

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	

September 12, 2014

KEY DATES 2014 LVDC RACES



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](mailto:Bettylee0077@MSN.com).

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

Contact Betty or me for positions that need to be filled with the upcoming 38th Annual Valley of the Flowers Half-Marathon on Saturday, 20 September. If you are not registered to Run/Walk please volunteer to help make the event a memorable day. Participants have trained countless hours and traveled many miles to achieve a new goal in distance or a personnel record (PR).



Vandenberg Air Force Base (VAFB) and Lompoc Parks & Recreation (LP&R) offers many opportunities to participate in physical activities. I feel our LVDC members are not always aware of them due to access or transportation. For example: VAFB had a Triathlon and Cancer 5K (6 & 13 September) and LP&R sponsored a Run/Walk on 17 August. I will sponsor and provide a ride for anyone interested in VAFB activities. If you are attending any events and can provide a ride please let me know.

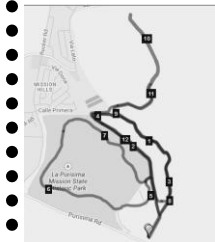
Lastly, it's that time of the year to elect LVDC board members. They are vital to our club's existence and the promotion of fitness in the community. The positions do not require a lot of your time or resources. Contact the current board members to learn more info on the duties!

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

SATURDAY, SEPTEMBER 20, 2014, 8:00 AM. 39th 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: \$60. After 9/1/14 \$65, (\$70 Race day registration) ; 5K run/walk \$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.

SUNDAY, SEPTEMBER 28, 2014. 9:30 A.M - LOS ALAMOS OLD DAYS 5K STAMPEDE: This race is part of the Old Days Celebration and is sponsored by Cal Swoosh Sports and the Los Alamos Men's Club. The start, finish, and race day registration will be on Bell Street at Ferrini Park and the race will be run over a scenic loop course in town and through Los Alamos Park, finishing prior to the start of the parade. There will be awards to the top three in seven age divisions and a 3' tall trophy to the first overall male and female finishers. This is a fundraiser for Cal Swoosh, an organization helping underprivileged youth play sports. Directed by Coy Kendrick, ncswoosh@hotmail.com. Register at <http://calswoosh.com> or mail your entry to Cal Swoosh, P.O. Box 1521, Atascadero, 93423-1521

SUNDAY, SEPTEMBER 28 - RUN FOR THE SHELTER 5K: This event will be held at Rotary Centennial Park at 2625 South College Drive in Santa Maria. It is a benefit for the Santa Barbara Animal Care Foundation's Cause 4 Paws, a volunteer organization that raises funds for the Santa Barbara County animal shelters. Funds will be used for spay/neuter programs, medical care, humane education, and community outreach. Their web site is www.sbanimalcare.org, e-mail to gotminpins4@gmail.com, call 722-7081, or register through www.active.com.



SUNDAY, OCTOBER 12, 2014 7:00 A.M. - CITY TO THE SEA HALF MARATHON (13.1 miles) & SEASIDE 5K (3.1 miles): The half marathon starts in downtown San Luis Obispo at Higuera & Osos Streets and follows country roads to Dinosaur Caves Park in Pismo Beach. The entry fee includes 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. 2507 or go to the web site at www.citytothesea.org. Register through www.eventbrite.com. Directed by Cuesta cross country and track coach Brian Locher, Cuesta College, Post Office Box 8106, San Luis Obispo, 93403-8106.

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 fenceline and 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 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

SATURDAY, AUGUST 23 (9:00 A.M.) – 26TH DUNE RUN 5K RUN, 5K WALK, & 10K RUN

LISA NORCUTT, 5K, Runner 2nd place in her age category, 0:51'51.22, 75 overall

OLGA LUCARIC, 5K, Runner 3^d in her age category, 1:38'13.75, 126 overall

GEORGE LUCARIC, 5K, Runner, 1st in his age category, 0:55'40.72, 85 overall

SUNDAY, SEPTEMBER 7 VENTURA MARATHON / HALF MARATHON,

MARY LOU SEELANDT, Half Marathon, 17th place in her age category, 2:16:33, 437 overall

So.....you haven't sent in your entry form for the Half / 5K yet?
 Use the one below. Send it in or bring it to the event on September 20th. Have a friend
 that wants to run or walk with you? Give them one too.



MAKE CHECKS PAYABLE TO: "Valley of the Flowers Marathon"
MAIL TO: Valley of the Flowers Marathon, P.O. Box 694, Lompoc, CA 93438-0694
FOR INFORMATION: Tel (805) 736-7380; e-mail: bettylee0077@msn.com

Please send a self-addressed envelope or your e-mail address
 along with your registration to receive a confirmation letter.

Emergency Contact # _____

First Name _____ Last _____

Street Address _____ City/State/Zip _____

Phone () _____ Email _____

Birth Date (MM/DD/YY) ____/____/____ Age ____ Sex M F Walker
 (A) (B) (C) (D) (E) (F) (G)
 19 & Under 20-29 30-39 40-49 50-59 60-69 70+

FEE SUMMARY

5K Run/Walk \$35 \$ _____
 Half Marathon \$60 \$ _____
 After Sept 1st \$65 \$ _____
RACE DAY \$70 \$ _____
 Extra BBQ Meal \$8 \$ _____

***T-SHIRT SIZE GUARANTEED FOR
 PRE-REGISTRATION ONLY***

Pre-registration ends Sept. 13th

***SHIRT SIZE: S M L XL** _____

RACE NO.

TOTAL \$ _____

WAIVER: I realize that the event is physically strenuous, that there may be adverse weather, and may be vehicles on the course. I wish to compete and assume the risks involved. I am in good health and I have trained adequately. I authorize the race to provide medical attention for me at my expense. I assume the risk of injury at the crowded start, or on the course. I give up any claims for injuries that I sustain, including death, and agree to hold harmless the Lompoc Valley Distance Club, its directors and officers, employees and volunteers, suppliers, contractors, sponsors, the State of California, and anyone connected with the race. I agree that the race may use photographs taken of me without compensation. I have read and understand all of this. I am making this agreement and paying my entry fee in exchange for the privilege of running this race and using the facilities provided by the race.

 YOUR SIGNATURE DATE

 PARENT OR GUARDIAN SIGNATURE DATE
 REQUIRED IF YOU ARE UNDER AGE 18



MAKE CHECKS PAYABLE TO: "Valley of the Flowers Marathon"
MAIL TO: Valley of the Flowers Marathon, P.O. Box 694, Lompoc, CA 93438-0694
FOR INFORMATION: Tel (805) 736-7380; e-mail: bettylee0077@msn.com

Please send a self-addressed envelope or your e-mail address
 along with your registration to receive a confirmation letter.

Emergency Contact # _____

First Name _____ Last _____

Street Address _____ City/State/Zip _____

Phone () _____ Email _____

Birth Date (MM/DD/YY) ____/____/____ Age ____ Sex M F Walker
 (A) (B) (C) (D) (E) (F) (G)
 19 & Under 20-29 30-39 40-49 50-59 60-69 70+

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***T-SHIRT SIZE GUARANTEED FOR
 PRE-REGISTRATION ONLY***

Pre-registration ends Sept. 13th

***SHIRT SIZE: S M L XL** _____

RACE NO.

TOTAL \$ _____

WAIVER: I realize that the event is physically strenuous, that there may be adverse weather, and may be vehicles on the course. I wish to compete and assume the risks involved. I am in good health and I have trained adequately. I authorize the race to provide medical attention for me at my expense. I assume the risk of injury at the crowded start, or on the course. I give up any claims for injuries that I sustain, including death, and agree to hold harmless the Lompoc Valley Distance Club, its directors and officers, employees and volunteers, suppliers, contractors, sponsors, the State of California, and anyone connected with the race. I agree that the race may use photographs taken of me without compensation. I have read and understand all of this. I am making this agreement and paying my entry fee in exchange for the privilege of running this race and using the facilities provided by the race.

 YOUR SIGNATURE DATE

 PARENT OR GUARDIAN SIGNATURE DATE
 REQUIRED IF YOU ARE UNDER AGE 18

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**

**Call Betty to volunteer.
Sign up to race. See
you at the Half / 5K
on September 20th.**