

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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	Vice President		Nancy Perry	Newsletter	736-7122
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January 12, 2009

KEY DATES

Saturday, March 28

Trettin 5K



Hello out there in Lompoc Valley Distance Club Land

We have a date for the Trettin 5K. It's Saturday, March 28 at Cabrillo. Be there or be square. With Kent Yankee at the helm, it is sure to be a smashing (do I hear pumpkin smashing?) event.

In sponsorship news, Nancy Perry is in the process of acquiring a bit of support for the club's half-marathon from Santa Barbara Bank & Trust. Good one, Nancy!

On a personal note, I've actually started to jog again. With respect to my knees, I'd just about given it up, choosing instead to lift, bike, swim, surf, walk, stretch, and twiddle my thumbs for exercise. But the running is going good, and I've been averaging 6 miles a week (woo-hoo!) for a couple months now with no knee swelling.

We're looking forward to seeing all the Ogans again at the Trettin 5K. And we may see new club member, Lompoc Record Editor Bo Poertner. Bo has been getting in regular laps at La Purisima Mission for awhile.

Speaking of the Mission, did you hear about recent wildlife sightings there? Local Lompoc artist Leonardo Nunez, well-known for his downtown La Purisima Mission mural, sighted a Golden Eagle "cruising low" while doing one of his regular runs on the mission's lower loop last week. Leonardo was going one way, I was going the other, when he pointed it out to me. Because it was big, and had fairly dark feathers, at first I thought it was a vulture. But I got a better view of the eagle a few minutes later as it was being harassed by a couple smaller birds. Reports of another type of wildlife sighting at La Purisima Mission Monday got my eyebrows raised. There is, according to an as-yet unsubstantiated account, a 3-foot-long Monitor Lizard running loose on mission grounds. I hope that's not true. What it likely means, if it is true, is that someone bought the reptile at a pet store, then, when it got to be too much trouble, let it go at the mission. In any case, if you got a pet for Christmas, kids, take care of it!

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

2009 MEMBERSHIP. A 2009 membership form is included with this newsletter. Renew your membership and pass on a copy to a running friend so we can increase our membership. This will be the last newsletter you receive unless you renew your membership.

2009 RACE SCHEDULE

Saturday, March 28	Trettin 5K Run	Cabrillo High School	Kent Yankee 733-0754
Saturday, May 9	Ray Gil Memorial 5K/10K	La Purisima Mission	Al Hunt 736-5435
Saturday, June 27	Parade Route	Lompoc	Wayne and Lee Davis 735-7177
Saturday, July 11	Lizard Breath	La Purisima Mission	Al Hunt 736-5435
Saturday, September 26	Valley of the Flowers Half Marathon	La Purisima Mission	Betty Lee 736-7380

The Scott Williams Memorial 5K is off the calendar.

The Park to Park 8 miler still needs a race director.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, JANUARY 17, 2009, 8:00 AM. CASTLE TO COAST EIGHT MILE RUN SAN SIMEON. The race will begin in San Simeon and follow Highway 1 south before finishing at Shamel Park in Cambria (shuttles will be provided to transport you back to the race start). The course will be well marked with an aid station provided at the halfway mark near Cavalier Market. Racers, runners, joggers, and walkers welcome. Registration will begin at 6:45 AM at William Randolph Hearst State Park. This year's prizes include age group awards and great raffle prizes as well as grander prizes to the top 3 overall men's and women's finishers. Registration is \$15 at www.active.com. Long sleeve t-shirts will be available for \$10 and there will be bagels, bananas, performance fluids, and water at the end of the race. Proceeds will benefit the Cuesta College Cross Country team and results will be posted on the San Luis Distance Club web site at www.sldc.org. This year's race is being conducted by Cuesta cross country coach Brian Locher, Cuesta College, PO Box 8106, San Luis Obispo, 93403-8106, 546-3100 Ext. 2716, brian_locher@cuesta.edu.

SATURDAY, JANUARY 17, 9:45 AM. SAN LUIS OBISPO HEALTH AND FITNESS EXPO 5K, SAN LUIS OBISPO. Registration and check-in is at the Madonna Expo Center between 7:30 - 9:30. Everyone will be shuttled to the starting line at Laguna Lake Park where the race will begin at 9:45. Runners and walkers will be welcomed to the finish line at the Alex Madonna Expo Center by the SLO Health and Fitness Expo presented by Catholic Healthcare West. Pre-registration is encouraged. You can register through SLO Health and Fitness Expo 5K Run. All registered runners and walkers will receive a t-shirt and goodie bag. Proceeds benefit the Leukemia and Lymphoma Society. Contact Lani Colhouer, Simply Clear Marketing, Health & Fitness Expo, 772-4600, www.slohealthandfitness.com.

SUNDAY, FEBRUARY 1, 9:00 AM, SUPER BOWL 4-MILER RUN/WALK, GOLETA. Stow Grove Park, 580 N. La Patera Lane, Goleta. Start your Super Bowl Sunday with a fun 4 mile run/walk. Fast/flat course through the streets of Goleta with part of the course on the trails of Lake Los Carneros Park. \$25 (\$12 under

12 years-old (no t-shirt)) for pre-registration, \$30 for late registration. Early packet pick-up/late registration at Santa Barbara Running. 129 N. Fairview, Goleta CA 93117, 805-964-6700, on Saturday, January 31, Noon - 5 PM. <http://www.sbactionpro.com>.

SATURDAY, FEBRUARY 14, 2009, 09:00 AM ROMEO'S RUN & RELAY 4 MILE RUN AND 1 MILE COUPLES RELAY, SANTA BARBARA. 1 Lagoon Rd, Santa Barbara, CA 93106, UCSB Main Campus. This race is a part of the Santa Barbara Cross Country Series. Striving for a completely no waste race and environmental awareness. In order to be in contention for the race win you must participate in all three races. UCSB students: \$15 UCSB Alumni: \$20 UCSB Faculty and Staff: \$20 Moms in Motion: \$20 General Public: \$25. <http://www.valentinesdayrun.com>. For more information about the Santa Barbara Cross Country series, please visit www.independent.com/sbxcseries.

SUNDAY, FEBRUARY 15, 9:00 AM. 8TH CHAINS OF LOVE 5K, 10K, 15K AND ½ MILE KIDS RUN (AT CAL POLY), SAN LUIS OBISPO. : The Chains of Love 5K, 10K, 15K, and 1/2 Mile Kid's Run is brought to you by the Cal Poly Triathlon Team. Run as an individual or in the couple's division (must finish together). The race starts in front of the Cal Poly Heath Center and all courses tour the hills of the Cal Poly campus. First place in each age group (19 & Under, 20-29, 30-39, 40-49, & 50+) will win a gift certificate to a restaurant in San Luis Obispo, second and third place will win a race mug, and all participants receive a race shirt. To register, go to www.active.com and search for Chains of Love. Entry fees for the 5K are \$15 for students & \$25 for non-students and couples; fees for the 10K are \$20 for students and \$30 for non-students and couples; fees for the 15K are \$25 for students and \$35 for non-students and couples. The kid's ½ mile fun run is \$10 and starts after the adult races. See more on their web site www.calpolytriathlon.com. Registration fees will help send the Cal Poly Triathlon team to the Collegiate Triathlon Nationals.

SUNDAY, FEBRUARY 15, 2009, 08:30 AM. MONTANA DE ORO TRAIL RUN (8 KM, 12 KM, 25 KM, & 50 KM, LOS OSOS, CA. <http://www.pctrailruns.com>.

SUNDAY, FEBRUARY 15, 8:00 AM. THIRD ANNUAL CARPINTERIA KIWANIS WINTER WARM-UP 5K RUN. Carpinteria Bluffs, Bailard Ave. Unique, cross-country style race along the Carpinteria Bluffs. Post-race fruit and other goodies. Bill Terry, (805) 451-4912, bill@billterryinsuranceagency.com. www.carpkiwanis.org.

SATURDAY, FEBRUARY 21, 8:30 AM. 9th ANNUAL "BUZZ" MARATHON, HALF MARATHON, AND 5K, SAN MIGUEL. These races serve as a fundraiser for Lillian Larsen School athletic programs. The events will be on the grounds of Camp Roberts north of San Miguel with fees of \$15 for the 5K and \$35 for the half and full marathons for pre-entries and \$20/\$50 after the February 1 deadline. This includes a T-shirt and medals to the winners in each age group. Walkers start at 6:30 AM, full and half marathon runners at 8:30, and the 5K is at 8:45. Other activities include a barbeque at the finish and a drawing for door prizes. Eileen Rogers, Lillian Larsen School, P. O. Box 299, San Miguel, 93451, 238-6749 (H), 467-3216 (school), hornetqueen93451@buzzmarathon.org, web site = www.buzzmarathon.org.

SATURDAY, FEBRUARY 21, 8:00 AM. INDEPENDENT "ROSES EN LA PLAYA 5K," SANTA BARBARA. Leadbetter Beach. The same fun event is now an out-and-back course at the beach. Awards/prizes and post-race activities. Jose Gonzalez, (805) 962-3627, jose@sbactionpro.com. Register @ www.sbactionpro.com.

SUNDAY, MARCH 1, 9:00 AM. SAN LUIS MOUNTAIN 10K RUN, SAN LUIS OBISPO. This rugged trail race goes along the ancient volcanic peak Cerro San Luis. The 6.2-mile course is speckled with challenging single track, fire road, and double track trails. With an elevation gain of over 1,000 feet, this 10K is set against Laguna Lake with dramatic views of the coastal range and an overlook of downtown San Luis Obispo. Proceeds benefit San Luis Obispo County's Special Olympics. Entry fees are \$35 (\$30 for students);

add \$10 for day of race registration. The fee includes awards in 11 age categories, an event T-shirt, refreshments, raffle, and a race clinic on February 28. There will also be prizes for the top male and female finishers. This year's race is part of Trail Runner Magazine's Trophy Series. For more information and to register, visit www.slomountainrun.com or contact Nimble Creative LLC, 1313 Pacific Street, San Luis Obispo, 93401, 546-8077, racing@slomountainrun.com.

SATURDAY, MARCH 7, 8:00 AM. FIFTH ANNUAL PEABODY SCHOOL 5K/10K RUN, SANTA BARBARA. 10K 8:00, 5K 9:15. Leadbetter Beach. Flat and fast 5K/10K along the beautiful Santa Barbara coast. Refreshments. Garrett Headley, (805) 284-1152, gcheadley@yahoo.com, www.peabodycharter.com.

SATURDAY, MARCH 14, 09:00 AM. SHAMROCK SCRAMBLE, GOLETA. UCSB West Campus. This race is a part of the Santa Barbara Cross Country Series, striving for a completely no waste race and environmental awareness. In order to be in contention for the race win you must participate in all three races. UCSB Students: \$15, UCSB Alumni: \$20, UCSB Faculty and Staff: \$20, Moms in Motion: \$20, General Public: \$25. For more information about the Santa Barbara Cross Country series please visit www.independent.com/sbxcseries

SATURDAY, MARCH 21, 8:00 AM. 11TH HARES AND HOUNDS 5K AND YOUTH HALF MILE, ATASCADERO. This race will return to Atascadero Lake Park with the start and finish at the Park Pavilion near the zoo. The 5K will be at 8:00 AM followed by a half mile at 9:00 for ages 13 and under at 9:00. The entry fees for the 5K are \$30 by March 15 and \$35 after that; \$10 for the kids' race by March 15 and \$15 after that (verify the entry fees as they are shown as different amounts in different places). Awards are three deep in 12 age divisions for the 5K and there are age divisions of 7 and under, 8-11, and 12-13 in the kids' race. There will also be prize money to the top three male and female finishers, raffle prizes, an Expo, and refreshments. The event is a fundraiser for the Greyhound Athletic Foundation which supports the athletic programs at Atascadero HS. Robyn Schmidt, K-Man Cycle & Run, 9530 El Camino Real, Atascadero, 93422, runninrobyn@charter.net, www.teamkman.org, www.active.com or www.athleteinyou.com.

SATURDAY, MARCH 28, 9:00 AM. NINTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN/WALK, LOMPOC. This race was established to honor the memory of John Trettin, a local doctor, coach, father, husband, and friend, who was tragically killed while bicycling in the summer of 2000. This race starts and finishes at the Cabrillo High School Track, 4350 Constellation Road. The run will be held on the Cabrillo High School cross-country course behind the school. Registration begins at 8:00 AM and is day of only. Entry fees: To be determined. Awards three deep male and female in eleven divisions and overall male and female plaques. Limited edition T-shirts will be available for purchase on race day. Contact Kent Yankee at 805 733-0754 for more information.

SUNDAY, MARCH 29 (8:00 A.M.) - 13th WINE COUNTRY HALF MARATHON & 5K: The race will start and finish at River Oaks Hot Springs & Spa, 800 Clubhouse Drive, just off Highway 46 a few miles east of Paso Robles. The course takes you over rolling hills, through picturesque vineyards, and along the Salinas River. After the race, enjoy breakfast, music, a raffle, and the awards ceremony. All runners receive a race T-shirt and both male and female first place race winners of the half marathon win their weight in wine. Special awards to the first 100 half marathon finishers and awards to the top three in each of 13 age groups. The half marathon begins first with the walk at 7:15 and the run at 8:00, followed by the 5K at 8:15, and then the kid's Grape Stomp half mile for ages 10 & under at 9:00 AM. Entry fees are \$45 for the half marathon, \$25 for the 5K, and \$15 for the kids' race. The race web site is www.winecountryruns.com, register at www.active.com, e-mail mcrundoc@digitalputty.com, or call 226-9911.

SUNDAY, APRIL 19, 8:00 AM. CAMARILLO HALF MARATHON, 5K, AND 10K. Elite Sports Ventura County will put on an amazing new race in the city of Camarillo to benefit the Make-A-Wish Foundation of the Tri-Counties. Five dollars from every race entry will be donated to the

Make-A-Wish Foundation of the Tri-Counties. Our goal is to raise \$5000 - enough money to adopt the wish of one child. The half marathon course will start at Freedom Park and run along the famous strawberry fields, along the beautiful Conejo Mountains, wind down towards the Coast Highway, and back around to the park. This course is all flat and blazing fast! The 5K and 10K will be mostly in the park area and all flat! All race distances are USATF sanctioned and chip timed. We will have a huge race day expo with music and top health and fitness related vendors for all to enjoy. All athletes will be able to enjoy a free pancake breakfast after the race! Finisher's medals will be awarded to all athletes. Bill Escobar, Race Director. 805-258-3779, www.CamarilloHalfMarathon.com.

RACE RESULTS

January 1, Santa Barbara, 30th Annual Resolution Day 5K and 10K Runs. Patty Landis ran the 5K in 32:58, and was 2nd in her age division. Pauline Schneekloth ran the 10K in 47:23, 1st in her age group.

DON'T FORGET TO RENEW YOUR MEMBERSHIP.

PASS ON A MEMBERSHIP FORM TO A FRIEND

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	Park to Park		
Sep	Valley of the Flowers Half Marathon	Betty Lee	Walker, Wilson & Hughen, Thomas Van Meter, MD, Dr Jamison, Cardiovascular Center of Lompoc, RaceReady, Kendall-Shepard Eye Center, Carnahan Therapy, CoastHills, Community Bank, Fargen Surveys, Inc, Retail Management Specialists, LLC, Valley Rock Ready Mix, Inc, At-Home Senior Services, Inc, Starbuck-Lind, The Leck Sisterhood Fund, Graphics Systems, Impulse Internet, Lompoc Valley Medical Center, Classic Installation

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

TRETTIN 5K
Saturday, March 28

**MEMBERSHIP RENEWAL
TIME**