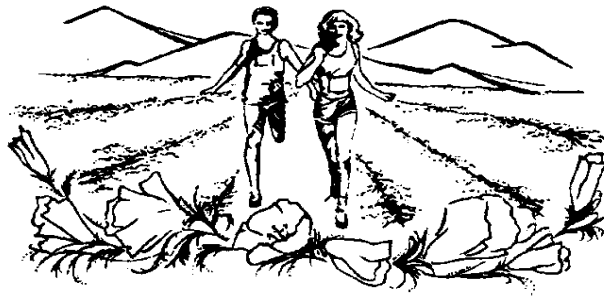


Lompoc Valley Distance Club

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
Betty Lee	Secretary	736-7380	Ron Cortopassi	Webmaster	

October 13, 2014

KEY DATES 2014 LVDC RACES



SUNDAY, OCTOBER 19, 2014 , 10:00 AM. 12th 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

Wayne and Lee are on vacation, his notes will return in November.

The Valley of Flowers Half and 5K Run and Walk are history. Every year Betty Lee has a great team that puts on a great event. There are too many people to thank individually for the event so this is an acknowledgement to all of the volunteers involved. People come from San Luis Obispo, Santa Barbara, Ventura, and Los Angeles Counties for this event. Participants ages range from 10 years old to 75 +. They like the challenge of the La Purisima Mission and the great views and beautiful sights as they make their way around the lower loop to the upper loop and then.....to the water tanks. The runners and walkers appreciated the race monitors and aid stations as they made their way through the course. That delicious chicken barbeque is always welcomed at the finish line. Check out the results section of this newsletter for the top winners and pictures taken by Norm Perry. Mary Lou Seelandt also has started a Facebook account for the Distance Club; there is a link there for more pictures. If you don't Facebook you can still go there by searching on Google for Lompoc Valley Distance Club and then click on the link for Lompoc Valley Distance Club/Facebook.

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

SUNDAY, OCTOBER 19, 2014 10:00 AM. 12TH 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. The 3.5 mile walk follows the fence line which is no walk in the park either. Registration at the Chumash Village under the big oaks towards the blacksmith shop. Signups start at 9:00 A.M. ; with the run/walk starting at 10:00 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.



SUNDAY, OCTOBER 19 (12:00 A.M.) - SPECIAL OLYMPICS MIDNIGHT 5K: Come join the 8th annual Mid-night 5K Fun Run in Avila Beach, dressed in your best Halloween costume. Registration begins on Saturday evening, October 18th, at 11:00 PM at Port San Luis Harbor District. There will be entertainment, costume competitions, and prizes for the "Best Dressed" runner. The course is flat and goes from the Port San Luis Harbor to Avila Beach and back. The entry fee is \$30 by October 10th and from October 11th up to the night of the run, it will be \$35. Online registration is available at www.raceroster.com or mail your form and check to Special Olympics. P. O. Box 1164, San Luis Obispo, CA 93406. Included with your registration fee will be a runner's bag with a long sleeve T-shirt and other tricks and treats. For additional information, contact Michael Lara at (805) 544-6444 or by e-mail at mlara@sosc.org.

SATURDAY, OCTOBER 25 (9:00 A.M.) - SANTA MARIA HALLOWEEN HUSTLE 5K & KID'S 1 MILE FUN RUN: Get in shape by participating in the Halloween Hustle 5K and Kids 1 Mile Fun Run. This event will be held at Jim May Park (next to Taylor Elementary School) at 809 Stanford Drive in Santa Maria. The 5K is for ages 14 & up while kids from 6-13 can be in the 1-mile fun run. The 5K begins at 9:00 AM and goes through area neighborhoods and along the Santa Maria River Levee. The kid's 1 mile fun run begins at 9:45 AM and loops twice around Jim May Park. Early registration is \$20 through October 16th, \$25 after that (no refunds), and includes a Sport-Tek shirt. No guarantees on shirt sizes after October 16th. Awards will be given to 1st and 2nd place male/female in more than a dozen age categories and the event will take place rain or shine. City of Santa Maria Recreation and Parks Department, 615 S. McClelland Street, Santa Maria, 925-0951, ext. 413, <http://www.cityofsantamaria.org>.



SATURDAY, OCTOBER 25 - LAGUNA LAKE PARK MUD MASH: The MUD MASH is a run with obstacles including walls, a lake scramble, hay bales, slip and slide, mud pit, and some tough trails. There will be waves of 150 people going off every 20 minutes all morning and there will also be team divisions. Check the web site at www.mudmash.com for complete details or go to www.active.com to register.

SUNDAY NOVEMBER 2 – NOVEMBER 23, 2014. SOAR TRAIL RUN SERIES, VENTURA COUNTY

The 4th 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: 9th Annual Soar Run through the Orchards, 5K and 10K November 2, 2014; 21st 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

SUNDAY, NOVEMBER 2 (8:00 A.M.) - THE MORRO BAY TRIATHLON: Brought to you by All-Out Events, there will be Olympic (S = 1.5K, B = 40K, R = 10K) and Sprint (S = .75K, B = 20.4 K, R = 5.4 K) distances. The races will take place in the Coleman Park/Morro Rock area. Check www.morrobaytri.com for complete details

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.

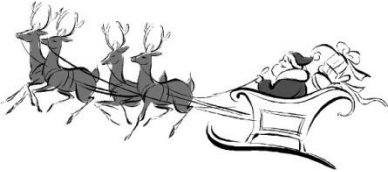
SUNDAY, NOVEMBER 23, 2014 (8:00A.M.) TURKEY TROT – 3 MILE FUN RUN, RIVER PARK FITNESS TRAIL, LOMPOC

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 1st and 2nd 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 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.

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 for more information.



RACE RESULTS

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



Race Director Betty Lee (Rt Front) gives last minute instructions before the Half and 5K start.

On Saturday, September 20th, 2014 under overcast skies until mid-morning, 191 runners and walkers gathered at the La Purisima Mission for the 39th Annual Valley of the Flowers Half - Marathon and 5K organized by the Lompoc Valley Distance Club. Proceeds from the event support the Lompoc Valley Distance Club Nancy Perry Scholarship for Cabrillo and Lompoc High School Seniors. All participants received a unique finisher's medal, hand crafted by the La Purisima Mission Docents. Race Director Betty Lee organized a volunteer group who manned aid stations and directed runners along the 13.1 mile and 3.1 mile courses. Participants enjoyed a chicken barbeque after the race. The results are listed below. Complete results on LVDC's webpage: <http://members.impulse.net/~lvdc/>

Note: All photos contributed by Norman Perry unless indicated otherwise..

Overall first place male and female winners for the Half-Marathon were: Francisco Mujica 1:27:06 and Shu Kragness 1:47:55. Overall first place male and female winners for the 5K were Stephen Wyrer 20:33 and Devyn Kendrick 26:42. Half Marathon Walkers overall first place winners for male and female were Juan Campos 2:25:20 and Julie Campos 2:51:23.

Male and female first place winners in the Half- Marathon by age group were:

20 - 29: Francisco Mujica 1:27:06 and Emily Meehan 1:52:02
30 - 39: Jason Nunnery 1:36:02 and Sara Nemeth 2:01:12
40 - 49: Kevin McSweeney 1:32:09 and Shu Kragness 1:47:55
50 -59: Greg Garman 1:31:47 and Estela Huerta 1:52:09
60 - 69: Paul Shires 1:48:13 and Cecilia Ramos 2:00:19
70 AND OVER: Alvin Salge 2:39:37 and Lori Beckstrand 2:40:11

Male and female first place winners in the 5K by age group were:

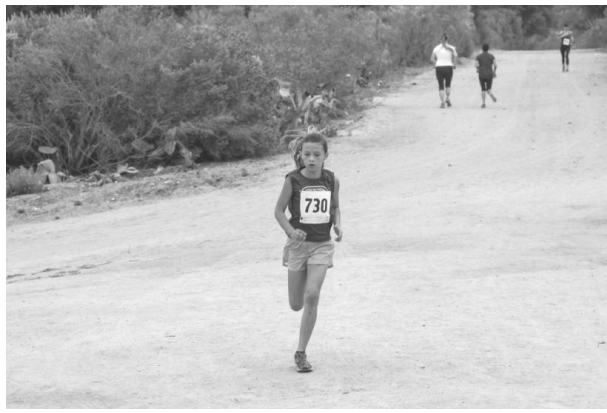
19 AND UNDER Stephen Wyrer 20:33 and Devyn Kendrick 26:42
20 TO 29: Kevin Broderick 36:08 and Stephanie Horton 28:30
30 TO 39: Serhiy Petryshak 24:13 and Jenny Honafius 33:06
40 TO 49 Chad Riden 22:50 and Donna Bucholz 26:59
50 TO 59 Benjamin Casillas 46:23 and Elizabeth Mason 37:42
60 TO 69 Frank Gomes 40:39 and Monette Gomes 43:01
70 AND OVER Lamarr Coffey 49:55 and Lisa Norcutt 48:29



Francisco Mujica finishes first in the Half with a time of 1:27:06



Shu Kragness, first place female in the Half with a time of 1:47:55



Stephen Wyer (left) finishes first in the 5K with a time of 20:33
 First place female in the 5K was 10 year old Devyn Kendrick (right) (26:42)



Juan Campos (510) 2:25:20 and Julie Campos (511) 2:51:23 overall winners for the Half Marathon Walkers

(Photos contributed by Brian Cravens Photography)



Lompoc Valley Distance Club President, Wayne Davis (Left) crosses the Half Marathon finish line. Wayne's time was 2:38:32.
 Lisa Norcott (Right) receives her first place award in the 70-79 age group for the 5K with a winning time of 48:29.

OTHER RACE RESULTS:

SUNDAY, OCTOBER 12, 2014, CANCER CENTER OF SANTA BARBARA WALK/RUN 2014

Jim Brock, 10K, 1:04:32, pace 10:24, 7 of 8 in age division, 76 of 806 overall.

SUNDAY, OCTOBER 12, 2014. CITY TO THE SEA HALF MARATHON, SAN LUIS OBISPO

Larry Li, 1:42:58, pace 7:51, 5 of 28 in age division, and 259 of 1751 overall.

Kim Zimmerman, 1:55:31, pace 8:49, 55 of 191 in age division, 607 of 1751 overall.

Sarah Leck, 1:56:59, pace 8:55, 6 of 46 in age group, 660 of 1751 overall

Mary Lou Seelandt, 2:11:32, pace 10:02, 17 of 46 in age group, 1073 of 1751 overall

Fran Zimmerman, 2:22:53, pace 10:54, 3 of 8 in age group, 1334 of 1751 overall

Race results for Larry Li's son Ben: Ben is in Tennessee.

Gift of Life 5k: 1st place in 15:33

Vanderbilt Commodore Classic 8k: 27th place in 25:31;

Shelby Bottoms Boogie 5k: 1st place in 16:22 (I accidentally took a wrong turn...);

Run for Mercy 5k: 1st place in 15:07 (old PR was 15:23!)

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
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