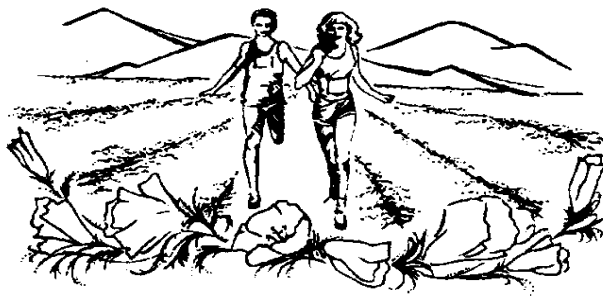


Lompoc Valley Distance Club

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

November 15, 2013

KEY DATES

WATCH FOR THE DATES FOR 2014 RACES



NOTES FROM THE LVDC PRESIDENT

Good Day Lompoc distance runners & walkers! Now that we have fallen back 1 hr. we can start our day with a brighter cooler morning or..... Darker and cooler evening. Whatever, go with the flow! The Annual Lizard Run dedicated to Alan Hunt turned out to be memorable. Ms. Hunt & volunteers guided everyone to the Finish line without a hitch! Director Mary Lou continued his legacy to the little animals.

2014 is just around the corner and I have a Half-Marathon that Vandenberg and I want to promote..SLO! Contact me for further info.

Happy Trails!
Wayne Davis #:^)
Email alhwed@msn.com
Ph. 805-735-7177
Cell 805-588-2934

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, NOVEMBER 24, 9:00 A.M. TURKEY TROT—3 MILE FUN RUN. LOMPOC. Come out and enjoy a great family experience at River Park. This event is geared for all ages, 7 and up, and ability levels for people to experience a great 3-mile race on the River Park Fitness Trail. A T-shirt will be included with your registration and prizes will be awarded for 1st and 2nd place in each category. Check in time is 8:00 A.M. to 8:45 A.M. The race begins at 9 A.M. \$15 pre-registration, and \$20 on-site registration. Mario Guerrero Jr. at 875-8095.



SATURDAY, DECEMBER 7 (8:00 A.M.) - S.L.O. CITY PARKS & RECREATION DEPARTMENT

REINDEER 5K: The Parks and Recreation Department will host their third annual Reindeer Run at Mitchell Park, 1400 Osos Street in San Luis Obispo. The 5K route is perfect for runners and walkers of all abilities. Enjoy pancakes at the Senior Center following the run. An event T-shirt and breakfast ticket is included in the \$30 entry fee (\$40 on race day). Register at www.active.com and check for more details at <http://www.slocity.com/parksandrecreation>.



SATURDAY, DECEMBER 7 (4:45 P.M.) - THE RUDOLPH RUN: SANTA MARIA Care Net is hosting a new run in Santa Maria called the Rudolph Run and it will be held just before the start of the annual Santa Maria Parade of Lights. This is a 2 mile run that starts and ends at Broadway & Main. Runners and walkers go south on Broadway to Stowell Road and then return to the start line. You can register via [Active.com](http://beta.active.com/santa-maria-ca/running/rudolph-run-walk-2013) at <http://beta.active.com/santa-maria-ca/running/rudolph-run-walk-2013> or go the Bull Canyon Run web site to download an application and mail it in - <http://www.bcrun.org/running.html>. If there are any questions, contact Paula at run@carenet-sm.com.

SUNDAY, DECEMBER 8, 2013 (8:00 A.M.) SANTA TO THE SEA HALF MARATHON, 2 PERSON RELAY, 5K FUN RUN, 1K KIDS RUN, OXNARD. The Half description is: This point to point course starts at the historic Santa Claus off of the 101 freeway, runs through Oxnard's famous strawberry fields, then through downtown Oxnard and beautiful Plaza Park. Next will be historic Candy Cane Lane, where the homes are decorated for the holidays. Finally, you're off to the Pacific Ocean, the beach, and finishing at the Marine Emporium Landing in the Channel Islands Harbor. Contact: www.santatothesea.com for more information.

WEDNESDAY, JANUARY 1, 2014, 8:30 AM. NEW YEAR'S RESOLUTION DAY 5K RUN/WALK AND 10K RUN 2013, SANTA BARBARA. The New Year's Resolution Day Run will be at Leadbetter Beach, 801 Shoreline Drive. The start times are 8:30 AM for the 5K and 9:15 AM for the 10K. Fees: \$25 early entry thru 12/8/13, \$30 thru 12/29/13, and \$40 race day fee. Good for one or both races. \$5 no shirt discount option. Race-day registration at race site for \$40. <http://www.sbrunning.org>

SATURDAY, JANUARY 4, 2014, 9:00 AM. 3RD ANNUAL RESOLUTION 5K RUN/KIDS 1K, LOMPOC. This race takes place at River Bend Park. It is an out-and back run on the bike path starting at River Bend Park proceeding south to the terminus and then back to the start. It is mostly flat on asphalt. The Kids 1 K run will take place at the conclusion of the 5K, or about 10 AM. Cost is \$15 (\$10 for the Kids 1K) prepay by December 27 at 5 PM. Late registration and race day registration is an additional \$5. Race day registration begins at 8 AM and concludes at 8:45 AM. Entry forms are available at the Anderson Recreation Center 125 W. Walnut Ave. Awards are first three in each age category. Awards for the 1K Kids Run are ribbons for all participants. The race director is Jeff Storie @ 805-875-2703.

THE FOLLOWING JANUARY EVENTS HAVE BEEN SOLD OUT:

- TINKER BELL HALF MARATHON WEEKEND JANUARY 16-JANUARY 19, 2014
- CASTLE TO THE COAST JANUARY 18, 2014

SUNDAY, FEBRUARY 2, 2014, 9:00 AM SUPER 4 MILER. GOLETA. Stow Grove Park 580 North La Patera Lane, Goleta, CA \$30 through 1/5/14, \$35 through 1/30/14, \$40 late registration on race day at Stow Grove Park from 7:30 AM to 8:45 AM On line registration ends January 30, 2014 at

11:59 PM. Start your Super Bowl Sunday off with this 4 mile run. It's happening rain or shine...no refunds. www.sbactionpro.com.

SATURDAY, FEBRUARY 15, 2014, 8:30 AM (6:30 AM FOR WALKERS) 14th "BUZZ" MARATHON, HALF MARATHON, 5K, & KID'S MILE, CAMP ROBERTS Cost: Marathon and half marathon \$70 by 2/1, \$85 after, "50 and DC" members: \$50 by 2/1, \$65 after, Active Military: \$25 by 2/1, \$40 after. 5k cost is \$30 by 2/1, \$35 after. Under 12 Children's 1-mile cost is \$15 by 2/1, \$20 after. We will see the 14th anniversary of this great meditative run through the hills and meadows of historic Camp Roberts Army National Guard Reservation in north San Luis Obispo County along the fertile Salinas River Valley. USATF certified to maintain Boston qualifier status. www.buzzmarathon.org

SUNDAY, FEBRUARY 23, 2014 (9:00 AM) ROSES EN LA PLAYA 5K 2014 SANTA BARBARA. Roses en La Playa is an out-and-back race at the beach. This is a Grand Prix event. Fun & festive! Post-race activities at Leadbetter Beach. Early packet pick-up/late registration location is Saturday 22nd at Jenny Schatzel's studio located at the corner of 590 E. Gutierrez St and Cesar Chavez in Santa Barbara. \$30 early registration (thru 2/10/13), \$35 (thru 2/21/13), \$40 late registration. Youth registration (16/Under) \$20. Benefits diabetes and obesity prevention programs. www.sbactionpro.com or www.active.com

RACE RESULTS

Please email your results to Larry Huyck ...iristocrat@gmail.com

OCTOBER 27, 2013: Al Hunt Memorial Lompoc Lizard Breath Fence Line Fun Run

Run Results (7.5 Mile)

Mike Harnden	58:53	1 st -M30-39	1 st Overall
Kent Yankee	58:54	2 nd -M30-39	
Paul Lee	1:04:19	1 st -M50-59	
Terry Smith	1:13:28	2 nd -M50-59	
Zack Smith	1:13:29	1 st -M20-30	
Juan Campos	1:13:48	M50-59	
Betty Lee	1:14:41	1 st -F40-49	1 st Female
Gina Barron	1:20:24	1 st -F30-39	
Lisa Stangl	1:21:09	2 nd -F40-49	
Sarah Leck	1:27:04	1 st -F50-59	
Cecelia Ramos	1:27:23	1 st -F60-69	
Larry Ralston	1:28:43	M50-59	
Jim Brock	1:37:57	M50-59	
Sheri Jones	1:42:09	F40-49	
Fran Zimmerman	1:43:44	2 nd -F60-69	

Walk Results (3.5 Mile)

Julie Campos	1:00:45	1st
Jalaine Christopherson	1:06:48	2nd
Lisa Norcutt	1:15:01	3rd

Franz Davis	1:30:45
Dana Lynn Chambers	1:46:42
Sheila Davis	1:46:43
Olga Lucaric	1:55:07
George Joel	1:55:08

October 13, 2013: Cancer Center of Santa Barbara 10K

Jim Brock: 60 of 139 overall, 8 of 9 in his age group, 1:00:06

November 3, 2013: The Two Cities Clovis Half Marathon, Fresno

Chris Denny: 2nd place 80+, 3:08:59

November 3, 2013: Puerto Vallarta Mexico Medio Maraton (half marathon)

Jim Brock:151 of 207, 23 of 31 Age Group, 123 of 159 Males, with a time of 2:34:16
“Results from my latest race – the Puerto Vallarta Mexico Medio Maraton (half marathon). It was tough! Even starting at 7 am, it was well over 80 degrees and very humid. The first 10.5 kilometers went okay, but the heat and humidity sucked the energy out of me on the second part – but I finished. The race was well supported with water and PowerAde every two kilometers – which I took advantage of. The course was the highway – with the center lanes blocked off for the run – 10.5 km out and then back. 207 registered for the 21 km. For 20 USD, you got a tech shirt, nice medal, and sturdy bib. Met several other gringos and gringas running this race.”

November 9, 2013: Santa Barbara International Half Marathon

Thomas Jenkins:, 54 of 79 in his age group, 1661 of 2516 overall, 2:22:58.

Mary Lou Seelandt:, 28 of 80 in her age group, 2:24:57



Notes:

1. The December potluck will not be held, but will be rescheduled for sometime after the holidays.
2. Attached to this newsletter is the LVDC membership registration form for 2014. Please complete the form and send it to the address listed. Dues are still \$15 for individual or family. I have added one item to the form. If you want to receive the newsletter via email in PDF and Word format please indicate that on the form. Over time it may save a few trees and save the LVDC some money on postage and printing costs. Thanks...Larry



Have a happy Thanksgiving Day with your family and friends.

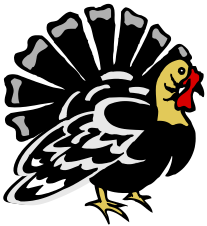
Our race directors have worked hard to get sponsors to offset entry fees. Our entry fees are among the lowest if not the lowest in the central coast area.

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 Fenceline	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



**RENEW YOUR
MEMBERSHIP**