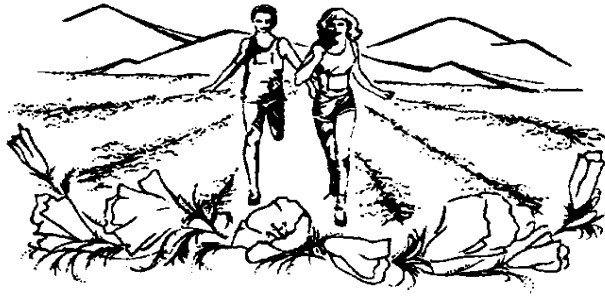


# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

<http://www.impulse.net/~lvdc/>



|             |                |          |                |            |          |
|-------------|----------------|----------|----------------|------------|----------|
| Alan Hunt   | President      | 736-5435 | Ron Cortopassi | Treasurer  |          |
|             | Vice President |          | Nancy Perry    | Newsletter | 736-7122 |
| Wayne Davis | Secretary      | 735-7177 |                | Webmaster  |          |

June 12, 2008

## KEY DATES



**June 28** PARADE ROUTE 3 MILES RUN/WALK AND 1K KIDS RUN

**July 12** LIZARD BREATH FENCE LINE 7.5-MILE FUN RUN AND 3.5-MILE WALK

**September 27** VALLEY OF THE FLOWERS HALF-MARATHON

## Hello out there in Lompoc Valley Distance Club Land

Sign up now for the Valley of the Flowers Half Marathon and avoid the July and August rush. If you don't have a form in your hot little hands, go to [active.com](http://active.com) and get it done. There's a registration limit of 150 overall, a pre-reg limit of 125.

In-person signups meanwhile, are all that is needed for our June 28 Flower Festival Parade Route 5K. Registration begins adjacent to the AAA office in the Von's shopping center on H and Pine Streets at 7:30 AM, with the run-walk starting at 8:30 AM. This year's event also includes a Kids' 1K and is a cystic fibrosis benefit. Do the run and then watch the parade!

There will be the usual parade of reptiles at our Lizard Breath Fenceline Fun Run on Saturday, July 12. See the info in the list of upcoming events in this flier.

Yours in the spirit of good fun in the great outdoors,  
Lizard Breath AI

**VALLEY OF THE FLOWERS HALF-MARATHON.** The 2008 scholarships were awarded to Cabrillo High School students Michelle Engler and Benjamin Li and Lompoc High School students Alyssa Hamlin and Cody Foster.

## UPCOMING ROAD RACES

**CHECK WITH THE RACE DIRECTORS TO CONFIRM DATES AND TIMES**

**WEDNESDAYS, APRIL 30 – AUGUST 27, 6:25 PM. NITE MOVES SUMMER SERIES, SANTA BARBARA.** 5K Run/Walk 6:35 PPM, 1K Ocean Swim 6:25 PM. Leadbetter Beach - SB's premier social, fitness event for casual or competitive. Refreshments/music/raffle/kids events. Season awards. [ww.RunSantaBarbara.com](http://ww.RunSantaBarbara.com), (805) 564-8879. Keyword: "Nite Moves."

**THURSDAY, JUNE 19, 6:15 PM. SANTA YNEZ VALLEY FAMILY 5K FUN RUN/WALK AND 1 MILE KIDS' RUN, BUELLTON.** The 5K Run/Walk will start at Oak Park and continue through the city to Jonata Park Road with the finish back at Oak Park. Registration at 5:30 PM, with events and activities for all ages. 5K participants will receive an event T-shirt and entry into a prize raffle. Also included in the evening's activities is a 1 mile kids' run for children 12 and under. These runs are oriented toward youth fitness education. All children's run participants will receive an event T-shirt and entry into a prize raffle. During and after the races, all participants and spectators are invited to enjoy fellowship and music in the park. The 5K run fee is \$12 and children 12 and under - \$7. Proceeds from the events will benefit local non-profits including the Buellton Community Educational Foundation and to ensure that we can continue to put on more Fun Runs. For additional event information or for sponsorship opportunities, please call Kyle Abello, Buellton Recreation, at 805-688-7529.

**SATURDAY, JUNE 28, 8:30 AM. FLOWER FESTIVAL PARADE ROUTE 1K KIDS RUN AND 3 MILE RUN/WALK. LOMPOC, CA.** Start in front of the Lompoc Shopping Center, next to the Automobile Club of Southern California (AAA) at 675 North "H" Street. Registration starts at 7:30 AM. Entry fees - \$10 for 5K and \$5 for 1K kids' run. Awards in all categories will be for 1st, 2nd, and 3rd place for Male and Female. Age category awards for the 1K Kids Run as follows; 6 and under, 7-9, 10-12, and 13-15. Age categories in the 3 Mile Run as follows 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-65, and 66 Plus. Awards for the 3 mile walk will be the 1st, 2nd, and 3rd overall male and female. There will be an award for youngest and oldest entry. Finally, there will be an award for best and worst parade costume adhering to the theme of the Flower Festival for 2008. 100 percent of proceeds collected will be donated to the Cystic Fibrosis Foundation in honor of 3 year old Mallory Holloway, the daughter of an avid past local Lompoc runner Matt Holloway. The Flower Festival Parade follows at 10 AM. For more information or to volunteer, contact Wayne Davis at 735-7177, email: [runwithme.w@verizon.net](mailto:runwithme.w@verizon.net)

**FRIDAY, JULY 4, 8:00 AM. 54<sup>th</sup> ANNUAL SEMANA NAUTICA 15K, SANTA BARBARA.** San Marcos High. John Brennand, (805) 964-2591, [brennand@alum.mit.edu](mailto:brennand@alum.mit.edu)

**SATURDAY, JULY 5, 9:00 AM. GUADALUPE HALF-MARATHON RUN AND 10K WALK, GUADALUPE.** This race replaced the Fields to fair Ten Mile and will be a fundraiser for the Guadalupe Sports Hall of Fame. Both the run and the walk will be along the levee on out and back courses adjacent to rural farm fields. Registration begins at 7:30 across from the Mary van Buren Elementary School, 1050 Peralta Street. Entry fees for the half marathon are \$35 and \$15 for youth ages 18 and under and \$15 for the 10K which is a noncompetitive, nontimed event. Reserve a T-shirt for an additional \$15 if registered by June 5. The entry includes breakfast and awards after the race. Stephanie Krouse, 714-5798 or [sa\\_krouse@hotmail.com](mailto:sa_krouse@hotmail.com).

**SATURDAY, JULY 12, 8:00 AM. SEVENTH 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 ultramarathoner, 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. Registration at the Chumash Village under the big oaks towards the blacksmith shop. Signups start at 7 AM; with the run/walk starting at 8 AM. Fee: \$10 (\$8 for LVDC members). For information or to volunteer to help with this event, contact Al Hunt at 736-5435.

**SATURDAY, JULY 19, 7:00 AM. 39<sup>TH</sup> BRIAN WATERBURY MEMORIAL ROCK TO PIER 6 MILE RUN, MORRO BAY.** This 6 mile run goes along the beach from the start at the rock in Morro Bay to the finish at the pier in Cayucos with an early start to take advantage of the low tide. The entry fees are \$15 for pre-registration, \$25 with a T-shirt, and \$25/\$35 on race day. Enter online at [www.leaguelineup.com/welcome.asp?url=rock2pier](http://www.leaguelineup.com/welcome.asp?url=rock2pier) or [www.active.com](http://www.active.com). Conducted by Karen Sweeny, Morro Bay Rec Dept, 1001 Kennedy Way, Morro Bay, 93442, 772-6278.

**THURSDAY, JULY 24, 6:15 PM. SANTA YNEZ VALLEY FAMILY 5K FUN RUN/WALK AND 1 MILE KIDS' RUN, BUELLTON.** The 5K Run/Walk will start at Oak Park and continue through the city to Jonata Park Road with the finish back at Oak Park. Registration at 5:30 PM, with events and activities for all ages. 5K participants will receive an event T-shirt and entry into a prize raffle. Also included in the evening's activities is a 1 mile kids' run for children 12 and under. These runs are oriented toward youth fitness education. All children's run participants will receive an event T-shirt and entry into a prize raffle. During and after the races, all participants and spectators are invited to enjoy fellowship and music in the park. The 5K run fee is \$12 and children 12 and under - \$7. Proceeds from the events will benefit local non-profits including the Buellton Community Educational Foundation and to ensure that we can continue to put on more Fun Runs. For additional event information or for sponsorship opportunities, please call Kyle Abello, Buellton Recreation, at 805-688-7529.

**SUNDAY, AUGUST 17, 8:30 AM. 30TH MCCONNELL'S ICE CREAM ENDURANCE EVENTS, SANTA BARBARA.** 5K 8:30, 10K 9:30, Biathlon (10K run/1 mi. swim), Kid's Mile 11:00, Mile Swim 11:30. Goleta Beach County Park. USATF certified out-and-back course. Fruit buffet/awards/ribbons and ice cream to all! Benefits R.E.D.S. and Tibet Freedom Movement. Pre 7/1 - Kevin Young, (805) 564-3400, [kyoung@sbre.com](mailto:kyoung@sbre.com), post 7/1 - Jose Gonzalez, (805) 962-3627, [jose@sbactionpro.com](mailto:jose@sbactionpro.com).

**THURSDAY, AUGUST 21, 6:15 PM. SANTA YNEZ VALLEY FAMILY 5K FUN RUN/WALK AND 1 MILE KIDS' RUN, BUELLTON.** The 5K Run/Walk will start at Oak Park and continue through the city to Jonata Park Road with the finish back at Oak Park. Registration at 5:30 PM, with events and activities for all ages. 5K participants will receive an event T-shirt and entry into a prize raffle. Also included in the evening's activities is a 1 mile kids' run for children 12 and under. These runs are oriented toward youth fitness education. All children's run participants will receive an event T-shirt and entry into a prize raffle. During and after the races, all participants and spectators are invited to enjoy fellowship and music in the park. The 5K run fee is \$12 and children 12 and under - \$7. Proceeds from the events will benefit local non-profits including the Buellton Community Educational Foundation and to ensure that we can continue to put on more Fun Runs. For additional event information or for sponsorship opportunities, please call Kyle Abello, Buellton Recreation, at 805 688-7529.

**SATURDAY, AUGUST 23. 8:00 AM. 10<sup>TH</sup> ANNUAL HARES AND HOUNDS 5K AND YOUTH HALF MILE, ATASCADERO.** Start and finish at the Atascadero Lake Park Pavilion near the zoo. The 5K will be followed by a half mile for ages 13 and under at 9:00. Entry fees for 5K - \$25 by August 8 and \$30 after that and \$10 for the kids' race. Awards are three deep in 14 age divisions for the 5K and medals to all finishers in the youth race. There will also be prize money to the top finishers, lots of raffles prizes, an Expo and refreshments after the race. Robyn Schmidt, K-Man Cycle & Run, 9530 El Camino Real, Atascadero 93422, [HHRaceDirector@teamkman.org](mailto:HHRaceDirector@teamkman.org), [www.teamkman.org](http://www.teamkman.org) or register at [www.active.com](http://www.active.com).

**SUNDAY, AUGUST 31, 7:00 AM. PIER-TO-PEAK HALF-MARATHON, SANTA BARBARA.** Stearns Wharf (Cabrillo at State St.). The "Worlds Toughest Half-Marathon." Uphill from sea level to 4,000 ft. finish overlooking S.B. Prizes/refreshments. Limited entries. [www.RunSantaBarbara.com](http://www.RunSantaBarbara.com), (805) 564-8879, 718 Castillo St., SB, CA 93101, Keyword: "Pier to Peak."

**SATURDAY, SEPTEMBER 27, 8:00 AM. 32<sup>nd</sup> ANNUAL VALLEY OF THE FLOWERS HALF-MARATHON RUN AND WALK, 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: \$45; \$50 after September 7, 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](http://www.active.com). For more information call Betty Lee at 805 736-7380, or e-mail her at: [Bettylee0077@MSN.com](mailto:Bettylee0077@MSN.com).

**RACE RESULTS**

May 4, Avenue of the Giants, 10K - Olga Lucaric, 1:38:13; and George Lucaric, 1:38:26, 2<sup>nd</sup> in age group. (<http://www.theave.org/>)

May 10, Wine Country Half-Marathon, Solvang. Karl Seelandt, 1:31:14, second in his age group; Pauline Schneekloth. 1:40:54; Abel Romayer, 2:06:43; Mary Lou Seelandt, 2:07:18; Bob Lingl, 2:28:45; and Patty Landis, 2:35:34. (<http://www.runsantaynez.com/>)

May 10, Miracle Mile for Kids 10K, Morro Bay – Paul Lee, 39:52, 18<sup>th</sup> overall, 1<sup>st</sup> in age group. (<http://mm4k.com/>)

May 25, Strawberry Stampede, Arroyo Grande. 10K – Paul Lee, 42:55, 21<sup>st</sup> overall, 3<sup>rd</sup> in age group; Mary Lou Seelandt, 53:36, 88<sup>th</sup> overall, 2<sup>nd</sup> in age group; and Katie Adelman, 57:20; 1902<sup>nd</sup>. 5K Lisa Norcutt, 35:11, 173<sup>rd</sup> overall, 1<sup>st</sup> in age group; and Olga Lucaric, 44:28, 204<sup>th</sup>, 3<sup>rd</sup> in age group. (<http://www.strawberrystampede.com/>)

June 1, Rock n Roll Marathon, San Diego. Billiana Hardy, 5:41:54; and Abel Romayer, 5:50:50. <http://www.rnrmarathon.com/home.html>

June 1, Marianne Talley 15 Annual Memorial 5K Fun Run, Arroyo Grande. Paul Lee, 19:06, 13<sup>th</sup> overall, 1<sup>st</sup> in age group; Lisa Norcutt, 34:35, 231<sup>st</sup> overall, 1<sup>st</sup> in age group; and Olga Lucaric, 39:56, 248<sup>th</sup>, 1<sup>st</sup> in age group. ([http://www.talleyvineyards.com/talley\\_frame.fsp?aname=funrun](http://www.talleyvineyards.com/talley_frame.fsp?aname=funrun))

**RAY GIL MEMORIAL/LAS PURISIMA MISSION 5K/10K**

**Race Director - Al Hunt**

**May 11, 2008**

5K

| PLACE | NAME              | AGE | CITY/CLUB   | TIME  | DIV |
|-------|-------------------|-----|-------------|-------|-----|
| 1     | Johnny Hernandez  | 16  | Lompoc      | 15:39 |     |
| 2     | Jose Guzman       | 42  | Santa Maria | 15:58 |     |
| 3     | Raven Wolfe       | 10  | Lompoc      | 18:46 |     |
| 4     | Telesforo Moreida | 33  | Lompoc      | 18:58 |     |

|    |                   |    |             |       |   |
|----|-------------------|----|-------------|-------|---|
| 5  | Mayah Pico        | 8  | Lompoc      | 19:47 |   |
| 6  | Michele Foerst    | 43 | Lompoc      | 20:25 |   |
| 7  | Milagros Moreida  | 28 | Lompoc      | 20:28 |   |
| 8  | Maddie Foerst     | 9  | Lompoc      | 20:51 |   |
| 9  | Frederic Foerst   | 43 | Lompoc      | 21:08 |   |
| 10 | Kerri Baysinger   | 30 | Lompoc      | 21:14 |   |
| 11 | Elvira Bayardo    | 32 | Lompoc      | 22:11 |   |
| 12 | Julie Campos      | 55 | Lompoc/LVDC | 22:29 |   |
| 13 | Hermina Ortiz     | 36 | Lompoc      | 24:37 |   |
| 14 | Larry La May      | 76 | Lompoc/LVDC | 25:13 |   |
| 15 | Parker Grand      | 9  | Lompoc/LVDC | 25:43 |   |
| 16 | Ed Grand          | 45 | Lompoc/LVDC | 25:45 |   |
| 17 | Randy Ericson     | 42 | Lompoc      | 27:37 |   |
| 18 | Tiffany Ortiz     | 11 | Lompoc      | 27:58 |   |
| 19 | Lisa Norcutt      | 72 | Lompoc/LVDC | 28:09 |   |
| 20 | Ardis (Lee) Davis | 62 | Lompoc/LVDC | 35:48 | W |
| 21 | Olga Lucaric      | 69 | Lompoc/LVDC | 37:03 | W |
| 22 | Leslie Moreida    | 8  | Lompoc      | 38:05 | W |
| 23 | Gudrun Fink       | 65 | Lompoc      | 39:14 | W |
| 24 | Betty Lee         | 41 | Lompoc/LVDC | 39:18 | W |
| 25 | Erika Navarro     | 12 | Lompoc/LVDC | 39:19 | W |
| 26 | Jesse Lee         | 41 | Lompoc/LVDC | 39:21 | W |
| 27 | Brian Hunt        | 63 | Lompoc      | 40:55 | W |
| 28 | Carmen Fernandez  | 53 |             | 40:57 | W |

10K

| PLACE | NAME               | AGE | CITY/CLUB        | TIME    | DIV |
|-------|--------------------|-----|------------------|---------|-----|
| 1     | Luis Bayardo       | 32  | Lompoc           | 40:15   |     |
| 2     | Paul Lee           | 47  | Pismo Beach/LVDC | 41:10   |     |
| 3     | Karl Seelandt      | 51  | Lompoc/LVDC      | 42:25   |     |
| 4     | Lawrence Li        | 54  | Lompoc/LVDC      | 46:32   |     |
| 5     | Kimberly Zimmerman | 25  | Dana Point       | 47:34   |     |
| 6     | Juan Campos        | 48  | Lompoc/LVDC      | 49:53   |     |
| 7     | Cecilia Ramos      | 56  | Lompoc           | 50:56   |     |
| 8     | Britni Heter       | 15  | Lompoc/LVDC      | 52:32   |     |
| 9     | Tom Schmidt        | 50  | Lompoc           | 52:44   |     |
| 10    | Mary Lou Seelandt  | 52  | Lompoc/LVDC      | 56:34   |     |
| 11    | Katie Adelman      | 47  | Lompoc/LVDC      | 59:13   |     |
| 12    | Fran Zimmerman     | 59  | Lompoc/LVDC      | 1:01:21 |     |

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. Patronize our sponsors and tell them you appreciate their support of the Lompoc Valley Distance Club.

|      |  |                 |
|------|--|-----------------|
| Mar  | John Trettin Memorial 5K               | Kent Yankee     |
| May  | Mission Run                            | Alan Hunt       |
| Jun  | Parade Route 3 Miles                   | Betty Lee       |
| July | Lizard Breath Fenceline                | Alan Hunt       |
| Sep  | Park to Park                           | Kathi Froemming |
|      |  | Neil Smoots     |
| Sep  | Valley of the Flowers<br>Half Marathon | Betty Lee       |

Dr Jamison, Race Ready, Ballard, Robinson & Walker, Valley Rick, At Home Senior Services, Lompoc Healthcare District, Community Bank, Valley Medical Group of Lompoc, Taco Bell of Lompoc, Cardiovascular Center of Lompoc, Fargen Surveys, Inc, Retail Management Specialists, LLC, Valley Rock, Sesto Insurance, Graphics Systems, Classic Installation, Impulse Internet Service, Rabobank.

CALL IN YOUR RACE RESULTS OR SEND THEM IN TO THE POST OFFICE BOX OR E-MAIL THEM TO ME AT [nperry3@verizon.net](mailto:nperry3@verizon.net)

LOMPOC VALLEY DISTANCE CLUB  
PO BOX 694  
LOMPOC CA 93438

SATURDAY, JUNE 28  
PARADE ROUTE 3 MILES  
RUN/WALK AND KIDS 1K

SATURDAY, JULY 12  
LIZARD BREATH FENCE LINE  
7.5 RUN, 3.5 WALK

SATURDAY, SEPTEMBER 27  
VALLEY OF THE FLOWERS  
HALF-MARATHON