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TAMALPA

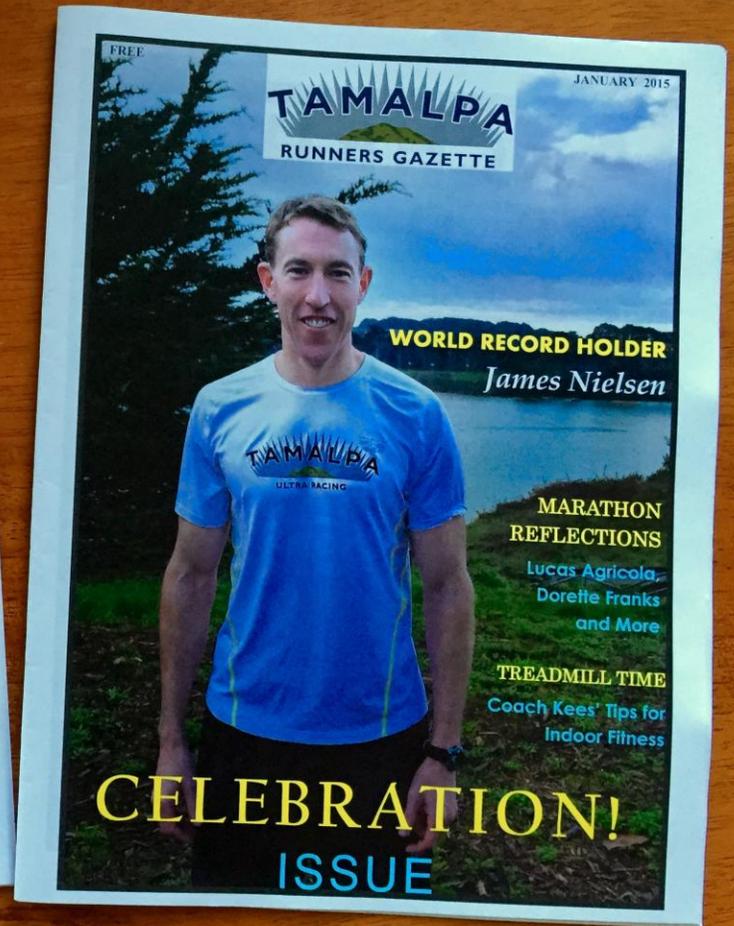
RUNNERS GAZETTE

FEBRUARY/MARCH COMBO ISSUE

PRESIDENT ED'S POST

POWER PERFORMANCE FROM PILCHER AND TEAM

GAZETTE UPDATE - NEXT ISSUE FEBRUARY/MARCH COMBO



By Kathy Johnson

In case you were wondering if you somehow missed your shiny, new Tamalpa Gazette Magazine landing in your mailbox last week, no worries - it's still being produced.

We have been thrilled by the outpouring of positivity headed our way after the revamping of the Gazette and are very excited that we now have a bounty of photos and content to share with the team.

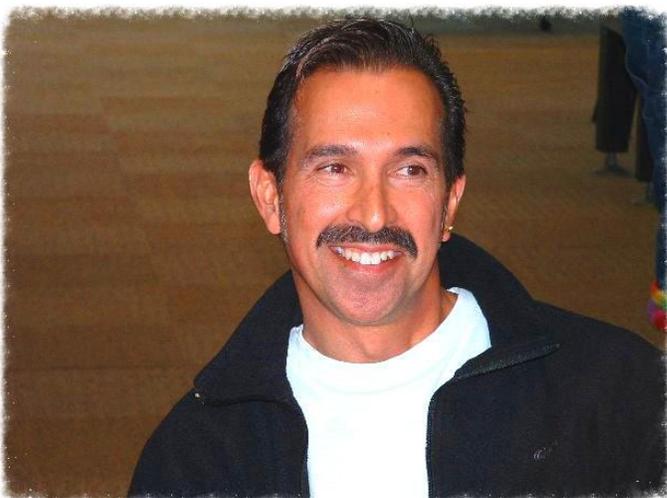
You may have noticed that production values have gone up, so while we could easily produce a 50-page magazine for you each month, packed with photos and fun, we also had to be mindful of the budget so there were still funds available for other perks and Club benefits for members.

So, going forward, the Gazette will be printed 10 times per year, instead of 12. Ed covers more detail in his post below.

Thanks again for all the great comments on the Gazette - we love them and are so glad you approve of the changes.

Your next Tamalpa Gazette Magazine will be produced shortly after the Feb. 22nd TCRS race so we can include the race report - thus expect to see it land in your mailboxes in early March.

PRESIDENT'S POST - by Ed Corral



Hi everyone, I want to let you all know about some changes being made in various areas of the Tamalpa world [I'll cover the Holiday Party, the Tamalpa Runners Gazette, the TCRS, Tamalpa Cycling, and one other topic.]

Holiday Party

This year's Holiday Party was very successful, great company and the best dancing music around (The Overcommitments with our own wonderful **Bonnie Kirkpatrick**)! We were thrilled to have 125+ revelers and hope that we continue to meet more of you and your family members at upcoming social events! We'll keep you posted via email, facebook, the Gazette and the website. Plus, we'd appreciate your feedback on this online survey that will take about 20 seconds to complete:

<https://www.surveymonkey.com/s/3JCK9RR>

Tamalpa Runners Gazette

As we've all seen, the new Gazette is something to be very proud of. **Thank you Kathy Johnson!** To keep this wonderful publication going in its present state, we will be moving to ten editions per year, combining a

February/March issue and a November/December issue. We will be moving most of the race results to the Tamalpa website, and trying to keep the issue to twenty pages. By the end of June we plan to have an Internet edition (PDF file) and a printed edition available. Those who would prefer to no longer get the printed issue will be able to get the Gazette on the Internet - anytime & anywhere. Keep posted as we move closer to July!

TCRS (Awesomeness!)

If you have not seen the [2015 TCRS Schedule](#) (click on the link), **Phil Oreste** (all around good-guy, Tamalpa member and Founder of **Urban Coyote Racing**) has set up some terrific TCRS courses, helping the membership train for the 105th Dipsea Race and beyond. The Board has decided to be good community citizens and purchase permits for all TCRS races where required. This will have us racing in two parks (GGNRA & a State Park) this year, and in a lot of Marin County Open Space locations. We'll be all over Marin County as we know our members live throughout the area so this will make it even easier for you to participate! Very exciting.

We are also going to move forward in providing goodies after each TCRS, so please stick around after the race and visit with your fellow Tamalpans. To do all this (permits & refreshments), the cost of the TCRS is going up: I know, the member's \$3 entrance fee seemed like it would last forever. But alas, the \$3 race fee has now gone up to \$5 for Tamalpans and \$10 for non-members. But, if the non-member joins Tamalpa on that race-day, that TCRS will be included in their new membership (no additional fee for that TCRS). This is a wonderful series of races, in and on wonderful courses, with refreshments and great camaraderie - all for \$5! How can you beat that?

Tamalpa Cycling (something new!)

As runners, there are times when injury prevents us from running, so we get on the bike. We ride to cross-train. Or, more seriously, some permanent injury no longer allows us to run, so we turn to cycling. With all these Tamalpans out riding, wouldn't it be great to have group road rides? We have fellow Tamalpans ready to lead rides throughout wonderful Marin and Sonoma Counties. Starting this spring, after Daylight Savings Time begins and weather permitting, group rides will be planned and communicated via the Tamalpa website and facebook page. It would be great if we can put together a Cycling Committee. If you are interested in being in this committee and planning and/or leading group rides, please contact me at president@tamalparunners.org

Tamalpa Runners members

Tamalpa Runners is once again over 700 members strong! There are members that do not live in the area, but many members do live in or very close to Marin County. The Board members would love to meet you all! We will be doing more Social events this year, some family events and some 'grown-up' events and we hope that you and family members can join in on the fun times. For many of us, our family is our support system, our biggest fans. Please consider attending these events as they come up. We'll try our best to give you enough time to plan for them.

Please feel free to contact me at president@tamalparunners.org ~ Ed Corral

BRIAN PILCHER AND THE TAMALPA CREW SHINE AT KAISER 1/2



By Frank Ruona

Brian Pilcher continues to amaze with his outstanding racing. On February 2, 2015 he ran a 1:14:50 for an age graded 95.92, using the WMA Age-grading calculator 2006 (updated 2010), at the Kaiser ½ Marathon in San Francisco with only one runner over 40 years old finishing in front of him.

Second Tamalpan was **Thomas (T.R.) Parker** with a strong 1:18:53 time.

John Hirschberger also had a fine race as he was the first 60-64 finisher in 1:28:26. **Tim Wallen** finished second in his 50-54 age group with a fine 1:20:23 and **Bruce Benter** and **Gene French** took 3rd place in their 5 year age groups. **Kathy Herzog** was the first Tamalpa Woman finisher in 1:34:13, which was good for 5th place in her 45-49 age group.

It was a good day for racing for Tamalpans and a good start to the 2015 Racing Season.

| Place | Name | City | Bib No | Age | Gender | Age Group | Total Time | Pace |
|-------|--------------------------|-----------------------|-------------|-----------|----------|------------------|----------------|---------------|
| 1 | Chris Mocko | San Francisco | 11 | 28 | M | 1st 25-29 | 1:06:29 | 5:05/M |
| 21 | Brian Pilcher | Ross CA | 5232 | 58 | M | 1st 55-59 | 1:14:50 | 5:43/M |
| 35 | Liza Hitchner | Los Altos Hills | 4444 | 27 | F | 1st 25-29 | 1:16:48 | 5:52/M |
| 50 | Thomas Parker | Mill Valley CA | 1951 | 35 | M | 7th 35-39 | 1:18:53 | 6:02/M |
| 61 | Tim Wallen | San Rafael CA | 3901 | 51 | M | 2nd 50-54 | 1:20:23 | 6:09/M |
| 237 | John Hirschberger | San Francisco | 4293 | 63 | M | 1st 60-64 | 1:28:26 | 6:46/M |
| 251 | Bruce Benter | Novato CA | 4325 | 55 | M | 3rd 55-59 | 1:28:54 | 6:48/M |

| | | | | | | | | |
|------|--------------------|----------------|------|----|---|------------|---------|--------|
| 440 | Kathy Herzog | Mill Valley CA | 4715 | 49 | F | 5th 45-49 | 1:34:13 | 7:12/M |
| 446 | Bradley Fenner | Tiburon CA | 4173 | 50 | M | 25th 50-54 | 1:34:16 | 7:12/M |
| 526 | Art Marthinsen | Novato CA | 4591 | 58 | M | 16th 55-59 | 1:36:19 | 7:22/M |
| 670 | Gene French | San Bruno CA | 5780 | 68 | M | 3rd 65-69 | 1:38:56 | 7:34/M |
| 1152 | Vicki Demenno | Corte Madera | 5321 | 54 | F | 13th 50-54 | 1:46:46 | 8:09/M |
| 1169 | Danielle Herrerias | Novato CA | 5524 | 57 | F | 6th 55-59 | 1:46:59 | 8:10/M |
| 1503 | Michael Kloepfer | San Francisco | 2035 | 60 | M | 18th 60-64 | 1:51:46 | 8:32/M |
| 2294 | Joaquin Fritz | Greenbrae CA | 1704 | 61 | M | 34th 60-64 | 2:01:16 | 9:16/M |
| 2298 | Kevin Porter | San Anselmo | 4741 | 63 | M | 35th 60-64 | 2:01:20 | 9:16/M |

SIGN UP FOR THE TAMALPA BOBCATS KIDS PROGRAM



By Mary Churchill

Tamalpa Bobcats (youth running program for ages 3-11) is getting ready to start another spring season. Practices will be at the Marin Catholic Track Sunday afternoons from 4-5 except for Easter Sunday.

Our volunteers can't wait to get the next generation excited about a healthy lifestyle, setting goals, and being outside with their families. For more information contact: marymfagan@gmail.com.

Registration this year is online: <http://formsmarts.com/form/1jen>

COUPLES RELAY THIS SUNDAY



By Mike Holland

Did you know that the Tamalpa Couples Relays is one of the oldest races in Marin County?

Thirty-five years ago **Barry Spitz** thought it would be a fun idea to have men and women, married people, and parents and kids team up to run a 4 mile race. He was right - it is a LOT of fun.

Be a part of it this February 15th at Vintage Oaks in Novato. Lots of categories and prizes. This is a great way to kick off your racing year and socialize with fellow Tamalpans.

All you have to do is show up and pay \$25 per couple to race. If you don't have a partner, there are pairings made on the spot.

The way it works: the female partner runs two laps on a one-mile loop, then tags their male partner who runs the same course. There are lots of awards in each division based on the combined age of the couple and the number of participants in open, married, father/daughter, mother/son, grandparent/grandchild categories.

What: 25th Annual Couples Relay

Where: Vintage Oaks Shopping Center, 208 Vintage Way, Novato, CA 94945

When: Sunday, February 15th. Race starts at 9:00am

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