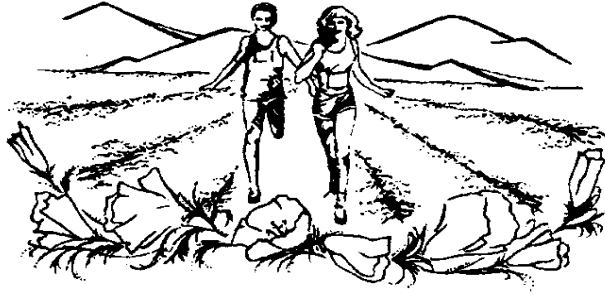


Lompoc Valley Distance Club

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

January 12, 2013

KEY DATES

2013 LVDC RACES



SATURDAY, FEBRUARY 16, 2013, 8:00 AM. RACING AGAINST CANCER 5K, LA PURISIMA MISSION, LOMPOC. Morgan Dalcerci, (805) 588-5486 or morgandalcerci@yahoo.com

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

It's the "Changing Season" - rain, frost, darkness, and flu! I hope you all are taking the precautions that keep you safe and well for participation in your walking and running activities. The Racing Against Cancer 5K Run/Walk on Saturday, February 16, at the La Purisima Mission is a new event for you to train for. Cabrillo High School Senior Morgan Dalcerci is the event director and will host a pre-registration and course familiarization on the previous Saturdays, February 2 and 9, at 8 AM – interested participants meet at the visitor center.

The December LVDC potluck held at the home of Julie and Juan Campos was very delightful. They prepared a large pot of delicious chili and "wowed" the guests with a video of their participation in the Antarctica Marathon. The event is limited to 200 entries and the course was hilly and had barren surroundings (packed

snow, ice, etc.) – I’m sure the wild animals that were there were entertained as much as I was watching it! Also, other running stories were heard, lots of food consumed, and club business discussed. For the month of February I’m looking for a member to host a LVDC Potluck in their home.

Lastly, I’ve been approached by a few individuals looking for partners to train with or attend events together. Are there any members willing to lead a weekly run or walk in the local community? I’m signing up for the San Luis Obispo Half-Marathon on Sunday, April 7, and I am looking for others to train with and attend as a LVDC team. Oh by the way --- I’m leading a “Beginner’s Bike Ride” on Saturday, January 19. We will meet at South Side Coffee on South “H” Street in Lompoc and leave for Surf at 8:30 AM – or you can meet the group along the way out. Contact me for course details!

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

2013 MEMBERSHIP. A 2013 membership form is included with this newsletter. This will be your last newsletter unless you renew by February.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

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 (limited to the first 200 participants, no refunds). Directed by Brian Locher, Cuesta College, PO Box 8106, San Luis Obispo, 93403, 546-3100 Ext. 2507. See their web site at 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 and check 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, and you can register through www.active.com.

SATURDAY, FEBRUARY 2, 2013, 8:00 AM. PENNY LANE TRAIL RUNS 10K, 25K, AND 50K, LOS ALAMOS. Batchelder Road and Hwy 135. Experience a historic California Central Coast working cattle ranch and farm with impressive views of the Los Alamos and Lompoc Valleys. 100% dirt trail and roads, rolling hills, green grass, wildflowers, and dark blue skies. Fees: 10K - \$35; 25K - \$45; 50K - \$65. Luis Escobar, <http://allwedoisrun.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.sbacktionpro.com>

SATURDAY, FEBRUARY 16, 8:00 AM. RACING AGAINST CANCER 5K RUN/WALK, LA PURISIMA MISSION, LOMPOC. Morgan Dalcerci is organizing this event as her senior project. Pre-registration and course familiarization at La Purisima Mission on February 2nd and 9th at 8:00 AM at the Visitor Center. The 5K trail race will begin and end at the Visitor Center at La Purisima Mission. Race day registration starts at 6:30 AM on February 16th. Fees: \$20 per walker/runner. Awards to overall male and female and top three male and female runners. Morgan Dalcerci, (805) 588-5486 or morgandalcerci@yahoo.com.

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. The race web site is www.buzzmarathon.org.

SATURDAY, FEBRUARY 16, 2013, 9:00 AM. HEART AND SOLES RUN 5K, 10K, 15K RUN/WALK, CALIFORNIA POLYTECHNIC UNIVERSITY, SAN LUIS OBISPO. 7:00–8:30 AM: Packet pick-up and race day registration; 9:00 AM: 5K, 10K, 15K singles and couples races begin; 11:00 AM: Kid's ½ mile fun run begins. Check the web site for entry fees. Every participant will receive a commemorative T-shirt and race bag stuffed with fun goodies and coupons from local businesses. Prizes will be awarded to the following top finishers for the 5K, 10K, 15K races: First and second place male and first and second place female for each age-group category. First place overall male and first place overall female for 5K, 10K, and 15K. First place couple for each age group category. All kids' ½ mile participants will receive a commemorative prize. <http://heartandsolesrun.com> www.active.com

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 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 AM followed by a fun run mile at 8:45 AM 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 Atas-

cadereo 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.

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 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: to be determined. 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.

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

RACE RESULTS

November 25, Seattle, Seattle Marathon. Ben Li was 12th out of over 2,100 runners, 2nd in his age group, 2:44:40. (Larry Li)

December 9, Oxnard, Santa to Sea Half Marathon: Jim Brock was 609th overall, 2:04:54. Jim says this is always a fun race, well supported, and they have neighborhood challenges to see who supports the runners the best. (Jim Brock and http://www.geminitiming.com/wp-content/uploads/2012/12/stts_half_overall_12.htm)

January 1, Santa Barbara, New Year's Resolution Day 5K and 10K Run. 5K – Terry Smith was 119th overall, 25:10. 10K – Terry Smith was 89th overall, 53:25. ([active.com](http://www.active.com))

January 5, Lompoc. Resolution Run 5K, Lompoc Parks and Rec. Juan Campos, 1st in his age group, 21:57; Terry Smith, 2nd in his age group, 23:51; Larry Huyck, 1st in his age group, 27:07; and Fran Zimmerman, 1st in her age group, 31:08. (http://www1.cityoflompoc.com/parks_rec/events/ResolutionRun/2013Results.pdf)

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

**RACING AGAINST CANCER 5K
SATURDAY, FEBRUARY 16, 8:00**

**RENEW YOUR
MEMBERSHIP**