

# Lompoc Valley Distance Club

PO Box 694,  
Lompoc CA 93438  
<http://www.impulse.net/~lvdc/>



Wayne Davis	President	735-7177	Kent Yankee	Treasurer	733-0754
	Vice President		Larry Huyck	Newsletter	291-7701
Betty Lee	Secretary	736-7380	Ron Cortopassi	Webmaster	

**November 12, 2014**

## KEY DATES 2014 LVDC RACES/EVENTS



### **SUNDAY, DECEMBER 7, 2014 (12:30 P.M.) LVDC POTLUCK @ FRAN ZIMMERMAN'S.**

The Lompoc Valley Distance Club will hold a potluck on December 7, 2014 at which time we will review the year's races and events and enjoy some good food. We hope you will be able to attend. There is a flyer enclosed with this newsletter detailing the location, time and phone number for RSVP.

### **NOTES FROM THE LVDC PRESIDENT**

This is my favorite time of the year – Pumpkin Pie, tree's dropping leaves, and shopping (clearance racks only) for the holidays! But ..... Daylight is less and you need to plan runs/walks earlier in the day or routes that are that are powered by Lompoc LED streetlights.

Are there anyone that have a RV and interested in planning trips within California to participant in run/walk events? We would be able to reserve slots to stay for the weekend and plan an agenda around activities that enhance our participation. The 2015 New Year has many possibilities for new challenges within many locations!

Lastly, the "Friends of the Library" and the LVDC has received donations in the name of Nancy Perry. She was and has the record for "Ms. Newsletter". Can anyone guess how many years she held the position?

Happy Trails!  
Wayne Davis #:^)  
Email [alhwed@msn.com](mailto: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 2 – NOVEMBER 23, 2014. SOAR TRAIL RUN SERIES, VENTURA COUNTY**

The 4<sup>th</sup> annual SOAR trail run series in Ventura County. There are 4 races in the series . complete 3 of 4 events in the series to receive a logo bag, 50% running footwear discount and more. The 4 events in this series are: 9<sup>TH</sup> Annual Soar Run through the Orchards, 5K and 10K November 2, 2014; 21<sup>st</sup> Annual 5K Salmon Run, November 9, 2014; Camarillo Off-road 5K trail Run (also Kids 1K), November 16, 2014; and the Aloha Turkey Roundup, 4K, 8K and Kids 1K, November 23, 2014. See the SOAR website <http://www.soarusa.org/2014RunSeries.html> for more details and locations of each run. Registration is through [www.race360.com](http://www.race360.com)

**SATURDAY, NOVEMBER 22 (9:00 A.M.) - SANTA MARIA 5K TURKEY TROT & KID'S ONE MILE FUN RUN:** Runners of all ages and fitness levels are invited to the 18th Turkey Trot 5K and Kid's 1 Mile Fun Run. The 5K is for ages 14 & up while kids ages 6-13 can participate in the one mile. Races begin and end at the Hagerman Sports Complex at 3300 Skyway Drive in Santa Maria. The 5K begins at 9:00 AM and loops twice through Waller Park. The kid's 1 mile begins at 9:45 AM and takes place on a flat out and back course. Early registration is \$20 through November 13 and \$25 after that. The event will take place rain or shine with no refunds. The entry fee includes a Sport-Tek shirt with no guarantees on shirt size after November 13.. Awards will be given to the 1st and 2nd place male/female in more than a dozen age categories. City of Santa Maria Recreation and Parks Department, 615 S McClelland Street, Santa Maria, 925-0951, Ext. 260, <http://www.cityofsantamaria.org>, or register through [www.active.com](http://www.active.com).

**SUNDAY, NOVEMBER 23, 2014 ( 8:00A.M.) TURKEY TROT – 3 MILE FUN RUN, RIVER PARK FITNESS TRAIL, LOMPOC**  
Come out and enjoy a great family experience at River Park. This event is geared for all ages and ability levels. A T-Shirt will be included with your registration and prizes will be awarded for 1<sup>st</sup> and 2<sup>nd</sup> place in each category. Ages 7 and up. Check in time 8:00 – 8:45 A.M. Start time, 9:00 A.M. Fees: \$15 early bird registration through November 7. \$25 after November 7 or on site.



**SATURDAY, DECEMBER 6 (8:00 A.M.) - S.L.O. CITY PARKS & RECREATION DEPARTMENT REINDEER 5K:**

The Parks and Recreation Department will host their annual Reindeer Run at Mitchell Park 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 entry fee. Additional breakfast tickets may be purchased for \$5. Marine Corps Reserve members will be in attendance to collect toys. You can contribute by bringing a new, unwrapped toy valued at \$10 or more to the event. Since Mitchell Park is located in a residential area with limited parking, it is suggested that entrants use the Marsh Street parking structure at 871 Marsh Street. Register at [www.active.com](http://www.active.com) and check for details at <http://www.slocity.com/parksandrecreation>.

**SUNDAY, DECEMBER 7 (8:A.M.) SANTA CLAUS RUN SANTA BARBARA 2014, LA CUMBRE PLAZA**

Santa Claus is coming to town at La Cumbre Plaza in Santa Barbara. Save this date of Sunday, Dec. 7 at 8 am and join the fun parade and festivities. Prize money will be awarded for the best three Christmas costumes. Medal will be awarded to all finishers. Proceeds go to Kidz for a Cure and their fight against childhood cancer. You can get mail in registration or online registration at <http://www.sbactionpro.com/Santa-Claus-Run.html> Cost is \$30 for the 5k run. Last day to register at this price is December 3 at 11:59 pm. Race day registration is an additional \$10. Check the webpage for all the details and the links to register both online and mail in entry form.



**SATURDAY, DECEMBER 13, 2014 (10:45 A.M.) ELINGS TERRAIN FESTIVAL 2014. ELINGS PARK, SANTA BARBARA.**

Benefitting 3 schools, 1 park, and hundreds of student athletes. Online registration closes 12/10/14 at midnight. Packet pick-up on 12/11/14 11:30 to 2:00 at S.B. Running (Goleta location by Orchard Supply). Race day registration at 9:30 a.m. (cash, check, or credit card). 3K kids and dog race start time is 10:45 a.m. (joint start). 5K start time 11:30. Stay for catered lunch and music! Bring a valid I.D. if you want a post race beer. More info, entry fees and registration at <http://elingsterrain.com/> .

**SUNDAY, DECEMBER 14, 2014 (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. The 5K description is: The 5K STARTS and FINISHES at the Marine Emporium Landing. The race course goes along beautiful Oxnard Beach Park to Rehab Point, where you turn around and head back to cheering crowds at the Finish Line Contact: [www.santatothesea.com](http://www.santatothesea.com) for more information.

**SATURDAY, JANUARY 3, 2015 THE LOMPOC PARKS AND REC DEPARTMENT RESOLUTION RUN. RIVERBEND PARK, LOMPOC**

When more info is published I will include it here.

**SATURDAY, JANUARY 31, 2015 ( 8:00 A.M.) SUPER FUN RUN 10K, 5K & KIDS RUN. FLAMSON MIDDLE SCHOOL, PASO ROBLES, CA**

Get into a Super Bowl kind of mood with our Super Fun Run on the Saturday before the Super Bowl! Football themed race shirts and football atmosphere at our race location at War Memorial Football Field on the campus of Flamson Middle School. The 10K and 5K course take you to scenic views of Paso Robles Westside. There are lots of fun and prizes for all. Free Pancake breakfast. The final lap occurs on the football field. Race starts at 8 am with the kids run starting at 9:15. Awards to 1<sup>st</sup> - 3<sup>rd</sup> place, both male and female in various age groups. The morning temperature will likely to be chilly. Packet pickup starts at 6:45 am. Entry fees 10K \$40, 5K \$30, Kid's Run \$10. Save \$5 on the 10K and 5K if you register by midnight December 31, 2014. Race website is <http://superfunrun.org/> Registration is through Active.com

**run Disney has announced that the Tinkerbell Half Marathon for 2015 will be run in May instead of January.**

**The Castle to Coast Fun Run scheduled for January 17<sup>th</sup> is sold out. There is a maximum of 300 participants in that event.**



## RACE RESULTS

Please send your race results to Larry at [iristocrat@gmail.com](mailto:iristocrat@gmail.com)



### SATURDAY, OCTOBER 25, 2014 AAFP ASSEMBLY, WASHINGTON DC

Larry Li, 5K : 22:45, 7:20/mile, 3<sup>rd</sup> in age category, 36/295 runners overall.

### SUNDAY, OCTOBER 19, 2014 . AL HUNT LIZARD BREATH FENCE LINE RUN

OVERALL PLACE	NAME	TIME	AGE DIVISION	DIVISION PLACE
RUNNERS				
1	ED GRAND	1:01:04	50-59 (M)	1
2	MIKE HARDEN	1:03:32	30-39 (M)	1
3	PAUL LEE	1:07:50	50-59 (M)	2
4	BEN WALTERS	1:11:15	30-39 (M)	2
5	CHAD BIDEN	1:15:54	40-49 (M)	1
6	KALANI LIVOTI	1:17:07	30-39 (F)	1
7	DAVID LIVOTI	1:17:08	30-39 (M)	3
8	GINA BARRON	1:29:25	30-39 (F)	2
9	CECELIA RAMOS	1:35:26	60-69 (F)	1
10	JIM BROCK	1:50:33	50-59 (M)	3
11	FRAN ZIMMERMAN	1:55:58	60-69 (F)	2
12	LARRY HUYCK	1:59	60-69 (M)	1
13	JALAINE CHRISTOFERSON	1:59:51	30-39 (F)	3
14	KARALEE CRAWFORD	2:00:07	30-39 (F)	4
15	CARMEN ORTIZ	2:07:24	20_29 (F)	1
WALKERS				
1	BILL GRAHAM	1:10:25	70-79 (M)	1
2	OLGA LUCARIC	2:43:28	70-79 (F)	1
3	JOEL GEORGE	2:43:29	60-69 (M)	2



MaryLou Seelandt (left) awards a first place pumpkin at the conclusion of the Lizard Breath.

Olga Lucaric (right) pauses at the memorial plaque for Alan Hunt as she walks the Lizard Breath. Olga was the oldest participant and finished with a time of 2:43:28.



Ed Grand (left) was the overall first place male with a time of 1:01:04. Kaloni Livoti (right) was the overall first place female with a time of 1:17:07.



# Lompoc Valley Distance Club



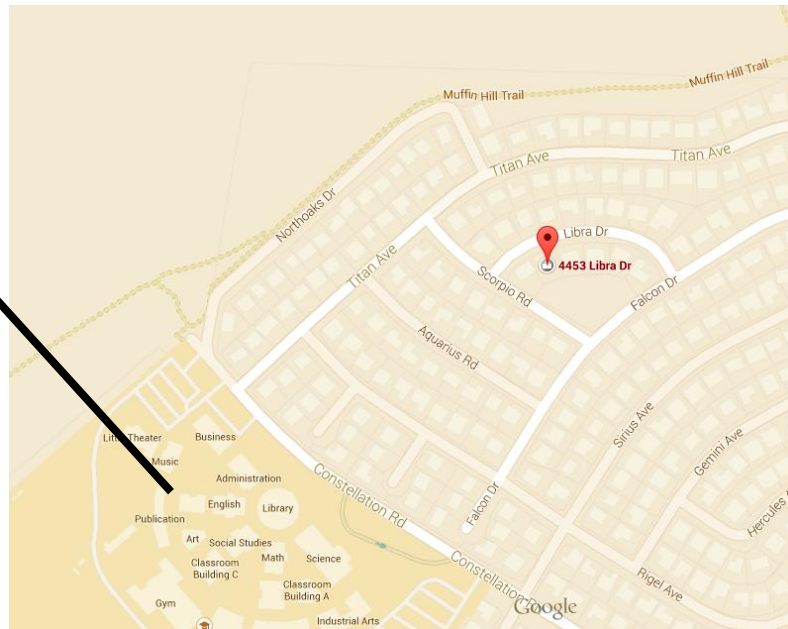
## POTLUCK / MEETING

Sunday, December 7, 2014 @ 12:30 PM

Location: Fran Zimmerman's, 4453 Libra Drive in Vandenberg Village.  
Directions: Constellation Rd. ➡ Titan Ave ➡ Scorpio Rd ➡ Libra Drive

PLEASE RSVP : (805) 733-2255

**Cabrillo  
High  
School**



- ✓ Host will furnish Casserole dishes and bottled water.
- ✓ Bring a salad, or dessert to share & other drinks.
- ✓ Recent LVDC running events
- ✓ Planning for 2015

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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**DECEMBER 7<sup>TH</sup>  
DISTANCE CLUB  
POTLUCK ...SEE  
DETAILS INSIDE  
THIS ISSUE!**