

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Wayne Davis President 735-7177
Vice President
Kent Yankee Secretary 733-0754

Ron Cortopassi Treasurer
Larry Huyck Newsletter 291-7701
Ron Cortopassi Webmaster

December 16, 2013

KEY DATES 2014 LVDC RACES



SATURDAY, MARCH 8, 2014, 9:00 AM. THIRTEENTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN AND NATURE WALK, LOMPOC. Kent Yankee at 805-733-0754

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

Good Day Lompoc Valley Distance Club (LVDC) distance runners & walkers! Now that the holidays are here have you turned your bathroom scale back 10 lbs? In March you need to move the scale forward 10 lbs.

Makes sense to me....go for it!

Thank you Lompoc Valley Distance Club (LVDC) members and Event Directors for all your 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 (High School scholarships, La Purisima Mission docent programs, Cystic Fibrosis Foundation, & etc.). Awesome!

Anyone remember Leo Aragon? He was a past President and has had two knees replaced. He is active with the Elk's Wanderers (RV Club).

Lastly, I'm looking forward to seeing you all at all the 2014 local LVDC events listed in this newsletter. Happy Holidays & be safe!

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

WEDNESDAY, JANUARY 1, 2014, 8:30 AM. NEW YEAR'S RESOLUTION DAY 5K RUN/WALK AND 10K RUN 2013, SANTA BARBARA. The New Year's Resolution Day Run will be at Leadbetter Beach, 801 Shoreline Drive. The start times are 8:30 AM for the 5K and 9:15 AM for the 10K. Fees: \$25 early entry thru 12/8/13, \$30 thru 12/29/13, and \$40 race day fee. Good for one or both races. \$5 no shirt discount option. Race-day registration at race site for \$40. <http://www.sbrunning.org>

SATURDAY, JANUARY 4, 2014, 9:00 AM. 3RD ANNUAL RESOLUTION 5K RUN/KIDS 1K, LOMPOC. This race takes place at River Bend Park. It is an out-and back run on the bike path starting at River Bend Park proceeding south to the terminus and then back to the start. It is mostly flat on asphalt. The Kids 1 K run will take place at the conclusion of the 5K, or about 10 AM. Cost is \$15 (\$10 for the Kids 1K) prepay by December 27 at 5 PM. Late registration and race day registration is an additional \$5. Race day registration begins at 8 AM and concludes at 8:45 AM. Entry forms are available at the Anderson Recreation Center 125 W. Walnut Ave. Awards are first three in each age category. Awards for the 1K Kids Run are ribbons for all participants. The race director is Jeff Storie @ 805-875-2703.

THE FOLLOWING JANUARY EVENTS HAVE BEEN SOLD OUT:

TINKER BELL HALF MARATHON WEEKEND JANUARY 16-JANUARY 19, 2014
CASTLE TO THE COAST JANUARY 18, 2014

SATURDAY, FEBRUARY 1 (8:00 A.M.) - SUPER BOWL 5K & KID'S RUN: These races take place at War Memorial Stadium at the corner of 24th & Vine Streets in Paso Robles. The fees are \$30 for the 5K and \$15 for the kid's run and the fee includes a race shirt. The 5K course is a challenging but scenic one on the west side of Paso Robles on mostly paved streets while the fun run for the kids is around the football field. The 5K starts at 8:00AM and the kids' run at 9:15. Awards are 3 deep in 13 age categories while kids receive medals in age groups for 4 & 5, 6 & 7, and 8 & 9. The temperatures are likely to be in the mid to high 30s at race start so dress accordingly The race web site is www.superfunrun.org, and you can register through www.active.com.

SUNDAY, FEBRUARY 2, 2014, 9:00 AM SUPER 4 MILER. GOLETA. Stow Grove Park 580 North La Patera Lane, Goleta, CA \$30 through 1/5/14, \$35 through 1/30/14, \$40 late registration on race day at Stow Grove Park from 7:30 AM to 8:45 AM On line registration ends January 30, 2014 at 11:59 PM. Start your Super Bowl Sunday off with this 4 mile run. It's happening rain or shine...no refunds. www.sbactionpro.com.

SATURDAY, FEBRUARY 15, 2014, 8:30 AM (6:30 AM FOR WALKERS) 14th "BUZZ" MARATHON, HALF MARATHON, 5K, & KID'S MILE, CAMP ROBERTS Cost: Marathon and half marathon \$70 by 2/1, \$85 after, "50 and DC" members: \$50 by 2/1, \$65 after, Active Military: \$25 by 2/1, \$40 after. 5k cost is \$30 by 2/1, \$35 after. Under 12 Children's 1-mile cost is \$15 by 2/1, \$20 after. We will see the 14th anniversary of this great meditative run through the hills and meadows of historic Camp Roberts Army National Guard Reservation in north San Luis Obispo County along the fertile Salinas River Valley. USATF certified to maintain Boston qualifier status. www.buzzmarathon.org

SUNDAY, FEBRUARY 23, 2014 (9:00 AM) ROSES EN LA PLAYA 5K 2014 SANTA BARBARA.

Roses en La Playa is an out-and-back race at the beach. This is a Grand Prix event. Fun & festive! Post-race activities at Leadbetter Beach. Early packet pick-up/late registration location is Saturday 22nd at Jenny Schatzel's studio located at the corner of 590 E. Gutierrez St and Cesar Chavez in Santa Barbara. \$30 early registration (thru 2/10/13), \$35 (thru 2/21/13), \$40 late registration. Youth registration (16/Under) \$20. Benefits diabetes and obesity prevention programs. www.sbactionpro.com or www.active.com

SATURDAY, MARCH 8, 2014, 9:00 AM. FOURTEENTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN AND NATURE WALK, LOMPOC.

This race was established to honor the memory of John Trettin, a local doctor, coach, father, husband, and friend, who was tragically killed while bicycling in the summer of 2000. Funds raised go to scholarships for local graduating seniors. This race starts and finishes at the Cabrillo High School Track, 4350 Constellation Road. Participants of the Run and Nature Walk are encouraged to use provided bags and gloves to keep the course clean as they enjoy their surroundings. Registration begins at 8 AM and is day of only. Entry fees: \$10 and \$5 for ages 18 & under. Awards three deep for male and female in eleven divisions and overall male and female plaques. Free raffle prizes will also be awarded to race participants. Limited edition shirts will be available for purchase on race day. Contact Kent Yankee at 805-733-0754 for more information or to volunteer.

SATURDAY, MARCH 22, 2014 (8:30 AM) – SAN LUIS OBISPO HEALTH & FITNESS EXPO 5K:

The SLO Health and Fitness Expo 5K takes you along the SLO bike path up a mountain trail and then back to the Alex Madonna Expo Center, offering beautiful views of the hills and pastures of San Luis Obispo. You do not have to be a serious runner to participate as the Fitness Expo encourage all walkers and runners to come enjoy the healthy lifestyle of the central coast. Registration and check-in is at the Madonna Expo Center. Pre-registration can be done through their web site at www.slohealthandfitness.com or on www.active.com. Awards will go to the top three men and women to finish. Proceeds benefit the Community Health Centers, a non-profit organization providing medical services. If you have questions, call 772-4600 or e-mail admin@simplyclearmarketing.com.

SUNDAY, MARCH 23, 2014 (8:00 A.M.) - WINE COUNTRY HALF MARATHON, 5K, & KID'S GRAPE STOMP:

The race will start and finish at River Oaks Hot Springs & Spa, 800 Clubhouse Drive, just off Highway 46 a few miles east of Paso Robles. The course takes you over rolling hills, through picturesque vineyards, and along the Salinas River. After the race, enjoy breakfast, music, a raffle, and the awards ceremony. All runners receive a tech T-shirt and the male and female winners of the half marathon win their weight in wine. Commemorative wine glasses to all half marathon finishers and awards to the top three in 13 age groups in both races. The half marathon begins at 8:00, the 5K at 8:15 and the kid's Grape Stomp half mile for ages 10 & under at 9:00 AM. Entry fees are \$75 for the half marathon, \$40 for the 5K, and \$20 for the kids by February 28 and \$85/\$5/\$20 after that. The race web site is www.winecountryruns.com and registration is through www.active.com. E-mail questions to mcrundoc@digitalputty.com or call 226-9911 (answering machine only).

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.



RACE RESULTS



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

SUNDAY, NOVEMBER 24, 2013 TURKEY TROT, 3 MILE RUN, LOMPOC

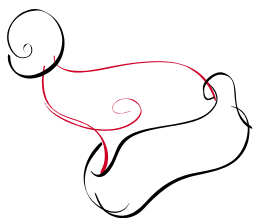
Sheri Jones	28.10	3 rd	F40-49	Karl Seelandt	20.14	1 st	M-50-59
MaryLou Seelandt	28.08	1 st	F50-59	Juan Campos	21.22	2 nd	M-50-59
Fran Zimmerman	29.15	1 st	F60-64	Terry Smith	23.23	3 rd	M-50-59
Lisa Norcutt	37.57	1 st	F70+	Wayne Davis	50.45	2 nd	M-60-64
Olga Lucaric	50.54	2 nd	F70+	Joel George	50.46	3 rd	M-60-64
				Larry Huyck	26.11	1 st	M-65-69
				George Lucaric	50.39	1 st	M-70+

Notes:



The Lompoc Valley Distance Club welcomes the following new members: Robert and Sheri Jones, and Gina Barron.

Attached to this newsletter is the LVDC membership registration form for 2014. Please complete the form and send it to the address listed. Dues are still \$15 for individual or family. I have added one item to the form. If you want to receive the newsletter via email in PDF and Word format please indicate that on the form. Over time it may save a few trees and save the LVDC some money on postage and printing costs. Thanks...Larry



**Happy Holidays
and a
Happy New Year.**



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*

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**2014 LVDC
RACE DATES INSIDE**

**RENEW YOUR
MEMBERSHIP**