

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

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



Wayne Davis	President	735-7177	Ron Cortopassi	Treasurer	
	Vice President		Nancy Perry	Newsletter	736-7122
Kent Yankee	Secretary	733-0754	Ron Cortopassi	Webmaster	

May 12, 2013

## KEY DATES

### 2013 LVDC RACES



**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](mailto:alhwed@msn.com)

**SATURDAY, JULY 27, 8:00 AM. NOTE DATE CHANGE 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](mailto:runmls@gmail.com).

**SATURDAY, SEPTEMBER 21, 2013, 8:00 AM. 38<sup>th</sup> 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 recent Boston Marathon explosions struck fear in our Nation and brought sadness in our hearts for many that turned on the news that day. Lompoc Valley Distance Club members and I started emailing each other to find out status of any local area participants. Karl Seelandt was on our minds. Within hours his wife, Mary Lou, emailed Karl's status and later in the day I received a personnel email from him. Karl was fine but he felt the impact and he had seen the chaos from a medical tent. The prompt emails brought relief to many!

"Show & Go"! LVDC members and nonmembers meet up with me on Sunday, 2 Jun at 8 AM in Ryon Park (Ocean Avenue and South "O" Street) for a beginners walk/run. The course will be approximately 3 miles along the South side of Lompoc. Soon....I will be posting a schedule on the LVDC website of other "Fun Runs" that you can host or participate in as a group. Please email me times and days of the week that would be of interest to you.

Lastly, does anyone have any info on the Roadway Enhancement Partnership Program (REPP) that identified the LVDC on a sign posted on the way to Miguelito Park (just before the left turn to the mining company)? I assume that LVDC volunteered to keep the roadway litter free! I would like to continue the worthwhile service to our community.

**Wayne Davis #:^)**  
**Email [alhwed@msn.com](mailto:alhwed@msn.com) or Ph. 805-735-7177**

**LVDC POTLUCK:** Fran Zimmerman will host the next LVDC potluck on Sunday, June 9 at 12:00 noon. Her address is 4453 Libra Drive, Vandenberg Village. RSVP to 733-2255 or frannyzim@aol.com with who is coming and what you are bringing.

**VALLEY OF THE FLOWERS HALF-MARATHON:** The brochures have been mailed and several entries have already been received. The brochure is also posted on the LVDC web page. If you have a suggestion for a sponsor, let me know. If you aren't running, Betty needs volunteers, especially course monitors since someone was directed wrong last year.

**LVDC Scholarships:** The scholarship selection committee met a few weeks ago. There were 16 applications from Cabrillo students and 12 applications from Lompoc students. There were six boys and ten girls from Cabrillo and two boys and nine girls from Lompoc applying for the scholarships. Because some of the students who received scholarships in the past did not claim their scholarships, the committee decided to award four scholarships to each school. The names of the scholarship recipients will be in the June newsletter. Betty Lee will present the scholarships to recipients at each school's awards night.

**NOTES ON THE BOSTON MARATHON/BOMBING FROM KARL SEELANDT.** Greetings LVDC! I am avid runner and have had the opportunity to participate in the Boston Marathon every year since 2008. The event this year involved some of the worst and the best experiences of my life. First, Mary Lou and I want to thank everyone for their thoughts and concern when the news spread about the Boston Marathon bombings. In the weeks after the bombings I am still trying to comprehend what happened on April 15th.

Runners, family, and friends near the finish area at the time of the bombings were caught up in an unreal, chaotic scene as first responders and race volunteers cleared the finish area to make an entryway for police, fire, and ambulances. I was in the finish line medical tent when the first bomb exploded just yards from where I lay. There was confusion and a strange quiet after the first explosion occurred. Volunteers started to pick up things knocked over when the second explosion went off and smoke from the first bomb began to enter the area. There was a collective gasp as we all knew something terrible was happening. Runners in the medical tent who could walk began to clear out, I.V.s were pulled and blankets wrapped around us as the medical volunteers went into high gear. Within minutes, these volunteers found themselves in what could only be described as a War Zone. Everyone's worst fears were realized as traumatized, bloody casualties began to arrive, moments earlier these people were celebrating and cheering runners near the finish line. I cannot forget the image of first casualty, she was terribly injured with her face and legs bright red with blood and her pants were literally blown off of her legs. The volunteer pushing her wheelchair was very young and his arms were red with blood. Soon there seemed to be an endless stream of casualties arriving. I am still amazed by the unbelievable response from all of the volunteers and first responders, their selfless efforts during this horrible tragedy saved many, many lives.

I made my way from the finish area towards Boston Common, the street was nearly deserted. I carry my cell phone when running, but cell service was shut down quickly after the bombings and texting was sporadic. We shared phones to allow fellow runners to contact and reunite with friends and family. Public transit and taxi service was shut down so everyone had to make their way back to hotels on foot. All this amid the nonstop wail of sirens as a stream of every possible kind of emergency vehicle seemed to be converging on downtown Boston.

It seemed as if the entire downtown was hunkered down in their hotels or homes waiting for whatever was coming next. The news contained reports of additional bombs found and diffused and the Mayor and Governor warned people to shelter in place and not venture out. The streets were empty and restaurants were vacant as everyone was glued to the news stations.

Tuesday, downtown Boston was very somber. Near the finish area purses, strollers, sag bags, warm-up blankets, shoes, race bibs, and signs were strewn haphazardly on the ground creating an apocalyptic scene. This "crime scene" was preserved and guarded by soldiers and surrounded by TV news trucks of every variety. Soldiers, police, and bomb dogs seemed to be on every corner in downtown Boston and throughout the T (subway) stations, it was all so surreal. At first everyone seemed to be having difficulty processing all that happened, the Joy and Celebration was sucked out of the City and the Event. But it was one of those great warm sunny days in Boston and more and more people ventured out and could be seen walking around the quarantine zone. As the day progressed people started to talk with one another and all echoed the same thought; they will be back to run or cheer again next year. Typical post race discussions of finish times and whether you BQ'd were replaced by runners and spectators sharing their positive experiences from race day. There were so many stories of people helping one another in so many different ways, this is the memory I want everyone to remember. When things seemed at their worst, strangers reached out to help one another.

Everyone please remember, terrorists can only win if they are able to interrupt our activities, please keep running!

## **UPCOMING ROAD RACES**

### **CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES**

**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](http://active.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](http://www.active.com) or go to the race web site at [www.bcrun.org](http://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, [bullconyonrun99@yahoo.com](mailto:bullconyonrun99@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](http://Active.com).

**SUNDAY, MAY 19, 2013, 7:00 AM. BAY TO BREAKERS, SAN FRANCISCO.** The Bay to Breakers has a club competition that can be entered. Check their web site at <http://baytobreakers.com/> for more information on club registration and on the race.

**SATURDAY, MAY 25, 8:30 AM. BANDS ON THE RUN 5K/10K, MORRO BAY.** This run/walk will take place at Morro Bay High School and benefit the MBHS Music Department. The run will take you along the soft sand through the infamous "cypress tunnel" and then onto the beach. Bands will be playing on the main stage and at various venues along the course. Fees start at \$25 for students and \$30 for adults, add \$5 for a T-shirt, add another \$15 for a Friday night pasta feed ticket. The latter will take place at the MBHS cafeteria. For registration, visit [bandsonthorunmorrobay.eventbrite.com](http://bandsonthorunmorrobay.eventbrite.com).

**SUNDAY, MAY 26, 8:00 AM. 27TH ARROYO GRANDE STRAWBERRY STAMPEDE 5K AND 10K.** These courses are scenic routes through Arroyo Grande with registration, the start, and the finish all at the end of Short Street by the swinging bridge. Check the web site for entry fee amounts with refreshments and prize drawings. Proceeds go to Kiwanis community service projects. Awards are three deep in five year age groups in each of the races, which are part of the Strawberry Festival that features food, music, and crafts. Pismo Beach Kiwanis Club, PO Box 44, Pismo Beach, 93448, [www.strawberrystampe.com](http://www.strawberrystampe.com).

**SATURDAY, JUNE 1, 8:00 AM. MUDDY MADNESS 5K CHARITY MUD RUN, BUELLTON.** 650 East Highway 246, Buellton, CA 93427 – On the Flats in Buellton next to Ostrich Land. Obstacle run for individuals or teams, includes kid's mud run for ages 7-12. Entry \$85; \$100 on race day. Teams will receive a \$10 discount per team member. Admission for spectators is \$20. For more information go to [muddymadness.com](http://muddymadness.com).

**SATURDAY, JUNE 1, 8:00 AM. CITY OF SANTA MARIA ELKS RODEO STAMPEDE RUN:** This event will take place at Rosalind Perlman Park at 100 N. Broadway in Santa Maria. The entry fee is \$20 and entry can be done through Active.com. The loop course is on a closed road prior to the start of the Elks Rodeo Parade in front of hundreds of spectators and begins and ends at the intersection of Main and Broadway. No day of event registrations will be accepted. Strollers and joggers are welcome with distances of 1 mile for ages 7-11 and 2 miles for those 12 years and up. Check-in will be at Rosalind Perlman Park and the start/finish line is at the intersection of Main and Broadway. The kids' U-turn point is at Boone Street while adults will turn around point at Stowell Road. An awards ceremony takes immediately following the race with awards given to 1st and 2nd place finishers in 16 age divisions. Water and light refreshments will be provided to participants at the finish line. Parks and Rec Dept, 925-0951, e-mail [dsmitherman@cisanta~maria.ca.us](mailto:dsmitherman@cisanta~maria.ca.us).

**SATURDAY, JUNE 1, 8:00 AM. LIGHTHOUSE FOUNDATION 5K AND 10K, TEMPLETON.** This 5K and 10K run to benefit The Lighthouse Foundation will take place at Pomar Junction Vineyard and Winery. The courses will wind their way along the roads of Templeton and back to the Winery, located at 5036 South El Pomar in Templeton. Entry fees are \$35 for the 5K and \$45 for the 10K. Come enjoy all that the wine country has to offer and benefit a worthy cause as well. The Lighthouse Foundation is dedicated to providing programs of prevention and intervention in the areas of drug and alcohol abuse. Lighthouse provides education, counseling, scholarships, and opportunities as well as providing support for the families and friends of addicted and at-risk youth. Contact Carolyn McGaughey, (805) 462-9622, [lighthousefunrun@gmail.com](mailto:lighthousefunrun@gmail.com), Registration is through [www.active.com](http://www.active.com).

**SATURDAY, JUNE 1, 8:00 AM. FIRE HYDRANT 5K, PISMO BEACH.** Come run or walk with your dog on this course at Dinosaur Caves Park in Pismo Beach. Prizes will be awarded to the top finishers and the 5K will be followed by a Dog Expo with agility and skill demonstrations, vendor booths, and various contests. \$25 entry fee through May 12, \$30 from May 12-30, and \$35 on race day. For more information and to register, check [www.firehydrant.com](http://www.firehydrant.com).

**SUNDAY, JUNE 2, 8:00 AM. 20th MARIANNE TALLEY MEMORIAL 5K, 10K, 1-MILE WALK, AND KID'S MILE, ARROYO GRANDE.** 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/ and 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](http://www.active.com). For more information, contact Marian Fiorentino at 481-2235, Ext. 11 or by e-mail at [run@talleyvineyards.com](mailto:run@talleyvineyards.com).

**SUNDAY, JUNE 2, 2013, 8:00 AM. PLATINUM PERFORMANCE STATE STREET MILE, SANTA BARBARA.** State Street at Pedregosa, 1925 State Street. A series of one mile events feature Age Group categories, Family Fun Mile, Dog Mile, and Open/Masters Elite Mile with prize money and course record bonuses. Registration starts at 7:00 a.m. at Pedregosa and State Street. All proceeds go directly to the Crime Victim Emergency Fund. Active.com or <http://sbmile.com/>

**SATURDAY, JUNE 8, 9:30 AM. 2ND ANNUAL BAYWOOD ROAD RACES (5K, 1 MILE, AND 400 METERS), BAYWOOD PARK.** The Baywood Racing Club is putting on another edition of the Baywood Road Races this summer. Be part of these races taking place in Los Osos/Baywood Park. The 5K is a scenic out and back from the bay with only one hill, the one mile is a mostly downhill course curving its way to finish by the bay, and there will be a 400M Road Dash. The mile will start at 9:30 AM with the 5K at 10:00 AM and the 400M at 11:00 AM. The race location is 1800 2nd Street in downtown Baywood Park. Registration will be on race day only, starting at 8 A.M. with entry fees of \$11 for the 5K, \$5 for the One Mile, \$3 for the 400M, or \$20 for all 3 races. Commemorative shirts will be sold for \$12 and there will be prizes to the top 3 men and women. Proceeds benefit the Morro Bay High School Track and Field team. Contact Patrice Lumarque for more information at [baywoodroadraces@gmail.com](mailto:baywoodroadraces@gmail.com) or visit them on Facebook.

**SUNDAY, JUNE 9, 2013, NO TIME. MONTECITO YMCA FAMILY FUN RUN/WALK 5K.** 591 Santa Rosa Lane, Santa Barbara, California. The Montecito Family YMCA invites the whole family to enjoy a morning 5K Run/Walk, followed by a breakfast (pancakes, eggs, bacon) and activity-filled day at the Y! 5K Fun Run (whole family welcome), Y facility tour, swimming, archery, basketball, volleyball, and much more. Non-members have free access to all Y facilities on day of event. Runners will receive a Fun Run t-shirt (please register at least 2 weeks in advance). RACE CAPPED AT 250 RUNNERS: This is a popular race and expected to sell out, so register now at [active.com](http://active.com)

**JUNE 14-16 2013. DIRT ROAD AND TRAILS ENDURANCE 100 MILE RUN, LOA PADRES NATIONAL FOREST.** The DRTE 100 ("Dirty One Hundred") is hosted 45 minutes from downtown Santa Barbara and situated entirely within the Santa Barbara District of the Los Padres National Forest. The route is comprised of dirt roads and trails that create a hybrid Out and Back course. <http://www.drte100.com/>

**The Santa Barbara Trail Run and the DRTE 100 Mile Run are hosted concurrently.**

**SATURDAY, JUNE 15, 2013, SANTA BARBARA TRAIL RUN (SBTR) SANTA BARBARA TRAIL RUN, 110K, 50K, 30K AND 10K .** Starting and finishing at Rancho Oso Guest Ranch, located 45 minutes from downtown Santa Barbara in the lower Santa Ynez Recreation Area. Runners depart in an easterly direction to the Upper Santa Ynez Recreation Area (100k- Romero Camuesa, 50k Gibraltar Reservoir, 30k Angostura Pass and 10k Arroyo Burro Saddle). Trail runners will experience an ample mix of single track trails cut

through the dense native chaparral, meandering forest fire roads and numerous seasonal creek crossings, generous climbs and epic meandering descents through the stunning and rugged Santa Barbara backcountry topography in its late spring glory as a cornucopia of wildflowers will be in full bloom on the north and south slopes. <http://www.santabarbaratrailrun.com/>

**SATURDAY, JUNE 22, 9:00 AM. 8TH 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 \$30 for YMCA members, \$35 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](http://www.sloymca.org).

**SATURDAY, JUNE 29, 2013, 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!) and \$5 for 1K Kids Run. Awards in 1K and 5K. Run categories will be for 1<sup>st</sup> & 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 Fibrosis Foundation in honor of 8 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](mailto:alhwed@msn.com)

**THURSDAY, JULY 4, 8:30 AM. 21ST POZO SALOON 5K (90 WEST POZO ROAD), POZO.** 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](http://www.active.com), \$40 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, [info@runningwarehouse.com](mailto:info@runningwarehouse.com) or [active.com](http://active.com).

**THURSDAY, JULY 4, 2013, @ 7:30 AM. 59TH ANNUAL SANTA BARBARA SEMANA NAUTICA 15K.** San Marcos High School, 4750 Hollister Santa Barbara. 15K at 8:00am and walkers at 7:30 AM. Traditionally held on the 4th of July, the 59th Annual Semana Nautica 15K is the oldest race on the central coast. Walkers or slow runners can start at 7:30am, but need to check in at start line. The walk is non-competitive. Fees: \$25 thru 6/10/13. \$30 thru 7/1/13, and Late Reg \$40. <https://www.sbrunning.org/> or [active.com](http://active.com)

**SATURDAY, JULY 13, 8:00 AM. 44TH BRIAN WATERBURY ROCK TO PIER RUN & 2ND ROCK'N AROUND THE PIER HALF MARATHON, MORRO BAY.** 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. The entry fees are \$20 for pre-registration, \$30 with a T-shirt, and \$30/\$40 on race day (registration will open on May 6). 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 200 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](http://www.leaguelineup.com/rock2pier) Karen Sweeny, Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay, 93442, 772-6281, [ksweeny@morro-bay.ca.us](mailto:ksweeny@morro-bay.ca.us).

**SATURDAY, JULY 27, 8:00 AM. !!!!NOTE DATE CHANGE!!!! 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. Very scenic for those who enjoy that. Very tough for those who are looking for a challenge. Meat for the ultra marathoner, but not recommended for someone who is either A) not familiar with the terrain or B) not in very good shape. No whiners allowed. You will sign a waiver, Bubba. Registration at the Chumash Village under the big oaks towards the blacksmith shop. Signups start at 7 AM; with the run/walk starting at 8 AM. Fees: To be determined. For information or to volunteer to help with this event, contact Mary Lou Seelandt at (805) 737-6153, runmls@gmail.com.

## RACE RESULTS

March 30, Lompoc. Trettin Memorial, Jim Brock, 32:14. My first Trettin 5K – narrow sandy trail in the Burton Mesa Ecological Preserve – fun and for a great cause! I met Big Sandy (mound of opportunity [Hill]). Nice t-shirt logo! (Jim Brock)

April 15, Boston. Marathon – Karl Seelandt, 3:39:33. (<https://registration.baa.org/searchable-results.html>)

April 20, Santa Barbara. Chardonnay-10 Miles - Terry Smith, 172nd overall, 1:24:18; Sandra Tomasini, 506<sup>th</sup> overall, 2:09:28. (<http://results.active.com/events/chardonnay-10-miler-5k-2013--3/chardonnay-10-miler-5k/expanded>)

April 21, Santa Maria. Eric's Run 10K – Leticia Olson, 57:10; Jim Brock, 1:06:48. 5K – Leslie Martino; 43:13. Only the first 50 results posted on the website: <http://www.ericrun.com/>. Inaugural FUNdraiser to combat distracted driving – Over 700 people showed up for the various run/walks. The 10K trail run was tough! Hills, sandy narrow trails, and beautiful nature all around! Orcutt Community Park. A bit disorganized due to the overwhelming response. – Jim Brock

April 27, Santa Barbara. UCSB Gaucho Gallop 10K - Jim Brock, 59:39:9, 86th overall. Fun race at UCSB – Excellent weather and a nice flat paved course – well supported. (Jim Brock/<http://results.active.com/events/gaucho-gallop-2013-5k-10k/gaucho-gallop-5k-10k/expanded>)

April 27, Morro Bay. Miracle Miles for Kids 10K – Larry Huyck, 58:41, 213<sup>th</sup> overall; Fran Zimmerman, 1:11:05, 516th. (<http://www.mm4k.com/>)

April 28, Carmel. Big Sur Marathon – Karl Seelandt, 3:56:23; Relay – Team Web; 3:53:20 (Mary Lou Seelandt, Sarah Leck, Abbi Webb (Jack's daughter), Betty Lee). (<http://bigsur.racemine.com/Big-Sur/events/2013/Big-Sur-International-Marathon/results>)

May 4, San Antonio Lake: Wildflower Mountain Bike Sprint Triathlon. Chris Denny, 1st place, 80-84 age division, 2:03:19. (Chris Denny)

May 11, Solvang. Wine Country Half Marathon – Parker Grand, 1:53:39, 423<sup>rd</sup> overall; Ed Grand, 1:53:40, 425<sup>th</sup> overall, Terry Smith, 1:58:21, 599<sup>th</sup> overall; Sean Birdsell, 2:28:45, 1,593<sup>rd</sup> overall; and Patty Landis, 3:16:23, 2,252<sup>nd</sup> overall. ([http://iaapweb.com/results/13/05\\_11\\_13\\_half.htm](http://iaapweb.com/results/13/05_11_13_half.htm))

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](mailto:nperry3@verizon.net)

LOMPOC VALLEY DISTANCE CLUB  
PO BOX 694  
LOMPOC CA 93438

**LVDC POTLUCK  
SUNDAY, JUNE 9**

**FLOWER FESTIVAL PARADE ROUTE  
1K KID'S RUN AND 5K RUN/WALK  
SATURDAY, JUNE 29**