessevents.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. 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. 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>

THURSDAY, JUNE 14, 3:00 PM. ARMY BIRTHDAY TRAIL RUN, CAMP SAN LUIS OBISPO.

This event is open to all runners and walkers. The course is 3.6 miles of paved and hard pack roads with hills. Camp SLO is located off Highway 1. 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 runner's bag. Registration and bag pick up will begin at 2:00 PM at the starting area. Proceeds go to the Mission Trails Chapter of the US Army to benefit soldiers and their families. For information, contact Wendy Osborn at 594-6578 or e-mail her at wendy.osborn@us.army.mil.

SUNDAY, JUNE 3, 8:00 AM. JUNE BLOOM FUN RUN, 10K 5K, AND TINY MILE, ARROYO GRANDE.

Lopez Lake County Park, 6800 Lopez Drive Arroyo Grande. Fees: 10K - \$35; 5K - \$30 Tiny Mile - \$15. Rain does not cancel the run. You can register the morning of the run; volunteers will be available starting at 7AM. For questions on the day of the run, please call the Ranger Station at Lopez Lake 805 788-2385.

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, JUNE 23, 9:00 AM. 7TH MARY GIBBS MEMORIAL SAN LUIS OBISPO Y.M.C.A. 5K.

Bring your friends for an enjoyable 5K through Sinsheimer Park neighborhoods. There will be awards to the top men and women plus first place for children, parent with a stroller, senior, 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 \$5 more on race day. Verify fees and get entry forms from the YMCA, 1020 Southwood Drive, San Luis Obispo, 93401, 543-8235, www.sloymca.org.

WEDNESDAY, JULY 4, 8:00 AM. 58TH ANNUAL SANTA BARBARA SEMANA NAUTICA 15K

RUN/WALK. San Marcos High School, 4750 Hollister Santa Barbara. Fees: \$25 thru 6/10/11. \$30 thru 7/1/11, late registration - \$40. <http://www.sbrunning.org>

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, JULY 21, 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 at the pier and no entry is needed before that. Entry fees are \$10 without a race shirt and \$20 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. Gold, silver, and bronze medals will be awarded to the top three men and women in 10 age divisions. Sponsored by

Pismo Beach Recreation, 760 Mattie Road, Pismo Beach, 93449, 773-7049, www.citytothesea.org and conducted by the San Luis Distance Club, PO Box 1134, San Luis Obispo, 93406, www.sldc.org.

SUNDAY, AUGUST 5, NO TIME. CENTRAL COAST CANCER CHALLENGE, SAN LUIS OBISPO. This challenge includes multiple run/walk distances for every age and fitness level as well as multiple bike ride distances (22K, 50K, & 100K). The 5K run will be along the trails of Laguna Lake Park while the 10K begins at Laguna Lake and takes participants up the nearby mountain for some trail running. Then there is a children's mile for ages 10 years and under with parents welcome to accompany their child. All athletes will receive a tech shirt and prizes will go to first place in each age group and all kids. Register at www.active.com. Contact www.centralcoastcancerchallenge.com, 458-0655, or by e-mail at excouchpotato@gmail.com for more information.

SATURDAY, AUGUST 25, 9:00 AM. 24TH DUNE RUN 5K RUN, 5K WALK, AND 10K RUN, GROVER 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 and Recreation Dept., 154 South 8th Street, Grover Beach, 93433, www.grover.org, 473-4580.

SUNDAY SEPTEMBER 9, 9:00 AM. BEATTIE PARK 5K/10 FUN RUN, LOMPOC. This event is geared for all ages and ability levels. All participants will have a chance for first and second place awards. Pre-registration deadline is September 7. Check-in starts at 8:00 AM. Fees: \$15 for pre-registration and \$20 for race day registration. Lompoc Parks and Rec, (805) 875-8100.

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 or check out the club web site.

SUNDAY, OCTOBER 14, 8:00 AM. CITY TO THE SEA HALF MARATHON, (13.1 MILES) AND 5K (3.1 MILES), SAN LUIS OBISPO. The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and follows country roads to Dinosaur Cave Park in Pismo Beach. Entry includes awards in 13 age categories, an event T-shirt, breakfast buffet, entertainment, and post-race shuttle service. The 5K takes place at Dinosaur Cave Park and has all of the above benefits including some awards. Proceeds go to the Cuesta College cross country and track programs. For more information, call (805) 546-3100 Ext. 2716 or go to the race web site at www.citytothesea.org. Registration is on-line only through www.active.com.

RACE RESULTS

April 22, San Luis Obispo. Marathon, Kent Yankee, 4:48:39. Half-Marathon – Lori Buffington, 1:49:42. <http://www.slomarathon.com/>

April 29, Big Sur Marathon – Karl Seelandt, 3:59:12. <http://www.bsim.org/site3.aspx>

May 5, Wildflower Mountain Bike Triathlon, Lake San Antonio. Chris Denny won his age group (80-84) in 2:05:16. (Chris Denny)

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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