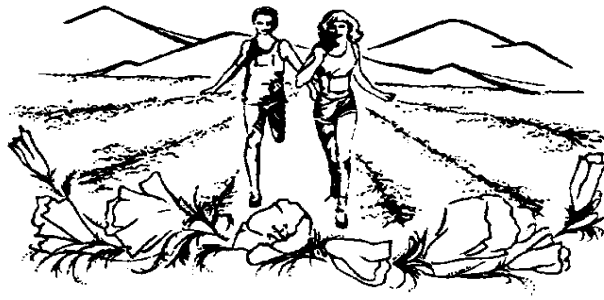


# Lompoc Valley Distance Club

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

January 16, 2014

## 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. 39<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.

**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

Happy New Year! Have you marked on your 2014 yearly calendar all the LVDC run/walk events and determined a training schedule to participate? 1<sup>st</sup> event will be the annual John Trettin on trails among the Chaparral and Oak trees near Cabrillo High School. It averages approximately 175 participants, has many drawings for gifts from local business, and raises scholarships for students. As usual I'll be at the Finish Line clicking off the official time and place for you.

You will be seeing less of me this year! My wife & I started the Atkins Diet and I'm down 11 lbs within 14 days. My goal is hit my ideal weight by my 62<sup>nd</sup> birthday in August. My current physical training is walking since I was released from Physical Therapy on my knee. After reading the Lompoc Record newspaper article "Lompoc Women Walks Entire City" featuring LVDC member Julie Campos, I'm now inspired to walk/run every street and trail on Vandenberg AFB. Anyone interested with pacing me within the 90,000 acres?



Mark your calendar for Sunday, 9 February, for another LVDC potluck. It will be held at Miguelito Country Park. I'm looking for volunteers to meet at 11 AM to spend an hour removing litter between the turnoff to Amery Mining Company and the park. Everyone else meet at 12 noon to consume each other's favorite dishes/snacks/desserts. A short club meeting will be held for business or concerns after our plates are empty!

Lastly, I want to thank 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, and the Cystic Fibrosis Foundation). Awesome!

Happy Trails!  
Wayne Davis #:^)  
Email [alhwed@msn.com](mailto:alhwed@msn.com)  
Ph. 805-735-7177  
Cell 805-588-2934

### UPCOMING ROAD RACES

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

**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](http://www.superfunrun.org), and you can register through [www.active.com](http://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](http://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](http://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 22<sup>nd</sup> 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](http://www.sbactionpro.com) or [www.active.com](http://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](http://www.slohealthandfitness.com) or on [www.active.com](http://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](mailto: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](http://www.winecountryruns.com) and registration is through [www.active.com](http://www.active.com). E-mail questions to [mcrundoc@digitalputty.com](mailto:mcrundoc@digitalputty.com) or call 226-9911 (answering machine only).

**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 & 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](http://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](mailto: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](http://www.active.com) or go to the race web site at [www.bcrun.org](http://www.bcrun.org). Proceeds benefit Special Olympics.



### RACE RESULTS

Please send your race results to Larry at [iristocrat@gmail.com](mailto:iristocrat@gmail.com)



**WEDNESDAY, JANUARY 1, 2014, 8:30 AM. NEW YEAR'S RESOLUTION DAY 5K RUN/WALK AND 10K RUN 2013, SANTA BARBARA.**

Terry Smith, 5K – 24:13, 6<sup>th</sup> - M 50-54, 83 of 259 overall  
 Terry Smith, 10K – 53:10, 4<sup>th</sup>- M 50-54, 65 of 118 overall.  
 Rick Hummel, 10K – 49:51, 2<sup>nd</sup> M 55-59, 33 of 118 overall

**SATURDAY, JANUARY 4, 2014, 9:00 AM. 3<sup>RD</sup> ANNUAL RESOLUTION 5K RUN/KIDS 1K, LOMPOC.**

Juan Campos,	5K – 22:08,	1 <sup>st</sup> – M 50 – 59
Terry Smith,	5K – 24:37,	2 <sup>nd</sup> - M 50 – 59
Fran Zimmerman,	5K – 30:54,	1 <sup>st</sup> – F 60 – 65
Julie Campos,	5K (Walker) -	36:47, 1 <sup>st</sup> F 60 – 65
Larry Huyck	5K – 28:24,	1 <sup>st</sup> – M 66+



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

**Kathi Downey, Scott Wilson, Maria and Constantine Hall.**

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

Membership update: 30 members from 2013 have not yet renewed their membership. If you are in doubt please email me at [iristocrat@gmail.com](mailto:iristocrat@gmail.com) and I will let you know. Also, 13 memberships have elected to receive their newsletter via email in Word/PDF format. That alone is a savings of \$6.37 in postage beginning with the next newsletter.

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*

LOMPOC VALLEY DISTANCE CLUB  
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**2014 LVDC  
RACE DATES INSIDE**

**RENEW YOUR  
MEMBERSHIP**