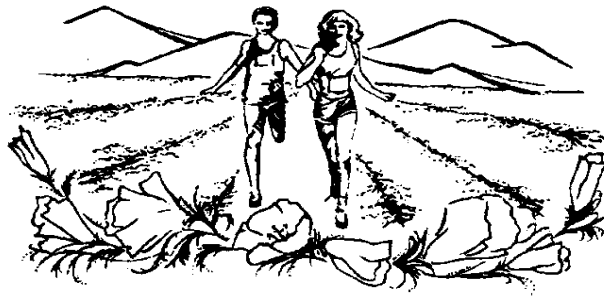


Lompoc Valley Distance Club

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	

JUNE 13, 2014

KEY DATES 2014 LVDC RACES



**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](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

Yahoo! Participation for the Half-Marathon training at the Mission for the 20 September event was in "full gear" on 7 June with 1st time runners/walkers and returning participants. We started a couple of weeks early so everyone can ease into the beginning distance and pace. I have a lot more confidence this year than 2013 that I will have a better finish time due to losing 47 pounds. I have the formula to help you lose too ... contact me!

Next LVDC event is on Saturday, 28 June, on the Flower Festival Parade Route for Kids and Adults. "Warning" Parade starts at "H" & College instead of "H" & Pine streets which has created an obstacle course for the Finish Line. Volunteers are needed for registration, turn-around water station, and Finish Line. This event can be substituted for Half-Marathon training at the Mission.

Lastly, Nancy Perry's progress at the Convalescent Care Home has allowed her to return home. She is receiving regular follow-up treatments at Lompoc Hospital. She is looking forward to her Grandson's High School graduation at Cabrillo. She enjoys visitors but contact Norm for the best times!

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.

SATURDAY, JUNE 21 (9:00 A.M.) – 9TH MARY GIBBS MEMORIAL SAN LUIS OBISPO Y.M.C.A. 5K:

Bring your friends for an enjoyable but hilly 5K through Sinsheimer Park neighborhoods featuring prizes, live music, Y-Deals, gift bags, childcare, snacks, a bounce house, and face painting. Conducted by the YMCA, 1020 Southwood Drive, San Luis Obispo, 93401, 805-543-8235, www.sloymca.org.

TUESDAY, JUNE 24 (6:15 P.M.) - RUNNING WAREHOUSE PUB RUN:

This is the third in a series of pub runs being held every six weeks throughout the spring and summer. There is no registration fee and the runs will be 3-4 miles (untimed). Each run will have a shoe sponsor offering the opportunity to test out their latest footwear and the run will be followed by a raffle and refreshments. Tonight's run is hosted by Nike and takes place at Mr. Rick's on Front Street in Avila Beach. For information, call 540-7981 or e-mail retail@runningwarehouse.com.

SATURDAY, JUNE 28, 2014, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK, LOMPOC.

1K Kid's Run starts at 8:30 AM and 5K Run/Walk at 8:45 AM. Start and finish in front of the Lompoc Shopping Center, next to the Automobile Club of Southern California (AAA) at 675 North "H" Street. Registration starts at 7:30 AM. Preregistration not required but recommended for speedy check-in morning of event – call 735-7177. Entry fee: \$5 for 1 K Kids Run and \$10 for 5K Run/Walk (\$2 discount for LVDC members). Awards in 1K and 5K Run/Walk for 1st & 2nd Male and Female.



Age category awards for the 1K Kids Run as follows; 5 and under, 6-8, and 9-11. Age categories in the 5K Run as follows: 12 and Under, 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-64, and 65-69, 70-79, and 80 Plus. 100 Percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 8 year old Mallory Holloway, the daughter of an avid past local Lompoc High School runner Matt Holloway. The Flower Festival Parade follows at 10 AM. For more information or to volunteer, contact A.Lee & Wayne Davis at 735-7177, email: alhwed@msn.com

Support this
worthwhile
event.

FRIDAY, JULY 4 (8:30 A.M.) – POZO SALOON 5K (90 West Pozo Road): Start and finish at the Pozo Saloon and cover an out and back course on country roads. \$40 for pre-registration through www.active.com, \$45 on race day from 7:00-8:15 AM. The entry fee includes a T-shirt, breakfast, and raffle ticket for the first 200 entries. Proceeds benefit Jack's Helping Hand. Gift certificates from Running Warehouse to the top three open and first masters, awards to the top 3 in nine age divisions, and many random draw prizes. Joe Rubio, Running Warehouse, 181 Suburban Road, San Luis Obispo, 93401, (800) 606-9598, info@runningwarehouse.com.



**FRIDAY, JULY 4, 2014 – 8 AM. SANTA BARBARA SEMANA NAUTICA
SAN MARCOS HIGH SCHOOL.**

Put together your best red, white and blue running outfit and join your fellow runners for the oldest race on the Central Coast. Organized by your Santa Barbara Athletic Association, the Semana Nautica is one Santa Barbara tradition that gets better with time. The flat and fast 15K course meanders through Goleta before finishing at San Marcos High School. Held on Friday, July 4th, the race raises much needed \$'s for the club to support our community events and youth running development. Register by June 15th to secure discount pricing (\$35) with a \$5 discount for SBAA members. Free for ages 17 and younger. Register online at www.active.com Search for Santa Barbara Semana Nautica. Registration closes July 1. Event website is www.sbrunning.org

SATURDAY, JULY 12 – 45TH BRIAN WATERBURY ROCK TO PIER RUN & 3RD ROCK'N AROUND THE PIER HALF MARATHON: Named in memory of Brian Waterbury who originated the race in 1970, this 6 mile goes along the beach from the start at the rock in Morro Bay to the finish at the pier in Cayucos. Registration for the 2014 race will open on May 5. Awards will be given to the top three finishers in 15 age divisions from 10 & under to 80 & over. The Rock'n Around the Pier Half Marathon will be held primarily on the hard packed sand with a one mile loop through a local park. The half marathon is open to the first 300 participants. Registration for both races includes a race t-shirt, finisher's medal, and breakfast at the pier. See all the details at www.leaguelineup.com/rock2pier Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6281, ksweeny@morro-bay.ca.us.

**SATURDAY AUGUST 2, 2014 8 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 (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.

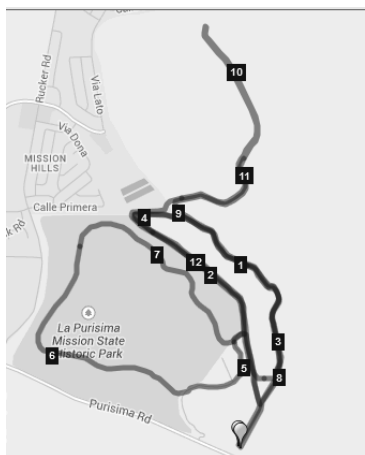


SATURDAY, AUGUST 23 (9:00 A.M.) – 26TH DUNE RUN 5K RUN, 5K WALK, & 10K RUN: Runners and walkers of all ages will enjoy this diverse course along city streets, the beach boardwalk, hard packed sand, and soft sand dunes. Awards are given in many age categories in both races, which begin at Ramona Garden 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 online at www.active.com. For more information call Betty Lee at [805 736-7380](tel:8057367380), or e-mail her at: Bettylee0077@MSN.com.



RACE RESULTS

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



Correction: Big Sur International Marathon April 27, Ali Webb was listed as running in the relay but she ran the marathon as an individual, Betty Lee ran in the relay with the Girls on the Go team.

WEDNESDAY APRIL 30, 2014 – WEDNESDAY AUGUST 27, 2014, 6:00 PM. NITE MOVES 2014. 5K RUN, SWIM AND BIATHLON. SANTA BARBARA.

Terry Smith, 5k run, 25:29, pace 8:12, over all place 77/197, div place 6/12 May 21, 2014

SUNDAY, MAY 25, 2014, 28TH 8:00 A.M. ANNUAL STRAWBERRY STAMPEDE 5KRUN, 10K RUN, AND 5k WALK. ARROYO GRANDE.

Olga Lucaric, 5K run, 57:23, div place 3rd

Lisa Norcutt, 5K run, 47:36, div place 2nd

SATURDAY, MAY 17, 2014, 7:30/8.00 AM. BULL CANYON 5K, 10K, AND KID'S RUNS, SANTA MARIA.

Olga lucaric, 5K, 57:45, overall 414/463, div place 2nd

Lisa Norcutt, 5K , 48:50, overall 345/463, div place 1st

SATURDAY, MAY 31, 2014, 8:00 A.M. MORRO BAY BANDS ON THE RUN – HALF, 10K AND 5K. MORRO BAY HIGH SCHOOL

Larry Huyck, half marathon, 2:35:09 (Larry's first Half), div place 2nd , overall 30/42

Fran Zimmerman, Half Marathon, 2:44:36, div place 2nd, overall 36/42

Terry Smith, half marathon, 2:10:13, 17th , div place 3rd, overall 17/42

SUNDAY, JUNE 1, 2014 8:00 AM – 21ST MARIANNE TALLEY MEMORIAL 5K, 10K, 1-MILE WALK, AND KID'S MILE. ARROYO GRANDE

Olga Lucaric, 5K, 59:36, div place 2nd

George Lucaric, 5K , 55:22, div place 1st

Lisa Norcutt, 5K, 48:58, div place 1st



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**

**KEEP NANCY PERRY
IN YOUR THOUGHTS
AND PRAYERS**