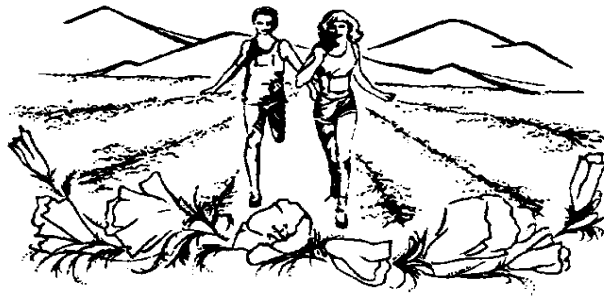


Lompoc Valley Distance Club

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
Betty Lee	Secretary	736-7380	Ron Cortopassi	Webmaster	

August 7, 2014

KEY DATES 2014 LVDC RACES



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).

SUNDAY, OCTOBER 19, 2014 , 10:00 AM. 12th 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

It's that time of the year for enjoying home grown fruits and vegetables; taking trips near and far; accomplishing "Back to School" activities; and utilizing longer hours of daylight to train for long-distance events. But the event that is high on my list and the LVDC is the upcoming Valley of the Flowers Half-Marathon (HM) at the Mission on Saturday, 20 September. Currently HM trainees are covering up to 9 miles of the course on Saturdays. Registration notifications from Active.com are coming in daily along with mail-in entries. HM Director Betty Lee is looking for Course Marshalls and Finish-Line volunteers. Contact her or me if you know of anyone, a club, or if you yourself are interested in getting involved with HM.

There was great weather and plenty of food for the 20th of July LVDC Potluck & business meeting that was attended by 16 members. A serving of their favorite side dish or dessert filled the tables and countertops. During the club meeting members voted to name the LVDC scholarships the "Nancy Perry Memorial Scholarship" and gave inputs for the HM Finisher/volunteer shirts. For anyone that didn't attend please send Betty or me your input on these subjects.

Lastly, Mary Lou has started a LVDC Facebook Page and would like feedback from our members. Please send pictures and info to her for posting. This media will enable us to get know each other and will serve as a designated place to discuss club topics. After I return from my Midwest vacation, I'll be sending a picture of me with scantily clothed runners taken at a past "Bay to Breakers" run through San Francisco.

Happy Trails!
Wayne Davis #:^)
Email alhwed@msn.com
Ph. 805-735-7177
Cell 805-588-2934

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

EVERY WEDNESDAY THROUGH AUGUST 27, 2014, 6:00 PM. NITE MOVES 2014. 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 Riviera. 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

THURSDAY, JULY 24 AND AUGUST 14, 2014. 6:30 PM. SANTA YNEZ VALLEY FAMILY FUN RUN 5K AND 1 MILE RUN/WALK, BUELLTON.

Location: Oak Park in Buellton. The Fun Runs welcomes 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

SATURDAY, AUGUST 16, 2014. 8:30 A.M. – PISMO BEACH STRIDE WITH THE TIDE 5K: This course is out and back on the hard packed sand. Registration will be taken on race morning from 7:15-8:15 AM at the pier and no entry is needed before that. Entry fees are \$15 without a race shirt and \$25 with one. Shirts will be available to the first 150 entries and size requests will be filled in the order of entry. Gold, silver, and bronze medals will be awarded to the top three men and women ages 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, & 80+. Sponsored by Pismo Beach Recreation, 760 Mattie Road, Pismo Beach, 93449, 773-7049, www.pismo-beach.org and conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, www.sldc.org.

SUNDAY, AUGUST 17, 8:00 AM. THIRD ANNUAL GET FIT 5K AND 1 MILE TROT/WALK FUNDRAISER, LOMPOC. A benefit for families in the local community. This run takes place at the River Park Fitness Trail. Entry fees: Kids (6-10) - \$5; 1 Mile Trot/Walk - \$15; 5K - Walkers \$15; runners - \$15 by July 31; add \$5 to each for race day registration which starts at 7:30. \$ 50 gas card to the 1st place male and female in the 5K. For more information call 736-1905 (Leave message for Chris) or <http://lompoc-sda-getfit5k.weebly.com/> and download the entry form.



SATURDAY, AUGUST 23 (9:00 A.M.) – 26TH DUNE RUN 5K RUN, 5K WALK, & 10K RUN: Runners and walkers of all ages will enjoy this diverse course along city streets, the beach boardwalk, hard packed sand, and soft sand dunes. Awards are given in many age categories in both races, which begin at Ramona Garden Park at 10th Street & Ramona in Grover Beach. The race is part of the city's Stone Soup Festival which features food, vendor booths, and live music. Contact Nora O'Donnell at the Parks & Recreation Dept., 154 South 8th Street, Grover Beach, 93433, www.grover.org. 473-4580.

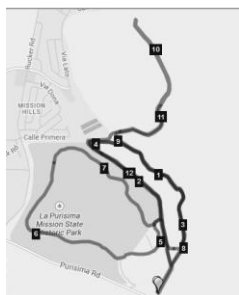
SUNDAY, SEPTEMBER 7, 2014. 2014 CENTRAL COAST CANCER CHALLENGE MILE, 5K, AND 10K. MISSION PLAZA, SAN LUIS OBISPO.

Run/Walk to help a cancer patients and survivors. Run/Walk because you can!! Cancer is a long, hard journey and your efforts can make it just a little bit easier for someone struggling to be healthy. We're returning to the charming downtown San Luis Obispo location, in the heart of Mission Plaza for an incredible day. The Well-fit 5K, No "Mo" Cancer 10K and Children's Fun Run will walk/run past the Carnegie Library, the Soda Waterworks, down tree-lined Higuera Street, the Fremont Theatre and other iconic small town, turn-of-the-century architecture. Athletes looking for speed can enter the race's "Fastest Mile." It's a complete down hill course, from the Vet's Hall on Grand Ave., one turn onto Monterey Street and straight down to Mission Plaza. Records will be broken!! For more info and registration :<http://centralcoastcancerchallenge.com/>

SUNDAY, SEPTEMBER 7, 2014 9:00 AM BEATTIE PARK 5K/10K FUN RUN. LOMPOC

Come out and enjoy a great family experience at Beattie Park. This event is geared for ages 10 and up and all 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. Pre-Registration deadline is 9/5/14. Check in time is 8:00 AM to 8:45 AM. Registration fees are \$15 pre-registration and \$20 on site registration. Pre-registration at the Anderson Recreation Center, 125 West Walnut Ave, Lompoc. For more information (805)875-8100

SATURDAY, SEPTEMBER 20, 2014, 8:00 AM. 39th 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: \$60. After 9/1/14 \$65, (\$70 Race day registration) ; 5K run/walk \$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](tel:8057367380), or e-mail her at: Bettylee0077@MSN.com.

SUNDAY, SEPTEMBER 28, 2014. 9:30 A.M - LOS ALAMOS OLD DAYS 5K STAMPEDE:

This race is part of the Old Days Celebration and is sponsored by Cal Swoosh Sports and the Los Alamos Men's Club. The start, finish, and race day registration will be on Bell Street at Ferrini Park and the race will be run over a scenic loop course in town and through Los Alamos Park, finishing prior to the start of the parade. There will be awards to the top three in seven age divisions and a 3' tall trophy to the first overall male and female finishers. This is a fundraiser for Cal Swoosh, an organization helping underprivileged youth play sports. Directed by Coy Kendrick, ncswoosh@hotmail.com. Register at <http://calswoosh.com> or mail your entry to Cal Swoosh, P.O. Box 1521, Atascadero, 93423-1521

SUNDAY, SEPTEMBER 28 - RUN FOR THE SHELTER 5K: This event will be held at Rotary Centennial Park at 2625 South College Drive in Santa Maria. It is a benefit for the Santa Barbara Animal Care Foundation's Cause 4 Paws, a volunteer organization that raises funds for the Santa Barbara County animal shelters. Funds will be used for spay/neuter programs, medical care, humane education, and community outreach. Their web site is www.sbanimalcare.org, e-mail to gotminpins4@gmail.com, call 722-7081, or register through www.active.com.



SUNDAY, OCTOBER 12, 2014 7:00 A.M. - CITY TO THE SEA HALF MARATHON

(13.1 miles) & SEASIDE 5K (3.1 miles): The half marathon starts in downtown San Luis Obispo at Higuera & Osos Streets and follows country roads to Dinosaur Caves Park in Pismo Beach. The entry fee includes 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. 2507 or go to the web site at www.citytothesea.org. Register through www.eventbrite.com. Directed by Cuesta cross country and track coach Brian Locher, Cuesta College, Post Office Box 8106, San Luis Obispo, 93403-8106.

SUNDAY, OCTOBER 19, 2014 10:00 AM. 12TH 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 ultra marathoner, 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. The 3.5 mile walk follows the fenceline and is no walk in the park either. Registration at the Chumash Village under the big oaks towards the blacksmith shop. Signups start at 9:00 A.M. ; with the run/walk starting at 10:00 AM. Fees: To be determined. For information or to volunteer to help with this event, contact Mary Lou Seelandt at (805) 737-6153, runmls@gmail.com.

SUNDAY, OCTOBER 19 (12:00 A.M.) - SPECIAL OLYMPICS MIDNIGHT 5K: Come join the 8th annual Mid-night 5K Fun Run in Avila Beach, dressed in your best Halloween costume. Registration begins on Saturday evening, October 18th, at 11:00 PM at Port San Luis Harbor District. There will be entertainment, costume competitions, and prizes for the "Best Dressed" runner. The course is flat and goes from the Port San Luis Harbor to Avila Beach and back. The entry fee is \$30 by October 10th and from October 11th up to the night of the run, it will be \$35. Online registration is available at www.raceroster.com or mail your form and check to Special Olympics. P. O. Box 1164, San Luis Obispo, CA 93406. Included with your registration fee will be a runner's bag with a long sleeve T-shirt and other tricks and treats. For additional information, contact Michael Lara at (805) 544-6444 or by e-mail at mlara@sosc.org.

SATURDAY, OCTOBER 25 (9:00 A.M.) - SANTA MARIA HALLOWEEN HUSTLE 5K & KID'S 1 MILE FUN RUN: Get in shape by participating in the Halloween Hustle 5K and Kids 1 Mile Fun Run. This event will be held at Jim May Park (next to Taylor Elementary School) at 809 Stanford Drive in Santa Maria. The 5K is for ages 14 & up while kids from 6-13 can be in the 1-mile fun run. The 5K begins at 9:00 AM and goes through area neighborhoods and along the Santa Maria River Levee. The kid's 1 mile fun run begins at 9:45 AM and loops twice around Jim May Park. Early registration is \$20 through October 16th, \$25 after that (no refunds), and includes a Sport-Tek shirt. No guarantees on shirt sizes after October 16th. Awards will be given to 1st and 2nd place male/female in more than a dozen age categories and the event will take place rain or shine. City of Santa Maria Recreation and Parks Department, 615 S. McClelland Street, Santa Maria, 925-0951, ext. 413, <http://www.cityofsantamaria.org>.



SATURDAY, OCTOBER 25 - LAGUNA LAKE PARK MUD MASH: The MUD MASH is a run with obstacles including walls, a lake scramble, hay bales, slip and slide, mud pit, and some tough trails. There will be waves of 150 people going off every 20 minutes all morning and there will also be team divisions. Check the web site at www.mudmash.com for complete details or go to www.active.com to register.

SUNDAY NOVEMBER 2 – NOVEMBER 23, 2014. SOAR TRAIL RUN SERIES, VENTURA COUNTY

The 4th annual SOAR trail run series in Ventura County. There are 4 races in the series . complete 3 of 4 events in the series to receive a logo bag, 50% running footwear discount and more. The 4 events in this series are: 9TH Annual Soar Run through the Orchards, 5K and 10K November 2, 2014; 21st Annual 5K Salmon Run, November 9, 2014; Camarillo Off-road 5K trail Run (also Kids 1K), November 16, 2014; and the Aloha Turkey Roundup, 4K, 8K and Kids 1K, November 23, 2014. See the SOAR website <http://www.soarusa.org/2014RunSeries.html> for more details and locations of each run. Registration is through www.race360.com

SUNDAY, NOVEMBER 2 (8:00 A.M.) - THE MORRO BAY TRIATHLON: Brought to you by All-Out Events, there will be Olympic (S = 1.5K, B = 40K, R = 10K) and Sprint (S = .75K, B = 20.4 K, R = 5.4 K) distances. The races will take place in the Coleman Park/Morro Rock area. Check www.morrobaytri.com for complete details

SATURDAY, NOVEMBER 22 (9:00 A.M.) - SANTA MARIA 5K TURKEY TROT & KID'S ONE MILE FUN RUN: Runners of all ages and fitness levels are invited to the 18th Turkey Trot 5K and Kid's 1 Mile Fun Run. The 5K is for ages 14 & up while kids ages 6-13 can participate in the one mile. Races begin and end at the Hagerman Sports Complex at 3300 Skyway Drive in Santa Maria. The 5K begins at 9:00 AM and loops twice through Waller Park. The kid's 1 mile begins at 9:45 AM and takes place on a flat out and back course. Early registration is \$20

through November 13 and \$25 after that. The event will take place rain or shine with no refunds. The entry fee includes a Sport-Tek shirt with no guarantees on shirt size after November 13.. Awards will be given to the 1st and 2nd place male/female in more than a dozen age categories. City of Santa Maria Recreation and Parks Department, 615 S McClelland Street, Santa Maria, 925-0951, Ext. 260, <http://www.cityofsantamaria.org>, or register through www.active.com.



RACE RESULTS



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

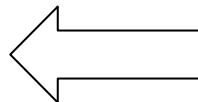
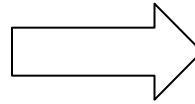
SUNDAY, JULY 27, 2014. SAN FRANCISCO MARATHON

MaryLou Seelandt ran in the 2nd Half Marathon with a time of 2:24:48, placing 76/183 in her age category.

It's different running here (Shanghai, China) on pavement, sidewalks, streets, a few parks, 77-86 degree very humid, frequent rains to help lower the PM2.5 index below hazardous.

Came across a unique sculpture which our Lompoc running group might enjoy.

Larry Li



What to do with all those shirts from running events? Julie Campos created a quilt using shirts she acquired from the 50 events she participated in during the year of her 50th Birthday.

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**

**COME OUT AND TRAIN
WITH US FOR THE 9/20/14
HALF. WE ARE AT THE
MISSION EACH
SATURDAY @ 8 AM.**