

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	

August 12, 2013

KEY DATES

2013 LVDC RACES

SUNDAY, AUGUST 11, 12:00 NOON. LVDC POTLUCK AT THE SEELANDTS.

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

Watch for notes from Wayne next month. He is enjoying a vacation.

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

LVDC POTLUCK: Mary Lou and Karl Seelandt have volunteered to host the next club potluck. It will be on Sunday, August 11th at 12:00 noon. Mary Lou is planning on having chicken for the main dish. Call them at 737-6153 to RSVP and to tell them if you are bringing a side dish or dessert. Their address is 1309 Stonebrook, Lompoc.

VALLEY OF THE FLOWERS HALF-MARATHON: I picked up the medallions from the La Purisima Pottery Group and they look terrific. Noval Casteel is working on the shirt design. Send your entries in. If you aren't running, call Betty and volunteer. I'm still looking for sponsors so if you think of a potential sponsor, let me know and I will contact them

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

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 PM, and band, refreshments, and beer garden open at 6:35 PM.
<http://www.nitemoves.org> or active.com

SATURDAY, AUGUST 10, 8:00/8:15/8:30 A.M. MONTANA DE ORO TRAIL RUNS (8K, 12K, 25K, AND 50K), LOS OSOS: Part of the Pacific Coast Trail Run series. Check-in, the start, and the finish are at Spooner's Cove in Montana de Oro State Park. All courses are hilly ones on trails through the park and offer a mix of rugged, rocky cliffs, coastal plains, sandy beaches, and streams. T-shirts to all entrants, refreshments, awards are given to the 1st place female and male finishers overall in each distance, and ribbons are awarded to the female and male 1st, 2nd and 3rd place finisher in each ten-year age group for each distance. 50K finishers will receive a custom event coaster. Fees are \$35 for the 8K, \$40 for the 12K, \$50 for the 25K, and \$6 for the 50K. Add \$10 after July 26. Check the web site at www.pctrailruns.com to register.

SATURDAY, AUGUST 10, 2013, 9:00 AM. RUN OR DYE 5K, SANTA BARBARA. Location: 552 University Road, Santa Barbara. Participating in Run or Dye sends an important message: that you're all about living life in full color! At our colorful event, you'll get blasted with safe, eco-friendly, powdered dye, turning you into a technicolor canvas of fun. Plus, there's a huge party afterward, where you "Dye the Sky" with the free dye packet you receive. The result: Run or Dye is a once-in-a-lifetime experience that you'll love. Here are our rules to dye by: 1. Don't Worry, Dye Happy! Run or Dye is for everyone. It doesn't matter if you're a triathlete or a recovering couch potato...7 or 70...a butcher, a baker, or a candlestick maker. Run or Dye is all about celebrating YOU just the way you are! 2. You Are Your Own Canvas. Wear what you want. Light colors will show off all that awesome dye, or come in a crazy costume -- a thrift store tux, leopard print pajamas, or an old wedding dress. No matter what you are wearing, our Dye Crew will turn you into a colorful sight to behold! <http://www.runordye.com/locations/Santa-Barbara-2013>

SUNDAY, AUGUST 11, 8:00 AM. SECOND ANNUAL GET FIT 5K AND 1 MILE TROT/WALK FUND-RAISER, LOMPOC. A benefit for families in the local community. Entry fees: Kids (6-12) - \$5; 1 Mile Trot/Walk - \$10; 5K - Walkers \$10; runners - \$15 by July 31; add \$5 to each for race day registration which starts at 7:30. \$50 gas card 5K prize to first male and first female. For more information call 736-1905 or <http://lompoc5krun-walk.weebly.com>

THURSDAY, AUGUST 15, 6:30 PM. SANTA YNEZ VALLEY FAMILY FUN RUN 5K AND 1.5 MILE RUN/WALK, BUELLTON. Location: Oak Park in Buellton. The Fun Runs now welcome dogs on leash with their owner for either a full 5K or 1.5 mile course. Registration starts at 6:00 PM, with Run/Walk start at 6:30 PM, with events and activities for all ages. The two loop course promises variety and the chance for spectators to cheer on their friends and family. 5K participants will receive an event T-shirt and entry into a prize raffle. Also included in the evening's activities is a 1.5 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 admission is \$15 and children 12 and under are \$10. 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 future Fun Runs. For additional event information or for sponsorship opportunities, please call Kyle Abello, Buellton Recreation, at 688-1086. kylea@cityofbuellton.com

THURSDAY, AUGUST 15, 2013, NO TIME. SUMMERS END BY FRIENDS OF LOPEZ LAKE 5K FUN RUN, 10K TRAIL FUN RUN, TINY MILE, ARROYO GRANDE. Location: Lopez Lake County Park, 6800 Lopez Drive, Arroyo Grande.

THURSDAY, AUGUST 15, 6:16 PM. WESTMONSTER 5K CROSS COUNTRY AND 1K KIDS FUN RUN, WESTMONT COLLEGE, SANTA BARBARA. <http://www.westmont.edu/athletics>.

SUNDAY, AUGUST 18, 8:30 AM. 35TH MCCONNELL'S ICE CREAM ENDURANCE EVENTS 5K, 10K, KIDS MILE, GOLETA. 5K at 8:30; 10K at 9:30, Kids mile at 11:30. Goleta Beach County Park, Sandspit Road, Goleta. Fruit buffet/awards/ribbons and ice cream to all. For more information: www.runforlife.org or Kevin Young, (805) 564-3400.

SATURDAY, AUGUST 24, 9:00 AM. 25TH DUNE 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 soft sand dunes. The entry fee for the race is \$25 by August 16 and registration on race day is an additional \$10. Awards are given in many age categories in both races, which begin at Ramona Garden Park at 10th Street and Ramona in Grover Beach. The race is part of the city's Stone Soup Festival which features food, vendor booths, and live music. Parks & Recreation Dept., 154 South 8th Street, Grover Beach, 93433, www.grover.org, 473-4580.

SUNDAY, SEPTEMBER 1, 2013. PIER TO PEAK RUN SB 2013, SANTA BARBARA. Stearns Wharf at State Street, 1 State Street, Santa Barbara. Pier To Peak is a challenging endurance event almost all on roads. Starts at the Dolphin Fountain on the SB Wharf and climbs to the 4000 foot elevation at La Cumbre Peak in the Los Padres National Forest, passing the SB Queen of the Missions across from the Rose Gardens. View the start from the top. Packet and bib pick up will be at 110 Anacapa Street in the combined Hazards, SB Running Stores, and bibs will be available on Friday and Saturday August 31st the day prior to the race. http://www.runsantabarbara.com/pier_to_peak.html

SATURDAY, SEPTEMBER 7 AND SUNDAY, SEPTEMBER 8, 2013. VENTURA MARATHON BEACH PARTY 2013, MARATHON HALF-MARATHON, AND 5K. Marathon/Half Marathon Start Time - 7:00 AM. 5K start time - 7:15 AM. Saturday: bike rides, ocean swim, aquathon, beach party. Sunday: marathon, half marathon, 5K, beach party. Scenic and flat course (marathon will be Boston qualifier), technical running top, professionally chip timed, cool finishers medal, post race beach party, beachfront finish, convenient parking with start and finish in same area (no shuttles). Check the web site for more info and entry fees, <http://www.venturamarathon.com/>

SUNDAY, SEPTEMBER 8, 9:00 AM. BEATTIE PARK 5K/10K FUN RUN, LOMPOC. Come out and enjoy a great family experience at Beattie Park. Both races will start at the same time and the 10K will do two laps. 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 and 2nd place awards. A T-Shirt can be purchased for \$10. Fees: \$15 pre-registration, \$20 on race day. Race day check-in at 8 -8:45. Call Mario Guerrero at 875-8095 or e-mail him at M_GUERRERO@ci.lompoc.ca.us for more info.

Saturday, September 14, 8 AM-5 PM. THE RAVINE MUD RUN 5K, PASO ROBLES. Location: The Ravine Waterpark, 2301 Airport Rd, Paso Robles. The 5K Mud Run will have 13-15 obstacles. Pricing: Adult course (5K) : \$70, includes: race, t-shirt, race medal, admission to the waterpark, 6 live bands playing throughout the park all day; Kid course (modified): \$35, includes; race, race medal, admission to the waterpark, 6 live bands; spectator : \$30, includes watching race, admission to the waterpark and 6 live bands; Teams: Maximum of 5 members - \$280, includes all items that go along with the adult admission. Ravine Waterpark season pass holders will receive \$10 off any admission. We will offer many start time waves based on the number of participants. Adult race start times will be first, kid run will follow, and finally, we will offer a fantastically fun "805 Run". The kids run and the 805 run will be on a shorter modified course. The 805 Run is essentially an adult race that will include various spots along the course that alcohol will be available Cabana Rentals will be available for \$200 for the day of the event. The entry fees include 8 BBQ tickets, 16 Beer/wine tickets, all day service, and preferred parking. For more information, call 805-237-8500 or <http://pasoroblesdailynews.com/ravine-hosting-new-mud-run-and-music-fest/5414/> or http://www.ravinewaterpark.com/park_info/310/MUD-RUN.html

SUNDAY, SEPTEMBER 15, 8:00 AM. SUMMER'S END 5K AND 10K TRAIL RUNS (AT LOPEZ LAKE), ARROYO GRANDE. This race will held at Lopez Lake with an entry fee of \$25 for the 5K and \$30 for the 10K plus \$10 per vehicle for the park entry fee. There will be 8 age divisions for both men and women in each with medals to the top three. There will also be a Mile for ages 6 and under with a \$15 entry fee and medals to the top three boys and girls. For more information, contact Jeannie Keeffe, Friends of Lopez Lake, 1776 Upper Lopez Canyon Road, Arroyo Grande, 93420, bkeeffe@earthlink.net.

SUNDAY, SEPTEMBER 15, 2013, 8:30 AM. GOLETA EDUCATION FOUNDATION 4-MILER AND KID'S FUN RUN. Goleta Union School District Office, 401 N. Fairview Avenue | Goleta. Scenic loop course starting at Goleta Union School District building, traversing through the beautiful Lake Los Carneros area. Mostly flat with a fast downhill finish. Benefits the music education programs in the Goleta Elementary Schools. Packet pickup/late registration is at the Santa Barbara Running Store in Goleta, 129 N. Fairview Ave, Saturday, Sept. 14, 11-4. Fees: \$25 early entry thru 9/12/13, \$35 post 9/12/13. \$10 Kid's 12/Under, \$5 Kid's Fun Run. www.Active.com

SATURDAY, SEPTEMBER 21, 8:00 AM. 37th ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K, 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: Half marathon: \$55 (\$60 after September 7); 5K: \$35. 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 or check out the club web site at <http://members.impulse.net/~lvdc/>

SUNDAY, SEPTEMBER 22, 2013, 8:00 AM. SHE.IS.BEAUTIFUL SANTA BARBARA'S PINKEST 5K AND 10K. Santa Barbara Cabrillo Bath House, 1118 East Cabrillo Blvd, Santa Barbara. An all women's and girl's event! Beautiful course, full of inspirational quotes, sass, and lots of pink! 10K, Baby Mama 10K (for moms with strollers), 5K, and Baby Mama 5K (for moms with strollers). Prize money offered to top finishers, epic post race event on the beach and each participants gets a [super cute] dry-fit women's fit finishers shirt and enjoyment of our post race festival (which includes a wide array of food/beverage samples, a photo booth, a manicure station, a massage booth, many running/health vendors and even post race yoga on the beach)!. Melissa McConville, Melissa@runsheisbeautiful.com, Registration: <http://www.runsheisbeautiful.com/>

SUNDAY, SEPTEMBER 29, 7:00/7:30/8:15 AM. SAVOR FASTEST MILE, 5K, AND 10K RUNS, SAN LUIS OBISPO. Be part of this premiere event presented by the City of San Luis Obispo and produced by the Central Coast Cancer Challenge. Start your day with a 5K or 10K through the streets of San Luis Obispo while those looking for a challenge can enter the "Fastest Mile." Everyone will start and finish at the historic Mission de Toloso in downtown SLO. After the finish, enjoy a delicious pancake breakfast (included in your registration fee). A portion of your registration fee will benefit the local Cancer Well Fit program for first-year cancer patients and survivors. Event schedule and times: 7:00 AM - The Fastest Mile (\$35); 7:30 AM - Tall Stack 10K (\$60); 8:15 AM - Short Stack 5K (\$50). The pancake breakfast will be served from 7:30 - 10:00, with the age group awards ceremony at 10:00 and the Cancer Survivor Hope Ceremony at 10:15. Check the web site at www.savorcentralcoast.com for more information about the festival and register for the race through www.active.com.

SUNDAY, OCTOBER 13, 7:30 AM. - CITY TO THE SEA HALF MARATHON (13.1 MILES) AND 5K (3.1 MILES), SAN LUIS OBISPO. The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and follows country roads to Dinosaur Caves Park in Pismo Beach. Entry includes age group certificates in five year divisions based on USAT&F standards, an event T-shirt, breakfast buffet, entertainment, and post-race shuttle service. The 5K takes place at Dinosaur Caves Park and has all of the above benefits

including breakfast. Proceeds go to the Cuesta College cross country and track programs. For more information, call (805) 546-3100 Ext. 2716 or go to the race web site at www.citytothesea.org. Registration is through www.active.com.

SUNDAY, OCTOBER 27, 7:00 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, HALF MARATHON, AND 5K. This fourth annual event will be held at LeVigne Winery, 5115 Buena Vista Road, Paso Robles, 93446, with beautiful views of the countryside and wine vineyards at harvest time. The morning's races include a full marathon, half marathon, and a 5K. The marathon and half will begin at 7:00 AM while the 5K starts at 8:00 AM. All net proceeds benefit the Paso Robles High School Boosters. Entry fees are \$90 for individuals for the marathon by July 31, \$110 through September 30, and \$120 until race day. Half marathon fees are \$60/\$75/\$90 and for the 5K, it's \$30/35/40 with tech shirts and goodie bags to all entrants, finisher medals to all marathoners, and awards to the top three in each age category. For further information, check the web site at www.pasoroblesmarathon.com or contact Paso Robles Harvest Marathon, Post Office Box 1796, Paso Robles, 93447-1796, (877) 264-6979, pasomarathon@yahoo.com.

SATURDAY, NOVEMBER 9, 2013, 7:15/7:30 A.M. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON AND HALF MARATHON. Marathon starts at 7:30 AM, location: Dos Pueblos High School, 7266 Alameda Ave, Goleta. Half Marathon starts at 7:15 AM, Location: Page Youth Center, 4540 Hollister Ave, Santa Barbara. The Select Staffing Santa Barbara International Marathon is a USATF-Certified event and a Boston Qualifier. Finish Line Festival: As soon as you cross the finish line, celebrate your achievement at the Finish Line Festival located at the gorgeous Santa Barbara City College. The outdoor celebration features live entertainment, food and beverages (some available for purchase) from 8:45 – 1:30 provided by SBCC's award winning Mobile Food Services! Active.com or <http://www.sbimarathon.com/>

MONDAY, NOVEMBER 11, 8:00 AM. VETERAN'S DAY EIGHT MILE, SAN LUIS OBISPO. This run will take place at Performance Athletics, 4484 Broad Street in San Luis Obispo and use the same course as the Thanksgiving Day Hunger Run with a lap of the parking lot replacing the part through Islay Park. The route covers Route 227, Biddle Ranch Road, and Orcutt Road with scenic vineyards, mild hills, and water stops at miles 2, 4, and 6. The entry fee is \$35 with a Tech Shirt for all registrants, medals to the top three overall males and females, and medals for all finishers. Registration is through www.active.com and more information is available at www.operationsurf.com. Operation Run is a program under Amazing Surf Adventures, a recreational and rehabilitative surfing clinic for wounded service personnel.

RACE RESULTS

July 13, Morro Bay. The following LVDC members participated in the Brian Waterbury Rock to Pier 10K: Paul Lee, 77th overall, 45:27; Jim Brock was 343rd overall, 58:47. Julie and Juan Campos walked the course with times of 1:10:11, 599th and 600th overall. There were 1,022 participants in this event. The event started at Morro Rock and finished at the Cayucos Pier. You were bussed back to Morro Rock where you were treated to a delicious breakfast consisting of fresh fruit, scrambled eggs, hash browns, and breakfast sausages along with coffee and juice. This is a great event and very well organized. (Jim Brock, Julie Campos, and http://raceresults.eternaltiming.com/index.cfm/20130713_Brian_Waterbury_Memorial_Rock_to_Pier_Fun_Run.htm)

July 20, Santa Barbara, Run Montecito-Summerland 10K. Jim Brock was 15th overall, 1st in his age division with a time of 1:04:31. Jim says the run was fun, but those Summerland Hills were challenging! (Jim Brock and <http://my4.raceresult.com/details/results.php?lang=en&page=6&eventid=18077&contest=2&name=Result%20Lists%7CResult%20List%20AG&format=view>)

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

**LVDC POTLUCK
SUNDAY, AUGUST 11,
12:00 NOON**

**VALLEY OF THE FLOWERS
HALF-MARATHON AND 5K
SATURDAY, SEPTEMBER 21**