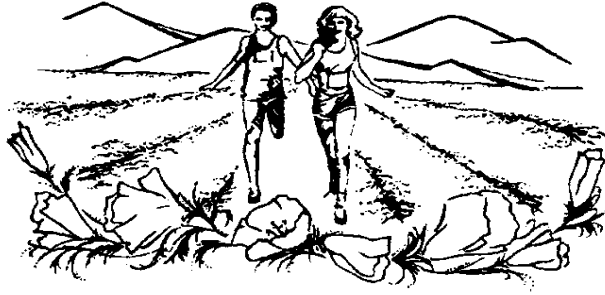


# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



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

December 12, 2012

## KEY DATES

### 2013 LVDC RACES



**SATURDAY, MARCH 30, 2013, 9:00 AM. THIRTEENTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN AND NATURE WALK, LOMPOC.** Kent Yankee at 805-733-0754

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

**SATURDAY, TENTATIVE DATE JULY , 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. 38<sup>th</sup> 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 INTERIM LVDC PRESIDENT

1st - I want to thank all the Lompoc Valley Distance Club (LVDC) members and Event Directors for all their support with maintaining our vision in the Lompoc community this past year. Your efforts have ensured LVDC continues to provide healthy avenues for individual/families and fund local and national organizations (Example: High School scholarships, La Purisima Mission, and Cystic Fibrosis). Awesome!

2<sup>nd</sup> – I know there are LVDC members that have an interest in holding a position on the LVDC Board. Please come forward! Past directors will mentor you! No pressure but “New Blood” is needed!

3<sup>rd</sup> – Julie and Juan Campos will host a LVDC Potluck on Sunday, 16 December in their home. It will provide an opportunity for an atmosphere for members to spend a few hours to get to know each other, share food, and talk some business of the LVDC. Members came up with great inputs at the last potluck.

Lastly, Event Directors have set dates for 2013 running event. If you're not participating, please volunteer or promote by distributing flyers/emails. That is my New Year's Resolution!

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

**LVDC POTLUCK.** Julie and Juan Campos will host a LVDC Potluck on Sunday, December 16, from 12 Noon to 2 PM for LVDC members and guests. It will provide an opportunity for members to spend a few hours to get to know each other, share food, and talk some business of the LVDC. RSVP to 736-6255 with a head count, dish/snack, and to get directions to their house at 289 Rinconcito.

**SENIOR PROJECT 5K.** Hello, my name is Morgan Dalcerci. Every year the seniors at Cabrillo High School are required to do a senior project. Bob Lingle is helping me out tremendously along the way. For my project I have decided to host a run to benefit a child that is suffering from cancer. My run will be a 5K at La Purisima Mission. **The date is tentative for Saturday February 16th.** My goal is to raise \$5,000 for this cause and with that I have decided to charge \$20 per runner. I choose this for my senior project because I know how hard it is to watch a close family member go through such a horrible disease, like cancer. I couldn't even imagine how hard it must be to see your own child suffering from cancer. To be able to reach my goal of \$5,000 I will need lots of runners, walkers, volunteers, and sponsors. Anything helps! Morgan can be reached at morgandalcerri@yahoo.com.

**2013 MEMBERSHIP.** A 2013 membership form is included with this newsletter. Renew your membership and pass on a copy to a running friend so we can increase our membership.

**ATTENTION ULTRA RUNNERS.** Kevin Cody is looking for other ultra runners in Lompoc to train with for his next ultra. He would prefer to stay on trails or dirt. Contact Kevin at codycolor2@gmail.com

## UPCOMING ROAD RACES

### CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

**TUESDAY, JANUARY 1, 2013, 8:30 AM. NEW YEAR'S RESOLUTION DAY 5K AND 10K RUN 2013, SANTA BARBARA.** The New Year's Resolution Day Run will be at Leadbetter Beach, 801 Shoreline Drive. The new start times are 8:30 AM for the 5K and 9:15 AM for the 10K. Fees: \$25 early entry thru 12/4/12, \$30 thru 12/29/12, and \$40 race day fee. Good for one or both races. \$5 no shirt option. Race-day registration at race site for \$40. <http://www.sbrunning.org>

**SATURDAY, JANUARY 19, 2013, 8:00 AM. CASTLE TO COAST EIGHT MILE RUN, SAN SIMEON.** Enjoy 8.2 miles of beautiful, point to point, ocean view running beginning at Hearst State Beach just north of San Simeon and ending at Shamel Park in Cambria. Shuttles will be provided for transportation back to start. The course is well marked and plenty of enthusiastic Cuesta volunteers will monitor the course. Water is provided at start, the finish, and at the 4 mile mark near Cavalier Market. This year's giveaways include an assortment of performance goods for men and women of all ages and sizes. Age-group whales are back in 6 age divisions. Registration is \$25 and includes a 2013 edition Castle to Coast t-shirt (limited to the first 100 registrants). A portion of the proceeds helps support Cuesta College XC. Register through [www.active.com](http://www.active.com)

(limited to the first 200 participants, no refunds). Directed by Brian Locher, Cuesta College, P O Box 8106, San Luis Obispo, 93403, 546-3100 Ext. 2507. See their web site at [www.castletocoast.com](http://www.castletocoast.com).

**SUNDAY, JANUARY 27, 9:30 AM. RUN FOR MUSIC 5K, 10K, AND KID'S FUN RUN, SAN LUIS OBISPO.** Run For Music is being put on by the Cal Poly chapter of the National Honorary Band Fraternity, Kappa Kappa Psi. Proceeds from the run will benefit supporting schools in San Luis Obispo and help fund the Cal Poly Band trip to Europe. Entry fees are \$25 for the 5K (\$20 for students), \$35 (\$30) for the 10K, and \$15 for the kid's run. Register through [www.active.com](http://www.active.com) and check [www.runformusic.com](http://www.runformusic.com) for updates.

**SATURDAY, FEBRUARY 2, 8:00 AM. SECOND ANNUAL Y.M.C.A. SUPER BOWL 5K, 10K, AND KID'S RUN, PASO ROBLES.** These races take place at War Memorial Stadium at the corner of 24th and Vine Streets in Paso Robles. The fees are \$30 for the 5K, \$40 for the 10K, and \$15 for the kid's run and the fee includes a football jersey-style race shirt. The 5K/10K courses are challenging but scenic on the west side of Paso Robles on mostly paved streets while the fun run for the kids is around the football field. The 10K starts at 8:00, the 5K begins at 8:15, and the kids' run is at 9:30. Enjoy food and festivities after the race. The awards ceremony starts at 10:00 with awards 3 deep in 13 age categories and to the 1st place male & female in both the 10K and 5K. Kids receive medals in age groups for 4 & 5, 6 & 7, and 8 & 9. The mailing address for entries is the YMCA. 600 Nickerson Drive, Paso Robles, 93446, the race web site is [www.superfunrun.org](http://www.superfunrun.org), and you can register through [www.active.com](http://www.active.com).

**SUNDAY, FEBRUARY 3, 2013, 9:00 AM. SUPER BOWL 4-MILER, GOLETA.** Stow Grove Park, 580 N. La Patera Lane, Goleta. Fees: \$30 (\$15 for 16 years-old and under), \$40 late registration. Start your Super Bowl Sunday with a 4 mile run/walk that starts at Stow Grove Park in Goleta. Fast/flat course through the streets of Goleta with part of the course on the trails of Lake Los Carneros Park. <http://www.sbactionpro.com>

**SATURDAY, TENTATIVE DATE FEBRUARY 16, 8:00 AM. SENIOR PROJECT 5K, LA PURISIMA MISSION, LOMPOC.** For my project I have decided to host a run to benefit a child that is suffering from cancer. My goal is to raise \$5,000 for this cause and with that I have decided to charge \$20 per runner. To be able to reach my goal of \$5,000 I will need lots of runners, walkers, volunteers, and sponsors. Anything helps! Morgan Dalcerci, [morgandalcerci@yahoo.com](mailto:morgandalcerci@yahoo.com). Watch for more information.

**SATURDAY, FEBRUARY 16, 8:30 AM. 13th "BUZZ" MARATHON, HALF MARATHON, 5K, & KID'S MILE, CAMP ROBERTS.** These events are on the grounds of Camp Roberts north of San Miguel with pre-entry fees of \$15 for the kid's mile (for ages 11 & under) \$25 for the 5K, and \$50 for the half & full marathons. This includes a T-shirt, a barbeque at the finish, and medals to the winners in each age group. Full and half marathon runners start at 8:30, the 5K begins at 8:45, and the youth race is at 9:30. The courses are out-and-back on paved roads and have rolling hills with breathtaking views of oak-studded hillsides, the Salinas and Nacimiento Rivers, and Central Coast wildlife. These races are a fundraiser for Lillian Larsen School athletic programs used to cover entry fees, uniforms, referees, equipment, and physical exams. Eileen Rogers, Lillian Larsen School, 1601 "L" Street, San Miguel, 93451, 467-3216, [hornetqueen93451@buzz-marathon.org](mailto:hornetqueen93451@buzz-marathon.org). The race web site is [www.buzzmarathon.org](http://www.buzzmarathon.org).

**SUNDAY, FEBRUARY 24, 2013, 9:00 AM. ROSES EN LA PLAYA, SANTA BARBARA.** Leadbetter Beach, Shoreline Dr. and Loma Alta, Santa Barbara, CA. Roses en La Playa is an out-and-back race at the beach. Fun & festive! Post-race activities at Leadbetter Beach. Fees: \$30 early registration (thru 2/21/13), \$40 late registration, Youth registration (16/Under) \$15. [www.active.com](http://www.active.com).

## **RACE RESULTS**

November 18, Lompoc Parks and Rec 3 Mile Turkey Trot, River Park, Lompoc. David Norcutt (Lisa and Russle Norcutt's grandson) was the first male overall, 18:44; Juan Campos, 1<sup>st</sup> 50-50, 21:42; Betty Lee was the first overall female, and 1<sup>st</sup> in the 40-49 age group, 22:38, Mary Lou Seelandt, 1<sup>st</sup> 50-59 age group, 27:50; Larry Huyck, 1<sup>st</sup> 66-69, 29:48; Fran Zimmerman 1<sup>st</sup> 60-65 age group, 31:06; Julie Campos, 2<sup>nd</sup> 50-59 age group, 34:30; Lisa Norcutt, 1<sup>st</sup> 70 plus, 37:09; Olga Lucaric, 2<sup>nd</sup> 70 plus, 47:20. ([http://www.cityoflomdoc.com/parks\\_rec/events/TurkeyRun/](http://www.cityoflomdoc.com/parks_rec/events/TurkeyRun/))

November 18, Montana De Oro Trail Runs, 5M, 7M, 25K, and 50K, Los Osos. 5M – Paul Lee, 1<sup>st</sup> overall and 1<sup>st</sup> 50-59, 41:36. ([http://www.coastaltrailruns.com/sc\\_results\\_12.htm](http://www.coastaltrailruns.com/sc_results_12.htm))

November 22, 35<sup>th</sup> Pete Dorn Memorial Thanksgiving Day Run Against Hunger 8 Miles, San Luis Obispo. Paul Lee, 41<sup>st</sup> overall, 59:21. <http://www.sldc.org/>

November 22, Run Santa Barbara Thanksgiving Day 4-Miler. Darryl Dalcerra was 64<sup>th</sup> overall, 25:49. (<http://resultsarchive.active.com/uploads/txt/137608.txt>)

December 1, Reindeer Run 5K, San Luis Obispo. Paul Lee was 15<sup>th</sup> overall, 22:51. ([http://www.slocity.com/parksandrecreation/download/specialevents/reindeerrun\\_results.pdf](http://www.slocity.com/parksandrecreation/download/specialevents/reindeerrun_results.pdf))

**LVDC POTLUCK – SUNDAY, DECEMBER 16  
12 NOON TO 2:00  
289 RINCONCITO, LOMPOC  
RSVP TO JULIE AND JUAN CAMPOS, 736-6255**

**RENEW YOUR LVDC MEMBERSHIP**

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](mailto:nperry3@verizon.net)

LOMPOC VALLEY DISTANCE CLUB  
PO BOX 694  
LOMPOC CA 93438

**CLUB POTLUCK**  
**Sunday, December 16, 12:00**

**RENEW YOUR  
MEMBERSHIP**