

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Wayne Davis	Secretary	735-7177	Ron Cortopassi	Webmaster	

July 12, 2012

KEY DATES

SATURDAY, SEPTEMBER 22

**VALLEY OF THE FLOWERS HALF-MARATHON RUN
AND WALK AND 5K**



MEMO FROM THE INTERIM LVDC PRESIDENT

The Lompoc Valley Distance Club (LVDC) and the Lompoc Valley community lost a valuable member recently. He went by Al (Alan Hunt)! For a long...long...long... time Al was a key ingredient for reporting all sports within the Lompoc Valley and he followed those athletes that went on to greater fame within our nation. His Santa Barbara News-Press articles promoted many of the LVDC events that enabled participants from near and far to compete in this valley and surrounding communities (Vandenberg AFB, Mission Hills, Miguelito Canyon, and La Purisima Mission State Park). As an event director I counted on him many times throughout the years for assistance (Parade Route, Winter Run, Park-to-Park, and Marathon/Half-Marathon) and he always was there at my events interviewing and then publishing results/photos in the local paper.

His wife Janis, has asked friends to send any memorial donations for Al to the Lompoc Valley Distance Club or the La Purisima Mission. We have received some donations and will need LVDC members' input for expenditure. Send email comments to any club board member or me.

In August the LVDC board of directors will be meeting to discuss an agenda for a LVDC Member's Meeting that will be held in September. Elections for a position on the LVDC board of directors will take place in October to start their obligation in November 2012. If you are interested in filling an empty position or relieving a Board Member – please come forward!

Lastly, I have volunteered to take on the Ray Gil Mission Memorial event that Al Hunt directed over the years and Mary Lou Seelandt has volunteered to take on the Lizard Breath Run. If there are any members that are interested in co-directing these events, please contact either one of us. These events are a source of revenue for the La Purisima Mission State Park and are held within safe/scenic boundaries.

Very respectfully
Wayne Davis
(alhwed@msn.com)

MORE THOUGHTS ABOUT AL HUNT

I was saddened and shocked to hear about the passing of Al Hunt. Although quiet, thoughtful, and unassuming on the outside Al really knew how to engage people and bring their stories to life in his weekly sports columns and the monthly Lompoc Valley Distance Club newsletters.

I looked forward to every issue. Reading about a variety of people being recognized, not just the winners but also the runners in their 70s, no longer quick but who steadfastly continuing to participate in running events and runners who traveled to both local and distant venues to run their races. Running is often a long, solitary experience but Al successfully connected us all and made us feel like members of a large family. He was the grandfather patriarch telling stories not of himself but instead celebrating the whole clan of runners.

I remember going to one of Al's pot luck dinners in his backyard. It was raining lightly and we were all huddled around, feeling more like a camping experience. I relish the camaraderie of our modest pot lucks which provided sustenance for life's journey. Last week I attended the commencement ceremonies at Harvard. I always enjoy hearing about the honorary degrees and accolades given to accomplished people from around the world. Al, you certainly were one of Lompoc's local heroes. Thank you for giving an encouraging voice to so many of us in daily life. I will miss you.

Larry Li

If anyone would like to include more remembrances of Al in next month's newsletter, send me an e-mail at nperry3@verizon.net.

THE COME TO GALAPAGOS MARATHON BY JULIE CAMPOS: I give the marathon two thumbs up – from ease of packet pick-up, which was as efficiently managed as any other marathon, at the University across the street from the beach, to the superior support on the course. The runner's comfort and safety were the race organizer's top priority. We ignored those who kept saying "Muy difcil ... 42K!" Quitting was not an option.

The bus (and not a La Chiva) left promptly at 5:00 AM from the University; Bere made sure that the marathoners (all 35 of us) were accounted for before our ride to the Highlands where the start line was. The trip is about 35 minutes long; the road is pot-holed and wet from the mist and we are jostled for most of the trip. We know what's ahead of us and we are all in good spirits – chatting and sharing marathon experiences or general stories with our fellow passengers. It is still dark out upon our arrival. And ESPN Latin America's film crew is there to greet us upon our arrival. The first of many WOW factors!

The marathon had a 6:00 AM on-time start. This was a difficult and challenging marathon with LOTS of hills (however, what goes up, must come down) and mixed running surfaces – from asphalt to lava fields to clay and just plain old off-road. The course goes through 5 different vegetation zones. Once we left the mist-shrouded cool, jungley Highlands and headed to the coast, the fierce equatorial sun and humidity slammed us. We tried to ignore that discomfort and take in the picture post card/travel poster scenery. Talk about getting the privilege to run in nature's playground! In the Highlands, aid stations were about every 3(?) kilometers with water and Gatorade. Beyond the half-way point, the aid stations had ice cold towels and ice cold water and Gatorade positioned every 2 km if not sooner. There was no on-course entertainment (who needs to be distracted w/racket when you're taking in the scenery – this is the Galapagos after all!!!) Even though there were few spectators, they were enthusiastic and gave us encouragement. And the occasional dog would wander over wanting belly rubs and off we would all go to our appointed rounds.

In keeping with the theme of the Galapagos Marathon of Reuse, Recycle, and Reduce, the bib #s and goody bags were of a recyclable material; the port-a-potty at the Highlands was a simple hut but did the job (no pun

intended) and easily dismantled once its purpose was served; some aid stations were as simplistic as a plastic container with the water and Gatorade and a couple of the Ecuadorian Navy men along with a dog or two manning; the water and Gatorade were served up in small plastic bags (no messy environmentally unfriendly cups and plastic water bottles) and the runner tossed them in the middle of the road (and not in the bushes) to ease clean up. The finisher's medals were standard metal-type. The finish line balloon arch, at the University, was made of blue and green water bottles. The clinic at the University was also open for anybody who needed that service. Even though we didn't see tortoises out on the course, the sea lions had the right-of-way at the waterfront. A non-runner/spectator who was part of our small group said that the timing clock was blown over by the wind. It was dysfunctional for a very brief moment.

ESPN Latin America was on hand the day before the event filming and interviewing participants and the race organizers. Imagine our shock and delight when watching the program and saw that we had made the cut. ESPN did a great job in capturing the event and we hope that everyone who watches will want to come over and participate. View the download at <http://espnrun.com/runtv/?id=6>

Also, this is a community event. This was an army of volunteers who gave up part of their Mother's Day to support this event. (Yes, they do celebrate Mother's Day in the Galapagos like we do here in the States).

You asked me yesterday as to how we could run in that heat and humidity? That's where those super-cold towels and super-cold water filled baggies came in handy. We were both wearing cool collars, so we would slip one of those towels underneath the collar until the next aid station and swap it out. (We did not see one towel thrown casually away). The ice cold water bags we slipped underneath our hats. That helped A LOT to keep us somewhat cool. I forgot to mention that the technical shirts that we were given as part of our goodie bag were really nice.

I was reading on the race organizer's website that only 2 native Galapagans have ever participated in that marathon. He casually mentioned that if anyone wanted to sponsor a native Galapagan to run that it would be at a much reduced price. I'm getting more details on that. Also, help with shoes - well, to me, that's more difficult as shoes are one of those things for a runner - very individual.

We were in the Galapagos Islands about two weeks after Julie and I can attest to the heat and humidity.

2012 VALLEY OF THE FLOWERS HALF-MARATHON: Bob Lingl's group continues their training at La Purisima Mission State Park leading up to the half-marathon. E-mail Bob at boblingl@aol.com if you are interested in his training plan and/or group runs. They meet at La Purisima Mission on Saturday mornings. Check out this link to an article in the Santa Ynez Valley Journal article on the training group - <http://www.syvjournal.com/archive/10/28/10363/>

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, JULY 21, 8:30 AM. 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 at the pier and no entry is needed before that. Entry fees are \$10 without a race shirt and \$20 with one. Shirts will be available to the first 120 entries who request them 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 in 10 age divisions. Sponsored by Pismo Beach Recreation, 760 Mattie Road, Pismo Beach, 93449, 773-7049, www.citytothesea.org and conducted by the San Luis Distance Club, PO Box 1134, San Luis Obispo, 93406, www.sldc.org.

SUNDAY, AUGUST 5, NO TIME. CENTRAL COAST CANCER CHALLENGE, SAN LUIS OBISPO. This challenge includes multiple run/walk distances for every age and fitness level as well as multiple bike ride distances (22K, 50K, & 100K). The 5K run will be along the trails of Laguna Lake Park while the 10K begins at Laguna Lake and takes participants up the nearby mountain for some trail running. Then there is a children's mile for ages 10 years and under with parents welcome to accompany their child. All athletes will receive a tech shirt and prizes will go to first place in each age group and all kids. Register at www.active.com. Contact www.centralcoastcancerchallenge.com, 458-0655, or by e-mail at excouchpotato@gmail.com for more information.

SATURDAY, AUGUST 18, 12:00 PM. SAN LUIS OBISPO CITY CHALLENGE URBAN RACE SCAVENGER HUNT 5K AND HALF MARATHON. The City Challenge Urban Race is your opportunity to spend the day with a partner competing in a one of a kind scavenger hunt/ urban adventure race. You'll need to think on your feet and use your brain to solve puzzles, riddles and clues to find 12 destinations. Each race is custom built based on the history, unique features and landmarks of the city, and all destinations are noteworthy in some way! Participants will have the option of running, jogging or walking the Standard Course (which is roughly a 5K distance and pretty much anyone can complete in a few hours) or the Ultra, which is a 10-13 mile total distance course with some different objectives! The entry fee of \$80 is for one team of two people. There will not be on-site registration available the day of this event. Host location is TBA and will be announced a couple weeks prior to the event. Check in starts at 11:15 AM and race will start promptly at 12:00 PM. You will need to bring a camera (digital, phone, Polaroid etc.), ID, and a pen or pencil. Everyone gets an event shirt and sponsor-provided swag. We will award medals to first, second and third place finishers from BOTH courses, and prizes to 1st place! Contact: scott@hegnessevents.com or active.com.

SUNDAY AUGUST 19, 8:30 MCCONNELL'S 5K AND 10K, SANTA BARBARA. 5K 8:30am, 10K 9:30am, Kid's Mile 11:00am, Goleta Beach.

SATURDAY, AUGUST 25, 9:00 AM. 24TH DUNE RUN 5K RUN, 5K WALK, AND 10K RUN, GROVER BEACH. Runners and walkers of all ages will enjoy this diverse course along city streets, the beach boardwalk, hard packed sand, and beautiful soft sand dunes. The entry fee for the race is \$15 (\$26 with an event t-shirt) and registration on race day is an additional \$5 in each category. Awards are given in many age categories in both races, which begin at the same time at Ramona Garden Park at 10th Street and Ramona in Grover Beach. The race is part of the city's Stone Soup Festival. Contact the Dune Run Run, Parks and Recreation Dept., 154 South 8th Street, Grover Beach, 93433, www.grover.org, 473-4580.

SUNDAY, SEPTEMBER 2, 2012, 6:30 AM. PIER TO PEAK RUN, SANTA BARBARA. 1 State Street, Santa Barbara. Challenging endurance climb up to 4000 feet from the sea level start. www.runsantabarbara.com/pier_to_peak.html

SUNDAY SEPTEMBER 9, 9:00 AM. BEATTIE PARK 5K/10K FUN RUN, LOMPOC. This event is geared for all ages and ability levels. All participants will have a chance for first and second place awards. Pre-registration deadline is September 7. Check-in starts at 8:00 AM. Fees: \$15 for pre-registration and \$20 for race day registration. Lompoc Parks and Rec, (805) 875-8100.

SUNDAY, SEPTEMBER 16, 8:00 AM. SUMMER'S END 5K AND 10K TRAIL RUNS, LOPEZ LAKE, ARROYO GRANDE. Entry fee is \$30 for the 5K and \$35 for the 10K plus \$9 per vehicle for the park entry fee. There will be eight age divisions for both men and women with medals to the top three in each. There will also be a Tots Mile for ages 6 and under with a \$15 entry fee and medals to the top three boys and girls. For more information, contact Jeannie Keeffe, Friends of Lopez Lake, 1776 Upper Lopez Canyon Road, Arroyo Grande, 93420, jeanniekeeffe@mac.com.

SUNDAY, SEPTEMBER 16, 8:00 AM. WINE VINE HALF MARATHON AND 5K, PASO ROBLES. Experience the wine country of Paso Robles at the Shimmin Canyon Vineyard. Entry fees are \$30 for the 5K and \$70 for the half marathon by September 2 and \$40/\$80 after that through www.active.com with proceeds going to the athletic programs at Paso Robles High School. There is also a 5K Team Challenge with five person teams. All entries receive a race shirt and goodie bag and there are awards to the top three in each age category. More information is available on-line at www.winevinerun.com. Directed by Field Gibson, Bearcat Boosters, PO Box 22, Paso Robles, 93447-0022, director@winevinerun.com.

SATURDAY, SEPTEMBER 22, 8:00 AM. 36th 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: to be determined. 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, or e-mail her at: Bettylee0077@MSN.com or check out the club web site.

SUNDAY, SEPTEMBER 30, 9:30 AM. 2ND ANNUAL LOS ALAMOS OLD DAYS 5K STAMPEDE: This race is part of the Old Days Celebration in Los Alamos 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 just prior to the start of the parade. Bring the family for a full morning of fun and festivities. The entry fee is \$20.00 and includes a T-Shirt for those who register by 9/23. Online, mail in, and race day registration after 9/23 will not be guaranteed a T-shirt. Check-in and race day registration will be from 8:00-9:00 prior to the start of the race. 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 Sports, an organization helping underprivileged youth play sports so come out and help support this cause. Contact Coy Kendrick, ncswoosh@hotmail.com, register online at <http://calswoosh.com>, or mail your entry to Cal Swoosh, P.O. Box 1521, Atascadero CA 93423-1521.

SUNDAY, OCTOBER 14, 8:00 AM. CITY TO THE SEA HALF MARATHON AND 5K, SAN LUIS OBISPO. The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and follows country roads to Dinosaur Cave Park in Pismo Beach. Entry includes awards in 13 age categories, an event T-shirt, breakfast buffet, entertainment, and post-race shuttle service. The 5K takes place at Dinosaur Cave Park and has all of the above benefits including some awards. Proceeds go to the Cuesta College cross country and track programs. For more information, call (805) 546-3100 Ext. 2716 or go to the race web site at www.citytothesea.org. Registration is on-line only through www.active.com.

SATURDAY/SUNDAY, OCTOBER 27 AND 28, NO TIME. LAGUNA LAKE PARK 5K AND 10K MUD MASH, SAN LUIS OBISPO. The MUD MASH is a 5K and 10K run with dirty obstacles including walls, lake scramble, hay bales, slip and slide, a huge mud pit and some tough trails that are even tougher when you're wet and muddy. A portion of MUD MASH proceeds benefit SLO County's Special Olympics, which provides year-round sports training and athletic competition to people with intellectual disabilities. Entry fees are \$40 per person for the 5K and \$50 for the 10K. There will also be team divisions for two person and four person teams. Check www.mudmash.com or go to www.active.com to register.

SUNDAY, OCTOBER 28, 7:30 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, AND 5K. This third annual event will be held at LeVigne Winery, 5115 Buena Vista Road, Paso Robles, 93446, with beautiful views of the countryside and wine vineyards at harvest time. The morning's races include a full marathon, a two person marathon relay (13.1 miles each), and a 5K. All net proceeds benefit local charities and youth programs with entry fees of \$80 for individuals and \$110 for relay teams by

July 1, \$90 & \$140 after that, \$30/\$35 for the 5K. For further information, check the web site at www.pasoroblesmarathon.com or contact Paso Robles Harvest Marathon, P O Box 1796, Paso Robles, 93447-1796, (877) 264-6979, pasomarathon@yahoo.com.

RACE RESULTS

July 4, Santa Barbara – 58th Annual Semana Nautica 15 K, Jim Curriden, 1:12:41. (active.com)

July 7, Morro Bay, Brian Waterbury Memorial Rock to Pier Fun Run: Paul Lee, 44:23.
 (<http://www.leaguelineup.com/welcome.asp?url=rock2pier>)

FLOWER FESTIVAL Parade Route 5K Run - 23 Jun 12 Results Race Directors – Wayne and A. Lee Davis

<u>PLACE</u>	<u>FIRST</u>	<u>LAST</u>	<u>AGE/SEX</u>	<u>Place/Division</u>	<u>TIME</u>	<u>CITY</u>
1	BEN	LI	22M	1 ST 20-24	15:21	LVDC
2	OMAR	PADILLO	20M	2 ND 20-24	15:35	LOMPOC
3	FRANKIE	COVARRUBIAS	17M	1 ST 17-19	16:59	LOMPOC
4	JOHN	STEFFENS	43M	1 ST 40-44	17:12	LOMPOC
5	MIKE	HARNDEN	29M	1 ST 25-29	18:06	LOMPOC
6	MATTHEW	JOHNSON	17M	2 ND 17-19	18:25	LOMPOC
7	DAVID	PERA	61M	1 ST 60-64	18:26	LOMPOC
8	ANDREW	CIERVO	34M	1 ST 30-34	18:57	SANTA MARIA
9	NICK	JANSEN	34M	2 ND 30-34	19:21	LOMPOC
10	SHARON	RYAN	42F	1 ST 40-44	19:26	SANTA MARIA
11	FRANCISCO	VELASCO	37M	1 ST 35-39	20:02	SANTA MARIA
12	VINCENT	DOMINGUEZ	49M	1 ST 45-49	20:04	LOMPOC
13	JAMIE	EDELEN	28M	2 ND 25-29	20:16	SANTA MARIA
14	JUAN	CAMPOS	52M	1 ST 50-54	20:26	LVDC
15	BRAD	BEAL	31M	3 RD 30-34	20:26	LVDC
16	DANIELLE	MARSHALL	27F	1 ST 25-29	20:32	LOMPOC
17	LAURIE	GIBSON	47F	1 ST 45-49	20:45	LAS VEGAS
18	TYLER	REED	25M	3 RD 25-29	20:46	LOMPOC
19	JIM	WITTMANN	53M	2 ND 50-54	20:47	BUPELLTON
20	LINDA	SIGNAL	41F	2 ND 40-44	20:50	SANTA MARIA
21	JOSE	CARRILLO	50M	3 RD 50-54	20:52	LOMPOC
22	CASEY	BROOKS	37M	2 ND 35-39	22:15	LOMPOC
23	DOLORES	CARRILLO	48F	2 ND 45-49	22:20	LOMPOC
24	BETTY	LEE	45F	3 RD 45-49	23:07	LVDC
25	RUBEN	ESPINOZA	42M	2 ND 40-44	23:09	LOMPOC
26	BILL	ARNERICH	67M	1 ST 65-69	23:12	SOLVANG

27	JOE	ALDRIDGE	43M	3 RD 40-44	23:36	HELOTES TX
28	LEW	ALDRIDGE	50M	4 TH 50-54	24:03	LOMPOC
29	MADDY	CROSS	15F	1 ST 13-16	24:16	SANTA MARIA
30	BRIAN	TABER	50M	5 TH 50-54	24:22	LOMPOC
31	JIM	BROCK	52M	6 TH 50-54	25:14	LVDC
32	PARKER	GRAND	13M	1 ST 13-16	25:29	LVDC
33	ED	GRAND	49M	2 ND 45-49	25:33	LVDC
34	JOSEPH	HEURING	30M	4 TH 30-34	25:42	LOMPOC
35	STANLEY	MATALON	65M	2 ND 65-69	25:55	VAN NUYS
36	ANGELES	VELOSCO	63M	2 ND 60-64	26:14	SANTA MARIA
37	MARK	JASSO	56M	1 ST 55-59	26:22	LVDC
38	SASHA	DANIELS	23F	1 ST 20-24	27:02	LOMPOC
39	LINDA	REED	58F	1 ST 55-59	27:43	OCOEE FL
40	SARAH	NEMETH	28F	2 ND 25-29	28:44	LVDC
41	FRAN	ZIMMERMAN	63F	1 ST 60-64	28:47	LVDC
42	LACY	EDELEN	28F	3 RD 25-29	30:17	SANTA MARIA
43	MARIA	CASTELO	48F	4 th 45-49	30:25	CARPENTERIA
44	GABRIEL	NAVARRO JR	12M	1 st 12-UNDER	30:57	DELHI, CA
45	GABRIEL	NAVARRO	32M	5 TH 30-34	30:58	LOMPOC
46	NOVAL	CASTEEL	58M	2 ND 55-59	32:23	LVDC
47	JILL	YAKOWENKO	49F	5 th 45-49	32:27	LOMPOC
48	MICHAEL	YAKOWENKO	46M	3 RD 45-49	32:30	LOMPOC
49	BREE	JANSEN	34F	1 ST 30-34	32:55	LOMPOC
50	STEFANIE	COEN	28F	4 TH 25-29	33:54	LOMPOC
51	SHANNON	MARRS	37F	1 ST 35-39	33:56	LOMPOC
52	DIANA	HERNANDEZ	56F	2 ND 55-59	35:25	LOMPOC
53	LISA	NORCUTT	76F	1 ST 70-OVER	35-36	LVDC
54	BARBARA	TROUCHE	43F	4 TH 40-44	39:15	LOMPOC
55	ALLISON	SYLVESTER	11F	1 ST 12-UNDER	39:21	LOMPOC
56	JULIE	BRISCOLL	26F	5 TH 25-29	39:24	LOMPOC
57	TESS	HAIN	54F	1 ST 50-54	32:27	LOMPOC
58	CHRISTIAN	KAZIANKA	12M	2 nd 12-UNDER	40:25	LOMPOC
59	AMELIA	QUIN	29F	6 TH 25-29	40:26	LOMPOC
60	DIANE	LOGAN	63F	2 ND 60-64	41:10	LOMPOC
61	MICHAEL	CALDERON	33M	6 TH 30-34	42:33	GUADALUPE
62	OLGA	LUCARIC	73F	2 ND 70-OVER	43:53	LVDC
63	JOEL	GEORGE	60M	3 rd 60-64	43:54	LVDC
64	ANNAFAITH	WATTIES	55F	3 RD 55-59	43:58	VANDENBERG
65	CHAPPY	WATTIES	57M	3 RD 55-59	43:59	LOMPOC
66	THERESA	SANCHEZ	33F	2 ND 30-34	45:36	LOMPOC
67	VERONICA	CALDERON	32F	3 RD 30-34	45:37	GUADALUPE

68	GEORGE	LUCARIC	79M	1 ST 70-OVER	49:10	LVDC
69	ANNA	DOMINGOS	52F	2 ND 50-54	50:36	LOMPOC
70	DAVID	MARTINEZ	24M	3 RD 20-24	51:30	LOMPOC

Parade Route 5K Walker – 23 Jun 12 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	JULIE	CAMPOS	59F	1 ST WALKER	32:34	LVDC
2	DEBRA	WATSON	56F	2 ND	36:24	LOMPOC
3	KATELIN	SYLVESTER	45F	3 RD	41:05	LOMPOC
4	INGRID	STROMBERG	63F	4 TH	43:39	LOMPOC
5	KATHI	DOWNEY	56F	5 TH	44:44	LOMPOC
6	JERROD	KNUDSON	47M	6 TH	44:54	LOMPOC
7	JOHNNY	DANIELS	48M	7 TH	45:10	LOMPOC
8	SUSY	DANIELS	52F	8 TH	48:58	LOMPOC
9	RUSSLE	NORCUTT	80M	9 TH	49:13	LVDC
10	HELEN	PLOUFFE	34F	10 TH	49:38	LOMPOC
11	FRANZ	DAVIS	52M	11 TH	49:52	LOMPOC
12	LINDA	WERTMEN	52M	12 TH	50:12	LOMPOC
13	CINDY	ROBERTSON	47F	13 TH	50:30	RENO, NV
14	KIM	BARRERAS	46F	14 TH	50:35	LOMPOC
15	BARBARA	ROULEAN	53F	15 TH	50:36	LOMPOC
16	ALYSSA	BARRERAS	21F	16 TH	50:37	LOMPOC
17	PATRICIA	DAVIS	16F	17 TH	51:20	LOMPOC
18	SHEILA	DAVIS	47F	18 TH	51:29	LOMPOC
19	JANICE	PATA	47F	19 TH	51:29	LOMPOC

Parade Route 1K Kid's Run – 23 Jun 12 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	VELASCO	6M	1 ST 6-8	4:58	SANTA MARIA
2	SHAYDEN	RYAN	8M	2 ND 6-8	4:59	SANTA MARIA
3	CLIFF	BRIDGES	6M	3 RD 6-8	6:09	LEESBURG, FL
4	SYDNEY	BROOKS	7F	1 ST 6-8	6:12	LOMPOC
5	LAUREN	JANSEN	6F	2 ND 6-8	6:12	LOMPOC
6	MIA	JANSEN	4F	1 ST 3-5	6:43	LOMPOC
7	ALEXANDRA	BROOKS	5F	2 ND 3-5	6:44	LOMPOC
8	KATELYN	HARNDEN	4F	3 RD 3-5	6:46	LOMPOC
9	NATAKUA	VELASCO	3F	4 TH 3-5	8:50	SANTA MARIA
10	CAYBEN	BULLOCK	5M	1 ST 3-5	9:31	LOMPOC

11	CHASE	BRIDGES	4M	2 ND 3-5	9:33	LEESBURG, FL
12	LUKAS	LANDON	2M	1 ST 2-UNDER	12:07	LOMPOC
13	EMBRIE	BULLOCK	2F	1 ST 2-UNDER	12:50	LOMPOC
14	JACIE	EDELEN	2F	2 ND 2-UNDER	14:15	LOMPOC

Thanks to all 106 participants that came out for the Parade Route 1K Kid's Run and 5K Run/Walk this year. Over \$1,000 was raised from the entry fees and donated to the Cystic Fibrosis (CF) Foundation. Runners and walkers of all ages (2 – 80 yrs) finished. There was even a bare-footed runner in the group – Noval Casteel – he finished 46th place. Next year -2013- we look forward to many returning for the event. Please email any inputs that you have about the course or experience to: alhwed@msn.com.

Our granddaughter Mallory Holloway who has CF will be competing in her 1st Mountain Bike event this weekend. For her recent 7th birthday, she requested money be given to "Cycles for Life" instead of presents. Her birthday donations raised funds to purchase 3 bikes. The founder of the program, Hans Rey, was very impressed by her generosity.

Lastly, thanks to the volunteers that assisted with the event. They are Nancy Perry (registration and finish line), Bob Grant of the Lompoc Valley Bicycle Club (bicycle escort and course monitor), Betty Lee (registration & race results) and hubby Jesse (timing & results), Kathy Willoughby (photographer, finish line, and awards), Sharon Futterer (Water/aid station, awards, and course monitor).

Sincerely
A.Lee & Wayne Davis #:^)
Parade Route Directors

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	Alan Hunt	
Jun	Parade Route 3 Miles	Wayne and Lee Davis	
July	Lizard Breath Fenceline	Alan Hunt	
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, Union Bank

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

**VALLEY OF THE FLOWERS
HALF MARATHON AND 5K
SATURDAY, SEPTEMBER 22,
8:00 AM**