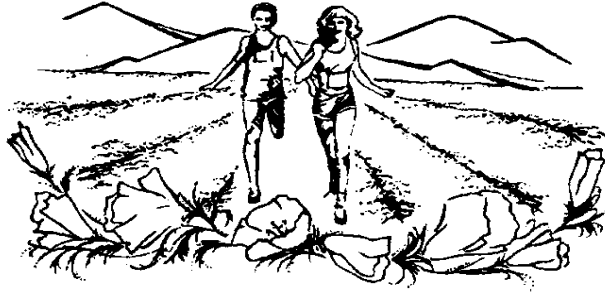


Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Wayne Davis President 735-7177
 Vice President
 Secretary

Ron Cortopassi Treasurer
Nancy Perry Newsletter 736-7122
Ron Cortopassi Webmaster

March 12, 2013

KEY DATES

2013 LVDC RACES



SATURDAY, MARCH 30, 2013, 9:00 AM. THIRTEENTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN AND NATURE WALK, LOMPOC. Kent Yankee, (805) 733-0754

SATURDAY, MAY 11, 2013. RAY GIL AND ALAN HUNT MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. Wayne Davis, (805) 735-7177, email: alhwed@msn.com

SATURDAY, JUNE 29, 2013, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KID'S RUN AND 5K RUN/WALK, LOMPOC. A.Lee & Wayne Davis at (805) 735-7177, email: alhwed@msn.com

SATURDAY, TENTATIVE DATE JULY 20, 8:00 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.

SATURDAY, SEPTEMBER 21, 2013, 8:00 AM. 38th 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).

NOTES FROM THE LVDC PRESIDENT

The 16 Feb High School senior project, "Race against Cancer" 5K at the La Purisima Mission, directed by Morgan Dalcerra was "Supercalifragilisticexpialidocious." Sponsors, volunteers, and State Park Rangers orchestrated a flawless event for 324 participants. The family of 9 year old Kameron Sharpe battling brain cancer was awarded funds to assist with their needs. As the timer at the Start/Finish line I was able to see firsthand of the teamwork and details that supported the event. Lastly, I commend Morgan's parents and the extended family for supporting her commitment to this rewarding cause.

"Show & Go"! LVDC members and nonmembers meet up with me on Saturday, March 23th, at 8 AM in front of the La Purisima Mission Visitors Center for a beginners walk/run. The designated course (lower loop) is approximately 3 miles on dirt and asphalt roads. It has a few inclines and declines but 90% flat.

Due to the flu the 3 March Potluck was cancelled but.....the next LVDC Potluck will be Sunday, March 24th, Noon – 2 pm, in Lompoc at 500 South N Street. Bring your favorite potluck side dish or dessert. My wife

Lee and I are hosting the event and will have a salad bar set up with fixings. Ranch dressing, water, soda, and coffee will be provided. Bring your favorite dressing if Ranch is not on your list. A short LVDC meeting will be held after we meet, eat, and visit. I would love to hear some of your memorable running experiences. Please contact us with a head count and what you will be bringing for the potluck.

Wayne Davis #:^)
Email alhwed@msn.com or Ph. 805-735-7177

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

WEDNESDAY, MARCH 13, 2013 - WEDNESDAY, APRIL 24, 2013. STELLAR NITES 5K TRAIL RUN SERIES, SANTA BARBARA. Come enjoy Stellar Nites; a weekly Wednesday night 5K Trail run- with camaraderie, entertainment, food, beautiful sunsets and spectacular views - all at Eling's Park - America's largest privately funded park, 1298 Las Positas Road. Perfect for fitness enthusiasts, weekend warriors, families, and kids! <http://stellarnites.com/>

SATURDAY, MARCH 23, 8:30 AM. SAN LUIS OBISPO HEALTH AND FITNESS EXPO 5K, SAN LUIS OBISPO. Registration and check-in is at the Madonna Expo Center where the race will start and finish as part of the SLO County Health and Fitness Expo. Pre-registration is \$25, \$30 on race day, includes a shirt, and can be done through their web site at www.slohealthandfitness.com or www.active.com. Awards to the top three men and women to finish. Proceeds benefit the Community Health Centers, a nonprofit organization providing medical services. If you have questions, call (805) 772-4600 or e-mail admin@simplyclearmarketing.com.

SATURDAY, MARCH 23, 9:00 AM. PARKS 4 PUPS / KENNEDY CLUB FITNESS DOG JOG, PASO ROBLES. This non-competitive run has distances of 2K and 4K and is open to runners and walkers with a limit of one dog per person. Please bring only dogs that are well behaved around other dogs and people. Participants will receive a bandana and dog goodie bag. The event location is Kennedy Club Adventure, 500 South River Road, Paso Robles, 93446. There is a \$15 entry fee until March 19, \$20 after that, and the event will be held rain or shine. Proceeds benefit the construction fund for Sherwood Dog Park & Parks-4-Pups. For additional information regarding the race, to volunteer, or for vendor opportunities, please call Sandy Casper at 239-8488 x 33 or Paula O'Farrell at 239-4437.

SATURDAY, MARCH 30, 2013, 9:00 AM. THIRTEENTH 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 adults (\$8 LVDC members), \$5 18 & under (\$4 LVDC members). 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 (while supplies last). Contact Kent Yankee at 805-733-0754 for more information or to volunteer.

SATURDAY, APRIL 6 AND SUNDAY, APRIL 7 - 2ND SAN LUIS OBISPO 5K, HALF MARATHON, MARATHON, AND EXPO, SAN LUIS OBISPO. These courses feature rolling hills, vineyards, and other scenic vistas. The marathon and half marathon will be on Sunday while the 5K will be on Saturday. Packet pick-up

will take place at the SLO Life Expo at the Madonna Inn Expo Center. Visit www.slomarathon.com for complete information, including starting times, course information, and entry fees.

SATURDAY, APRIL 13, 9:45 AM. 2ND ANNUAL ATASCADERO FIREHOUSE 5K AND HEALTH FAIR: The Atascadero Firefighters Association presents the Firehouse Health Fair along with a 5K that incorporates both road and trail. Start and finish at the Atascadero Fire Station, 6005 Lewis Avenue. The course consists of 1 mile on flat roads and the trails of Pine Mountain provide the other 2 miles with over 500' of elevation gain and gorgeous views of the city. The entry fee is \$25 for pre-entries and \$35 on race day (T-shirt availability for race day entrants may be limited). Students in grades K-12 are \$20 for the 5K. There is also a Team Challenge division with 4 person teams. Awards will go to the top overall male/female and the top finisher in each age group. There will also be kids 1/2 mile at 10:00 (\$5). Proceeds go to the Atascadero Firefighters Association, a non-profit that provides financial and logistical assistance for local charitable groups and community events. The contact number is 748-5288 and the web site is www.facebook.com/firehouse.funrun with registration available through www.active.com.

SATURDAY, APRIL 13, 2013, 9:00 AM. LAKES OF LOVE 4 MILER, GOLETA. Stow Grove Park. Lakes of Love is a student-run club at Dos Pueblos High School, which takes involved and determined students and allows them to help the community by organizing a race that benefits cancer research. The attitude of the Lakes of Love club is not raising money for personal gain, but rather to raise as much money as we can in order to make a difference in the life of someone else. The club has raised over \$10,000 for cancer research by organizing an annual race. Register at active.com. For more information: call (805) 729-8943

SUNDAY, APRIL 14, 2013, 9:30 AM. 3RD ANNUAL SEXUAL ASSAULT AWARENESS MONTH 5K WALK/RUN, SANTA BARBARA. Student Resource Building University of California. The Campus Advocacy Resources and Education program (CARE) at UCSB is sponsoring its third annual 5K Walk/Run in honor of Sexual Assault Awareness Month. All proceeds from the race will benefit the CARE Advocacy Fund. The race is open to UCSB students, faculty, and staff members, as well as the greater Santa Barbara community. The race will take place on campus and will highlight buildings and offices around campus that are important resources for student survivors of sexual assault. The race will begin on the Faculty Green near the lagoon, and end on the back lawn of the Student Resource Building, adjacent to Parking Lot #23. Racers can park in Lot #22 or #23 for the duration of the race. Parking permits are available for purchase in automated machines and are \$4. Please note that there are stairs on this course by Campus Point. Participants with strollers may want to leave them in a parked car in lot #6 for use after the stairs. For questions or for more information about this year's race, please contact Kegan Allee, Assistant Director of CARE, at (805) 893-3305 or via e-mail at kegan.allee@sa.ucsb.edu.

SATURDAY, APRIL 20, 2013, 8:00 AM. SANTA BARBARA CHARDONNAY 10-MILER AND 5K, SANTA BARBARA. Leadbetter Beach, Shoreline Drive and Loma Alta. A beautiful out-and-back course along the waterfront. Fast, flat start and finish with a few rolling hills in the middle. Join us for the fun, festivities, and post-race wine tasting! <http://www.sbactionpro.com>

SUNDAY, APRIL 21, 2013, 8:00 AM. ERIC'S RUN 5K/10K RUN/WALK, ORCUTT. All events will start and finish at the Orcutt Community Park, 5800 S Bradley Road, Orcutt, CA - Area A. 7:00 AM: Runner check-in and race day registration, 8:00 AM: Start (10K Run and 10K Walk), 9:00 AM: Start (5K Run and 5K Walk), Santa Maria-style BBQ and music after Run/Walk. Custom awards three deep in six categories. Proceeds benefit the Eric Okerblom Foundation whose mission is: Combating distracted driving through education, legislation, and enforcement, Promoting health care access to uninsured workers, and Providing tools to the disadvantaged. <http://www.ericrun.com> or www.active.com

SATURDAY, APRIL 27, 8:30 AM. MIRACLE MILES FOR KIDS 10K WALK/RUN, MORRO BAY. Support foster and special needs children, youth, and their families by participating in the Miracle Miles for Kids 10K.

Start at the base of Morro Rock and run along one of the most beautiful stretches of beach in California to the finish at the pier in Cayucos. The on-line entry fee is \$35 by April 7 and \$50 after that. Kids ages 13 & under are \$15. Included in the fee is an event t-shirt, post-race barbeque, live music, children's activities, vendor displays, and goody bag along with prizes in half a dozen age divisions. You can also form teams and raise pledges. Check out the websites at www.fcni.org and www.mm4k.com for complete race information. The event is sponsored by the Family Care Network, 3765 South Higuera Street, #100, San Luis Obispo, 93401, register through their web site, at www.active.com, or call 781-3535.

SATURDAY, APRIL 27, 2013, 9:00 AM. GAUCHO GALLOP BENEFIT DOG DASH, 5K, 10K, AND KIDS DASH RACE SANTA BARBARA. Location - UCSB Harder Stadium, Stadium Road. Gaucho Gallop Schedule of Events: 7:30am: Day of Event Registration Opens; 8:15am; Start of the Dog Dash; 9:00am; Start of the 10K Race and 5K Run/Walk; 9:30am; Start of the Gaucho Challenge; 10:00am; Kids Dash. Entry fees: UCSB Students: \$20, UCSB Alumni: \$20, UCSB Faculty & Staff: \$20, General Public: \$25, Gaucho Challenge Team: \$40. The Gaucho Gallop promises to have something for the entire family. The day will begin with the Dioji Dog Dash before moving on to the Santa Barbara Running Company 10K (Grand Prix event), Elite Performance 5K Run/Walk, Kids Dash, and the Gaucho Challenge presented by SB Airbus. Celebrate your finish in style at the Finish Line Festival, held inside of Harder Stadium with breakfast burritos and live music. www.ucsbbruns.com or Active.com.

WEDNESDAY, MAY 1, 2013 - WEDNESDAY, AUGUST 28, 2013, 6:00 PM. NITE MOVES 2013. 5K RUN, SWIM AND BIATHLON. SANTA BARBARA. Leadbetter Beach, 801 Shoreline Road Santa Barbara, CA. Swimming, running, and biathlon events every Wednesday evening starting at 6 PM. Each week features a presenting sponsor, a featured buffet host, local Santa Barbara entertainment and a sunset on the shore of The America Rivera. Our backdrop is a fantastic view of the SB Channel and Anacapa Island, and the sails of the Wet Wednesday racing fleet. Registration opens at 5:00 PM, Vendors Village opens at 5 PM, Swim starts at 6:25 PM. Run starts at 6:35 P.M. Band, Refreshments and Beer Garden Opens at 6:35 PM. <http://www.nitemoves.org> or active.com

SATURDAY, MAY 4, 2013, 11:30 AM. CITY CHALLENGE URBAN RACE 5K & HALF MARATHON RUN/WALK SANTA BARBARA. Santa Barbara Brewing Co, 501 State St. Santa Barbara, CA. The City Challenge Urban Race is your opportunity to spend the day either as an individual or with a partner competing in a one of a kind urban adventure race. You'll need to think on your feet and use your brain to solve puzzles, riddles, and clues from a clue sheet to find 12 destinations. Think of it as a scavenger hunt. Each race is custom built based on the history, unique features and landmarks of the city! <http://hegnessevents.com> or Active.com for more information

SATURDAY, MAY 11, 9:00 AM. RAY GIL AND ALAN HUNT MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. These events take place entirely within the La Purisima Mission. 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. Entry fees: To be determined. Contact Wayne Davis, 735-7177 or LVDC, PO Box 694, Lompoc 93438.

SATURDAY, MAY 11, 2013, 7:00 AM. MMRF CHARITY TEAM - 2013 SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. Maverick's Saloon, 3530 Sagunto St, Santa Ynez, CA. For more information: <http://www.themmrp.org/EnduranceEvents> or active.com

SATURDAY, MAY 11, 2013, 8:00 AM. 5K RUN FOR LOVE RUN/WALK, SANTA BARBARA. Leadbetter Beach, 801 Shoreline Drive, Santa Barbara, CA For more information: Active.com.

SATURDAY, MAY 11, 10:00 AM. LAKE NACIMIENTO SUMMER KICKOFF 5K, PASO ROBLES. Kick off your summer with a 5K benefit trail run around picturesque Lake Nacimiento! This new event takes place at the Lake Nacimiento Resort located at 10625 Nacimiento Lake Drive in Paso Robles. A "Summer Kick-Off" party will follow the run. The race starts at 10 AM with registration beginning at 8:30. Registration and the start will be in the parking lot adjacent to the main launch ramp. The cost is \$25 through March 25, \$30 through May 10, and \$35 on the day of the race which includes a complimentary logo wine glass with one free tasting at the Summer Kick-Off Event following the race. Register on Active.com or visit the race web site at www.nacimientoresort.com.

SATURDAY, MAY 18, 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, new this year, 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 or go to the race web site at www.bcrun.org. The event is held in conjunction with the Santa Maria Recreation & Parks Department, 615 South McClelland, Santa Maria, 93454 and is directed by Ken George, 928-3781, Ext. 194, bullcanyonrun99@yahoo.com. Proceeds benefit Special Olympics.

SUNDAY, MAY 19, 2013, 9:30 AM. HILLEL 5K BAGEL FUN RUN, GOLETA. Santa Barbara Hillel, 781 Embarcadero del Mar, Goleta, CA. Please join us for a beautiful 5K fun run, with an amazing view of the Pacific Ocean! All funds raised will be donated to Wounded Warrior project, which provides programs and services to meet the needs of injured service members. All ability levels and families are welcome: walkers, joggers, and runners. There will be food, drinks, and raffles following the Fun Run! T-shirt included with each registration. Event Contact Phone: (760) 550-7069 or Active.com.

SUNDAY, JUNE 2 (8:00 A.M.) - 20th MARIANNE TALLEY MEMORIAL 5K, 10K, 1-MILE WALK, & KID'S MILE: All races are run on a cross country course through the scenic dirt roads and trails at Talley Vineyards in Arroyo Grande. Timing chips provided for all 5K, 10K and, youth runners. Aid stations will be on the course with water and fresh fruit provided at the finish and post-race raffle for all participants. The awards ceremony will include a special 20th Anniversary award for the overall male/ & female winners of each race and age group place winners 3 deep in 14 divisions) and will be held immediately following the Kid's Mile. The early registration fee \$30 (\$20 for the kids mile for ages 13 & under) through May 31 and includes a tech t-shirt; Registration on race day is \$35 (\$25 for the kids mile with limited shirt availability. An "I Beat the Vintner" T-Shirt will be awarded to those in the 5K who finish before Vintner Brian Talley. All proceeds go towards a scholarship fund for student athletes at Arroyo Grande High School. Register online at www.active.com. For more information, contact Marian Fiorentino at 481-2235, Ext. 11 or by e-mail at run@talleyvineyards.com.

RACE RESULTS

February 24, 2013, Roses en La Playa, Santa Barbara. Amanda Tomasini was 139th overall, 1st place in the 16-19 division with a time of 31:05; and Sandra Tomasini was 194th overall, 45:17. (Sandra Tomasini and [active.com](http://www.active.com))

March 13, Catalina Marathon. Betty Lee was 128th out of 413 runners, in 4:50:19, and the 1st master Athena. (http://results.active.com/events/catalina-island-conservancy-marathon--2/marathon/expanded#expanded?_=1363317817360&page=1)

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	Wayne Davis	
Jun	Parade Route 3 Miles	Wayne and Lee Davis	
July	Lizard Breath Fenceline	Mary Lou Seelandt	
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, Classic Installation

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

**LVDC POTLUCK,
SUNDAY, MARCH 24**

**TRETTIN MEMORIAL 5K RUN
AND NATURE WALK
SATURDAY, MARCH 30**