

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Wayne Davis	President	735-7177	Kent Yankee	Treasurer	733-0754
	Vice President		Larry Huyck	Newsletter	291-7701
Nancy Perry	Secretary	736-7122	Ron Cortopassi	Webmaster	

April 15, 2014

KEY DATES 2014 LVDC RACES



SATURDAY, MAY 10, 2014. RAY GIL AND ALAN HUNT MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. Wayne Davis, 735-7177, email: alhwed@msn.com

SATURDAY, JUNE 28, 2014, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK, LOMPOC. A.Lee & Wayne Davis at 735-7177, email: alhwed@msn.com

SATURDAY, SEPTEMBER 20, 2014, 8:00 AM. 39th ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K, LA PURISIMA MISSION, LOMPOC. Betty Lee, 805 736-7380, [Bettylee0077 @MSN.com](mailto:Bettylee0077@MSN.com).

SATURDAY, TENTATIVE DATE, OCTOBER 19, 2014 , 9:00 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.

NOTES FROM THE LVDC PRESIDENT

Congratulations to event director Kent Yankee & all the volunteers for staging the 14th Annual Dr. John C. Trettin Memorial and Nature Walk/Run 5K. They ensured 151 runners/walkers maneuvered the challenging chaparral trails, finishers received accurate awards/times/results, and randomly drew names for hundreds of door prizes. Student scholarships will be awarded from the participant profits. Recently I participated in two events at Vandenberg and would like to recognize two individuals that were inspirational to me. I entered the Balfour Beatty 5K and Gabby (a young 78 yrs.) entered the Half-Marathon. Does anyone know her last name? At the Biathlon (5K Run/20K Bike/5K Run) Rick Hummel (50+ yrs.) completed among 50 participants to finish in 2nd Place. Lastly, 4 LVDC members and I met to determine scholarship awards from the Half-Marathon profits for Cabrillo and Lompoc High School seniors. This was a humbling experience for me! The records consists of students in the top of the class academically, involved in endless school/community activities, and combined in hand written goals for the future.

Happy Trails!
Wayne Davis #:^)
Email alhwed@msn.com

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, APRIL 19, 2014 (8:30 A.M.) – MIRACLE MILE FOR KIDS 10K RUN

The 6.2 mile race course runs along the water's edge from Morro Rock to the Cayucos Pier, one of the most beautiful stretches of beach in California. At the finish line, participants are treated to a post-race party with live music, breakfast, a vendor fair and an award ceremony. Plus, every walker/runner receives a goody bag and a Miracle Miles for Kids commemorative T-shirt. Miracle Miles is truly an event for everyone – from serious athletes to families! The event starts at 8:30 am at Morro Rock located at 101 Coleman Drive Morro Bay, CA 93442. Sign up for only \$35 now through February 14! \$50 from February 15 - March 31; \$60 from April 1 - race day on April 19. Kids under 14 years are only \$15 and little ones under five years old are free. See <http://mm4k.com> to register, and get more information.



SATURDAY, APRIL 26, 2014, 9:00 AM. GAUCHO GALLOP, 5K, , AND KIDS DASH RACE SANTA

BARBARA. Location - UCSB Harder Stadium, Stadium Road. Gaucho Gallop Schedule of Events: 7:30am: Day of Event Registration Opens; 8:30 am; Start of the 5K Run/Walk; 9:30am; Start of the Gaucho Challenge; 9:35 am start of the Kids Dash. Entry fees: UCSB Students: \$10, UCSB Alumni: \$15, UCSB Faculty & Staff: \$20, General Public: \$25, Gaucho Challenge Team: \$40. The Gaucho Gallop promises to have something for the entire family. Celebrate your finish in style at the Finish Line Festival, held inside of Harder Stadium. The race is held in conjunction with the 8th annual All Gaucho Reunion. www.ucsbruns.com Contact person: John Lofthus, (805) 893-8416, john@ucsbalum.com

SATURDAY, APRIL 26 & SUNDAY, APRIL 27, 2014 - SAN LUIS OBISPO 5K, HALF MARATHON, MARATHON, & EXPO: These courses feature rolling hills, vineyards, and other scenic vistas as participants run past downtown SLO landmarks and then through the rural countryside. The 5K will be held on Saturday while the marathon and half marathon are on Sunday Packet pick-up will take place at the Madonna Inn Expo Center. Last year's races drew well over 3500 entrants (750 in the 5K, 2300 in the half, & 700 in the full). Visit www.SLOMarathon.com for complete information, including starting times, course descriptions, and entry fees.

WEDNESDAY APRIL 30, 2014 – WEDNESDAY AUGUST 27, 2014, 6:00 PM. NITE MOVES 2013. 5K RUN, SWIM AND BIATHLON. SANTA BARBARA.

NITE MOVES - Leadbetter Beach, 801 Shoreline Road Santa Barbara, CA. Swimming, Running & Biathlon events every Wednesday evening starting at 6pm at Leadbetter Beach in beautiful Santa Barbara, California May through September. Each week features a Presenting Sponsor, a Featured Buffet Host, local Santa Barbara Entertainment and a Sunset on the shore of The America Riveria. Our backdrop is a fantastic view of the SB Channel and Anacapa Island, and the sails of the Wet Wednesday racing fleet. Registrations Opens at 5 p.m, Ocean swim waves begin at 6:25, Running events begin at 6:35. Vendors Booths open at 5 p.m. Free Kiddies Sand Sprint at 7:30. <http://www.nitemoves.org> or active.com

SATURDAY, MAY 3, 2014. RUN OR DYE 5K. EL CHORRO REGIONAL PARK , SAN LUIS OBISPO. The World's Most Colorful 5K is headed to San Luis Obispo. Run or Dye, the world's most colorful 5K, will take place at El Chorro Regional Park on May 3, 2014. Bring all your friends and run a color-blasted 5K, where you get showered in safe, eco-friendly, plant-based cornstarch dye every kilometer. Then enjoy our world-famous Dye Festival afterward, where you can Tie-Dye the Sky (not to mention all your friends!) in this ultimate celebration of life, friendship, fitness, and fun. More info and pricing at www.runordye.com/locations/San-Luis-Obispo

SATURDAY, MAY 10, 2014. RAY GIL AND ALAN HUNT MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. These events take place entirely within the La Purisima Mission Historical State Park. 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. Proceeds will be shared with La Purisima Mission State Historic Park docent nonprofit group (La Prelado de los Tesoros). Entry fees:



\$10 (LVDC members \$2 discount) and \$5 for ages 17 & Under. Contact Wayne Davis, 735-7177, email: alhwed@msn.com or LVDC, PO Box 694, Lompoc 93438.

SATURDAY, MAY 10, 2014, 7:00 A.M., SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. Registration for this popular event is limited to 3,000 runners due to our commitment to minimize the impact in this beautiful area and to provide our guests with a quality destination running experience. All runners or fast walkers must be able to keep a 16:00 per mile pace and finish in 3 hours and 30 minutes or less to register. The minimum age requirement for the half marathon is 12 years. This course is considered very scenic and easy to medium difficulty, with gentle rolling terrain on backcountry roads. It is now 70%full. Go to <http://destinationraces.com/runsb/> for more info and to register.

SATURDAY, MAY 17, 2014, 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 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. Proceeds benefit Special Olympics.

SUNDAY, MAY 25, 2014, 28TH 8:00 A.M. ANNUAL STRAWBERRY STAMPEDE 5KRUN, 10K RUN, AND 5k WALK. ARROYO GRANDE. The historic Strawberry Stampede is held in conjunction with the Arroyo Grande Strawberry Festival on Sunday of the Memorial Holiday weekend. There are three separate races: 10K Run, 5K Run, & 5K Walk. All proceeds from the race go to benefit youth causes and programs in the local area. Presented by The Kiwanis Club of Greater Pismo Beach. Event schedule and times Registration opens at 6:45 AM. 10K Run starts at 8:00 AM. 5K Run and 5K Walk start at 8:05 AM. Refreshments and awards immediately following race pre-registration fees: Registration on line by May 15; \$30 with t-shirt or \$25 without. Registration fees after May 15 and on race morning; \$35 with t-shirt (while supplies last) \$30 without. Race website is www.strawberrystampede.com or www.active.com



SATURDAY, MAY 31, 2014, 8:00 A.M. MORRO BAY BANDS ON THE RUN – HALF, 10K AND 5K. MORRO BAY HIGH SCHOOL. Participants for this event is 150 for the half and 750 total overall. The event starts at Morro Bay High School, 235 Atascadero Road in Morro Bay, CA 93442. Registration cost through May 16 is \$50 for the Half; \$30 for the 10K and 5K (adults) and \$20 (under 18 years.) See the website below for costs after May 16. Starting at the high school the course goes through the Cypress Tunnel and then onto the beach. Bands will play at the main stage and at key venues along the course. See www.morrobaybotr.com for more information. You can register at www.active.com This benefits MBHS music education programs and scholarships.

SUNDAY, JUNE 1, 2014 8:00 AM – 21ST MARIANNE TALLEY MEMORIAL 5K, 10K, 1-MILE WALK, AND KID'S MILE. ARROYO GRANDE

Join us for true cross country courses through the picturesque scenery at **Talley Vineyards** along dirt roads and trails through the vineyards. These events are perfect for all runners and active families! For those running the 5K, a commemorative "I Beat the Vintner" T-Shirt will be awarded to those who finish before Vintner Brian Talley. Timing chips are provided for all participants; aid stations on the course; water, **OKUI Strawberries** and **HOUSE of BREAD** treats provided at the finish. Post-race raffle for all participants. Award ceremony for overall and age group winners immediately following the Youth Mile . Marianne. The early registration fee \$30 (\$20 for the kids mile for ages 13 & under) through May 30 and includes a tech t-shirt; Registration on race day is \$35 (\$25 for the kids mile with limited shirt availability. Talley Foundation is a nonprofit organization that was established in 1993 to fund scholarships for college-bound athletes from Arroyo Grande High School. The Fun Run was established as an annual fund-raising event in 1994 and is dedicated to honoring Marianne's memory and to her commitment to health, fitness and exercise. Register online at www.active.com. For more information contact **Marian Fiorentino, MTRF Race Director, 805-489-0446 x31, run@talleyvineyards.com**

SATURDAY, JUNE 7, 2014. CITY IMPACT'S VENTURA BEACHFRONT HALF MARATHON & 5K, VENTURA PIER (ON THE PROMENADE)

City Impact's 4th Annual Ventura Beachfront Half-Marathon & 5K will be held in Ventura, California with a scenic course along the beautiful coastline. The half-marathon and 5K will begin on the North side of the Ventura Pier. Both races are flat and fast runs with scenic views of the ocean and islands. The half marathon will begin on Ventura's promenade extending along the Pacific Coast Highway. The 5K runs out and back along the oceanfront promenade. This is a run you can't resist! *Rolling Start Times between 7am-8am (1/2 marathon) *5K Run begins at 8:15am*Registration for bib pick up: Fri. 6/6 from 3pm-7pm or Sat. 6/7 at 6am*Electronic Chip Timing*Metals for 1/2 Marathon Finishers*T-shirts for participants (1/2 Marathon & 5K only)*FREE Kids Fun Run 1K - 10 years & under *Post Race Activities: Awards Ceremony, Food, Music & Kids Activities . See www.cityimpact.com or www.active.com to register.



RACE RESULTS



Please send your race results to Larry at iristocrat@gmail.com

SUNDAY, FEB 23, 2014, SEASIDE HALF-MARATHON, 10K, 5K (VENTURA)

Julie Campos, Half-Marathon - 2:45:32 (walk)
Juan Campos, 10K - 47:49 - 2nd , (50-59)

SUNDAY, MARCH 23, 2014, BATAAN MEMORIAL DEATH MARCH, WHITE SANDS MISSILE RANGE – NM

Thomas Jenkins , Marathon-Civilian Male Light Division, (M 58) Place - 249 out of 1117,
5:52:30, Pace - 13:27

FRI-SAT, APRIL 4-5, 2014, RAGNAR RELAY- SO CAL Reported by Kent Yankee

The So Cal Ragnar Relay series took a 12 man team of runners from Huntington Beach to San Diego (200 miles). Two vans full of tired and sweaty ladies and gentlemen and approximately 29 hours of running combined, our team finished with authority. Our team name was Unstoppable Nerds In Tight Yoga Pants, or Team U.N.I.T.Y. Pants for short:-) We played the part by running in bow ties, or suspenders, or collared shirts, or all of the above. It was a great event switching runners, and giving it all you got. My friend Jamie was Team Captain and she made it painless and flawless. I was in van 1 running the 5th, 17th, and 29th leg of the race which was roughly a 10K, 10K, and 5K. Sadly I didn't remember a watch, so I don't know how fast I ran, but my second leg which started at approximately 1:50am on Saturday ended at approximately 2:30am, so I was running pretty good, and probably ran about the same throughout. We had some great teammates doing longer and shorter runs, and staying in great spirits throughout the event. Everyone rested when they could, but didn't really sleep more than a couple hours. Eating was tough when you're preparing for a run at 2am. There were about 700 teams signed up for the event including some Ultra teams where 6 people split the 200 miles. The roads were full of decorated vans for all of the teams, and the streets (non closed, so you had to wait at street lights) were filled with runners day and night. Night running was fun because you could see the required flashing taillight on the runners in front of you and that just pushed you harder to pass them and have your headlamp be the light in the dark! Many of the studs on our team are already thinking about doing the Nor Cal Ragnar from SF to Calistoga, so I hope they'll let me on their team again. I hope I don't have to wear tight yoga pants again though:-) I was a day early at getting you information. They posted the results and my friend and team captain posted them on Facebook. This is what she said: "We ran 195 miles in 27hr 49min 03sec which averages to about 8min 30sec miles. We placed 46th out of more than 700 Teams and 22nd in our division! Not bad for a bunch of nerds."



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.

Mar	John Trettin Memorial 5K	Kent Yankee
May	Mission Run	Wayne Davis
Jun	Parade Route 3 Miles	Wayne and Lee Davis
Sep	Valley of the Flowers Half Marathon	Betty Lee
Oct	Lizard Breath Fence Line	Mary Lou Seelandt

Patronize our sponsors and tell them you appreciate their support of the Lompoc Valley Distance Club.

*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*

**LOMPOC VALLEY DISTANCE CLUB
PO BOX 694
LOMPOC CA 93438**

**MAY 10, 2014
RAY GIL & ALAN HUNT
MISSION MEMORIAL 5K
RUN/WALK & 10K RUN,**