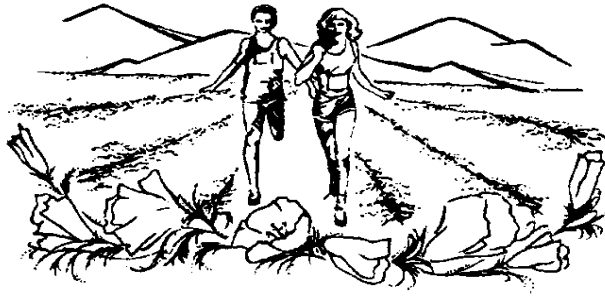


Lompoc Valley Distance Club

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	

June 12, 2012

KEY DATES

SATURDAY, JUNE 23

**FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN
AND 5K RUN/WALK**



SATURDAY, JULY 16

CANCELLED LIZARD BREATH FENCE LINE

SATURDAY, SEPTEMBER 22

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

Hello out there in Lompoc Valley Distance Club Land.

Al wrote his last column for the May 2012 LVDC newsletter. We will miss Al and his column very much.

Yours in the spirit of good fun in the great outdoors

Lizard Breath Al



Al Hunt, 1947 – 2012



Al and Janis on their 10th Anniversary

MEMORIAL FOR AL HUNT: There will be a memorial for Al on Saturday, June 30 at 1:00 PM at the Lompoc High Stadium. We hope many LVDC members will be able to attend.

THOUGHTS ABOUT AL HUNT

On 06/01/12, Wayne Davis sent out an e-mail: Tonight I received a call from Janis Hunt's sister, Pam Alexander, saying that Alan Hunt passed away on Thursday, May 31. His brain was hemorrhaging and he was rushed to Cottage Hospital. They performed brain surgery but he didn't recover. Editors in today's Santa Barbara News-Press and Lompoc Record posted stories of Alan.

Pam wanted me to know that in instead of flowers Janis Hunt wanted donations to be given to the La Purisima Mission and the Lompoc Valley Distance Club. Services are pending. (See above for memorial date, time, and location.)

We have lost an active LVDC member and a great friend. I am so sadden and shocked! Wayne Davis

I will miss Alan! He was a great mentor and loyal friend to me. If anyone has a good story to share about Alan I would like to see it added to the next LVDC newsletter. Wayne Davis

I received this news on business travel in Hawaii for our next Pegasus Launch. I know we will all miss him in our own way, especially when we go to the Mission. And, I like to think Alan lived and enjoyed his life right to the end. I'll remember chatting with him, wife, daughter and grandson along with the two dogs on the trail on the Upper Loop just last Sunday. He mentioned the last time I saw his daughter was during a stay at Cottage Hospital, and the Mission was much more pleasant.

I'll share something. I found Al had the double-whammy as he put it (heart-attack and blood cancer) while in Alaska for work. Al fought through that and over many months was clean of cancer. During this time I ran the 2011 Boston Marathon and gave Al my medal, as he was in a race for his life and needed to focus on the Finish. Al did finish and told me he appreciated the effort and that I should keep that medal.

We all just need to remember to live each and every day knowing that it is very precious. I'm doing that right now overlooking Waikiki Beach and Diamond Head.

Aloha, Karl Seelandt

Russ and I enjoyed the many wonderful races that Al conducted at the La Purisima Mission. The one I enjoyed most was the Lompoc Lizard Breath Fenceline Fun Run.--(A hilly, sandy 8- mile course on the fenceline.) Alan loved seeing us all come over the line all dirty, with shoes full of sand!! We miss you Al, and we thank God for the many good times and memories we all share together. Russ and Lisa Norcutt

What I admired the most about Alan was his sense of inner peace. He was always so calm about things, which drove me nuts sometimes :) but whenever I would call him about a run I would be very stressed and nervous about whatever and he would let me rant and finish then just say: "Ok, Betty that sounds good" or he would give his opinion but he would respond very relaxed with no stress or worry. I admired him for keeping the memory of Ray Gil alive, for those of use who knew Ray as an inspiration to RUN, that was awesome! I also deeply admired his respect for the Mission and the environment; he was a true free spirit and reminded me of a better way of life every time I was around him. Betty Lee

Gift cards? Trophies? Medals? Coffee Cups? Hats? If you were an age group winner in one of Al's runs you would not receive these. Expect the unexpected. You would walk away with either a watermelon or a cantaloupe whether you were an age group winner or an event finisher. Or you would walk with maybe the

admiration of your peers for a job well done; or a mention in Al's weekly sports column. When you attended one of Al's races, it felt more like a reunion among the local running gang than a competition. So, Al, long may you run. You will be very much missed - along with your unique race organization style. Julie and Juan Campos

I would e-mail or call Al as I was working on the monthly newsletter. Hey, Al, I need some words from the Pres. Pretty soon, I'd receive something for his column. After one of Al's races at the Mission, I would usually go along and scuff out the chalk directional markings as I did the lower or upper loop. Not any more, I'm leaving them along the trails as a special reminder of Al. In fact, I'm still looking for him at the kiosk at the Mission and then I remember... I liked the frosted cookies that he had his races. As Julie said, Al's races were low key races. Except for the time a woman got lost at the Lizard Breath – we were all starting to get very worried, but she found her way back in just before Al called Search and Rescue. We often talked about the wildflowers at the Mission. I always looked for the first owl's clover but this is a bad year for the owl's clover but the scarlet trumpet is the best it has been in years. Al – I'm still looking for the horny toads. We will all miss Al very much. Nancy Perry

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

LVDC PRESIDENT POSITION: Wayne Davis has volunteered to fill-in for the LVDC President until new elections are initiated and voted on. The LVDC committee will determine a meeting place for August for members to have input for determining the goals and events for the club.

2012 VALLEY OF THE FLOWERS HALF-MARATHON: Bob Lingl's group has started their training 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.

LIZARD BREATH FENCELINE RUN: The July 16, 2012 Lizard Breath has been cancelled. Mary Lou Seelandt has volunteered to take over the directorship of this event and it will be back in July 2013.

RAY GIL MEMORIAL 5K/10K: Wayne Davis has volunteered to direct this event next year.

VALLEY OF THE FLOWERS HALF-MARATHON SCHOLARSHIPS: The scholarship committee met and selected the recipients for the scholarships from the 2011 half-marathon. Scholarships were awarded to Cera Mitchell, Ruby Mora, and Colton Concellos from Lompoc High School and Vanessa Garcia, Cooper Creese, and Matthew Burke from Cabrillo High School. As always it is hard to choose recipients from the outstanding applicants.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, JUNE 23, 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. Pre-registration not required but recommended for speedy check-in morning of event – call 735-7177. Entry fee: \$10 (\$2 discount for LVDC members! Awards in 1K and 5K. Run categories will be for 1st & 2nd for Male and Female. Awards for 5K Walk will be for 1st, 2nd, and 3rd place Overall. 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 Plus. 100 Percent of proceeds collected will be donated to the Cystic Fibro-

sis Foundation in honor of 7 year old Mallory Holloway, the daughter of an avid past local Lompoc 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

SATURDAY, JUNE 23, 9:00 AM. 7TH MARY GIBBS MEMORIAL SAN LUIS OBISPO Y.M.C.A. 5K. Bring your friends for an enjoyable 5K through Sinsheimer Park neighborhoods. There will be awards to the top men and women plus first place for children, parent with a stroller, senior, and runner/walker with a dog. Pre-entry fees are \$25 for YMCA members, \$30 for non-YMCA adults, \$5 for ages 6-13 (children under 6 are free), and \$5 more on race day. Verify fees and get entry forms from the YMCA, 1020 Southwood Drive, San Luis Obispo, 93401, 543-8235, www.sloymca.org.

WEDNESDAY, JULY 4, 7:00 AM. ATASCADERO LAKE PARK 4TH OF JULY RUNS: Sponsored by Kennedy Club Fitness, this event has a fun run (\$10), a 5K (\$15), and a 7K (\$25). The runs will take place at Atascadero Lake Park. For more details, go to www.kennedyclubs.com or to www.active.com to register.

WEDNESDAY, JULY 4, 8:30 AM. POZO SALOON 5K (90 West Pozo Road): Start and finish at the Pozo Saloon and cover an out and back course on country roads. \$35 for pre-registration through www.active.com, \$40 on race day from 7:00-8:15. The entry fee includes a T-shirt, breakfast, and raffle ticket for the first 200 entries. Proceeds benefit the Chris Jespersen Society. 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, info@runningwarehouse.com.

WEDNESDAY, JULY 4, 8:00 AM. 58TH ANNUAL SANTA BARBARA SEMANA NAUTICA 15K RUN/WALK. San Marcos High School, 4750 Hollister Santa Barbara. Fees: \$25 thru 6/10/11. \$30 thru 7/1/11, late registration - \$40. http://www.sbrunning.org

SATURDAY, JULY 7, 8:00 AM. 43RD BRIAN WATERBURY ROCK TO PIER SIX MILE RUN, MORRO BAY. Named in memory of Brian Waterbury who originated the race in 1970, this 6 mile run goes along the beach from the start at the rock in Morro Bay to the finish at the pier in Cayucos. The entry fees are \$20 for pre-registration, \$30 with a T-shirt, and \$30/\$40 on race day. Awards will be given to the top three finishers in 15 age divisions. The awards ceremony will be at Morro Rock. See complete details at http://www.leaguelineup.com/welcome.asp?url=rock2pier or at www.active.com. Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

SATURDAY, JULY 16, 8:00 AM. ELEVENTH ANNUAL LIZARD BREATH FENCE LINE 7.5-MILE FUN RUN AND 3.5-MILE WALK, LA PURISIMA MISSION, LOMPOC. Approximately seven and a half miles, sandy and hilly. Meat for the ultr or B) not in very mash Village ur starting at 8 AM Hunt at 736-543. **RACE CANCELLED. IT WILL BE BACK ON THE SCHEDULE NEXT YEAR.** y that. Very tough for those who are looking for a challenge. nded for someone who is either A) not familiar with the terrain ed. You will sign a waiver, Bubba. Registration at the Chu- cksmith shop. Signups start at 7 AM; with the run/walk information or to volunteer to help with this event, contact Al

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 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 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.

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, (13.1 MILES) AND 5K (3.1 MILES), 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.

RACE RESULTS

May 13, San Cristobal Island, Galapagos Islands. Julie and Juan Campos finished the Galapagos Marathon in 5 hrs 53 mins 20 secs for both. It was very hilly, hot, and humid. This was Julie's fastest walking time yet. Julie will have a write-up on the marathon in a future newsletter.

May 12, Santa Barbara Wine Country Half-Marathon, Solvang. Ed Grand, 52nd overall, 1:30:53; Darryl Dalcerra, 231st overall, 1:43:29; and Patty Landis, 2,050 overall, 2:52:58. (http://www.iaapweb.com/results/12/05_12_2012_ind.htm and Darryl Dalcerra)

May 19, Bull Canyon Run, Santa Maria. 10 K - John Moore, 50:32, Joe Nemeth, 1:02::01; Sarah Nemeth, 1:06:27; Debbie Mills was 9th in her age division in the 10K Walk, 1:34:16. 5K – Scott Dunlap, 28:53; Leslie Martino, 36:59; Marie Morlatt, 34:33, Sonia Wasserman, 30:15, (Debbie Mills and <http://www.bcrun.org/>)

May 27, Strawberry Stampede, Arroyo Grande. 10K – John Moore, 54:02. 5K - Lisa Norcutt, 1st 70 over, 38:33; Olga Lucaric, 3rd in her age group, 49:51. (www.strawberrystampede.com)

June 3, Marianne Talley Memorial Fun Run, Arroyo Grande. 5K- Paul Lee, 1st in his age group, 21:06; Lisa Norcutt, 1st in her age group, 39:22; Olga Lucaric, 1st in her age group, 50:43; and George Lucaric, 2nd in his age group, 53:58. (<http://www.talleyvineyards.com/Community/Marianne-Talley-Fun-Run>)

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

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