

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Wayne Davis	President	735-7177	Kent Yankee	Treasurer	733-0754
	Vice President		Larry Huyck	Newsletter	291-7701
Nancy Perry	Secretary	736-7122	Ron Cortopassi	Webmaster	

JULY 12, 2014

KEY DATES 2014 LVDC RACES



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

Nancy Perry – the Lompoc Valley Distance Club newsletter Editor (30 years), Financial Director of the Valley of the Flowers Marathon/Half-Marathon, and key register for many LVDC events – died, 23 June, of Pancreatic Cancer. Her husband, Norm, pursued surgery, cancer treatments, and home care to fight a battle that few survive. Nancy ran for 38 years finishing 1 Marathon, 23 Half-Marathons, and endless 5/10ks.

This year's Annual Flower Festival Parade Route 1K Kids Run & 5K Run/Walk , 28 Jun, had 74 finishers and all the income will be contributed to the "Friends of the Lompoc Library" – in Nancy's name. Participants from 3 to 82 years old finished the bee-line course around parade route floats & entries at the Start/Finish line. The results are posted on the LVDC website.

Lastly, it's time for another LVDC Potluck and brief business meeting! It will be Sunday, 20 July, at 12 Noon. Come on over to 500 South N Street with your favorite potluck dish or dessert. My wife, Lee, and I will host a salad bar with toppings. Also, coffee, tea, & water will be available. Please bring family and friends but contact us with a "head count".

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

EVERY WEDNESDAY THROUGH AUGUST 27, 2014, 6:00 PM. NITE MOVES 2014. 5K RUN, SWIM AND BIATHLON. SANTA BARBARA.

Nite Moves - Leadbetter Beach, 801 Shoreline Road Santa Barbara, CA. Swimming, Running & Biathlon events every Wednesday evening starting at 6pm at Leadbetter Beach in beautiful Santa Barbara, California May through September. Each week features a Presenting Sponsor, a Featured Buffet Host, local Santa Barbara Entertainment and a Sunset on the shore of The America Riviera. Our backdrop is a fantastic view of the SB Channel and Anacapa Island, and the sails of the Wet Wednesday racing fleet. Registrations Opens at 5 p.m, Ocean swim waves begin at 6:25, Running events begin at 6:35. Vendors Booths open at 5 p.m. Free Kiddies Sand Sprint at 7:30. <http://www.nitemoves.org> or active.com

WEDNESDAY, JUNE 18 2014 – JULY 23, 2014 BOOGIE NIGHTS VENTURA, VENTURA PROMENADE.

Boogie Nights Ventura is an exciting summer 5K run/walk series in Ventura, CA taking place on Wednesday evenings from May 21st through July 23rd. Each night has a theme and provides a great opportunity to get a hard 5K effort in on a weeknight. Happy Hour following the race at Aloha Steakhouse. Every one of the ten races is timed just like a regular 5K race. www.boogienightsventura.com. Register online at the boogie nights ventura website. Note: registration is closed through June 11, so if you want to participate on other dates register online soon.

THURSDAY, JULY 24 AND AUGUST 14, 2014. 6:30 PM. SANTA YNEZ VALLEY FAMILY FUN RUN 5K AND 1 MILE RUN/WALK, BUELLTON.

Location: Oak Park in Buellton. The Fun Runs welcomes dogs on leash with their owner for either a full 5K or 1.5 mile course. Registration starts at 6:00 PM, with Run/Walk start at 6:30 PM, with events and activities for all ages. The two loop course promises variety and the chance for spectators to cheer on their friends and family. 5K participants will receive an event T-shirt and entry into a prize raffle. Also included in the evening's activities is a 1.5 mile kids' run for children 12 and under. These runs are oriented toward youth fitness education. All children's run participants will receive an event T-shirt and entry into a prize raffle. During and after the races, all participants and spectators are invited to enjoy fellowship and music in the park. The 5K run admission is \$15 and children 12 and under are \$10. Proceeds from the events will benefit local non-profits including the Buellton Community Educational Foundation and to ensure that we can continue to put on future Fun Runs. For additional event information or for sponsorship opportunities, please call Kyle Abello, Buellton Recreation, at 688-1086. kylea@cityofbuellton.com

SATURDAY, AUGUST 2, 2014. 8:00 AM. THE 8TH ANNUAL HANK HUDSON MEMORIAL LOMPOC SPRINT TRIATHLON- AND THE LOMPOC JR TRIATHLON. LOMPOC AQUATIC CENTER, 207 W COLLEGE AVE.

This event includes a swim, bike and run for individual or relay. Adult swim is 500 yds, 11 mile bike and 3.1 mile run. Jr event for 10 and under: swim 50 yds, bike 1 mile, run ¼ mile; for 11-14; swim 100 yds, bike 2 miles, and run ½ mile. For registration information about these two events call 805-875-8100. For information about the race contact Jeff Storie 805-875-2702. Full details are available online at http://www.cityoflom poc.com/parks_rec/ and then click on **8th annual sprint triathlon** link.

The YMCA will hold a one day workshop to help prepare athletes for the 2014 Hank Hudson Lompoc Sprint triathlon. The workshop will include practice on sections of the swim, bike and run course as well as information on pacing, transition and race nutrition. The workshop will meet at the Lompoc Valley Family YMCA at 8 am on Saturday June 19. Cost to be determined dependent upon number of participants. Pre registration required. E-mail rickh_trainer@yahoo.com for more information. You can call Rick Hummel at 805-451-4367.

SATURDAY AUGUST 2, 2014. 8:00 AM. VENTURA COUNTY FAIR COSTUME 5K & 1-MILE RUN/WALK. VENTURA .

Join us for the 5th running of the Ventura County Fair Costume 5K & 1-Mile Run/Walk. This fun event kicks off the VC Fair Parade. Run the race, watch the parade, and then enjoy the VC Fair. Runners & Walkers are encouraged to run/walk in costume. The 5K is a 2-loop course all on Main Street. This allows for a more spectator friendly course and avoids any major hills. For more information: <http://runsignup.com/Race/CA/Ventura/VenturaCountyFairCostume5K1MileRunWalk>

SATURDAY, AUGUST 16, 2014. 8:30 A.M. – PISMO BEACH STRIDE WITH THE TIDE 5K: This course is out and back on the hard packed sand. Registration will be taken on race morning from 7:15-8:15 AM at the pier and no entry is needed before that. Entry fees are \$15 without a race shirt and \$25 with one. Shirts will be available to the first 150 entries and size requests will be filled in the order of entry. Gold, silver, and bronze medals will be awarded to the top three men and women ages 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, & 80+. Sponsored by Pismo Beach Recreation, 760 Mattie Road, Pismo Beach, 93449, 773-7049, www.pismo beach.org and conducted by the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, 93406, www.sldc.org.

SUNDAY, AUGUST 17, 8:00 AM. THIRD ANNUAL GET FIT 5K AND 1 MILE TROT/WALK FUNDRAISER, LOMPOC. A benefit for families in the local community. This run takes place at the River Park Fitness Trail. Entry fees: Kids (6-10) - \$5; 1 Mile Trot/Walk - \$15; 5K - Walkers \$15; runners - \$15 by July 31; add \$5 to each for race day registration which starts at 7:30. \$ 50 gas card to the 1st place male and female in the 5K. For more information call 736-1905 (Leave message for Chris) or <http://lompoc sda-getfit5k.weebly.com/> and download the entry form.

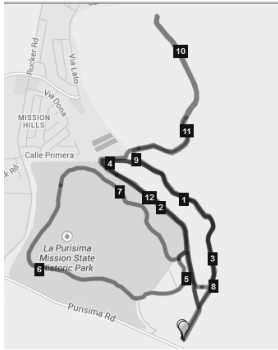


SATURDAY, AUGUST 23 (9:00 A.M.) – 26TH DUNE RUN 5K RUN, 5K WALK, & 10K RUN: Runners and walkers of all ages will enjoy this diverse course along city streets, the beach boardwalk, hard packed sand, and soft sand dunes. Awards are given in many age categories in both races, which begin at Ramona Garden Park at 10th Street & Ramona in Grover Beach. The race is part of the city's Stone Soup Festival which features food, vendor booths, and live music. Contact Nora O'Donnell at the Parks & Recreation Dept., 154 South 8th Street, Grover Beach, 93433, www.grover.org. 473-4580.

SUNDAY, SEPTEMBER 7, 2014. 2014 CENTRAL COAST CANCER CHALLENGE MILE, 5K, AND 10K. MISSION PLAZA, SAN LUIS OBISPO.

Run/Walk to help a cancer patients and survivors. Run/Walk because you can!! Cancer is a long, hard journey and your efforts can make it just a little bit easier for someone struggling to be healthy. We're returning to the charming downtown San Luis Obispo location, in the heart of Mission Plaza for an incredible day. The Well-fit 5K, No "Mo" Cancer 10K and Children's Fun Run will walk/run past the Carnegie Library, the Soda Waterworks, down tree-lined Higuera Street, the Fremont Theatre and other iconic small town, turn-of-the-century architecture. Athletes looking for speed can enter the race's "Fastest Mile." It's a complete down hill course, from the Vet's Hall on Grand Ave., one turn onto Monterey Street and straight down to Mission Plaza. Records will be broken!! For more info and registration :<http://centralcoastcancerchallenge.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.



The course begins and ends near the Visitor Center at La Purisima Mission. The course is hilly and very scenic with dirt trails and some asphalt. Race day packet pick up and race day registration starts at 7:00. There will be no packet pick up prior to Saturday. Entry fees: Half Marathon: \$65, (\$75 late registration) ; 5K \$40, (\$45 late registration). Entry includes a specially designed Valley of the Flowers jersey, chicken BBQ, entry fee to La Purisima Mission State Park, and a finisher's medal. You can register on-line at www.active.com. For more information call Betty Lee at [805 736-7380](tel:8057367380), or e-mail her at: Bettylee0077@MSN.com.

SUNDAY, SEPTEMBER 28, 2014. 9:30 A.M - LOS ALAMOS OLD DAYS 5K STAMPEDE: This race is part of the Old Days Celebration and is sponsored by Cal Swoosh Sports and the Los Alamos Men's Club. The start, finish, and race day registration will be on Bell Street at Ferrini Park and the race will be run over a scenic loop course in town and through Los Alamos Park, finishing prior to the start of the parade. There will be awards to the top three in seven age divisions and a 3' tall trophy to the first overall male and female finishers. This is a fundraiser for Cal Swoosh, an organization helping underprivileged youth play sports. Directed by Coy Kendrick, ncswoosh@hotmail.com. Register at <http://calswoosh.com> or mail your entry to Cal Swoosh, P.O. Box 1521, Atascadero, 93423-1521

SUNDAY, OCTOBER 12 , 2014 7:00 A.M. - CITY TO THE SEA HALF MARATHON (13.1 miles) & SEASIDE 5K (3.1 miles): The half marathon starts in downtown San Luis Obispo at Higuera & Osos Streets and follows country roads to Dinosaur Caves Park in Pismo Beach. The entry fee includes an event T-shirt, breakfast buffet, entertainment, and post-race shuttle service. The 5K takes place at Dinosaur Caves Park and has all of the above benefits including breakfast. Proceeds go to the Cuesta College cross country and track programs. For more information, call (805) 546-3100 Ext. 2507 or go to the web site at www.citytothesea.org. Register through www.eventbrite.com. Directed by Cuesta cross country and track coach Brian Locher, Cuesta College, Post Office Box 8106, San Luis Obispo, 93403-8106.



**SUNDAY, JULY 20 @
12 NOON
LVDC POTLUCK
AND A BRIEF CLUB MEETING**

A Salad Bar, toppings, dressings, coffee, water, & Tea will be provided. Please RSVP by phone, text, or email with number of persons attending and dish if known.

HOSTS:

LEE & WAYNE DAVIS

500 South N Street, Lompoc CA 93436
alhwed@msn.com
735-7177 or 588-2934



RACE RESULTS



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

Saturday, May 31, 2014 Bass Lake Classic Triathlon

Chris Denny, 1st place in the 80-84 age group. Time of 2:28:51

FLOWER FESTIVAL Parade Route 5K Run/Walk – 28 June 2014 Results

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY</u>
1	NOAH	ARGON	15M	1 ST Male 13-16	17:06	LOMPOC
2	MIKE	HARNDEN	31M	1 ST Male 30-34	17:39	LVDC
3	RYAN	VALENCIA	18M	1 ST Male 17-19	19:01	LOMPOC
4	ANDREW	CIERVO	36M	1 ST Male 35-39	19:27	SANTA MARIA
5	FRANCISCO	VELASCO	39M	2 nd Male 35-39	20:33	SANTA MARIA
6	TOMMY	SPEIDEL	33M	2 nd Male 30-34	20:37	LOMPOC
7	TRICIA	SPEIDEL	31F	1 ST Female 30-34	21:49	LOMPOC
8	DANIELLE	MARSHALL	29F	1 ST Female 25-29	21:57	LOMPOC
9	BILL	ARNERICH	70M	1 ST Male 70-79	22:16	SOLVANG
10	SARAH	NEMETH	30F	2 ND Female 30-34	22:27	SANTA MARIA
11	VICTOR	GONZALEZ	22M	1 ST Male 20-24	22:33	LOMPOC
12	DANA	HJELM	16F	1 ST Female 13-16	22:26	LOMPOC
13	JAMIE	ALDRIDGE	23F	1 ST Female 20-24	23:49	LOMPOC
14	KELLEY	PETERSEN	25F	2 nd Female 25-29	23:59	LOMPOC
15	ALEXIS	KAZIANKA	23F	2 nd Female 20-24	25:21	SANTA MARIA
16	MANUEL	POMPA	46M	1 ST Male 45-49	25:30	SANTAMARIA
17	MEAGHAN	CARLOS	14F	2 ND Female 13-16	25:36	LOMPOC
18	DEBBIE	DORNEY	64F	1 ST Female 60-64	25:37	ARROYO GRANDE
19	EILEEN	BAHGAOIL	30F	3 RD Female 30-34	25:38	CLAREMONT
20	MIKE	EPPLEY	33M	3 RD Male 30-34	25:48	LOMPOC
21	ANGELES	VELASCO	65F	1 ST Female 65-69	25:52	SANTA MARIA
22	NICK	VALENCIA	12M	1 st Male 9-12	26:06	LOMPOC
23	ANTHONY	HERNANDEZ	35M	3 RD Male 35-39	26:25	LOMPOC
24	LARRY	HUYCK	68M	1 ST Male 65-69	26:45	LVDC
25	CARMEN	ORTIZ	23F	3 RD Female 20-24	26:52	SANTA MARIA
26	JAMES	DESGRANGE	34M	4 TH Male 30-34	27:08	VAFB
27	HOWARD	ANDERSON	60M	1 ST Male 60-64	27:17	LOMPOC
28	MICHAEL	ALDRIDGE	27M	1 ST Male 25-29	27:26	LOMPOC
29	ASHLEY	DSEGRANGE	30F	4 TH Female 30-34	27:46	VAFB
30	ELIZABETH	CHAVLEZ	27F	3 rd Female 25-29	27:51	SANTA MARIA
31	ELIZABETH	VARGAS-CHAVEZ	36F	1 ST Female 35-39	27:59	LOMPOC
32	REGGIE	GOLLA	42M	1 ST Male 40-44	28:07	WOODLAND HILLS
33	SCOTT	ALVAREZ	41M	2 ND Male 40-44	28:26	ORCUTT
34	LAUREN	JANSEN	8F	1 ST Female 6-8	28:28	LOMPOC
35	KARA	HORNBUCKLE	32F	5 TH Female 30-34	28:38	LOMPOC
36	JUAN	CAMPOS	54M	1 ST Male Walker	28:40	LVDC
37	CASEY	CARLSON	28F	4 th Female 25-29	28:44	DESERT HOT SPRING

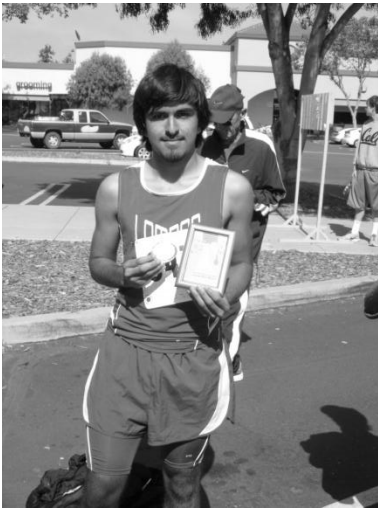
38	TRACY	HENRY	53F	1 ST Female 50-54	29:07	LOMPOC
39	CHRISTINA	ALVAREZ	31F	6 TH Female 30-34	29:17	ORCUTT
40	FRANCISCO	VELASCO-VACA	65M	2 ND Male 65-69	29:19	SANTA MARIA
41	FRAN	ZIMMERMAN	65F	2 ND Male 65-69	29:21	LVDC
42	KALI	DEBOER	9F	1 ST Female 9-12	29:28	LOMPOC
43	DAVID	NORCUTT	27M	2 ND Male 25-29	29:29	LVDC
44	MARIAN	AMBOUGH	53F	2 ND Female 50-54	30:05	SANTA MARIA
45	ASHTON	CARLSON	6M	1 ST Male 6-8	33:37	LOMPOC
46	CAMPOS	JULIE	61F	1 ST Female Walker	43:00	LVDC
47	LAUREL	CIERVO	34F	7 TH Female 30-34	34:46	SANTA MARIA
48	JULES	HAIN	58M	1 ST Male 55-59	34:52	LOMPOC
49	TESS	HAIN	56F	1 ST Female 55-59	34:55	LOMPOC
50	DIANA	HERNANDEZ	58F	2 ND Female 55-59	35:42	LOMPOC
51	CHRIS	DENNY	82M	1 ST Male 80 Plus	38:20	LVDC
52	MARIA	HALL	49F	1 ST Female 45-49	39:10	LVDC
53	KATHI	DOWNEY	53F	2 ND Female Walker	40:12	LVDC
54	DIANE	LOGAN	65F	3 RD Female 65-69	42:22	LOMPOC
55	ANGELA	STICKELS	43F	1 ST Female 40-44	42:43	LOMPOC
56	LISA	NORCUTT	78F	1 ST Female 75-79	42:33	LVDC
57	CHARLIE	RIOS	22M	2 ND Male Walker	47:24	LOMPOC
58	LIBBY	DARLING	31F	3 RD Female Walker	47:29	PORT HUENEME
59	TOMMY	HAWK	29M	3 RD Male 25-29	47:32	LOMPOC
60	CHARLES	RIOS	55M	3 RD Male Walker	47:39	LOMPOC
61	CARRIE	DARLING	53F	3 rd Female 50-54	47:51	SANTA MARIA
62	JIM	DARLING	27M	4 TH Male 25-29	47:51	SANTA MARIA
63	OLGA	LUCARIC	75F	2 ND Female 75-79	57:21	LVDC
64	JOEL	GEORGE	62M	2 ND Male 60-64	57:22	LVDC

Parade Route 5K Walk – 28 June 2014 Results

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY</u>
1	JUAN	CAMPOS	54M	1 ST Male Walker	28:40	LVDC
2	JULIE	CAMPOS	61F	1 ST Female Walker	43:00	LVDC
3	KATHI	DOWNEY	58F	2 ND Female Walker	40:12	LVDC
4	CHARLIE	RIOS	22M	2 ND Male Walker	47:24	LOMPOC
5	LIBBY	DARLING	31F	3 rd Female Walker	47:49	PORT HUENEME
6	CHARLES	RIOS	55M	3 rd Male Walker	47:49	LOMPOC

Parade Route 1K Kid's Run – 28 June 2014 Results

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY</u>
1	EMMANUEL	POMPA	8M	1 ST Male 6-8	4:39	SANTA MARIA
2	MIA	JANSEN	6F	1 ST Female 6-8	5:59	LOMPOC
3	NATALIA	POMPA	5F	1 ST Female 4-5	6:00	SANTA MARIA
4	DAPHINE	HAWK	5F	2 ND Female 4-5	6:22	LOMPOC
5	CHRISTIAN	ZARATE	5M	1 ST Male 4-5	6:52	LOMPOC
6	NATALIE	ALVAREZ	5F	3 RD Female 4-5	7:00	ORCUTT
7	CONSTANTINE	HALL	8F	2 nd Female 6-8	7:16	LOMPOC
8	LILLYANNA	CARLSON	3F	1 ST Female 3 & under	9:16	LOMPOC



1ST PLACE PARADE RUNNER
NOAH ARGON.: 17:06: LOMPOC



2ND PLACE PARADE RUNNER MIKE
HARNDEN 17:39: LOMPOC. MIKE IS
OUR NEWEST LVDC MEMBER.



JESSIE LEE KEEPER OF THE TIME.



WAYNE DAVIS LINES UP THE KIDS FOR THEIR 1K RACE. ON THE RIGHT THE 1ST PLACE WINNER IS EMMANUEL POMPA; 4:39



JUAN CAMPOS PICKS UP HIS
MEDAL FOR 1ST PLACE MALE
WALKER; 28:40



CHRIS DENNY WINS THE 80+ MALE
AGE DIVISION WITH A TIME OF 38:20.
CHRIS IS A LVDC MEMBER.



TOMMY SPEIDEL AND HIS WIFE
TRICIA PLACED 6TH AND 7TH
OVERALL. TOMMY IS THE
LOMPOC YMCA DIRECTOR

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
PO BOX 694
LOMPOC CA 93438**

**COME OUT AND TRAIN
WITH US FOR THE 9/20/14
HALF AT THE MISSION EACH
SATURDAY @ 8 AM.**