

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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August 12, 2008

KEY DATES

September 27 VALLEY OF THE FLOWERS HALF-MARATHON



Hello out there in Lompoc Valley Distance Club Land

As the 32nd annual Valley of the Flowers Half-Marathon approaches, the online registration pace is picking up. There were four new notices from active.com when I opened my e-mail just now. Remember, the race is Saturday, Sept. 27, the cost is \$50 and we're limiting registration to 150. So get yours in now. I talked to our 800 meter hero Duane Solomon Monday. After finishing third in the NCAAs, then sixth in the Olympic trials in Eugene in June, Duane spent most of July in Europe. He ran two races in Belgium, winning once and finishing second once, then won his 800 in Sweden. All of his times were in the 1:46s. The 2003 state prep champ and former Parade Route Run winner out of Cabrillo is finishing up his degree in sociology at USC this fall. He is pointing his training and competition schedule to making the USA's team for the world track and field championships next August in Berlin.

Cal Berkeley's Michael Coe, Cabrillo Class of 2006 and 2008 Trettin Run champ, has been named to the NCAA track and cross country All-Academic team. Coe, who redshirted last spring with a stress fracture, has been running 80 miles a week and showed top-of-the-line fitness with a 29:40 on the Wharf to Wharf Six Miller in Santa Cruz in July. Coe and the rest of the brainy, brawny Bears are pointing to the NCAA cross country championships in Terre Haute, Indiana in November.

Meanwhile, my aerobic "training" was highlighted last week by my best-ever tour of the Pygmy Pine Forest trail in Mendocino. I saw my first-in-memory wasp hive along the way. Yee-haw!

While I was up north, the Lompoc Valley Distance Club was well represented in the Lompoc Sprint Triathlon. Our Pauline Schneekloth was the women's winner, beating the one-year-old course record and obliterating the mark in the 50-59 age group. Betty Lee and Sarah Leck did the same in the mountain bike division, while Juan and Julie Campos did the same as a family. Way to go, Lompoc Valley Distance Club!

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

VALLEY OF THE FLOWERS HALF-MARATHON. Betty Lee and Sarah Leck ran the course and tied colored loop markers on the trees. Now if the bobcat that has been frequently seen at the Mission (except by me) doesn't take the ties off . . . Entries are coming in, both by mail and via active.com. Remember there is a limit of 150 runners so get your entry form in the mail or access the active.com web site. Novel Casteel is working on the T-shirt and awards design and Jack Webb is looking at T-shirt colors. Volunteers are still needed, so give Betty a call at 736-7380 if you can help in any way. Jack Webb got the sponsorship letters out and sponsorships are starting to come in. Expenses will be higher this year since we have to have an ambulance standing by during the half and also park ranger expenses have to be covered. If anyone knows someone or a business that would like to sponsor the half, let me know.

LIZARD BREATH 2008. Men's winner Miguel Ortiz clocked 53:47 to hold off fellow 2008 Cabrillo grad Ben Li, who clocked 54:00. Both of these fellows took a wrong turn near the water towers that cost them about 30 seconds, thus keeping Craig Farley's 2002 course record of 53:21 safe for another year. The women's winner was 46-year-old Katy Ayer of Arroyo Grande, who finished in 1:22:07, just ahead of defending women's champ Betty Lee, who got it done in 1:22:35. The sun broke through came early and warm, and the sand was, according to Fenceline veteran Mary Lou Seelandt, "deeper than ever", making the conditions full-on Lizard Breath tough. The great venue was provided, as always by La Purisima Mission State Historic Park. We donated 10 percent of the gross proceeds this year as a token of our appreciation. The Mission is not only a wonderful historical repository but a recreational Godsend for the Lompoc Valley, especially the Lompoc Valley Distance Club.

The course was marked by LVDC volunteers Mary Lou Seelandt, Olga Lucaric, Janis Hunt and yours truly on Friday, July 11. Hunt and Hunt went out the two previous Fridays on scouting tours of the whole course, trimming a little poison oak and manzanita on the northern end to ease the way. Race-day support was provided by timing wizard Wayne Davis and his magical machine, with Sergeant Steven Whitley of VAFB doing a marvelous job on the finish, registration guru Nancy Perry and able Pam Alexander getting everyone signed in nicely, plus the whole course-monitor-cleanup crew that included Janis Hunt, defending Lizard Breath champ Kent Yankee, Karl Seelandt, Abel "Mr. Water Towers" Romayor and the Fearsome Foursome of VAFB Airmen Meagan Pool, Brian Ellis, Daniel McKay and Steven Orzech making sure the runners and walkers kept heading in the right direction.

PARK TO PARK. The Park to Park 8 miles from Miguelito Canyon to the Mission is off the calendar for this year. A new race director is needed for next year. Kathi Froemming can help a new director get the event organized so taking over as director for this race will be easy because of Kathi's well-organized past races. Give Al a call at 736-5435 if you can direct this race and get it back on next year's schedule.

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."

THURSDAY, AUGUST 21, 6:15 PM. SANTA YNEZ VALLEY FAMILY 5K FUN RUN/WALK AND 1 MILE KIDS' RUN, BUELLTON. The 5K Run/Walk will start at Oak Park and continue through the city to Jonata Park Road with the finish back at Oak Park. Registration at 5:30 PM, with events and activities for all ages. 5K participants will receive an event T-shirt and entry into a prize raffle. Also included in the evening's activities is a 1 mile kids' run for children 12 and under. These runs are oriented toward youth fitness educa-

tion. All children's run participants will receive an event T-shirt and entry into a prize raffle. During and after the races, all participants and spectators are invited to enjoy fellowship and music in the park. The 5K run fee is \$12 and children 12 and under - \$7. Proceeds from the events will benefit local non-profits including the Buellton Community Educational Foundation and to ensure that we can continue to put on more Fun Runs. For additional event information or for sponsorship opportunities, please call Kyle Abello, Buellton Recreation, at 805 688-7529.

SATURDAY, AUGUST 23, 8:00 AM. 10TH ANNUAL HARES AND HOUNDS 5K AND YOUTH HALF MILE, ATASCADERO. Start and finish at the Atascadero Lake Park Pavilion near the zoo. The 5K will be followed by a half mile for ages 13 and under at 9:00. Entry fees for 5K - \$25 by August 8 and \$30 after that and \$10 for the kids' race. Awards are three deep in 14 age divisions for the 5K and medals to all finishers in the youth race. There will also be prize money to the top finishers, lots of raffles prizes, an Expo and refreshments after the race. Robyn Schmidt, K-Man Cycle & Run, 9530 El Camino Real, Atascadero 93422, HHRaceDirector@teamkman.org, www.teamkman.org or register at www.active.com.

SATURDAY, AUGUST 23, 9:00 AM. 20TH ANNUAL DUNE RUN 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 is \$15 (\$26 with T-shirt) add \$5 on race day. Both events begin at the same time at Ramona Garden Park at 10th Street and Ramona. Parks and Rec Dept, 473-4580, www.grover.org.

SUNDAY, AUGUST 24, 9:00 AM. BEATTIE PARK 5K/10K RUN, 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. All participants will have a chance for 1st & 2nd place awards. Pre-registration - \$10, race day registration - \$15. Registration - 8 - 8:45. A T-Shirt can be purchased for \$10. Lompoc Parks and Rec, Mario Guerrero Jr., 805 875-8095.

SATURDAY, AUGUST 30, 7:45 AM. 17TH CAMBRIA PINEDORADO DAYS 5K, CAMBRIA. This race is held in conjunction with Pinedorado Days and takes place just before the parade. The race starts and finishes at Coast Joint Union High School, 2550 Santa Rita Creek Road in Cambria. Entry fees are \$10 without a shirt and \$15 with one with medals in ten year age groups based on participation. It is a fundraiser for Coast Union's American Field Service club and the contact is Sharon Bisso, 995-1432.

SUNDAY, AUGUST 31, 7:00 AM. PIER-TO-PEAK HALF-MARATHON, SANTA BARBARA. Stearns Wharf (Cabrillo at State St.). The "Worlds Toughest Half-Marathon." Uphill from sea level to 4,000 ft. finish overlooking S.B. Prizes/refreshments. Limited entries. www.RunSantaBarbara.com, (805) 564-8879, 718 Castillo St., SB, CA 93101, Keyword: "Pier to Peak."

SUNDAY, AUGUST 31, 8:30 AM. 2008 MONTANA DE ORO TRAIL RUNS, 8K, 12K, AND 50K, LOS OSOS. This is part of the Pacific Coast Trail series designed to provide a quality trail running experience. Entry fees are 8K - \$25; 12K - \$30; 25K - \$40; and 50K - \$55 by August 17, add \$5 to each after that and another \$15 on race day if not sold out. T-shirts to all entrants, refreshments, and awards to first male and female. Complete information and registration at www.pctrailruns.com.

SUNDAY, SEPTEMBER 21, 8:30 AM. GOLETA EDUCATION FOUNDATION 4-MILER. Goleta Union School District Office (401 N. Fairview Rd.) - Fun and unique course that circles scenic Lake Los Carneros. Benefits music and physical education programs in Goleta's elementary schools. Refreshments/awards/raffle/music. Dan Cooperman, (805) 681-1200 x203, dcooperman@goleta.k12.ca.us.

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: Bettylee0077@MSN.com.

SATURDAY, SEPTEMBER 27, 9:00/9:30 AM. MOUNTAINBROOK CHARITY CHALLENGE 5K AND 10K, SAN LUIS OBISPO. There are two races, a flat 5K around Laguna Lake Park and a 10K trail run up San Luis Mountain along with a continental breakfast after the run for all participants. Entry fees are \$20 by August 31, \$25 after that and on race day with proceeds going to benefit Lifewater International. Mountainbrook Community Church, 4251 South Higuera Street, #200, San Luis Obispo, 93401, 543-3162, Jamie Neutill, 458-5075, jneutill@mountainbrook.net.

SUNDAY, SEPTEMBER 28, 7:30-11:00 AM. 10TH HERITAGE OAKS BANK 5K, 10K, & FAMILY FUN RUNS, PASO ROBLES. This full morning of events at Paso Robles City Park on Spring Street starts at 7:30 with a 10K, followed by a 5K at 8:45, an open mile for all ages at 10:00, a series of kid's races, and finally a two mile walk at 10:50. Fees are \$5 for the 75 yard dash for ages 5 & under (\$10 after 09/12), \$5 for the half mile for ages 5-12 (\$10 after 09/12), \$10 for the mile (\$15 after 09/12), \$15 for the walk (\$20 after 09/12), \$15 for the 5K (\$20 after 09/12), and \$20 for the 10K (\$25 after 09/12). There is no race day registration for any of the events. All entrants get a T-shirt, medal, refreshments, and are eligible for a drawing to be held after the last event (must be present to win). The races are sponsored by Heritage Oaks Bank, Post Office Box 7012 Paso Robles, 93447-7012, and are directed by Mitch Massey, mitch@hobfunrun.com, (805) 369-5281. Register on-line at www.hobfunrun.com.

SUNDAY, OCTOBER 5, 8:00 AM. CARPINTERIA KIWANIS BIG AVOCADO RUN 5K. Carpinteria Bluffs, Bailard Ave. Post-race fruit, free photos, and other goodies. Bill Swing, (805) 684-2577, istartandstop@cox.net, www.carpkiwanis.org.

SUNDAY, OCTOBER 5, CHANNEL ISLANDS HARBOR HALF-MARATHON. www.EliteSportsVC.com.

SATURDAY, OCTOBER 11, 8:30 AM. OUTFOOTERS 12K AND 5K FUN RUN/WALK, SANTA BARBARA. Dos Pueblos High School. Exciting new race for 2008. Benefits the Friendship Center. Post-race awards/prizes/food/refreshment. Outfooters, (805) 687-4533 or Paul Williams, paul.james.williams@cox.net.

RACE RESULTS

July 19 – 39th Annual Brian Waterbury Memorial Rock to Pier Six Mile Run, Morro Bay. Kent Yankee was 20th overall, and 2nd in his age division, 36:58, and Paul Lee was 31st overall, 2nd in his age group, 38:14. (active.com)

July 19, Semana Nautica 15K, Santa Barbara, postponed from July 4th due to Gap Fire in Santa Barbara and Goleta area. Jay Lou Seelandt was 124th overall, 1:25:12. (active.com)

August 8 – Lompoc Triathlon. Rick Hummel, 1st 50-54, 1:03:06; Pauline Schenneloth set a new female division course record of 1:05:27 and was also 1st in the 50-54 age group. Betty Lee set a new 40-49 age group record, 1:11:30; Mary Lou Seelandt, 3d in age group, 1:29:59; Sarah Leck set a new 50-59 age group record, 1:48:05; and Juan and Julie Campos set a new family group record, 1:18:03. (Lompoc Parks and Rec and Lompoc Record)

7th Annual Lompoc Lizard Breath Fenceline Fun Run
 Saturday, July 12, 2008
 La Purisima Mission
 Race Director - Al Hunt

<u>PLACE</u>	<u>NAME</u>	<u>AGE</u>	<u>CITY/CLUB</u>	<u>TIME</u>	
1	Miguel Ortiz	18	Lompoc	53:47	
2	Ben Li	18	Lompoc/LVDC	54:00	
3	Luis Bayardo	32	Lompoc	57:25	
4	John Hernandez	16	Lompoc	58:26	
5	Lazaro Nunez	15	Lompoc	1:03:11	
6	Scott Lamontagne	38	VAFB	1:03:25	
7	Telesforo Moreida	33	Lompoc	1:05:42	
8	Steve Brookshire	48	Santa Maria	1:06:57	
9	Larry Li	54	Lompoc/LVDC	1:17:15	
10	Katy Ayer	46	Arroyo Grande	1:22:07	1st female
11	Betty Lee	41	Lompoc/LVDC	1:22:35	
12	Mary Lou Seelandt	52	Lompoc/LVDC	1:26:53	
13	Brian Taber	46	Lompoc	1:29:05	
14	Sarah Leck	51	Lompoc/LVDC	1:29:13	
15	Fran Zimmerman	59	Lompoc/LVDC	1:38:42	
16	Laurel Posey	50	Grover Beach	1:39:54	
17	Larry LaMay	76	Lompoc/LVDC	1:47:56	

Walkers

1	Lisa Norcutt	73	Lompoc/LVDC	1:13:26
2	Olga Lucaric	69	Lompoc/LVDC	1:32:44
3	Russle Norcutt	76	Lompoc/LVDC	1:32:45

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

SATURDAY, SEPTEMBER 27
 VALLEY OF THE FLOWERS
 HALF-MARATHON