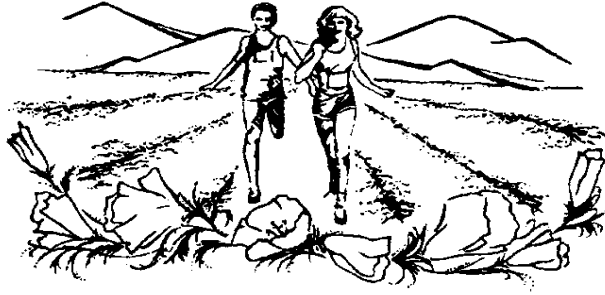


Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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

July 12, 2008

KEY DATES

September 27 VALLEY OF THE FLOWERS HALF-MARATHON



Hello out there in Lompoc Valley Distance Club Land

Preparations are nearly complete for this Saturday's Lizard Breath Fenceline Fun Run. Sign up at 7 a.m., run/walk at 8! Thanks in advance to Olga Lucaric, Mary Lou Seelandt and Janis Hunt for course marking, to Abel Romayor, Karl Seelandt, Kent Yankee, Andrew and Jalaine Christoferson, Pam Alexander and Janis Hunt for course monitoring, to Nancy Perry for registration and Wayne Davis for timing, as well as La Purisima Mission for providing a great venue. Along the Fenceline the last two Fridays, Jan and I have seen a total of three horny toads! One of the mini-steggies was average-size; two were big-uns, full palm size. They were all spectacular. This means that the critters are offering their blessing to the Lizard Breath. Ray Gil is happy!

While we're handing out thanks, one up to Gail Trettin and Kent Yankee for their \$\$ gift to the club fund, which helps keep the half-marathon scholarship fund intact.

Our Parade Route Run on June 28 continued the LVDC streak of increased attendance for all 2008 events. With Lee Holloway and Wayne Davis doing a great job of organizing, we had 80 participants, compared to about 40 from last year. The Air Force chipped in with course monitors, Nancy and Lee did a fine job on registration while Wayne and Karl were on time at the line. Winners included Miguel Ortiz and Megan Diaz, while finisher Kayla Hadley showed her pluck while continuing to deal with cystic fibrosis, which was our "cause" for the event.

Speaking of the Parade Route Run, Lompoc's Duane Solomon, the 2003 PR winner, finished sixth in the 800 at the Olympic trials. Duane will complete school at USC in the fall and will likely be in contention for the next couple of Olympics.

Coming up after the Fenceline is the Valley of the Flowers Half-Marathon on Saturday, Sept. 27. You can register on active.com if you haven't received a form in the mail. There's a limit of 150, so sign up now.

PS: The race-directorship for the Park-to-Park Eight Mile Run, which is a traditional LVDC September event, (how about October?) is open. Kathi Froemming is opting out this year because of her new job as principal at Vandenberg Middle School. Thanks to Kathi and Neal Smoots for all their great work over the years!

PPS: I've gotten a series of great photos from the LVDC's Larry Li's trip to China via the e-mail. My favorite is of Larry's son Ben, a Harvard-bound 2008 LVDC scholarship winner who won the SB County prep two mile for Cabrillo this spring, running on the Great Wall.

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

VALLEY OF THE FLOWERS HALF-MARATHON. Betty Lee and Sarah Leck ran the course with a GPS Sunday. They are working on a new map. Get your entry forms in soon.

FLOWER FESTIVAL PARADE ROUTE 1K AND 5K. My co-director Lee Davis and I want to thank everyone who came out to participate and the many volunteers who donated their time. The ages ranged from 3 years old in the 1K kids' run to 77 years old in the 5K. Many were locals from Lompoc and the surrounding communities but 14 came from afar (Salt Lake, Huntsville, Van Nuys, etc.). The Lompoc Police motorcycle rear escort, Lompoc Valley Bicycle Club lead escort (Bob Grant), Lompoc Valley Distance Club Members (Nancy Perry, Betty Lee, Karl Seelandt, and Alan Hunt), and the 9 Space 100 students from Vandenberg AFB provided outstanding support. After expenses, the 81 entry fees raised \$750 for the Cystic Fibrosis Foundation to help with research and treatment. Thanks to the runners, walkers, and the Lompoc Valley Distance Club for the donation that will be made in the name of Mallory Mae Holloway. She is our 3 year old granddaughter who was diagnosis with Cystic Fibrosis a year ago and is the daughter of a past Lompoc High School track runner.

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."

THIS RUN WAS POSTPONED BECAUSE OF THE GAP FIRE. WATCH THE SBAA WEB PAGE AT <http://www.sbrunning.org/> FOR THE RESCHEDULED DATE.

FRIDAY, JULY 4, 8:00 AM. 54th ANNUAL SEMANA NAUTICA 15K, SANTA BARBARA. San Marcos High. John Brennand, (805) 964-2591, brennand@alum.mit.edu.

SATURDAY, JULY 12, 8:00 AM. SEVENTH 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 ultramarathoner, 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. Fee: \$10 (\$8 for LVDC members). For information or to volunteer to help with this event, contact Al Hunt at 736-5435.

SATURDAY, JULY 19, 7:00 AM. 39TH ANNUAL BRIAN WATERBURY MEMORIAL ROCK TO PIER 6 MILE RUN, MORRO BAY. 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 with an early start to take advantage of the low tide. The entry fees are \$15 for pre-registration, \$25 with a T-shirt, and \$25/\$35 on race day. Enter online at

www.leaguelineup.com/welcome.asp?url=rock2pier or www.active.com. Conducted by Karen Sweeny, Morro Bay Rec Dept, 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

THURSDAY, JULY 24, 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 education. 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 9, FIRST HEAT AT 8:00 AM. LOMPOC SPRINT TRIATHLON. Lompoc Aquatic Center. This is the second year for the Lompoc Sprint Triathlon, and we are really excited for this year's race. Whether you are trying to break a great time, or just trying to prove to yourself that you can complete a triathlon - we want you! You can enter as an individual or grab a few friends and enter as a relay. The distances are: 500 yd Swim, 11 mile Bike, and a 3.1 mile Run. There is something for everyone, a t-shirt is included for all participants and pre-registration is required! Fees: \$40 individuals, \$75 relays. Mario Guerrero Jr., Recreation Manager, City of Lompoc, (805) 875-8095.

SATURDAY, AUGUST 9, FIRST HEAT AT 11:00 AM. LOMPOC JUNIOR TRIATHLON, 14 AND UNDER. Lompoc Aquatic Center. This is the second year for the Lompoc Junior Triathlon and the kids came out of the woodwork last year to compete, so sign up early. The distances for this competition are: 50 yd Swim, 1 mile Bike, ¼ mile Run (10 years and under) and 100 yd Swim, 2 mile Bike, ½ mile Run (11-14 years). T-shirts are included in the fee for all participants and pre-registration is required. Fees: \$20 individuals, \$40 relays.

Would you like a T-Shirt, but don't want to race? Call to volunteer, 805-875-2703. Mario Guerrero Jr., Recreation Manager, City of Lompoc, (805) 875-8095.

SATURDAY, AUGUST 9, 9:00 AM. STRIDE WITH THE TIDE 5K AND 10K, PISMO BEACH. Put your stamina to the test by taking part in this run on the beach held on the south side of the Pismo Pier. The course are out and back on the hard packed sand. Pre-registration is \$12 until July 30, \$17 after that and on race day (\$15/\$20 with a T-shirt). Medals to top three in 8 divisions. Pismo Beach Recreation Division, 773-7049, www.pismobeach.org.

SATURDAY, AUGUST 16, 9:00 AM. THIRD ANNUAL SAN SIMEON PIER TO THE POINT TRAIL 5K AND 10K, SAN SIMEON. These races will be on dirt roads on the property of the Hearst Ranch at San Simeon Point, starting and finishing at William Hearst State Beach Park, 6 miles north of Cambria. It features majestic shoreline views, a variety of running surfaces, and access to places not usually open to the public. Pre-entries are \$25 and includes a T-shirt. For more information and to entry, check www.active.com or www.ncyfa.com.

SUNDAY, AUGUST 17, 8:30 AM. 30TH MCCONNELL'S ICE CREAM ENDURANCE EVENTS, SANTA BARBARA. 5K 8:30, 10K 9:30, Biathlon (10K run/1 mi. swim), Kid's Mile 11:00, Mile Swim 11:30. Goleta Beach County Park. USATF certified out-and-back course. Fruit buffet/awards/ribbons and ice cream to all! Benefits R.E.D.S. and Tibet Freedom Movement. Pre 7/1 - Kevin Young, (805) 564-3400, kyoung@sbre.com, post 7/1 - Jose Gonzalez, (805) 962-3627, jose@sbactionpro.com.

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 education. 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.

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 fist 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.

RACE RESULTS

North Fond du Lac, Wisconsin, Pride Day 5K – Juan Campos, 23:52 and Julie Campos 27:12. (Julies Campos)

April 12 – Avila Beach, Dream Foundation 5K. Paul Lee was 3rd overall with a 19:46. (SLDC)

May 10 – Morro Bay, Miracle Miles for Kids 10K. Paul Lee was 11th overall and 1st in his age group, 39:52. (SLDC)

June 7 – San Luis Obispo third annual YMCA Mary Gibbs Memorial 5K Run and Walk. Paul Lee was the winner with a 19:42. (SLDC)

FLOWER FESTIVAL

Parade Route 5K Run - 28 Jun 08 Results

Race Directors – Wayne and Lee Davis

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY/CLUB</u>
1	Miguel	Ortiz	18M	1 st Male / 17-19	15:47	Lompoc
2	Levi	Block	16M	1 st Male / 13-16	15:55	Vandenberg AFB
3	Eddie	Tovai	17M	2 nd Male / 17-19	16:03	Lompoc
4	Steven	Villanueva	14M	2 nd Male / 13-16	16:44	Lompoc
5	John	Hernandez	16M	3 rd Male / 13-16	16:49	Lompoc
6	Jeshua	Hopson	15M	4 th Male / 13-16	16:59	Lompoc
7	Jeffrey	Monteleone	18M	3 rd Male / 17-19	17:07	Lompoc
8	Jose	Garcia	17M	4 th Male / 17-19	17:43	
9	Charlie	Prokop	51M	1 st Male / 50-54	17:43	San Diego
10	Joel	Martin	16M	5 th Male / 13-16	17:47	Lompoc
11	Kent	Yankee	27M	1 st Male / 25-29	18:08	Lompoc/LVDC
12	Luis	Bayardo	32M	1 st Male / 30-34	18:24	Lompoc
13	Darryl	Dalcerri	49M	1 st Male / 45-49	19:27	Lompoc
14	Scott	Mc Peek	27M	2 nd Male / 25-29	19:49	Vandenberg AFB
15	Manny	Flores	12M	1 st Male / 9-12	19:57	Santa Maria
16	Megan	Diaz	28F	1 st Female / 25-29	19:58	Santa Barbara
17	Lazaro	Nunez	15M	6 th Male / 13-16	20:02	Lompoc
18	Paul	Prochaska	49M	2 nd Male / 45-49	20:20	Nipomo

19	Telejforo	Mereida	33M	2 nd Male / 30-34	21:37	Lompoc
20	Juan	Campos	48M	3 rd Male / 45-49	21:49	Lompoc
21	Kris	Andrews	52M	2 nd Male / 50-54	22:00	Lompoc
22	Betty	Lee	41F	1 st Female / 40-44	22:38	Lompoc/LVDC
23	Derek	Aguilar	41M	1 st Male / 40-44	23:11	Lompoc
24	James	White	33M	3 rd Male / 30-34	23:11	Vandenberg AFB
25	Lassona	Von Hacker	31F	1 st Female / 30-34	23:18	Santa Maria
26	Milagros	Moreida	28F	2 nd Female / 25-29	23:41	Lompoc
27	Erik	Ricardo	36M	1 st Male / 35-39	24:19	Riverside
28	Julie	Campos	55F	1 st Female / 55-59	24:43	Lompoc
29	Brian	Taber	45M	4 th Male / 45-49	24:47	Lompoc
30	James	Henline	26M	4 th Male / 25-29	24:53	Santa Maria
31	Jedidiah	Hopson	20M	1 st Male / 20-24	25:17	Lompoc
32	Mary Lou	Seelandt	52F	1 st Female / 50-54	25:23	Lompoc/LVDC
33	Albert	Gsell	33M	4 th Male / 30-34	25:42	Lompoc
34	Dynasty	Von Hacker	14F	1 st Female / 13-16	25:54	Santa Maria
35	Stanley	Matalon	61M	1 st Male / 60-64	26:07	Van Nuys
36	Reggie	Golla	36M	2 nd Male / 35-39	26:07	Woodland Hills
37	Steve	Moore	50M	3 rd Male / 50-54	26:14	Huntsville
38	Nikki	Fallon	37F	1 st Female / 35-39	26:18	Ventura
39	Aaron	Williams	32M	5 th Male / 30-34	26:23	Vandenberg AFB
40	Fran	Zimmerman	59F	2 nd Female / 55-59	27:00	Lompoc/LVDC
41	Alena	Taber	15F	2 nd Female / 13-16	27:18	Lompoc
42	Jessika	Clarke	36F	2 nd Female / 35-39	27:36	Vandenberg AFB
43	Dan	Hopson	44M	2 nd Male / 40-44	28:09	Lompoc
44	Devon	Bedell	14F	3 rd Male / 13-16	28:10	Vandenberg AFB
45	Alana	Michels	15F	4 th Female / 13-16	28:29	Lompoc
46	Parker	Grand	9M	2 nd Male / 9-12	29:01	Lompoc
47	Ed	Grand	45M	5 th Male / 45-49	29:03	Lompoc/LVDC
48	Sheila	Mac Farlane	35F	3 rd Female / 35-39	29:08	Lompoc
49	Miguel	Trujillo	37M	3 rd Male / 35-39	29:16	Lompoc
50	Parry	Malae	49M	6 th Male / 45-49	29:45	Vandenberg AFB
51	Mandi	Fuller	26F	3 rd Female / 25-29	29:51	Santa Maria
52	Alex	Aguilar	11M	3 rd Male / 9-12	30:46	Lompoc
53	Annie	Waltman	29F	4 th Female / 25-29	31:11	Salt Lake City
54	Saturnino	David	66M	1 st Male / 65 plus	32:01	Lompoc
55	Mariejhun	Guemo	25F	5 th Female / 25-29	32:02	Vandenberg AFB
56	Viengmala	Mc Phaul	24F	1 st Female / 20-24	32:07	Vandenberg AFB
57	Lisa	Norcutt	72F	1 st Female/ 65 plus	32:25	Lompoc/LVDC
58	Charlie	Martinez	39M	4 th Male / 35-39	32:57	Lompoc
59	Kevin	Davis	30M	6 th Male / 30-34	33:10	Vandenberg AFB
60	Joyce	Mayhew	34F	2 nd Female / 30-34	33:49	Lompoc
61	Russle	Norcutt	76M	2 nd Male / 65 plus	34:41	Lompoc/LVDC

62	Larry	La May	76M	3 rd Male / 65 plus	35:22	Lompoc/LVDC
63	Joni	Carrithers	32F	3 rd Female / 30-34	35:28	Bakersfield
64	Janis	Hunt	54F	2 nd Female / 50-54	35:29	Lompoc/LVDC
65	Trisha	Aguilar	39F	4 th Female / 35-39	35:54	Lompoc
66	Olga	Lucaric	69F	2 nd Female/65 plus	43:32	Lompoc/LVDC
67	Bill	Cotnam	77M	4 th Male / 65 plus	DNF	SLO/LVDC

Parade Route 5K Walker - 28 Jun 08 Results Results

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY/CLUB</u>
1	MJ	Torrence	43F	Walker	49:41	Vandenberg AFB
2	Liz	Schmidt	69F	Walker	49:42	Vandenberg AFB
3	Jessica	Mc Ginty	16F	Walker	54:28	Lompoc
4	Kayla	Hadley	18F	Walker	54:30	Lompoc
5	Nicole	Terrones	18F	Walker	54:30	Lompoc
6	Raymond	Pauley	18M	Walker	54:31	Lompoc

Parade Route 1K Kid's Run - 28 Jun 08 Results

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY/CLUB</u>
1	Matthew	Taber	9M	1 st Male / 7-9	5:55	Lompoc
2	Elijah	Mayhew	9M	2 nd Male / 7-9	6:23	Lompoc
3	Danielle	Taber	12F	1 st Female /10-12	6:25	Lompoc
4	Leslie	Moreida	8F	1 st Female / 7-9	6:29	Lompoc
5	Micheal	Mc Ginty	7M	3 rd Male / 7-9	6:51	Lompoc
6	Dora	Nunez	10F	2 nd Female /10-12	7:31	Lompoc
7	Jordan	Martinez	8M	4 th Male / 7-9	7:34	Lompoc
8	Kean	Caldwell	3M	1st Male/6 & under	9:00	Vandenberg AFB

HERE IS YOUR CHANCE TO BE A RACE DIRECTOR. VOLUNTEER TO DIRECT THE PARK TO PARK 8 MILES FROM MIGUELITO PARK TO THE MISSION. IT IS A FAST COURSE WITH THE DOWN HILL START. CALL AL AT 736-5435 TO VOLUNTEER.

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, JULY 12
LIZARD BREATH FENCE LINE
7.5 RUN, 3.5 WALK

SATURDAY, SEPTEMBER 27
VALLEY OF THE FLOWERS
HALF-MARATHON