

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		Larry Huyck	Newsletter	291-7701
Kent Yankee	Secretary	733-0754	Ron Cortopassi	Webmaster	

September 12, 2013

KEY DATES

2013 LVDC RACES



SATURDAY, SEPTEMBER 21, 2013, 8:00 AM. 38th ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K, LA PURISIMA MISSION, LOMPOC. Betty Lee, (805) 736-7380, Bettylee0077 @MSN.com. Send your entries in. If you aren't running, call Betty and volunteer. Nancy Perry is still looking for sponsors so if you think of a potential sponsor, let her know and she will contact them.

SUNDAY, OCTOBER 27, 2013, 9:45 AM. ALAN HUNT MEMORIAL LOMPOC LIZARD BREATH FENCE LINE FUN RUN, LA PURISIMA MISSION, LOMPOC. Race day registration is from 9:00 – 9:45 a.m. Registration fee is \$10 (\$8 for LVDC members) This is a hilly, sandy 7.5 mile course along the fence line with a 3.5 mile walking course. 1st and 2nd place prizes in ten year age groups. **BEWARE OF AND BE KIND TO ALL LIZARDS!!!** Call Mary Lou at 737-6153 for info or to volunteer.

NOTES FROM THE LVDC PRESIDENT

Wayne Davis was busy with launch preparations and was not able to submit his President's message.

Wayne Davis
Email alhwed@msn.com or Ph. 805-735-7177

UPCOMING ROAD RACES

CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES

Saturday, September 14, 8 AM-5 PM. THE RAVINE MUD RUN 5K, PASO ROBLES. Location: The Ravine Waterpark, 2301 Airport Rd, Paso Robles. The 5K Mud Run will have 13-15 obstacles. Pricing: Adult course (5K) : \$70, includes: race, t-shirt, race medal, admission to the waterpark, 6 live bands playing throughout the park all day; Kid course (modified): \$35, includes; race, race medal, admission to the waterpark, 6 live bands; spectator : \$30, includes watching race, admission to the waterpark and 6 live bands; Teams: Maximum of 5 members - \$280, includes all items that go along with the adult admission. Ravine Waterpark season pass holders will receive \$10 off any admission. We will offer many start time waves based on the number of participants. Adult race start times will be first, kid run will follow, and finally, we will offer a fantastically fun "805 Run". The kids run and the 805 run will be on a shorter modified course. The 805 Run is essentially an adult race that will include various spots along the course that alcohol will be available Cabana Rentals will be available for \$200 for the day of the event. The entry fees include 8 BBQ tickets, 16 Beer/wine tickets, all day service, and preferred parking. For more information, call 805-237-8500 or <http://pasoroblesdailynews.com/ravine-hosting-new-mud-run-and-music-fest/5414/> or http://www.ravinewaterpark.com/park_info/310/MUD-RUN.html

SUNDAY, SEPTEMBER 15, 8:00 AM. SUMMER'S END 5K AND 10K TRAIL RUNS (AT LOPEZ LAKE), ARROYO GRANDE. This race will held at Lopez Lake with an entry fee of \$25 for the 5K and \$30 for the 10K plus \$10 per vehicle for the park entry fee. There will be 8 age divisions for both men and women in each with medals to the top three. There will also be a Mile for ages 6 and under with a \$15 entry fee and medals to the top three boys and girls. For more information, contact Jeannie Keeffe, Friends of Lopez Lake, 1776 Upper Lopez Canyon Road, Arroyo Grande, 93420, bkeeffe@earthlink.net.

SUNDAY, SEPTEMBER 15, 2013, 8:30 AM. GOLETA EDUCATION FOUNDATION 4-MILER AND KID'S FUN RUN. Goleta Union School District Office, 401 N. Fairview Avenue | Goleta. Scenic loop course starting at Goleta Union School District building, traversing through the beautiful Lake Los Carneros area. Mostly flat with a fast downhill finish. Benefits the music education programs in the Goleta Elementary Schools. Packet pickup/late registration is at the Santa Barbara Running Store in Goleta, 129 N. Fairview Ave, Saturday, Sept. 14, 11-4. Fees: \$25 early entry thru 9/12/13, \$35 post 9/12/13. \$10 Kid's 12/Under, \$5 Kid's Fun Run. www.Active.com

SATURDAY, SEPTEMBER 21, 8:00 AM. 37th ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK AND 5K, LA PURISIMA MISSION, LOMPOC. The course begins and ends near the Visitor Center at La Purisima Mission. The course is hilly and very scenic with dirt trails and some asphalt. Race day packet pick up and race day registration starts at 7:00. There will be no packet pick up prior to Saturday. Entry fees: Half marathon: \$55 (\$60 after September 7); 5K: \$35. Entry includes a specially designed Valley of the Flowers jersey, chicken BBQ, entry fee to La Purisima Mission State Park, and a finisher's medal. You can register on-line at www.active.com. For more information call Betty Lee at 805 736-7380, or e-mail her at: Bettylee0077@MSN.com or check out the club web site at <http://members.impulse.net/~lvdc/>

SUNDAY, SEPTEMBER 22, 2013, 8:00 AM. SHE IS BEAUTIFUL SANTA BARBARA'S PINKEST 5K AND 10K. Santa Barbara Cabrillo Bath House, 1118 East Cabrillo Blvd, Santa Barbara. An all women's and girl's event! Beautiful course, full of inspirational quotes, sass, and lots of pink! 10K, Baby Mama 10K (for moms with strollers), 5K, and Baby Mama 5K (for moms with strollers). Prize money offered to top finishers, epic post race event on the beach and each participants gets a [super cute] dry-fit women's fit finishers shirt and enjoyment of our post race festival (which includes a wide array of food/beverage samples, a photo booth, a manicure station, a massage booth, many running/health vendors and even post race yoga on the beach)!. Melissa McConville, Melissa@runsheisbeautiful.com, Registration: <http://www.runsheisbeautiful.com>

SUNDAY, SEPTEMBER 29, 7:00/7:30/8:15 AM. SAVOR FASTEST MILE, 5K, AND 10K RUNS, SAN LUIS OBISPO. Be part of this premiere event presented by the City of San Luis Obispo and produced by the Central Coast Cancer Challenge. Start your day with a 5K or 10K through the streets of San Luis Obispo while those looking for a challenge can enter the "Fastest Mile." Everyone will start and finish at the historic Mission de Toloso in downtown SLO. After the finish, enjoy a delicious pancake breakfast (included in your registration fee). A portion of your registration fee will benefit the local Cancer Well Fit program for first-year cancer patients and survivors. Event schedule and times: 7:00 AM - The Fastest Mile (\$35); 7:30 AM - Tall Stack 10K (\$60); 8:15 AM - Short Stack 5K (\$50). The pancake breakfast will be served from 7:30 - 10:00, with the age group awards ceremony at 10:00 and the Cancer Survivor Hope Ceremony at 10:15. Check the web site at www.savorcentralcoast.com for more information about the festival and register for the race through www.active.com.

FRIDAY – SUNDAY, OCTOBER 4-6,2013: SCOTT TINLEY'S TRIATHLONS A 3-day weekend festival with an event to suit every age and ability, beginning to expert, including: On-Road Long, Olympic and Sprint Triathlons; a Youth Triathlon; and an Off-Road Sprint Triathlon. All races feature open-water lake swimming, biking through the beautiful hills and fields of Arroyo Grande, and trail running. The off-road triathlon is the longest running event of its kind in the industry. For more information go to <http://www.tricalifornia.com/index.cfm/Tinley2013-main.htm>

SUNDAY, OCTOBER 13, 7:30 AM. - CITY TO THE SEA HALF MARATHON (13.1 MILES) AND 5K (3.1 MILES), SAN LUIS OBISPO. The half marathon starts in downtown San Luis Obispo at Higuera and Osos Streets and follows country roads to Dinosaur Caves Park in Pismo Beach. Entry includes age group certificates in five year divisions based on USAT&F standards, an event T-shirt, breakfast buffet, entertainment, and post-race shuttle service. The 5K takes place at Dinosaur Caves Park and has all of the above benefits including breakfast. Proceeds go to the Cuesta

College cross country and track programs. For more information, call (805) 546-3100 Ext. 2716 or go to the race web site at www.citytothesea.org. Registration is through www.active.com.

SUNDAY, OCTOBER 27, 2013, 9:45 AM. ALAN HUNT MEMORIAL LOMPOC LIZARD BREATH FENCE LINE FUN RUN, LA PURISIMA MISSION, LOMPOC. Race day registration is from 9:00 – 9:45 a.m. Registration fee is \$10 (\$8 for LVDC members) This is a hilly, sandy 7.5 mile course along the fence line with a 3.5 mile walking course. 1st and 2nd place prizes in ten year age groups. **BEWARE OF AND BE KIND TO ALL LIZARDS!!!** Call Mary Lou at 737-6153 for info or to volunteer.

SUNDAY, OCTOBER 27, 7:00 AM. PASO ROBLES ROTARY HARVEST MARATHON, MARATHON RELAY, HALF MARATHON, AND 5K. This fourth annual event will be held at LeVigne Winery, 5115 Buena Vista Road, Paso Robles, 93446, with beautiful views of the countryside and wine vineyards at harvest time. The morning's races include a full marathon, half marathon, and a 5K. The marathon and half will begin at 7:00 AM while the 5K starts at 8:00 AM. All net proceeds benefit the Paso Robles High School Boosters. Entry fees are \$90 for individuals for the marathon by July 31, \$110 through September 30, and \$120 until race day. Half marathon fees are \$60/\$75/\$90 and for the 5K, it's \$30/35/40 with tech shirts and goodie bags to all entrants, finisher medals to all marathoners, and awards to the top three in each age category. For further information, check the web site at www.pasoroblesmarathon.com or contact Paso Robles Harvest Marathon, Post Office Box 1796, Paso Robles, 93447-1796, (877) 264-6979, pasomarathon@yahoo.com.

SATURDAY, NOVEMBER 9, 2013, 7:15/7:30 A.M. SELECT STAFFING SANTA BARBARA INTERNATIONAL MARATHON AND HALF MARATHON. Marathon starts at 7:30 AM, location: Dos Pueblos High School, 7266 Alameda Ave, Goleta. Half Marathon starts at 7:15 AM, Location: Page Youth Center, 4540 Hollister Ave, Santa Barbara. The Select Staffing Santa Barbara International Marathon is a USATF-Certified event and a Boston Qualifier. Finish Line Festival: As soon as you cross the finish line, celebrate your achievement at the Finish Line Festival located at the gorgeous Santa Barbara City College. The outdoor celebration features live entertainment, food and beverages (some available for purchase) from 8:45 – 1:30 provided by SBCC's award winning Mobile Food Services! Active.com or <http://www.sbimarathon.com/>

MONDAY, NOVEMBER 11, 8:00 A.M. VETERAN'S DAY EIGHT MILE, SAN LUIS OBISPO. This run will take place at Performance Athletics, 4484 Broad Street in San Luis Obispo and use the same course as the Thanksgiving Day Hunger Run with a lap of the parking lot replacing the part through Islay Park. The route covers Route 227, Biddle Ranch Road, and Orcutt Road with scenic vineyards, mild hills, and water stops at miles 2, 4, and 6. The entry fee is \$35 with a Tech Shirt for all registrants, medals to the top three overall males and females, and medals for all finishers. Registration is through www.active.com and more information is available at www.operationsurf.com. Operation Run is a program under Amazing Surf Adventures, a recreational and rehabilitative surfing clinic for wounded service personnel.

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.

RACE RESULTS

CALL IN YOUR RACE RESULTS (805-291-7701)OR SEND THEM IN TO THE POST OFFICE BOX OR
E-MAIL THEM TO ME AT iristocrat@gmail.com

August 10, Run or Dye, UC Santa Barbara:

Sandra Tomasini and her daughter Amanda both ran in the **Run Or Dye**. No times to report, but they had a great morning. It is a fun race with over 8000 entries!

August 10, Montana de Oro State Park

Paul Lee 8k (that was actually about 11k) , placing 3d with a time of 1:00:19

Sarah Nemeth 25k (although actually distance was 17.25miles, not the 15.5mi advertised!). Finished in 3:14:44. 1st place in age group and 2nd female finisher overall.

Melynda Weiss Hamilton 50k, placed 13 of 29 with a time of 7:01:39

August 11, Get Fit 5k, River Park, Lompoc

Paul Lee — I came in first (to my surprise) in 21:45. There were about 30 runners/walkers-more than last year according to the race director.

August 14, Nite Moves 2013 the Summer Sunset series in Santa Barbara:

Terry Smith – 5K placed 65 of 220 and 2nd place in his division with a time of 22:41, pace was 7:18.

August 24, Dune Run Run, Grover Beach

George Lucaric – 5K (walker) 1st place 80+ age group.

Olga Lucaric – 5K (runner) 5th place 70+ age group.

Lisa Norcutt – 5K (runner) 2nd place 70+ age group.

August 25, Santa Barbara Sprint Triathlon:

Chris Denny -- 1st place,80-84 age group.

August 25, Santa Rosa Marathon, Half Marathon & 5K

Sarah Leck—marathon: 855th of 1150 overall, 333rd of 509 female, 150th of 249 Masters, 13th of 21 age category.

Karl Seelandt—marathon: 219th of 1150 overall, 204th of 641 male, 84th of 369 Masters, 5th of 57 age category.

Mary Lou Seelandt—marathon:1,013th of 1150 overall, 425th of 509 female, 201st of 249 Masters, 19th of 21 age category.

September 9, Beattie Park Run:

Carman Ortiz with a time of 59.35 was a first place winner in the 10K.

Mary Lou Seelandt with a time of 29.52 was a first place winner in the 5K.



**Al Hunt Memorial
Lompoc Lizard Breath Fence Line
Fun Run
LA Purisma Mission
SUNDAY, OCTOBER 27, 2013
9:45 a.m.**

Race Day Registration: 9:00 - 9:45 a.m.

**Registration Fee: \$10 (\$8.00 for Lompoc Valley Distance
Club Members)**

**This is a hilly, sandy 7.5 mile course along the fence line with a
3.5 mile walking course. 1st & 2nd place prizes in ten year age
groups BEWARE OF AND BE KIND TO ALL LIZARDS!!!! Call
Mary Lou, 737-6153 for info or to volunteer.**

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

**VALLEY OF THE FLOWERS
HALF-MARATHON AND 5K
SATURDAY, SEPTEMBER 21**

**ALAN HUNT MEMORIAL
LIZARD BREATH FENCELINE
SUNDAY, OCTOBER 27**