

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

February 12, 2014

KEY DATES 2014 LVDC RACES



SATURDAY, MARCH 8, 2014, 9:00 AM. FOURTEENTH 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.

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

There is no better time than now to move a little, groove a little, or just plain improve a little! It's time to "Show & Go"! LVDC members and nonmembers are invited to meet up with me on Sunday mornings for a short drive to Vandenberg AFB to run or walk different trails and roads. I have room for 4 persons to ride with me. Are there others that would be willing to set a date and time to meet up for a variety of run or walk venues? If so... let me know and it will be posted on the LVDC website along with some guidelines for "Show & Go".

I want to salute Ron Cortopassi, the LVDC Treasurer and Website Guru, for 15 years of support. Our bills were paid, events insurance maintained, annual Half-Marathon results accurately produced, and website initiated/updated under his outstanding leadership and guidance. But soon he will be moving into the valley east of Lompoc and will no longer be around the local area to hold the Treasurer position. Is anyone interested in maintaining the website? Thank You Kent Yankee for volunteering to be the new Treasurer!

I'm still looking for members to fill empty positions on the Board of Directors. They do not require experience and will be trained as needed. The open positions and duties will be posted on the LVDC web page. Monthly meetings for directors, club members, and others will be scheduled soon. Please forward meeting inputs on places, weekdays, and time that you can attend.

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

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 pictur-

esque 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, MARCH 29, 2014 (9:00 A.M.) - CITY OF SANTA MARIA ROCK THE 80'S 5K & KID'S 1-MILE FUN RUN, PIONEER PARK 1150 WEST FOSTER ROAD SANTA MARIA , CA 93455

Run in style dressed in your favorite 80's attire while rocking out to some 80's tunes to the finish line. Event takes place rain or shine. RACE TIMES: The 5K (for ages 14 and up) begins at 9:00 AM and is an out and back course through neighborhoods and Pioneer Park. The kids' 1-mile fun run (for ages 6-13) begins at 10:00 AM and loops through Pioneer Park. AGE DIVISIONS: Awards will be given to 1st and 2nd place male/female finishers in the following age divisions (6-7, 8-9, 10-11, 12-13, 14-15, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+). Registration deadline is March 20, 2014. No day of registrations accepted!!! 80's attire highly encouraged!!! Event schedule and times Adult 5K: 9:00am start time Kids 1-mile Fun Run: 10:00am start time. Register at www.active.com, the event website is <http://www.cityofsantamaria.org/>.

SATURDAY, APRIL 19, 2014 (8:30 A.M.) – MIRACLE MILE FOR KIDS 10K RUN

The 6.2 mile race course runs along the water's edge from Morro Rock to the Cayucos Pier, one of the most beautiful stretches of beach in California. At the finish line, participants are treated to a post-race party with live music, breakfast, a vendor fair and an award ceremony. Plus, every walker/runner receives a goody bag and a Miracle Miles for Kids commemorative T-shirt. Miracle Miles is truly an event for everyone – from serious athletes to families! The event starts at 8:30 am at Morro Rock located at 101 Coleman Drive Morro Bay, CA 93442. Sign up for only \$35 now through February 14! \$50 from February 15 - March 31; \$60 from April 1 - race day on April 19. Kids under 14 years are only \$15 and little ones under five years old are free. See <http://mm4k.com> to register, and get more information.



SATURDAY, APRIL 26, 2014, 9:00 AM. GAUCHO GALLOP, 5K, , AND KIDS DASH RACE SANTA BARBARA.

Location - UCSB Harder Stadium, Stadium Road. Gaucho Gallop Schedule of Events: 7:30am: Day of Event Registration Opens; 8:30 am; Start of the 5K Run/Walk; 9:30am; Start of the Gaucho Challenge; 9:35 am start of the Kids Dash. Entry fees: UCSB Students: \$10, UCSB Alumni: \$15, UCSB Faculty & Staff: \$20, General Public: \$25, Gaucho Challenge Team: \$40. The Gaucho Gallop promises to have something for the entire family. Celebrate your finish in style at the Finish Line Festival, held inside of Harder Stadium. The race is held in conjunction with the [8th annual All Gaucho Reunion](http://www.ucsbbruns.com). www.ucsbbruns.com Contact person: John Lofthus, (805) 893-8416, john@ucsbalum.com

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.

SATURDAY, MAY 10, 2014. RAY GIL AND ALAN HUNT MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC.



These events take place entirely within the La Purisima Mission Historical State Park. The courses consist of blacktop, dirt and "some hills." Both events will start at 9:00 AM. Registration will start at 8:00; follow the road behind the old visitor's center to large oak tree. Proceeds will be shared with La Purisima Mission State Historic Park docent nonprofit group (La Prelado de los Tesoros). Entry fees:

\$10 (LVDC members \$2 discount) and \$5 for ages 17 & Under. Contact Wayne Davis, 735-7177, email: alhwed@msn.com or LVDC, PO Box 694, Lompoc 93438.

SATURDAY, MAY 10, 2014, 7:00 A.M., SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. Registration for this popular event is limited to 3,000 runners due to our commitment to minimize the impact in this beautiful area and to provide our guests with a quality destination running experience. All runners or fast walkers must be able to keep a 16:00 per mile pace and finish in 3 hours and 30 minutes or less to register. The minimum age requirement for the half marathon is 12 years. This course is considered very scenic and easy to medium difficulty, with gentle rolling terrain on backcountry roads. It is now 70%full. Go to <http://destinationraces.com/runsb/> for more info and to register.

SATURDAY, MAY 17, 2014, 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 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. Proceeds benefit Special Olympics.

SATURDAY, MAY 31, 2014, 8:00 A.M. MORRO BAY BANDS ON THE RUN – HALF, 10K AND 5K. MORRO BAY HIGH SCHOOL. Participants for this event is 150 for the half and 750 total overall. The event starts at Morro Bay High School, 235 Atascadero Road in Morro Bay, CA 93442. Registration cost through May 16 is \$50 for the Half; \$30 for the 10K and 5K (adults) and \$20 (under 18 years.) See the website below for costs after May 16. Starting at the high school the course goes through the Cypress Tunnel and then onto the beach. Bands will play at the main stage and at key venues along the course. See www.morrobaybotr.com for more information. You can register at www.active.com This benefits MBHS music education programs and scholarships.



RACE RESULTS



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

JANUARY 16-JANUARY 19, 2014. 2014 TINKER BELL HALF MARATHON WEEKEND

Mary Sharp: Division Place 149, Gender place 5,032, Overall Place 6,025. Net time 2:50:55

SUNDAY, FEBRUARY 2, 2014, 9:00 AM SUPER 4 MILER. GOLETA.

Terry Smith: Division Place 14/28, Overall Place 77/256. Time: 30:24

FEB 9, 2014, HEAVENLY HALF MARATHON. Auberry CA

Thomas Jenkins: Place overall-324; Men's 55-59 place-9th, Time 1:56:51.79; 8:55 pace



**The Lompoc Valley Distance Club welcomes the following new members:
Helen Tye Talkin**

Renew Your Membership. If “Renew Your Membership” is circled in RED then we have not received your membership dues for 2014. The past December and January issues of the newsletters you received in the mail have an application for 2014.

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**