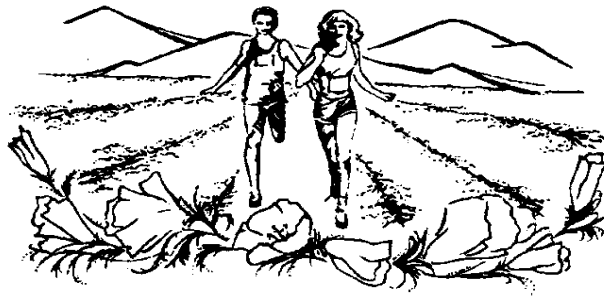


Lompoc Valley Distance Club

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	

MAY 18, 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.

**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

"Come One Come All" to the annual Valley of the Flowers Half-Marathon run or walk training held every Saturday morning starting June 7th at 8 am. The 1st training distance will be 3 miles at the La Purisima Mission. Distances will slowly increase and courses will change as we progress to the day of the event on September 20th. Various LVDC members will lead participants & veteran guest speakers will talk about injury prevention, sports medicine, and training gear. Contact me if you are interested and I'll send materials to get you started. "Don't fear moving slowly forward....Fear standing still"

On Saturday, May 10th. I was at the La Purisima Mission to notify any participants that showed that the Ray Gil & Alan Hunt Memorial Mission Run was cancelled. But to my relief no one showed so they must have gotten the word. The event will be rescheduled after the upcoming Annual Flower Festival Parade Route Run/Walk held on Saturday, June 28th.

Lastly, Nancy Perry, our longtime and actively involved LVDC member, has returned home from UCLA after having surgery. I will keep you all updated on her health conditions. "The difference between the impossible and the possible lies in a person's determination"

Happy Trails!
Wayne Davis #:^)
Email alhwed@msn.com

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 Betty or Wayne know. If you aren't running, Betty needs volunteers, especially course monitors .

LOMPOC VALLEY DISTANCE CLUB SCHOLARSHIPS: Four scholarships were awarded to 1 girl and 1 boy at each high school, Lompoc High and Cabrillo High. The awards ceremonies are this month and more details and winner names will be published in the June Newsletter.

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

WEDNESDAY APRIL 30, 2014 – WEDNESDAY AUGUST 27, 2014, 6:00 PM. NITE MOVES 2013. 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

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.



SATURDAY, MAY 31 (8:00 A.M.) - LIGHTHOUSE FOUNDATION 5K & 10K: 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 at 5036 South El Pomar in Templeton. 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. Contact Carolyn McGaughey, 462-9622, lighthousefunrun@gmail.com, Register through www.active.com.

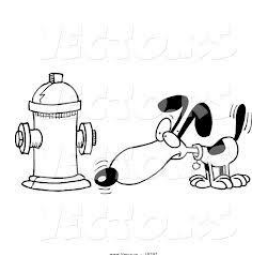
SUNDAY, JUNE 1, 2014 8:00 AM – 21ST MARIANNE TALLEY MEMORIAL 5K, 10K, 1-MILE WALK, AND KID'S MILE. ARROYO GRANDE

Join us for true cross country courses through the picturesque scenery at **Talley Vineyards** along dirt roads and trails through the vineyards. These events are perfect for all runners and active families! For those running the 5K, a commemorative "I Beat the Vintner" T-Shirt will be awarded to those who finish before Vintner Brian Talley. Timing chips are provided for all participants; aid stations on the course; water, **OKUI Strawberries** and **HOUSE of BREAD** treats provided at the finish. Post-race raffle for all participants. Award ceremony for overall and age group winners immediately following the Youth Mile . Marianne. The early registration fee \$30 (\$20 for the kids mile for ages 13 & under) through May 30 and includes a tech t-shirt; Registration on race day is \$35 (\$25 for the kids mile with limited shirt availability. Talley Foundation is a nonprofit organization that was established in 1993 to fund scholarships for college-bound athletes from Arroyo Grande High School. The Fun Run was established as an annual fund-raising event in 1994 and is dedicated to honoring Marianne's memory and to her commitment to health, fitness and exercise. Register online at www.active.com. For more information contact **Marian Fiorentino, MTRF Race Director, 805-489-0446 x31, run@talleyvineyards.com**

SATURDAY, JUNE 7, 2014. CITY IMPACT'S VENTURA BEACHFRONT HALF MARATHON & 5K, VENTURA PIER (ON THE PROMENADE)

City Impact's 4th Annual Ventura Beachfront Half-Marathon & 5K will be held in Ventura, California with a scenic course along the beautiful coastline. The half-marathon and 5K will begin on the North side of the Ventura Pier. Both races are flat and fast runs with scenic views of the ocean and islands. The half marathon will begin on Ventura's promenade extending along the Pacific Coast Highway. The 5K runs out and back along the oceanfront promenade. This is a run you can't resist! *Rolling Start Times between 7am-8am (1/2 marathon) *5K Run begins at 8:15am*Registration for bib pick up: Fri. 6/6 from 3pm-7pm or Sat. 6/7 at 6am*Electronic Chip Timing*Metals for 1/2 Marathon Finishers*T-shirts for participants (1/2 Marathon & 5K only)*FREE Kids Fun Run 1K - 10 years & under *Post Race Activities: Awards Ceremony, Food, Music & Kids Activities . See www.cityimpact.com or www.active.com to register.

SATURDAY, JUNE 7 (8:00 A.M.) - FIRE HYDRANT 5K: 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 there will be a Dog Expo with agility and skill demonstrations, vendor booths, and various contests. For more information, e-mail info@firehydrant5k.com or write to Post Office Box 3638, San Luis Obispo, 93403-3638. \$30 until May 23, 35 after that date. To register, go to their web site at www.firehydrant5k.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

ter 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

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.

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 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.



RACE RESULTS

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



SATURDAY, MARCH 15, 2014 PASADENA TRIATHLON,

Chris Denny, 2nd place in the 80-84 age group, Time of 1:41:24.3

SATURDAY, MARCH 29: LOMPOC JUNIOR SPLASH & DASH

Constantine Hall, age 8, took 1st in the age group 8-9

SUNDAY, APRIL 6, 2014 CHITOWN 10K CHICAGO IL

Julie Campos 1.13.36 3rd age div (429/538)

Juan Campos 49.05 2nd age div (33/538)



SATURDAY, APRIL 12, 2014. DISMAL SWAMP STOMP 1/2 MARATHON CHESAPEAKE, VA

Julie Campos 2.43.48 2nd Female Walker. The award Julie won is pictured at the right and is much nicer in color.



SATURDAY APRIL 19, 2014 SANTA BARBARA CHARDONNAY 10 MILER

Jim Brock, 329 of 377 overall; 1:49:38; 15/16 in his age division.

Terry Smith, 159 of 377 overall, 1:26:19; 10/16 in his age division.

SATURDAY, APRIL 19, 2014 MIRACLE MILES FOR KIDS 10 K, MORRO BAY

Fran Zimmerman, 1:06:37; 2 place in her age group, 526/1378 overall.

Larry Huyck, 1:01:32; 12th place in his age group, 396/1378 overall.

SUNDAY, APRIL 21, 2014 BOSTON MARATHON, BOSTON, MA

Karl Seelandt , 3:54:56 Overall 16,697 / 32,456; Gender 10,556 / 17,828; Age Div. 896 / 1805

SATURDAY APRIL 26, 2014. ST JUDE COUNTRY MUSIC MARATHON AND 1/2 MARATHON. NASHVILLE TN.

Congratulations to VMS I's own Ben Li for finishing 9th out of over 19,000 runners. Ben took a wrong turn, had to turn back, estimates he lost 2.5 minutes and his 4th place position. He finished in 01:14:37



SATURDAY APRIL 26 2014 GAUCHO GALLOP 5K, GOLETA

Terry Smith, 26:32: 126/263 overall;, 35/61 in his age division.

SATURDAY APRIL 26, 2014 SAN LUIS OBISPO MARATHON, 1/2 MARATHON AND 5K

Kathi Downey, 5K; 44:42: 363 / 517, 24/66 in her division

SATURDAY APRIL 27, 2014 BIG SUR INTERNATIONAL MARATHON, BIG SUR CA

Karl Seelandt: 4:34:11, Event Place, 1510/6741; Age Div Place ,71; Gender Place 915

"Girls on the Go" (Mary Lou Seelandt, Sarah Leck, Ali Webb, Carmen Ortiz, Deb Harrison) 4:19:18; Relay Open Female place 15/51

SATURDAY MAY 3. 2014, WILDFLOWER MOUNTAIN BIKE TRIATHLON- LAKE SAN ANTONIO

Chris Denny; 2:33:16-1st place,80+

SATURDAY MAY 10, 2014 SANTA BARBARA WINE COUNTRY HALF MARATHON, SANTA YNEZ

Gina Barron: 1:53:01, age place 31; gender place 173/1779; div. place 413.

2014 BOSTON 2 BIG SUR CHALLENGE

Karl Seelandt is one of 15 to have completed every one of the B2B races. That is running the Boston Marathon and then running the Big Sur Marathon six days later. Here is his time for 2014: B2B time 8:29.07; Race/Divison Place 224/341, Gender Place 109, Age Place 31. "Congratulations to Karl.



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**