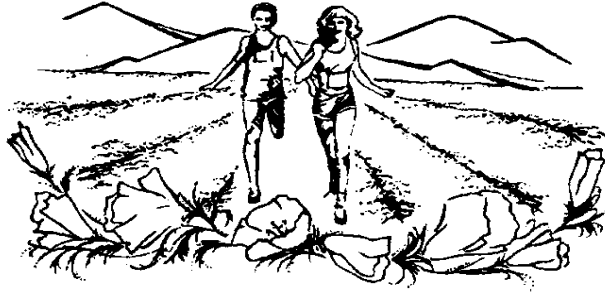


Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Wayne Davis	President	735-7177	Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Kent Yankee	Secretary	733-0754	Ron Cortopassi	Webmaster	

April 12, 2013

KEY DATES

2013 LVDC RACES



SATURDAY, MAY 11, 2013. RAY GIL AND ALAN HUNT MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. Wayne Davis, (805) 735-7177, email: alhwed@msn.com

SATURDAY, JUNE 29, 2013, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK, LOMPOC. A.Lee & Wayne Davis at (805) 735-7177, email: alhwed@msn.com

SATURDAY, TENTATIVE DATE JULY 20, 8:00 AM. ELEVENTH ANNUAL LIZARD BREATH FENCE LINE 7.5-MILE FUN RUN AND 3.5-MILE WALK, LA PURISIMA MISSION, LOMPOC. Mary Lou Seelandt at (805) 737-6153, runmls@gmail.com.

SATURDAY, SEPTEMBER 21, 2013, 8:00 AM. 38th ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K, LA PURISIMA MISSION, LOMPOC. Betty Lee, (805) 736-7380, Bettylee0077@MSN.com.

NOTES FROM THE LVDC PRESIDENT

At the March 30th Dr. Trettin Memorial 5K Run and Nature Walk, event Director Kent Yankee described the outcome as "Awesome." Registration processed 174 entries, sponsorship offset event expenses, funds raised scholarships funds for Cabrillo and Lompoc High students, memorable Dr. Trettin t-shirts were worn, and there were door prizes galore. I say this event was "Totally Awesome!"

"Show & Go" run for LVDC members & nonmembers - meet 8 AM Saturday, April 20, at my home – 500 South N Street. The designated course is to Miguelito County Park and back. It is approximately 6 miles, on asphalt, and has a slight incline to the Park. Is anyone interested in leading a Sweeny Road "Show & Go"? How about an original Sweeny Road Buzzard?

Attendance, food, and weather at the March 24th LVDC Potluck were delightful. The warm temperatures and mild wind allowed the event to be held outside. Homemade desserts served; Olga's Cinnamon Coffee Cake, Kent's Double Chocolate Chip Cake, Mary Lou's Strawberry Cookies, Lisa's Apple Pie, Fran's Peanut Butter Cookies, and Nancy's chocolate cake. Plus the salad bar with a delicious salad from the Hopsons, and Larry's secret recipe pot of beans with meat served as the main course. LVDC business discussed:

wireless timing purchase from the Alan Hunt fund, Kent Yankee volunteer/nominee for LVDC Secretary, and Half-Marathon scholarship awards. Next LVDC Potluck will be hosted by Fran.

Lastly, this year's Annual LVDC Memorial Mission Run on May 11th is called the Ray Gil and Alan Hunt Memorial Mission Run and Walk. It is named to honor two past LVDC members that have given countless hours supporting the La Purisima Mission. Ray opened locked gates and marked courses at the Mission for LVDC events. Alan maintained gardens, manned the entry gate, and directed LVDC events at the Mission. Both served proudly for the Mission and LVDC! Proceeds from this event will be donated to the Mission in their name. Please support this event by registering or volunteering.

Wayne Davis #:^)
Email alhwed@msn.com or Ph. 805-735-7177

TRETTIN MEMORIAL 5K RUN AND NATURE WALK, LOMPOC: Check out the LVDC web page for results.

VALLEY OF THE FLOWERS HALF-MARATHON: The brochures have been printed and they will be in the mail soon. The brochure is also posted on the LVDC web page.

LVDC Scholarships: The scholarship selection committee will be meeting towards the end of the month. There are 16 applications from Cabrillo students and 12 applications from Lompoc students. Watch for an announcement of the winners.

LOOKING FOR A COACH: Is there anyone in town who would be able to coach me? They don't need to be an ultra runner but I'm looking to improve my form, speed, hills, and endurance. I have been taking it easy for the last month because of a knee injury and going to get a second opinion and hopefully he gives me the green light. I don't have a lot of money so if someone would be willing to train me for free and is looking for a running buddy that would be excellent. If they are a trail runner that would be even better! E-mail me at codycolor2@gmail.com. Thanks, Kevin Cody

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

WEDNESDAY, MARCH 13, 2013 - WEDNESDAY, APRIL 24, 2013. STELLAR NITES 5K TRAIL RUN SERIES, SANTA BARBARA. Come enjoy Stellar Nites; a weekly Wednesday night 5K Trail run- with camaraderie, entertainment, food, beautiful sunsets and spectacular views - all at Eling's Park - America's largest privately funded park, 1298 Las Positas Road. Perfect for fitness enthusiasts, weekend warriors, families, and kids! <http://stellarnites.com/>

SATURDAY, APRIL 20, 2013, 8:00 AM. SANTA BARBARA CHARDONNAY 10-MILER AND 5K, SANTA BARBARA. Leadbetter Beach, Shoreline Drive and Loma Alta. A beautiful out-and-back course along the waterfront. Fast, flat start and finish with a few rolling hills in the middle. Join us for the fun, festivities, and post-race wine tasting! <http://www.sbactionpro.com>

SUNDAY, APRIL 21, 2013, 8:00 AM. ERIC'S RUN 5K/10K RUN/WALK, ORCUTT. All events will start and finish at the Orcutt Community Park, 5800 S Bradley Road, Orcutt, CA - Area A. 7:00 AM: Runner check-in and race day registration, 8:00 AM: Start (10K Run and 10K Walk), 9:00 AM: Start (5K Run and 5K Walk), Santa Maria-style BBQ and music after Run/Walk. Custom awards three deep in six categories. Proceeds benefit the Eric Okerblom Foundation whose mission is: Combating distracted driving through education,

legislation, and enforcement, Promoting health care access to uninsured workers, and Providing tools to the disadvantaged. <http://www.ericrun.com> or www.active.com

SATURDAY, APRIL 27, 8:30 AM. 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 \$35 by April 7 and \$50 after that. 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 websites at www.fcni.org and www.mm4k.com for complete race information. The event is sponsored by the Family Care Network, 3765 South Higuera Street, #100, San Luis Obispo, 93401, register though their web site, at www.active.com, or call 781-3535.

SATURDAY, APRIL 27, 2013, 9:00 AM. GAUCHO GALLOP BENEFIT DOG DASH, 5K, 10K, AND KIDS DASH RACE SANTA BARBARA. Location - UCSB Harder Stadium, Stadium Road. Gaucho Gallop Schedule of Events: 7:30am: Day of Event Registration Opens; 8:15am; Start of the Dog Dash; 9:00am; Start of the 10K Race and 5K Run/Walk; 9:30am; Start of the Gaucho Challenge; 10:00am; Kids Dash. Entry fees: UCSB Students: \$20, UCSB Alumni: \$20, UCSB Faculty & Staff: \$20, General Public: \$25, Gaucho Challenge Team: \$40. The Gaucho Gallop promises to have something for the entire family. The day will begin with the Dioji Dog Dash before moving on to the Santa Barbara Running Company 10K (Grand Prix event), Elite Performance 5K Run/Walk, Kids Dash, and the Gaucho Challenge presented by SB Airbus. Celebrate your finish in style at the Finish Line Festival, held inside of Harder Stadium with breakfast burritos and live music. www.ucsbbruns.com or Active.com.

WEDNESDAY, MAY 1, 2013 - WEDNESDAY, AUGUST 28, 2013, 6:00 PM. NITE MOVES 2013. 5K RUN, SWIM AND BIATHLON. SANTA BARBARA. Leadbetter Beach, 801 Shoreline Road Santa Barbara, CA. Swimming, running, and biathlon events every Wednesday evening starting at 6 PM. Each week features a presenting sponsor, a featured buffet host, local Santa Barbara entertainment and a sunset on the shore of The America Rivera. Our backdrop is a fantastic view of the SB Channel and Anacapa Island, and the sails of the Wet Wednesday racing fleet. Registration opens at 5:00 PM, Vendors Village opens at 5 PM, Swim starts at 6:25 PM. Run starts at 6:35 P.M. Band, Refreshments and Beer Garden Opens at 6:35 PM. <http://www.nitemoves.org> or active.com

SATURDAY, MAY 4, 2013, 11:30 AM. CITY CHALLENGE URBAN RACE 5K & HALF MARATHON RUN/WALK SANTA BARBARA. Santa Barbara Brewing Co, 501 State St. Santa Barbara, CA. The City Challenge Urban Race is your opportunity to spend the day either as an individual or with a partner competing in a one of a kind urban adventure race. You'll need to think on your feet and use your brain to solve puzzles, riddles, and clues from a clue sheet to find 12 destinations. Think of it as a scavenger hunt. Each race is custom built based on the history, unique features, and landmarks of the city! <http://hegnessevents.com> or Active.com for more information

SATURDAY, MAY 11, 9:00 AM. RAY GIL AND ALAN HUNT 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 at the Tule Village. Proceeds will be shared with La Purisima Mission State Historic Park. Entry fees: \$10, \$5 for ages 17 and under (LVDC Members (\$2 discount)). Awards to 1st place in eight categories, male and female. **Download a flyer and registration form from the LVDC website.** Volunteers needed. Contact Wayne Davis, 735-7177, alhwed@msn.com, or LVDC, PO Box 694, Lompoc 93438.

SATURDAY, MAY 11, 2013, 7:00 AM. MMRF CHARITY TEAM - 2013 SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. Maverick's Saloon, 3530 Sagunto St, Santa Ynez, CA. For more information: <http://www.themmr.org/EnduranceEvents> or active.com

SATURDAY, MAY 11, 2013, 8:00 AM. 5K RUN FOR LOVE RUN/WALK, SANTA BARBARA. Leadbetter Beach, 801 Shoreline Drive, Santa Barbara, CA For more information: Active.com.

SATURDAY, MAY 11, 10:00 AM. LAKE NACIMIENTO SUMMER KICKOFF 5K, PASO ROBLES. Kick off your summer with a 5K benefit trail run around picturesque Lake Nacimiento! This new event takes place at the Lake Nacimiento Resort located at 10625 Nacimiento Lake Drive in Paso Robles. A "Summer Kick-Off" party will follow the run. The race starts at 10 AM with registration beginning at 8:30. Registration and the start will be in the parking lot adjacent to the main launch ramp. The cost is \$25 through March 25, \$30 through May 10, and \$35 on the day of the race which includes a complimentary logo wine glass with one free tasting at the Summer Kick-Off Event following the race. Register on Active.com or visit the race web site at www.nacimientoresort.com.

SATURDAY, MAY 11, 8:30 AM. CUESTA COLLEGE 50 YEAR 5K, SAN LUIS OBISPO. Join Cuesta College in celebrating their 50 year anniversary. The race is being held in memory of Dr. Grace Mitchell and will support Cuesta's Children's Center as well as the Kinesiology and Recreation programs. Additional events include the Cougar Kid's Fun Run and a Kid's Zone. Parking is free. The course is a flat, fast loop that winds through both the old and new campuses and finishes on the track. The 5K is \$30 (t-shirt included) for ages 10 and older. Register at www.active.com until May 8 or on race day from 7:00-8:00 AM. Race day registration is \$40.00. The cost of the Cougar Kid's Run is \$5.00 for pre-registration at www.active.com until May 8 and \$10.00 race day. The Children's Center Races will begin at 9:15 with a diaper dash for the wee ones, then at 9:30 it will be the 3-4 year olds (1 lap around the track), 9:45 for 5-6 year olds (2 laps around the track), and 10:00 for 7-9 year olds (4 laps around the track). Awards for the top overall 5K male and female while 5K age group winners will receive raffle tickets. Great raffle prizes and snacks provided. Contact Jani Johnson at 546-3100 ext. 2015 or email jjohnson@cuesta.edu. Register through <http://www.active.com/>.

SATURDAY, MAY 18, 7:30/8.00 AM. BULL CANYON 5K, 10K, AND KID'S RUNS, SANTA MARIA. All events start at the Edwards Community Center at 800 North Panther Street in Santa Maria (East on Main Street from Highway 101, just north of Pioneer Valley High School). The 10K will begin at 7:30 and the 5K run/walk at 8:00. 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 for the 5K and 10K is \$20 for youth runners under 18 and military while adult runners pay \$25 (the fee for the kids ½ K for ages 2-5 and 1K for ages 6-9, new this year, is \$15). There is no race day registration. All finishers receive a medal, awards are 4 deep in 14 age groups, and plaques will be awarded to the top finisher in each age division of the 5K/10K runs. Register at www.active.com or go to the race web site at www.bcrun.org. The event is held in conjunction with the Santa Maria Recreation & Parks Department, 615 South McClelland, Santa Maria, 93454 and is directed by Ken George, 928-3781, Ext. 194, bullcanyonrun99@yahoo.com. Proceeds benefit Special Olympics.

SUNDAY, MAY 19, 2013, 9:30 AM. HILLEL 5K BAGEL FUN RUN, GOLETA. Santa Barbara Hillel, 781 Embarcadero del Mar, Goleta, CA. Please join us for a beautiful 5K fun run, with an amazing view of the Pacific Ocean! All funds raised will be donated to Wounded Warrior project, which provides programs and services to meet the needs of injured service members. All ability levels and families are welcome: walkers, joggers, and runners. There will be food, drinks, and raffles following the Fun Run! T-shirt included with each registration. Event Contact Phone: (760) 550-7069 or Active.com.

SUNDAY, MAY 19, 2013, 7:00 AM. BAY TO BREAKERS, SAN FRANCISCO. The Bay to Breakers has a club competition that can be entered. Check their web site at <http://baytobreakers.com/> for more information on club registration and on the race.

SUNDAY, MAY 26, 8:00 AM. 27TH 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. Check the web site for 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, PO Box 44, Pismo Beach, 93448, www.strawberrystampe.com.

SATURDAY, JUNE 1, 8:00 AM. LIGHTHOUSE FOUNDATION 5K AND 10K, TEMPLETON. This 5K and 10K run to benefit The Lighthouse Foundation will take place at Pomar Junction Vineyard and Winery. The courses will wind their way along the roads of Templeton and back to the Winery, located at 5036 South El Pomar in Templeton. Entry fees are \$35 for the 5K and \$45 for the 10K. Come enjoy all that the wine country has to offer and benefit a worthy cause as well. The Lighthouse Foundation is dedicated to providing programs of prevention and intervention in the areas of drug and alcohol abuse. Lighthouse provides education, counseling, scholarships, and opportunities as well as providing support for the families and friends of addicted and at-risk youth. Contact Carolyn McGaughey, (805) 462-9622, lighthousefunrun@gmail.com, Registration is through www.active.com.

SUNDAY, JUNE 2 (8:00 A.M.) - 20th MARIANNE TALLEY MEMORIAL 5K, 10K, 1-MILE WALK, & KID'S MILE: All races are run on a cross country course through the scenic dirt roads and trails at Talley Vineyards in Arroyo Grande. Timing chips provided for all 5K, 10K and, youth runners. Aid stations will be on the course with water and fresh fruit provided at the finish and post-race raffle for all participants. The awards ceremony will include a special 20th Anniversary award for the overall male/ & female winners of each race and age group place winners 3 deep in 14 divisions) and will be held immediately following the Kid's Mile. The early registration fee \$30 (\$20 for the kids mile for ages 13 & under) through May 31 and includes a tech t-shirt; Registration on race day is \$35 (\$25 for the kids mile with limited shirt availability. An "I Beat the Vintner" T-Shirt will be awarded to those in the 5K who finish before Vintner Brian Talley. All proceeds go towards a scholarship fund for student athletes at Arroyo Grande High School. Register online at www.active.com. For more information, contact Marian Fiorentino at 481-2235, Ext. 11 or by e-mail at run@talleyvineyards.com.

RACE RESULTS

March 23, Pasadena Triathlon. Chris Denny was 1st in the 80-84 age division, 1:35:.5. (Chris Denny)

March 30, Visalia Triathlon. Chris Denny was 1st in the 80-89 age division, 1:46:06.94. (Chris Denny)

March 24, Lompoc Splash and Dash. No results have been posted but Betty Lee is pictured in the Lompoc Record gallery.

April 6 and Sunday, April 7 - 2nd San Luis Obispo 5K, Half marathon, Marathon, and Expo, Half-Marathon: Mary Lou Seelandt, 2:11:11. Marathon: Leticia Olson, 4:12:58. There were 759 entries in the 5K, 2,291 in the half, and 678 in the marathon. (<http://www.slomarathon.com/the-races/results>)

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	Wayne Davis	
Jun	Parade Route 3 Miles	Wayne and Lee Davis	
July	Lizard Breath Fenceline	Mary Lou Seelandt	
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, 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

**RAY GIL AND ALAN HUNT MISSION
MEMORIAL 5K RUN/WALK
AND 10K RUN,
SATURDAY, MAY 11**

**FLOWER FESTIVAL PARADE ROUTE
1K KID'S RUN AND 5K RUN/WALK
SATURDAY, JUNE 29**