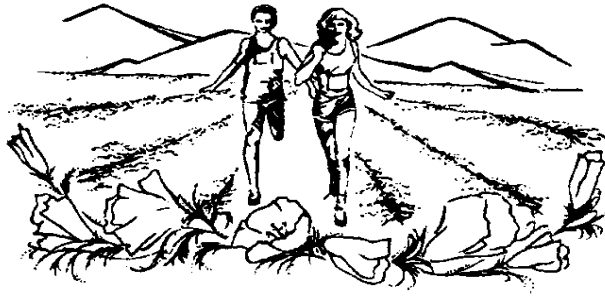


Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Wayne Davis President 735-7177
 Vice President
 Secretary

Ron Cortopassi Treasurer
Nancy Perry Newsletter 736-7122
Ron Cortopassi Webmaster

February 12, 2013

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, (805) 733-0754

SATURDAY, MAY 11, 2013. RAY GIL AND ALAN HUNT MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. Wayne Davis, (805) 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 (805) 735-7177, email: alhwed@msn.com

SATURDAY, TENTATIVE DATE JULY 20, 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. 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

New Year – New You – For Sure! It's time to "Show & Go"! LVDC members and nonmembers are invited to meet up with me on Saturday, February 23 at 8 AM in front of the La Purisima Mission Visitors Center for a beginners walk/run. The designated course (lower loop) is approximately 3 miles on dirt and asphalt roads. It has a few inclines and declines but 90% flat. Are there others that would be willing to set a date and time to meet up for a variety of run/walk venues? If so... let me know and it will be posted on the LVDC website along with some guidelines for "Show & Go".

LVDC is still looking for members to fill empty positions on the Board of Directors. They do not require experience and will be trained as needed. Currently Board meetings and members meetings (potlucks) are gearing up to meet every other month. The open positions and duties will be posted on the LVDC web page.

Next LVDC Potluck will be Sunday, March 3rd, Noon – 2 pm, in Lompoc at 500 South N Street. Bring your favorite potluck side dish or dessert. My wife Lee and I are hosting the event and will have a salad bar set up

with fixings. Ranch dressing, water, soda, and coffee will be provided. Bring your favorite dressing if Ranch is not on your list. A short LVDC meeting will be held after we meet, eat, and visit. I would love to hear some of your memorable running experiences. Please contact us with a head count and what you will be bringing for the potluck.

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

SANTA BARBARA ATHLETIC ASSOCIATION: SBAA has completely redesigned their web page. Check it out at <https://www.sbrunning.org/>.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

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.

SATURDAY, MARCH 2, 2013, 10:00 AM. MOVE TO BUILD 1M/5K/10K RUN SUPPORTING POLY-HOUSE, SAN LUIS OBISPO. Cal Poly UU Plaza and Mott Lawn (near Building 42). Cal Poly is hosting a 5K, 10K run to help fundraise for the PolyHouse project which will help rebuild a home for a family in need. The race begins at 10 AM in front of Mott Gym. Please carpool and arrive early to get your bib! Pre-registration costs \$20 + \$3.25 for online processing at www.active.com and day-of registration is \$25. If you would like to make an additional donation to PolyHouse, please visit www.polyhouse.org. To download registration forms, see the race route, and invite friends to race with you, please visit our Facebook page- <http://www.facebook.com/MoveToBuild2> (you do NOT need to have a Facebook account to visit the page). If you have any questions, e-mail move2build@gmail.com.

SUNDAY, MARCH 3, 2013, 8:00 AM. PEABODY CHARTER SCHOOL 5K/10K BENEFIT RUN, GOLETA. Goleta Beach Park, Area D, 5986 Sandspit Rd. Goleta. The 10K is at 8 AM and the 5K is at 9:15 AM and both will start and finish at Goleta Beach. Both events will run out along the bike path and Atascadero Creek. The 10K will turnaround just before Puente. The 5K turnaround is just before Patterson. Both the turnarounds will include a water station. Children are welcome and encouraged to run EITHER or BOTH events. <http://www.peabodycharter.org> or www.active.com.

SATURDAY, MARCH 9, 8:00 A.M. HARES & HOUNDS 5K, MILE, & HALF MILE, ATASCADERO. This race is at Atascadero Lake Park with the start and finish at the Park Pavilion. The 5K will be at 8:00 followed by a fun run mile at 8:45 and a half mile at 9:00 with the awards ceremony at 9:30. The entry fees for the 5K are \$25 (\$35 with a T-shirt) and \$ 10/\$20 for the fun runs. Awards are three deep in 14 age divisions for the 5K plus refreshments and lots of raffle prizes (must be present to win). There is a \$500 bonus for a men's or women's course record (the current men's record is 14:38 and the women's is 17:05). The event is a fundraiser for the Greyhound Athletic Foundation which supports athletic programs at Atascadero HS. The race director is Robyn Schmidt, K-Man Cycle & Run, 9530 El Camino Real, Atascadero, 93422, HHRaceDirector@teamkman.org. Register at www.teamkman.org or www.active.com.

WEDNESDAY, MARCH 13, 2013 - WEDNESDAY, APRIL 24, 2013. STELLAR NITES 5K TRAIL RUN SERIES, SANTA BARBARA. Come enjoy Stellar Nites; a weekly Wednesday night 5K Trail run- with camaraderie, entertainment, food, beautiful sunsets and spectacular views - all at Eling's Park - America's largest

privately funded park, 1298 Las Positas Road. Perfect for fitness enthusiasts, weekend warriors, families, and kids! <http://stellarnites.com/>

SATURDAY, MARCH 16, 2013, 8:00 AM. HOPE SCHOOL DISTRICT EDUCATIONAL FOUNDATION COMMUNITY 5K WALK/RUN AND KIDS MILE FUN RUN, SANTA BARBARA. The Run/Walk will start and finish on the Von's side of La Cumbre Mall near Macy's. The 1st. Annual Hope School District Educational Foundation's 5K and 1 Mile Fun Run/Walk will take place on a family friendly course looping around La Cumbre Plaza. The mostly flat course will provide lots of opportunities for crowd support, a fun water station mid way through the course, and a festive finish line area with refreshments and entertainment. Come for the morning and plan to stay for breakfast in one of the many restaurants in La Cumbre Plaza and enjoy the ParentClick Kids Expo from 9:30-1:30 in La Cumbre Plaza. [.http://hsdef.org/events/5k-walk-run/](http://hsdef.org/events/5k-walk-run/).

SUNDAY, MARCH 17, 8:00 AM. WINE COUNTRY HALF MARATHON, 5K, AND KID'S GRAPE STOMP, PASO ROBLES. 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 T-shirt and the male and female winners of the half marathon win their weight in wine. Finisher medals to all half marathon finishers, special awards to the 5K male and female winners, 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. 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, MARCH 23, 8:30 AM. SAN LUIS OBISPO HEALTH AND FITNESS EXPO 5K, SAN LUIS OBISPO. Registration and check-in is at the Madonna Expo Center where the race will start and finish as part of the SLO County Health and Fitness Expo. Pre-registration is \$25, \$30 on race day, includes a shirt, and can be done through their web site at www.slohealthandfitness.com or www.active.com. Awards to the top three men and women to finish. Proceeds benefit the Community Health Centers, a nonprofit organization providing medical services. If you have questions, call (805) 772-4600 or e-mail admin@simplyclearmarketing.com.

SATURDAY, MARCH 23, 9:00 AM. PARKS 4 PUPS / KENNEDY CLUB FITNESS DOG JOG, PASO ROBLES. This non-competitive run has distances of 2K and 4K and is open to runners and walkers with a limit of one dog per person. Please bring only dogs that are well behaved around other dogs and people. Participants will receive a bandana and dog goodie bag. The event location is Kennedy Club Adventure, 500 South River Road, Paso Robles, 93446. There is a \$15 entry fee until March 19, \$20 after that, and the event will be held rain or shine. Proceeds benefit the construction fund for Sherwood Dog Park & Parks-4-Pups. For additional information regarding the race, to volunteer, or for vendor opportunities, please call Sandy Casper at 239-8488 x 33 or Paula O'Farrell at 239-4437. To make additional donations or to find out more about Parks 4 Pups, write to PO Box 795, Paso Robles, 93447-0795, e-mail info@parks4pups.org or go to www.parks4pups.org.

SATURDAY, MARCH 30, 2013, 9:00 AM. THIRTEENTH 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 adults (\$8 LVDC members), \$5 18 & under (\$4 LVDC members). 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 (while supplies last). Contact Kent Yankee at 805-733-0754 for more information or to volunteer.

SATURDAY, APRIL 6 AND SUNDAY, APRIL 7 - 2ND SAN LUIS OBISPO 5K, HALF MARATHON, MARATHON, AND EXPO, SAN LUIS OBISPO. These courses feature rolling hills, vineyards, and other scenic vistas. The marathon and half marathon will be on Sunday while the 5K will be on Saturday. Packet pick-up will take place at the SLO Life Expo at the Madonna Inn Expo Center. Visit www.slomarathon.com for complete information, including starting times, course information, and entry fees.

SATURDAY, APRIL 13, 9:45 AM. 2ND ANNUAL ATASCADERO FIREHOUSE 5K AND HEALTH FAIR: The Atascadero Firefighters Association presents the Firehouse Health Fair along with a 5K that incorporates both road and trail. Start and finish at the Atascadero Fire Station, 6005 Lewis Avenue. The course consists of 1 mile on flat roads and the trails of Pine Mountain provide the other 2 miles with over 500' of elevation gain and gorgeous views of the city. The entry fee is \$25 for pre-entries and \$35 on race day (T-shirt availability for race day entrants may be limited). Students in grades K-12 are \$20 for the 5K. There is also a Team Challenge division with 4 person teams. Awards will go to the top overall male/female and the top finisher in each age group. There will also be a kids 1/2 mile at 10:00 (\$5). Proceeds go to the Atascadero Firefighters Association, a non-profit that provides financial and logistical assistance for local charitable groups and community events. The contact number is 748-5288 and the web site is www.facebook.com/firehouse.funrun with registration available through www.active.com.

SUNDAY, APRIL 14, 2013, 9:30 AM. 3RD ANNUAL SEXUAL ASSAULT AWARENESS MONTH 5K WALK/RUN, SANTA BARBARA. Student Resource Building University of California. The Campus Advocacy Resources and Education program (CARE) at UCSB is sponsoring its third annual 5K Walk/Run in honor of Sexual Assault Awareness Month. All proceeds from the race will benefit the CARE Advocacy Fund. The race is open to UCSB students, faculty, and staff members, as well as the greater Santa Barbara community. The race will take place on campus and will highlight buildings and offices around campus that are important resources for student survivors of sexual assault. The race will begin on the Faculty Green near the lagoon, and end on the back lawn of the Student Resource Building, adjacent to Parking Lot #23. Racers can park in Lot #22 or #23 for the duration of the race. Parking permits are available for purchase in automated machines and are \$4. Please note that there are stairs on this course by Campus Point. Participants with strollers may want to leave them in a parked car in lot #6 for use after the stairs. For questions or for more information about this year's race, please contact Kegan Allee, Assistant Director of CARE, at (805) 893-3305 or via e-mail at kegan.allee@sa.ucsb.edu.

SATURDAY, APRIL 20, 2013, 8:00 AM. SANTA BARBARA CHARDONNAY 10-MILER AND 5K, SANTA BARBARA. Leadbetter Beach, Shoreline Drive and Loma Alta. A beautiful out-and-back course along the waterfront. Fast, flat start and finish with a few rolling hills in the middle. Join us for the fun, festivities, and post-race wine tasting! <http://www.sbactionpro.com>

SUNDAY, APRIL 21, 2013, 8:00 AM. ERIC'S RUN 5K/10K RUN/WALK, ORCUTT. All events will start and finish at the Orcutt Community Park, 5800 S Bradley Road, Orcutt, CA - Area A. 7:00 AM: Runner check-in and race day registration, 8:00 AM: Start (10K Run and 10K Walk), 9:00 AM: Start (5K Run and 5K Walk), Santa Maria-style BBQ and music after Run/Walk. Custom awards three deep in six categories. Proceeds benefit the Eric Okerblom Foundation whose mission is: Combating distracted driving through education, legislation, and enforcement, Promoting health care access to uninsured workers, and Providing tools to the disadvantaged. <http://www.ericrun.com> or www.active.com

SATURDAY, APRIL 27, 8:30 AM. MIRACLE MILES FOR KIDS 10K WALK/RUN, MORRO BAY. Support foster and special needs children, youth, and their families by participating in the Miracle Miles for Kids 10K.

Start at the base of Morro Rock and run along one of the most beautiful stretches of beach in California to the finish at the pier in Cayucos. The on-line entry fee is \$35 by April 7 and \$50 after that. Kids ages 13 & under are \$15. Included in the fee is an event t-shirt, post-race barbeque, live music, children's activities, vendor displays, and goody bag along with prizes in half a dozen age divisions. You can also form teams and raise pledges. Check out the websites at www.fcni.org and www.mm4k.com for complete race information. The event is sponsored by the Family Care Network, 3765 South Higuera Street, #100, San Luis Obispo, 93401, register though their web site, at www.active.com, or call 781-3535.

SATURDAY, MAY 18, 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, new this year, 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. The event is held in conjunction with the Santa Maria Recreation & Parks Department, 615 South McClelland, Santa Maria, 93454 and is directed by Ken George, 928-3781, Ext. 194, bullcanyonrun99@yahoo.com. Proceeds benefit Special Olympics.

RACE RESULTS

January 12, Bob and Ron's 5K, Hawaii. Karl Seelandt was third in his division, 16th overall, 21:06.9, and Mary Lou Seelandt was 4th in her age division and 109th overall, 29:17.9. (Karl Seelandt and <http://www.timelinehawaii.com/Results/Bob%20&%20Ron%20Age%20Grp%2013.htm>)

January 18-20, Tinker Bell Half Marathon Weekend. Mary Lou Seelandt was 12th in her age division and 858 overall, 2:07:25; Mary Sharp, 122th in her age division, 122th overall, 2:44.50; and Carolyn Ho, 163rd in her age division, 6,867th overall, 3:07.30. (Karl Seelandt and http://www.trackshack.com/disneysports/results/tb13/hm_women_results.php?Link=3&Type=3&LName=&FName=&City=lompoc&State=ca&Country=

January 19, San Simeon, Castle to Coast 8.2 Mile Fun Run. Sandra Tomasini, was 183rd overall and finished in 1:21:27 as a walker. (Sandra Tomasini and <http://castletocoast.com/files/2013-Castle-to-Coast-Fun-Run-Results.pdf>)

February 2, Los Alamos. Penney Lane Trail Run. 10K - Sandra Tomasini finished in 33rd place, in 1:55:13. 25K - Gudrun Fink, 43rd place, 5:34:35; Patty Landis, 46th place, 5:52:09. 50K – Betty Lee, 13th place, 6:44:39; Sarah Leck 14th place, 6:50:02; Leticia Olson, 15th place, 6:51:01. (Sandra Tomasini and <http://ultrasignup.com/register.aspx?did=18717>)

February 2, Goleta, Super Bowl 4-Miler. Terry Smith, 49th overall, 28:59. (<http://results.active.com/events/super-bowl-4-miler-2013/super-bowl-4-miler-2013/expanded>)

February 10, Ventura. Juan Campos finished the Ventura Half-Marathon in 1:45:51, 80th overall, and Julie Campos finished in 2:45:18, 246th overall. (Julie Campos/<http://www.venturahalf.com/>)

February 16, Lompoc. Racing Against Cancer 5K Run/Walk. Morgan Dalcerci had a great turnout for her senior project race. Check out the LVDC web page at <http://members.impulse.net/~lvdc/> for race results.

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, MARCH 3**

**TRETTIN MEMORIAL 5K RUN
AND NATURE WALK
SATURDAY, MARCH 30**