

Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Wayne Davis President 735-7177
Vice President
Kent Yankee Secretary 733-0754

Ron Cortopassi Treasurer
Larry Huyck Newsletter 291-7701
Ron Cortopassi Webmaster

March 12, 2014

KEY DATES 2014 LVDC RACES



SATURDAY, MAY 10, 2014. RAY GIL AND ALAN HUNT MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. Wayne Davis, 735-7177, email: alhwed@msn.com

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.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SATURDAY, MARCH 22, 2014 (8:30 AM) – SAN LUIS OBISPO HEALTH & FITNESS EXPO 5K: The SLO Health and Fitness Expo 5K takes you along the SLO bike path up a mountain trail and then back to the Alex Madonna Expo Center, offering beautiful views of the hills and pastures of San Luis Obispo. You do not have to be a serious runner to participate as the Fitness Expo encourage all walkers and runners to come enjoy the healthy lifestyle of the central coast. Registration and check-in is at the Madonna Expo Center. Pre-registration can be done through their web site at www.slohealthandfitness.com or on www.active.com. Awards will go to the top three men and women to finish. Proceeds benefit the Community Health Centers, a non-profit organization providing medical services. If you have questions, call 772-4600 or e-mail admin@simplyclearmarketing.com.

SUNDAY, MARCH 23, 2014 (8:00 A.M.) - WINE COUNTRY HALF MARATHON, 5K, & KID'S GRAPE STOMP: The race will start and finish at River Oaks Hot Springs & Spa, 800 Clubhouse Drive, just off Highway 46 a few miles east of Paso Robles. The course takes you over rolling hills, through picturesque vineyards, and along the Salinas River. After the race, enjoy breakfast, music, a raffle, and the awards ceremony. All runners receive a tech T-shirt and the male and female winners of the half marathon win their weight in wine. Commemorative wine glasses to all half marathon finishers and awards to the top three in 13 age groups in both races. The half marathon begins at 8:00, the 5K at 8:15 and the kid's Grape Stomp half mile for ages 10 & under at 9:00 AM. Entry fees are \$75 for the half marathon, \$40 for the 5K, and \$20 for the kids by February 28 and \$85/\$5/\$20 after that. The race web site is www.winecountryruns.com and registration is through www.active.com. E-mail questions to mcrundoc@digitalputty.com or call 226-9911 (answering machine only).

SATURDAY, MARCH 29, 2014 (9:00 A.M.) - CITY OF SANTA MARIA ROCK THE 80'S 5K & KID'S 1-MILE FUN RUN, PIONEER PARK 1150 WEST FOSTER ROAD SANTA MARIA , CA 93455

Run in style dressed in your favorite 80's attire while rocking out to some 80's tunes to the finish line. Event takes place rain or shine. RACE TIMES: The 5K (for ages 14 and up) begins at 9:00 AM and is an out and back course through neighborhoods and Pioneer Park. The kids' 1-mile fun run (for ages 6-13) begins at 10:00 AM and loops through Pioneer Park. AGE DIVISIONS: Awards will be given to 1st and 2nd place male/female finishers in the following age divisions (6-7, 8-9, 10-11, 12-13, 14-15, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+). Registration deadline is March 20, 2014. No day of registrations accepted!! 80's attire highly encouraged!!! Event schedule and times Adult 5K: 9:00am start time Kids 1-mile Fun Run: 10:00am start time. Register at www.active.com, the event website is <http://www.cityofsantamaria.org/>.

SATURDAY, APRIL 19, 2014 (8:30 A.M.) – MIRACLE MILE FOR KIDS 10K RUN

The 6.2 mile race course runs along the water's edge from Morro Rock to the Cayucos Pier, one of the most beautiful stretches of beach in California. At the finish line, participants are treated to a post-race party with live music, breakfast, a vendor fair and an award ceremony. Plus, every walker/runner receives a goody bag and a Miracle Miles for Kids commemorative T-shirt. Miracle Miles is truly an event for everyone – from serious athletes to families! The event starts at 8:30 am at Morro Rock located at 101 Coleman Drive Morro Bay, CA 93442. Sign up for only \$35 now through February 14! \$50 from February 15 - March 31; \$60 from April 1 - race day on April 19. Kids under 14 years are only \$15 and little ones under five years old are free. See <http://mm4k.com> to register, and get more information.



SATURDAY, APRIL 26, 2014, 9:00 AM. GAUCHO GALLOP, 5K, , AND KIDS DASH RACE SANTA BARBARA. Location - UCSB Harder Stadium, Stadium Road. Gaucho Gallop Schedule of Events: 7:30am: Day of Event Registration Opens; 8:30 am; Start of the 5K Run/Walk; 9:30am; Start of the Gaucho Challenge; 9:35 am start of the Kids Dash. Entry fees: UCSB Students: \$10, UCSB Alumni: \$15, UCSB Faculty & Staff: \$20, General Public: \$25, Gaucho Challenge Team: \$40. The Gaucho Gallop promises to have something for the entire family. Celebrate your finish in style at the Finish Line Festival, held inside of Harder Stadium. The race is held in conjunction with the 8th annual All Gaucho Reunion. www.ucsbbruns.com Contact person: John Lofthus, (805) 893-8416, john@ucsbalum.com

SATURDAY, APRIL 26 & SUNDAY, APRIL 27, 2014 - SAN LUIS OBISPO 5K, HALF MARATHON, MARATHON, & EXPO: These courses feature rolling hills, vineyards, and other scenic vistas as participants run past downtown SLO landmarks and then through the rural countryside. The 5K will be held on Saturday while the marathon and half marathon are on Sunday. Packet pick-up will take place at the Madonna Inn Expo Center. Last year's races drew well over 3500 entrants (750 in the 5K, 2300 in the half, & 700 in the full). Visit www.SLOMarathon.com for complete information, including starting times, course descriptions, and entry fees.

SATURDAY, MAY 3, 2014. RUN OR DYE 5K. EL CHORRO REGIONAL PARK, SAN LUIS OBISPO. The World's Most Colorful 5K is headed to San Luis Obispo. Run or Dye, the world's most colorful 5K, will take place at El Chorro Regional Park on May 3, 2014. Bring all your friends and run a color-blasted 5K, where you get showered in safe, eco-friendly, plant-based cornstarch dye every kilometer. Then enjoy our world-famous Dye Festival afterward, where you can Tie-Dye the Sky (not to mention all your friends!) in this ultimate celebration of life, friendship, fitness, and fun. More info and pricing at www.runordye.com/locations/San-Luis-Obispo

SATURDAY, MAY 10, 2014. RAY GIL AND ALAN HUNT MISSION MEMORIAL 5K RUN/WALK AND 10K RUN, LOMPOC. These events take place entirely within the La Purisima Mission Historical State Park. 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 docent nonprofit group (La Prelado de los Tesoros). Entry fees:



\$10 (LVDC members \$2 discount) and \$5 for ages 17 & Under. Contact Wayne Davis, 735-7177, email: alhwed@msn.com or LVDC, PO Box 694, Lompoc 93438.

SATURDAY, MAY 10, 2014, 7:00 A.M., SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ. Registration for this popular event is limited to 3,000 runners due to our commitment to minimize the impact in this beautiful area and to provide our guests with a quality destination running experience. All runners or fast walkers must be able to keep a 16:00 per mile pace and finish in 3 hours and 30 minutes or less to register. The minimum age requirement for the half marathon is 12 years. This course is considered very scenic and easy to medium difficulty, with gentle rolling terrain on backcountry roads. It is now 70%full. Go to <http://destinationraces.com/runsb/> for more info and to register.

SATURDAY, MAY 17, 2014, 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 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. Proceeds benefit Special Olympics.

SUNDAY, MAY 25, 2014, 28TH 8:00 A.M. ANNUAL STRAWBERRY STAMPEDE 5KRUN, 10K RUN, AND 5k WALK. ARROYO GRANDE. The historic Strawberry Stampede is held in conjunction with the Arroyo Grande Strawberry Festival on Sunday of the Memorial Holiday weekend. There are three separate races: 10K Run, 5K Run, & 5K Walk. All proceeds from the race go to benefit youth causes and programs in the local area. Presented by The Kiwanis Club of Greater Pismo Beach. Event schedule and times Registration opens at 6:45 AM. 10K Run starts at 8:00 AM. 5K Run and 5K Walk start at 8:05 AM. Refreshments and awards immediately following race pre-registration fees: Registration on line by May 15; \$30 with t-shirt or \$25 without. Registration fees after May 15 and on race morning; \$35 with t-shirt (while supplies last) \$30 without. Race website is www.strawberrystampede.com or www.active.com

SATURDAY, MAY 31, 2014, 8:00 A.M. MORRO BAY BANDS ON THE RUN – HALF, 10K AND 5K. MORRO BAY HIGH SCHOOL. Participants for this event is 150 for the half and 750 total overall. The event starts at Morro Bay High School, 235 Atascadero Road in Morro Bay, CA 93442. Registration cost through May 16 is \$50 for the Half; \$30 for the 10K and 5K (adults) and \$20 (under 18 years.) See the website below for costs after May 16. Starting at the high school the course goes through the Cypress Tunnel and then onto the beach. Bands will play at the main stage and at key venues along the course. See www.morrobaybotr.com for more information. You can register at www.active.com This benefits MBHS music education programs and scholarships.



RACE RESULTS

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



Kent Yankee giving last minute race instructions at the 14th Annual Dr. John Trettin Memorial 5K Run and Nature Walk. Pictured below L – R are: Nancy Egan – female overall winner and Kent Yankee – male overall winner.



SATURDAY, MARCH 8, 2014, FOURTEENTH ANNUAL DR. JOHN C. TRETTIN MEMORIAL 5K RUN AND NATURE WALK, LOMPOC.

A sunny Saturday morning greeted 151 runners /walkers to the Dr John Trettin Memorial 5K. Race director Kent Yankee kept things moving and with his usual energetic personality made this an enjoyable event. The ages of participants ranged from 4 to 75 years old. The awards and drawings were well worth the trip to Cabrillo High School..The overall winners were Kent Yankee (19:26) and Nancy Egan (23:58) – pictured below. Other LVDC participants were, in order of finish: 7 - Paul Lee (22:47), 8 - Darryl Dalcerrri (23:32), 12 - Sarah Nemeth (25:01), 16- Gina Barron

(25:30), 21 – Terry Smith (26:02), 50 – Larry Huyck (30:45), 59 – Mary Lou Seelandt (32:55), 60 – Fran Zimmerman (33:00), 66 – Jim Brock (35:31), 78 – Patty Landis (41:15), 80 – Beth Cortopassi (41:36), 80 – Kathleen Cortopassi (41:36), 85 – Joe Nemeth (44:45), 145 – Olga Lucaric (1:02:19) and 146 - Joel George (1:02:19).



Matt Trettin and his dog (28:34)

Larry Li reported the following results for his son Ben Li:

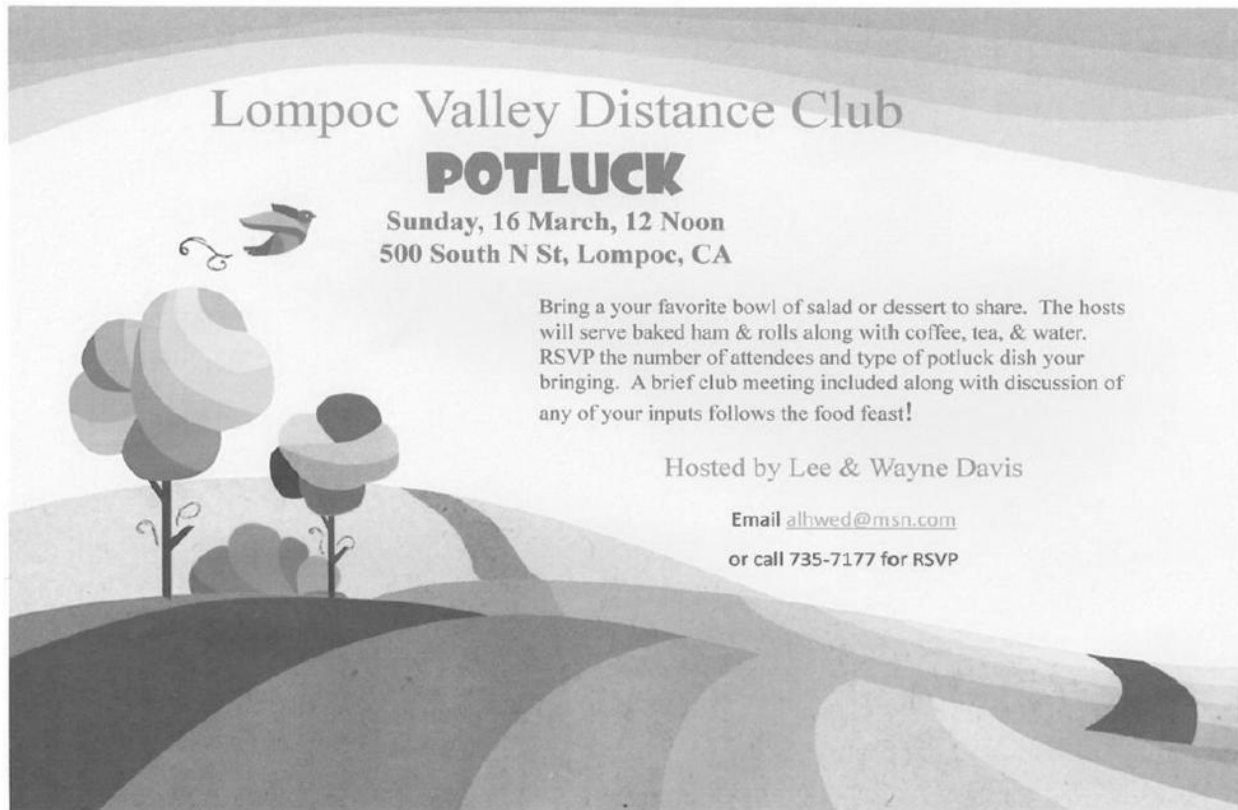
SATURDAY MARCH 8, 2014. 20th ANNUAL GUPTON JEEP TOM KING CLASSIC HALF MARATHON, 5K AND HEALTHY NASHVILLE WALK, NASHVILLE TN.

5K - 1st overall, 15:34, (5.02/m)

SATURDAY, FEBRUARY 15, 2014. NASHVILLE HOT CHOCOLATE 5K. NASHVILLE TN.

This is a race series across the country to raise money for the McDonald house for hospitalized kids. There were over 3000 participants but this included many walkers too. Ben posted a link to video news coverage on his Facebook page (see first minute). Ben won the race in 16:36. It was 23° outside at the start of the race, but with windchill the temp was down to 8° and he was racing in a singlet and shorts.

POTLUCK – SUNDAY, MARCH 16 AT 12 NOON.

A poster for a potluck event. The background features a stylized landscape with rolling hills, a winding path, and several trees. The text is centered and reads: "Lompoc Valley Distance Club", "POTLUCK", "Sunday, 16 March, 12 Noon", "500 South N St, Lompoc, CA". Below this, it says: "Bring a your favorite bowl of salad or dessert to share. The hosts will serve baked ham & rolls along with coffee, tea, & water. RSVP the number of attendees and type of potluck dish your bringing. A brief club meeting included along with discussion of any of your inputs follows the food feast!". At the bottom, it says: "Hosted by Lee & Wayne Davis", "Email alhwed@msn.com", and "or call 735-7177 for RSVP".

Lompoc Valley Distance Club

POTLUCK

Sunday, 16 March, 12 Noon
500 South N St, Lompoc, CA

Bring a your favorite bowl of salad or dessert to share. The hosts will serve baked ham & rolls along with coffee, tea, & water. RSVP the number of attendees and type of potluck dish your bringing. A brief club meeting included along with discussion of any of your inputs follows the food feast!

Hosted by Lee & Wayne Davis

Email alhwed@msn.com
or call 735-7177 for RSVP

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*

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PO BOX 694
LOMPOC CA 93438

**Dr. John Trettin 5K
results inside**