



TAMALPA

RUNNERS GAZETTE



Volunteers needed for the Marin Memorial Day Races on Monday, May 30th. Please send an e-mail to info@marinraces.com if you can help out your club with our major fundraiser

Western States Endurance Run

Rucky Chucky Aid Station

June 25th-26th, 2016

By Bruce Linscott



Well it has come time to consider what you may want to be doing in June to support our running community, and I am not talking about volunteering at one of those small local races that starts with a "D". This one is the big daddy of them all, The Western States, 100 miles of trail racing from Squaw Valley to Auburn.

A group of last year's key volunteers will be returning to the 78 mile check point where this race crosses the Middle Fork of the American River. We establish the primary aid station on the *Near Side* of the river as well as a secondary "shoe changing" station on what was formally the spot of the *Far Side* aid station. This set up requires a small army of volunteers to staff for the day and night while the runners and pacers pass and cross the river. We are looking for some additional Tamapla Runners and friends to participate in the various tasks involved with operating a first class aid station in the middle of nowhere.

This year's race occurs over the last weekend of June. The race will start in Squaw Valley on Saturday June 25th at 5:00 am. The lead runners will not reach our location until a bit after 4:00 pm. The last participants will pass our location at 5:00 am on Sunday morning.

This volunteer effort is not for faint of heart or for those looking for a casual 1- 4 hour time commitment. First of all, it takes nearly 4 hours (from Marin) to reach our remote location at the bottom of a river canyon 14 miles north of Auburn. We generally request you hike, run or shuttle in the last 2.5 mile steep, dirt road as vehicle parking is a problem at this aid station. Once you arrive (and we ask that you arrive prior to 2:00 pm on Saturday) you should be committed to staying for the entire time we are assisting runners and pacers in the race. After helping with packing all our gear and clean up around 5:00 am, you will be released and sent on your way in the full light of day on a lovely but usually very warm Sunday morning. We will do our best to provide a shuttle to get you back up to your cars.

Please keep in mind, this endeavor is not just about work. With ample help, everyone will share in shift duties and have plenty of "off" time to enjoy the beauty of the American River canyon. Most find there is generous time to relax, swim, hike, run, nap or sleep. Last year the temps were over 100° both days so most of the crew spent a lot of time in the river.

Please consider joining our crew for a spectacular race and an incredible volunteer experience. Call or email me with any questions.

bruce@linscottinc.com 415-999-5472

The Board would like to welcome new members ~ March/April: Andrew Cobourn, Kane Cullimore, Diego Goncalves, Stacey Hagen, Oendrilla Kamal, Caroline Koch, Mark Laws, Jim Maloney, Drew Markovich, Michael Mascott, Parker Mascott, Jackie Reinhart, Rafael Roman, and Adam Tibbs

Memberships Requiring Renewal – April and May: Janet Kjelymyr, Alexandra Larova, Eileen Brennan-Erler, Jack Burns, Gayle Burns, Joan Fausone, Gayle Ehrean, Sarah Nesbitt, Oscar Nesbitt-Schnadt, Ken Sack, Suzanne Sack, Richard Snipes, Mara Snipes, Elsa Snipes, Sadie Snipes, Tony Marshall, Christina Jackson, Julian Youngblood, Eric Spector, Victor Ballesteros, Eliana Reeves, Sara Thomas, Ali Thomas, Sam Thomas, John Rosenbaum, Jorge Gonzalez, Ron Smith, Thomas Rosencrantz, Mark Shirra, Nakia Baird, Rebecca Taggart, Ala Weber, Jason Lemberg, Gary Semling, Jeff Alpert, Don Porteous, Diane Prater, Scott Wolfe, Erin Shippey, Charles Ehm, Dominic Johnson, Kathy Johnson, Jonathan Bretan, Julianne Bretan, William Tamalge, Melody Schultz, Jason Thompson, Steven Katz, Peter Badertscher, Walter Underhill, Elizabeth Gottlieb, Carl Gottlieb, Sage Gottlieb, Eutimia Gottlieb, Neal Gottlieb, Michael Budwig, Jonathan Gunderson, Samantha Jaber, Steve Jaber, Karen Jaber, Paul Herrerias, Danielle Herrerias, Max Herrerias, Tom Hale, Michael Lotter, Jose Anguiano, Steven Friedman, Maya Friedman, Miguel Friedman, Denise Montalvo.

Please renew before your membership expires, we'd like you to stay with us

Contact Lillie at membership@tamalparunners.org or go to: <http://www.tamalparunners.org/join.php>

****DON'T FORGET: IF YOU WANT TO HELP US GO GREEN AND GET YOUR GAZETTE ISSUE ONLINE INSTEAD OF A PRINTED COPY LET US KNOW AT gazette@tamalparunners.org****

Editor's Note

By Corinna Zubia



May flowers and stunning running weather are upon us in beautiful Marin. It's been great to see so many club members participating in our TCRS club races as well as races across the States! We've got some wonderful, friendly faces in this group, and some dedicated runners. Please continue coming out to show off your stuff and to get to know the rest of the club!

In the way of goals: I recently completed my first marathon in Napa and what a neat thing to check off the list. Anyone else who made it out, knows after a full week of straight rain, the skies cleared an hour before the race to give us a four hour window to hit the Napa hills and "smile upon that sunny road" as an Irishman jumped out mid-race to encourage me. It was a beautiful race and great to complete a long-time goal. Keep setting those goals for yourself and making them happen! And feel free to share them with the Gazette when you do. We love to celebrate our collective victories!

We've got lots of big races in the coming months. You can check out our race calendar (at the end of this issue) and come out to run or volunteer for them and be a part of the fun.

And please join us for another Thirsty Thursday this month on May 19th at 2 AM club in Mill Valley! Happy training Tamalpa. Keep it up, and keep smilin' upon that sunny road!



120TH BOSTON MARATHON



Congrats to LINDA (LINDSAY) MUNK for completing both the Boston Marathon May 6th and Big Sur Marathon within the week ("B & B"): a tough order!



Congrats to Brian Porter for finishing 144th overall in the San Diego Carlsbad 5000 on April 3rd!!



CARLSBAD 5000
WORLD'S FASTEST 5K
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Getting to Know Our Board

Tamalpa Club Secretary Bruce Benter

I joined Tamalpa 11 years ago along with my son Bryant at the urging of his High School coach. Four years ago I joined the board and the last year and a half as club secretary.

A runner and racer all my life I mostly stick to the USATF club races, cross country and road, and of course our TCRS series. I like that everyone in these races is a veteran runner, no weekend joggers. The atmosphere is competitive but very supportive. I also like wearing the uniform and being part of a team.

The best part of Tamalpa, without a doubt, is the amazing diverse group of people I've met through the club.

Highlight, running the 2014 Boston Marathon with my son.





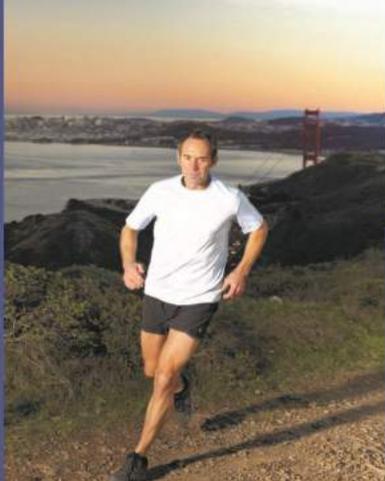
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2016 Marin Memorial Day Races on May 30th

Dave Ripp



Another Manic Monday

"It's just another manic Monday
I wish it was Sunday
'Cause that's my funday
My I don't have to runday
It's just another manic Monday"

... Lyrics from Prince's *Manic Monday*, written under the pseudonym, Christopher, and a huge hit for the Bangles in 1986 <https://www.youtube.com/watch?v=SsmVgoXDq2w>. Prince's ode to our Marin Memorial Day Races? Seems likely to me. A number of guys named Christopher ran the MMDR (then the Pacific Sun Races) in the mid-80s... I am diligently searching through old photos.

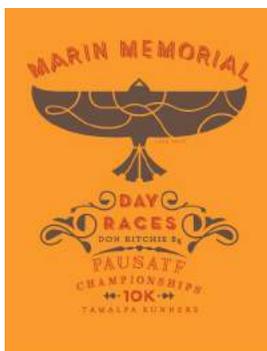
This year's 'runday' for the 39th edition of the MMDR is Monday, May 30th. The event again features the very fast Marin 10K, a USATF Pacific Association Grand Prix championship race, The Don Ritchie 5K Run/Walk, a fundraiser for pancreatic cancer research, and the very popular Youth Track Races for kids 12 and under.

Last year's 10K race was highlighted by Philip Reid's amazing 5th win, Jan Frisby's American Record of 40:14 in the 70-74 age-group, and a very fast 36:28 13-18 course age-group record by Bridget Gottlieb. We are again offering a \$1000 cash bonus to the male and female 10K winners if they break the course record and a cash bonus of \$250 to runners 19 and over who set a 10K age-group course record in the 19-29, 30-39, and all subsequent standard 5-year age groups on up. Last year Jan received a check; I'd love to write some more checks on Tamalpa's dime this year!

It's not all about the 10K though. Over the past five years proceeds from the Don Ritchie 5K and generous donations from Tamalpas and others have raised over \$30,000 in Don's name for ground-breaking pancreatic cancer research at UCSF. And we had a record number of kids participate in the very fun youth track races last year, which take place after the 5K and 10K have completed.

Event Shirts

The MMDR shirts are always a huge deal! This year we've gone colorful, with bright gold tech shirts. In recent years I've messed up a bit on the sizing, resulting in hordes of small, grumpy people leaving in oversized nightshirts. This year I promise that the shirt sizes will be skewed more toward Prince than Shaq. And, for 2016, our logo designer non-pareil, Laila Rezai, has created a particularly beautiful design.



Web Sites

You can register for the MMDR online via the web site: <http://www.marinraces.com/> or here: <https://raceroster.com/events/2016/8463/marin-memorial-day-races> And donate to the UCSF Pancreas Cancer Center here:

<https://raceroster.com/events/2016/8463/marin-memorial-day-races/charity/donate> **Volunteers Needed** The MMDR wouldn't happen without the help of over 150 very generous and enthusiastic folks who donate their time each year. If you aren't running on Memorial Day please think about being a course monitor, helping out in the food court, handing out the precious shirts, or helping with set-up or cleanup. Kids make great volunteers, distributing food/drinks and goodies. If you can help out this year please send me an e-mail at info@marinraces.com. All volunteers receive a free race shirt.

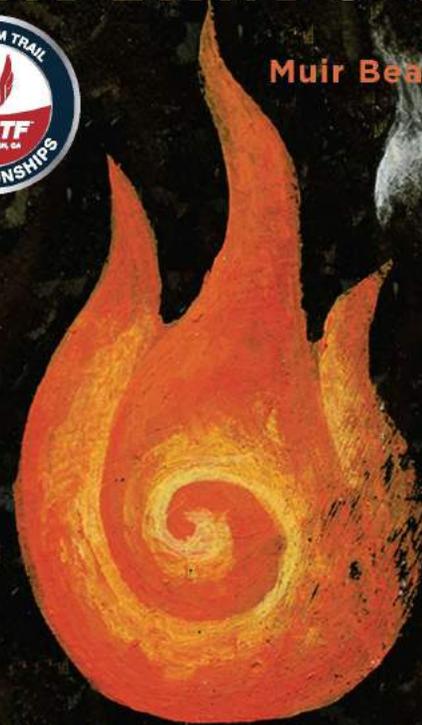
"Six o'clock already
I was just in the middle of a dream"
So get up already on Monday the 30th, it'll be a 'funday'!





TAMALPA HEADLANDS 50K

Muir Beach, CA



AUGUST 27TH 2016
HEADLANDS50K.COM



Josh Bornstein ran his First Marathon Ever at the Oakland Marathon on April 2nd, 2016 and finished in 2:58 with a win in his age division!

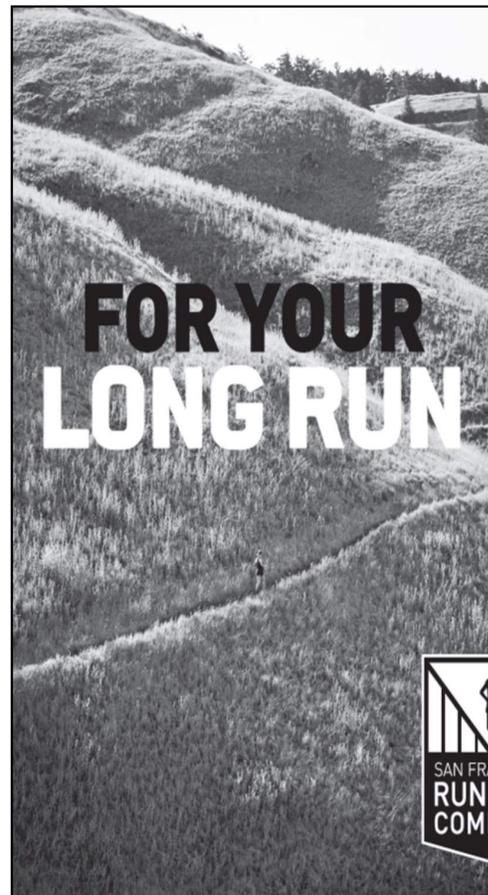


Mike Moser won the 70-79 yr. age group at the Marin Ultra Challenge 25K on Saturday, March 12, 2016 with a time of 3:16:08. Congratulations Mike!!!!



Tilden Tough Ten: May 15th
Lake Chabot Trail Challenge Half: June 5th
Woodmonster 8.8: June 25th

The challenge of the East Bay Hills is yours! We will celebrate *the East Bay Triple Crowners* with a brunch offered by Lake Merritt Joggers and Striders, after Woodmonster 8.8. The Top 3 runners in each division will be recognized and will receive a gift certificate from our local running store Transports. <https://eastbaytriplecrown.wordpress.com/>



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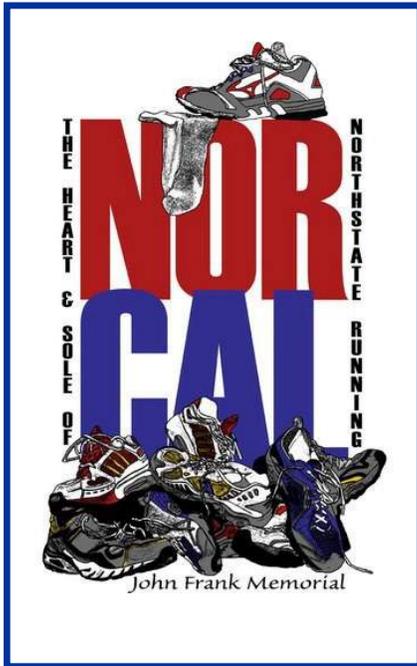
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46th NORCAL—John Frank Memorial Run PA/USATF 10-Mile Road Championship

The John Frank Memorial Run was a PA/USATF Championship road running event held on March 5th, 2016 in Redding, CA and Tamalpas showed up!



Place	No.	Name	Age	Sex	Team	Total Time	Pace
1	2	Sergio Reyes	34	M	Asics Aggies	0:52:07	5:13
87	271	Bruce Benter	56	M	Tamalpa	1:09:27	6:57
90	272	Kathy Herzog	50	F	Tamalpa	1:10:19	7:02
91	67	John Hirschberger	64	M	Tamalpa	1:10:27	7:03
101	267	Roberto Donaire	62	M	Tamalpa	1:13:49	7:23
118	45	Michael Holland	67	M	Tamalpa	1:18:23	7:51
120	33	James Morris	66	M	Tamalpa	1:19:24	7:57
166	87	Phil Phythian	82	M	Tamalpa	2:24:59	14:30



TAMALPA IN THE COMMUNITY

Markelle Taylor sets a new San Quentin Six Mile Record

The 2016 SIX Mile run was scheduled to be run on 3/11/16, but El Nino intervened and heavy rains forced the run to be rescheduled to 3/18/16. The new race day turned out to be a perfect day for running a fast 6 miles around the San Quentin Lower Exercise Yard. There were clouds overhead and conditions were cool and dry. KCBS Reporter Doug Sovern and Kristina Khokhobashvili from the CDCR Office of Public and Employee Communications were present to witness the race and Doug will be doing a feature on the Race on KCBS Radio.

Markelle Taylor continued his assault on the San Quentin 1000 Mile Running Club Records as he ran an excellent time of 34:23 for the 6-mile race. His time was 3-1/2 minutes faster than Eddie Herena's Record, set in 2014, of 37:56. Markelle ran a very intelligent race, as he ran the first 3 miles of the race in 17:17 and was able to pick up his pace the second half of the race and he ran the second 3 miles in 17:06. His fastest mile of the race was his 5:33 final mile. He demonstrated that he had the confidence, fitness and speed to run every mile of the race within 8 seconds of his average race pace, except for the final mile of the race which he ran 11 seconds faster than his average pace.

Chris Scull turned in a fine performance to finish in second place with a 40:02 time. Chris was also able to run a very consistent pace for the entire race and was able to pick up his pace on his final mile.

Relative newcomer Tim Gentry took 3rd place with a fine 42:06. Tim was hoping to run under 42 minutes, but he went out a bit too fast on his opening mile and faded a bit the second 1/2 of the race.

The race was supported by Coaches Frank Ruona, Kevin Rumon and Dylan Bowman and 1000 Mile Club members Dennis Barnes, Jerry Gearin, Darren Settlemyer, Bruno Keagy, Stephen Pascascio, Larry Ford and Evert Spells.

It was a great day for running and we had an excellent turnout of 1000 Mile Club members.

—Coach Frank Ruona



DipSea Kidz

With Director Ana Levaggi
<http://www.dipseafoundation.org/>

Q: Tell us about the Dipsea Kidz program, when was it founded, how long have you led the program?

A: The Dipsea Kidz is a distinctive youth development program established by The Dipsea Race Foundation. It was created seven years ago and is available to all students of Willow Creek Academy FREE of charge. Some are at-risk kids who have discovered the benefits of running through the structured after-school physical fitness training, mentoring, nutritional and educational program.

Since taking over as the head coach 2 1/2 years ago, I have developed the Dipsea Kidz program to grow, not only by numbers, but also raising community awareness of what this program is about. Our wish is to grow expand this program to other schools in our community.

Q: When/where/how far do youth participants meet and run and for which parts of the year?

A: We meet twice a week after school - Mondays 3:15 to 4:15 and Wednesdays 2:15 to 3:15. We meet throughout the school year. At the beginning of the school year, we do a lot of track workouts, relays and games, since kids are at different levels of fitness. We teach them form and pacing as well as conditioning and stretching. At this age kids love to go very fast, spending most of their energy in the first 3 to 5 minutes of the workouts! We work hard on achieving our goal of running the Dipsea Kidz fundraiser 5K in mid-December. After the holiday school break, we return in January, with focus still on form and pace, but now we start going to the local walking paths, the nearby stairs and begin longer periods of continuous running. In late February, weather permitting, we start introducing them to trails. At our first trail run this year, we met at Tennessee Valley; 16 kids showed up and only two of them had ever been there! A week later I heard from several of the participants that they had returned for a hike or run with their families.

Q: How many participants are currently involved in the program?

A: Since 2014, we have grown from 7 or 8 kids, to 30 kids.

Q: What scope of youth is welcome to participate in the program and how do they become involved?

A: The program is designed for all students enrolled at the Willow Creek Academy in Sausalito, grades 4-8. The workouts vary, and take place on the school grounds, the Martin Luther King Jr. Track, a local Park, and close-by walking paths.

Q: Can you explain some of the character/confidence/etc results you've seen with youth participants from their involvement?

A: Our focus is to provide a safe, non-competitive environment to children that promotes the benefits of physical activity and healthy eating while experiencing pride in goal-setting and personal accomplishments. Most importantly we want to teach life-long positive habits while having fun!

Here is a quote from a Dipsea Kidz Alumni: "It (Dipsea Kidz) got me very used to a team environment where friendly competition and building off of your teammates are main motivators." She adds: "It also got me used to balancing after-school activities with academics. I think the students need a balance between academics and extra-curricular activities to ready them for a high school education. And I believe by participating in Dipsea Kidz, this prepares them for that. In fact, I noticed how this program has given the kids a sense of responsibility and accountability. Making time to practice outside of school can be difficult in the beginning, but soon they realize the importance of time management, a skill that prepares them for later in life."

Q: What is your favorite program event to date and please explain why?

A: For our end of the year celebration in June, we do a field trip with a picnic to Old Mill Park. We run up the Dipsea steps to Windy Gap and each year we have gone a little bit further. The kids are always amazed by the views and difficulty of the course. They always comment on how people run for so many more miles of these ups and downs on this course.

Q: What is the scope of volunteer/ leadership involvement in the runs?

A: Volunteers are the backbone of this program. At the moment, I rely on one faithful volunteer, however, as we look into expanding to other schools, we will need more volunteers who enjoy working with athletic youths. Please email me at DipseaKidz@gmail.com or call me 415 250-6082 for more information and to volunteer.



Tamalpa Men's 70's Team Successfully Defends Title at Brea 8K

February 28th, 2016

By Len Goldman

The 2016 National Master's Championship 8K road race was held on February 28 in Brea, CA. This was the third year that this event has hosted the 8K championship race and the Tamalpa Men's 70's team was returning to defend the title they won here in 2015. Team members making the trip were Bob Cowdrey, Len Goldman, Fred Martin and Hans Schmid. All but Bob had participated in the race last year. Also representing Tamalpa was Brian Pilcher in the 55-59 age group. Brian was the 2015 USATF road runner of the year in his age group and this was his first race since incurring a hamstring injury several months ago.

The Brea 8K is one of the few national master's championship races held on the West Coast, with the majority of these races taking place on the East Coast or Midwest. Runners from throughout the U.S. participate in this race and this year about 240 master age group runners, both male and female, took part. This which makes for competitive racing across all age groups. One unique aspect of the Brea 8K is that the national master's championship race is held separate from the people's race with a 7:30 a.m. start time for the masters and all other runners go off at 8:00 a.m. This allows for the thousands of runners in the people's race to cheer us on as we go by the start line on our way to complete the race.

The Tamalpa men's 70's team was coming off a very successfully 2015 season winning the PA Grand Prix team titles for road race and cross country. In addition, at the December National Club Cross Country Championships held in Golden Gate Park, they had won the team title defeating a number of other teams. Both Hans and Len were predicted to finish in the top three in their respective age groups, with Len picked 2nd in 70-74 and Hans picked 1st in 75-79. The top three runners from each team count as the scorers and total time of the three runners determines the team placing. This means the number three scorer for the team is important and sometimes the number 4 placer can come into play in tie breaker situations.

On race morning, coastal fog greeted the runners, making for temperatures in the low 50's. The first two miles of the race are fairly flat with one or two rollers along the way. For most of us, the start was uneventful, but Hans encountered some runners who fell at the start causing him to swerve to avoid them. At the first mile marker, the person standing there was placed in the wrong spot, about 200 meters beyond where they should have been. Fortunately this was the only course logistical problem with everything else very well run. By the time we reached the 2 mile point, the sun had burned through the fog and while it was still cool, temperatures would be going up the rest of the way. Between miles 2 and 3 there is a noticeable change in elevation as the course reaches its high point at about mile 3.

This makes for a slower pace for this part of the race. From miles 3 to 4, the course drops down to the elevation at which the race started, allowing the runners to make up some of the time they had lost on the uphill section. In my case, it was only around mile 3 that I felt comfortable and had settled into a pace that I thought I could maintain and maybe pick-up a bit for the final two miles. The last mile does seem to go on quite a ways, as it is basically a straight shot to the finish. I tried to keep up with the runners around me and push the pace. This worked well as I was never challenged by my fellow age group competitors crossing the finish line in 33:41, about 20 seconds ahead of the 2nd place 70-74 year old male runner. I then waited for my teammates to complete their races and I didn't have to wait long with Hans winning his age group easily in a time of 35:53, over a minute ahead of his closest pursuer. Our 3rd place finisher and key for team results was Fred Martin in 5th place in 39:17. Backing us all up was our 4th finisher, Bob Cowdrey in a time of 48:27. This victory for Hans was extra special because it was also his birthday. Also, of note, Brian Pilcher finished 3rd in his age group, 28:50, actually tying for 2nd place but losing on chip time vs. gun time results.

Based on the times of our top three finishers, our Veteran's team once again won the team title earning a plaque for the Tamalpa trophy case. Our team time was 1:48:51, over 15 minutes ahead of the 2nd place team.



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Tamalpa: Way Too Cool 50K!!

March 5th, 2016



The 27th edition of the Way Too Cool 50k, generally seen as the season opener for ultrarunners, is in the books. After a couple of years with summer-like conditions, 2016 brought us a Cool-as-it-should-be. Rain on the day before, to get the creeks going, and enough rain during especially the later part of the race to turn the course in a slippery mudbath. Dave Roche and Megan Roche were respectively the male and female winners, clocking very fast times, while a few Marin County residents were finishing well up front. Tamalpa came with a strong representation, and results worthy of the great running team that we are. Peter Fain nicely cracked the 4-hour barrier, which is quite an accomplishment given the circumstances. Shortly behind him we saw Mark Richtman take more than half an hour (!) off the M60-69 age group course record, he is making a habit of this sort of behavior. Novato High Coach Tim Wallen proved he is good at longer distances too, by finishing with a second place in his age group, with Brooks Rahmer on his heels. A little further back, Pat Schmidt squeezed in a time just under 4.5 hours, and next-up came a cluster of about half a dozen Tamalpans who shared the trails part of the way, and finishing close together just under 5 hours. On the women's side, Laura Richards defended the club honor with a very strong finish, just passing Moriah Buckley who also clocked a nice finishing time. Lanore Bergenske and Jeri Howland finished close together a little further back and both scoring points for the PAUSATF competition in the women's team. Regardless of finishing position or time, it sounded like we all had a blast sliding down the hill sides on muddy trails, and crossing creeks with over-the-knee-deep water. I lost count of the number of times I got both feet soaked, somewhere around a dozen times. The steady rain toward the end of the race did not seem to bother any of the racers, but definitely put a damper on the finish line party as most runners quickly disappeared to their cars to change and warm-up. So, with an overall successful first ultra of the season, we look forward to what the rest of 2016

will bring for the long distance runners in the club.



Place	Name	Age	Sex	Age Group	Time
1	David Roche	27	M	1 M 18-29	3:19:43
29	Peter Fain	44	M	1 M 40-49	3:59:56
31	Mark Richtman	60	M	1 M 60-69	4:03:05
45	Tim Wallen	52	M	2 M 50-59	4:13:51
51	Brooks Rahmer	30	M	19 M 30-39	4:18:24
57	Daniel Shore	47	M	15 M 40-49	4:22:30
67	Patrick Schmidt	34	M	24 M 30-39	4:29:59
113	Duncan Seay	49	M	94 M	4:48:34
115	Willem Van Dam	52	M	96 M	4:49:38
119	Matthew Schmidt	41	M	100 M	4:51:02
128	Richard Snipes	40	M	108 M	4:54:12
129	Burr Purnell	44	M	109 M	4:54:32
133	Charles Ehm	46	M	112 M	4:56:25
145	Bradley Fenner	51	M	119 M	5:00:53
153	Laura Richard	46	F	28 F	5:03:04
154	John Edgcomb	57	M	126 M	5:03:16
163	Ralph Gonzales	51	M	134 M	5:05:23
166	Moriah Buckley	37	F	31 F	5:07:09
194	Jon De St Paer	42	M	155 M	5:17:24
196	Michael Budwig	53	M	157 M	5:18:08
243	Tony Verdon	36	M	192 M	5:32:36
273	Lanore Bergenske	58	M	59 F	5:39:02
292	Jeri Howland	59	F	68 F	5:43:09
435	Hans Schmid	76	M	2 M 70-79	6:21:19
465	Adele Ho	57	F	129 F	6:31:59
488	Tim Aregger	61	M	347 M	6:38:23
495	Judi Shaffer	56	F	143 F	6:40:29
606	Walter Underhill	68	M	400 M	7:07:59
636	Carl Jacob	63	M	418 M	7:20:29

Brisbane 5k

Hans Schmidt

What a response. Rain or shine -

Six Tamalpa Veterans made the trip to Brisbane. We were prepared for rain but it held pretty much off until we had crossed the finish line and came down heavy on the way back to Marin. Elmo was kind enough to chauffeur a carload of Vets. And not only that, his wife Pam made sure we recovered the lost calories quickly by providing bananas and bagels for the trip home.

We may say, oh well, it is "only" a 5k but when you are out there you are supposed to run as fast as you can and soon the old legs will feel tired. It was especially good to see Bernie back with us on the racing circuit. He looked pretty good as he sprinted to the finish line passing one more runner.

This was the first time I ran the new course of this race. Part of the new course leads along a path near the shoreline.

Well done Vets. It was a fun and successful outing. Let's keep it up.



Hans	22:13:00	1st M75-79
Fred	24:07:00	1st M70-74
Elmo	28:21:00	3rd M75-79
Russ	29:21:00	5th M75-79
Tom	29:30:00	2nd M80-84
Bernie	36:52:00	3rd M80-84





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Lake Sonoma 50 Mile

By Wim Van Dam

“Relentless” is what the Lake Sonoma-embroidered Drymax socks in the swag bag state. I could stop right here, as that one word says it all – 50 miles of relentless ups and downs. The altitude difference between the highest point on the course and the lowest point on the course (lake level) is about 700 ft, yet the total amount of climbing is around 11,000 ft. You get the picture.

Two weeks earlier, Mark Richtman, Mario Diego and yours truly participated in an organized training run on the course. Good for me because I had never run the race before, and even though we covered only half of the course, I got a feel for what I would be up against. Not to mention that two weeks earlier was on the heels of some rain-storms coming through the area, and the lake level was so high that we were wading through deep water. On race-day that was not the case. Instead, the water came from the other side. It started raining halfway through and it made some of the up hills steep and slippery. And, it made the poison oak branches lean far into the runner’s space so there were plenty of hazards to navigate.

Jim Walmsley and Yiou Wang were the winners of the event, both covering the distance in incredibly fast times. But not too far behind those speedsters, the Tamalpans were well represented. Guys like Jonathan Gunderson, Burr Purnell and Richard Snipes put their best foot forward in the front of the race. Luanne Park was running strong as ever. I thought I was doing OK until late in the race when Jon Bretan came by to teach me a running clinic, passing me as if I was moving backwards. Bradley Fenner, Laura Richards, and Kevin Skiles crossed the finish-line in sight of each other. Mario Diego, Jon De St Paer, Rick Gaston, and Gary Wang also put down solid performances. The nice thing about the LS50 course is that it is pretty much an out ‘n back, so you get to see who your targets are and who’s chasing you. All sorts of motivation to switch to your highest gears!

The aid-station and finish-line staff was a who’s who of ultra running. Too many celebrities to list here, but what else do you expect from a race organized by John Medinger. John even threw a pre-race party and a post-race wine tasting event. I missed both as I spent both the day before and the day after on a plane. I guess we’ll keep that in store for next year. Are you joining me in 2017?



Place	Name	Age	Finish Time
34	Jonathan Gunderson	38	8:22:31
66	Richard Snipes	41	9:02:35
67	Jonathan Bretan	33	9:02:36
81	Willem Van Dam	53	9:18:48
101	Bradley Fenner	51	9:43:27
102	Laura Richard	46	9:44:08
103	Kevin Skiles	41	9:45:20
119	Mario Diego	42	10:06:13
126	Jon de St. Paer	42	10:11:22
166	Rick Gaston	44	10:57:10
178	Monique Winkler	46	11:11:55
235	Maria Sharoglazova	34	12:11:54



Tamalpa Runners, Inc. Awards Breakfast

April 17, 2016



The Tamalpa Runners held our 26th Awards Breakfast to celebrate the running accomplishments of Tamalpa Runners in PAUSATF races for 2015. The PAUSATF established their Road Racing Grand Prix in the mid-1980s. This Racing Circuit provided one of the most competitive race series for individuals and teams in the entire country. In the early 1990s the PAUSATF added a Cross Country and an Ultra Racing Grand Prix Series. In 2015 Tamalpa individuals and teams could run 40 Road, Cross Country and/or Ultra Races on the three Grand Prix Circuits. The Awards Breakfast initially honored the top Tamalpa Runners who had individual success in the various Grand Prix Races. We established 10 Major Awards, 5 for Male Tamalpans and 5 for Female Tamalpans, and presented individual awards to those 10 individuals as well as adding their names to perpetual plaques that list award winners starting in 1989. Subsequently we began to also present individual awards to age group runners who made significant contributions to their Tamalpa Age Group Teams.

The 2015 Perpetual Award Winners of the 10 Major Awards:

Female Runner of the year (Sister Marion Irvine Award) – **Beth Freedman**
 Female Senior Runner of the Year (Shirley Matson Award) – **Elizabeth Shortino**
 Female Road Runner of the Year – **Mary Wells**
 Female Cross Country Runner of the Year – **Bridie Dillon & Nancy Simmons**
 Female Ultra Runner of the Year – **Meghan Arbogast**

Male Runner of the Year (Tuinzing Family Award) – **Leonard Goldman**
 Male Senior Runner of the Year (Darryl Beardall Award) – **John Hirschberger**
 Male Road Runner of the Year -**Hans Schmid & Roberto Donaire**



Tamalpa Runners, Inc. Awards Breakfast (cont.)

Age Group Winners

Open Men

Ultra-Running- **Panya Somnhot**

Road Racing- **Daniel Lee**

Cross Country- **Pedro Cifuentes**

Master's Women

Road Running- **Verity Breen**

Cross Country- **Patti Shore**

Master's Men

Ultra-Running- **Eduardo Vasquez**

Road Racing- **Jose Lopez**

Cross Country- **Wayne Best**

Senior Women

Road Running- **Lanore Bergenske**

Road Running- **Danielle Herrerias**

Cross Country- **Susan Kreusch**

Cross Country- **Adele Ho**

Senior Men

Ultra-Running- **Greg Nacco**

Road Running- **Alan Reynolds**

Road Running- **Brian Pilcher**

Super Senior Men

Ultra-Running- **Carl Jacob**

Road Racing- **Donald Porteous**

Road Racing- **Jim Morris**

Road Racing- **Gene French**

Cross Country- **Glenn Misono**

Cross Country- **Keith Duncan**

Cross Country- **Jim Flanigan**

Veteran Women

Cross Country- **Eve Pell**

Cross Country- **Katie Martin**

Veteran Men

Ultra-Running- **Bob Cowdrey**

Road Racing- **Fred Martin**

Cross Country- **Dimitris Sklavopoulos**

Super Veteran Men

Road Racing- **Phillip Phythian**

For 2015 the following Tamalpa Age Group Teams finished first:

I. Road Racing – **Men 60+, Men 70+ & Men 80+**

II. Cross Country – **Men 60+, Men 70+ & Women 70+**

For 2015 the following Tamalpa Age Group Teams finished second:

I. Road Racing – **Men 50+**

II. Cross Country – **Women 40+, Men 50+ & Women 50+**

For 2015 the following Tamalpa Age Group Teams finished third:

I. Road Racing – **Women 40+ & Women 50+**

II. Cross Country – **Women 60+**

For 2015 the following Tamalpa Age Group Teams finished fourth:

I. Road Racing – **Women 60+**



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2016 RRCA Convention - Deep in the Heart of Texas

By Len Goldman

The 58th annual RRCA Convention was held in Dallas the weekend of March 18-21. The RRCA Convention provides an opportunity for running club leaders, race directors, running industry professionals, and runners to come together to share information and best practices. It also contributes to the national mission of the RRCA to develop and grow community-based running clubs and events. Since 2001, I have attended most of the annual conventions and always look forward to going. Over the years, I have made many friends from running clubs throughout the U.S. It feels like a family reunion for me, getting to visit and reminisce with runners I haven't seen for a year, plus an opportunity to make new friends. It is also very educational with seminars on a variety of subjects.

The host hotel was in Downtown Dallas, which like many urban centers including Oakland, is experiencing a building boom that includes people moving back into the core area in significant numbers. My impression was of a city with a lot of vitality and one that is experiencing a prosperous economy. Upon my arrival, I made a new friend immediately, as my roommate was Scott Fiske, the Michigan RRCA state rep. This was his first convention and I was able to share some of my experiences with him, plus we are both college basketball fans and that resulted in several late nights watching the NCAA tournament on TV.

The first day of the convention on Friday started early, with a 6:30 a.m. run through the streets of Downtown Dallas led by runners from the host club, Dallas Running Club. There were probably 100 runners who took part. The formal part of the convention then kicked off with a continental breakfast and welcome speech in the hotel ballroom, the site of our lunches and awards banquet dinner on Saturday night. The seminars on both days provided an opportunity to learn about best practices in club management, race directing, trends in running, youth running programs club training programs, and much more. Needless to say it is an intense two days, with a total immersion in running and activities from dawn to late in the evening. Plus there is the informal networking that takes place during the breaks and at meals, where connections with other runners can be established. I have found this informal network to be very helpful when I have questions how different clubs do things and need to reach out for information.

In addition to the seminars, there is also a vendor expo with companies who offer various products and applications for both running clubs and runners. The RRCA coaching certification course Level 1 is also offered at the convention and new this year the RRCA was "beta testing" a Level 2 course that it hopes to offer nationwide in 2017.

The RRCA has its annual business meeting at the convention, where by-law additions or changes are voted on and the election of Board members. A good friend of mine, Mitch Garner, was elected President of the Board, a position for which he is extremely well qualified for after having served on the Board in other positions the past 8 years.

A running convention wouldn't be right if there wasn't a race to run in. Every convention has a race in which attendees can participate. This year there were two options, a 5K on Saturday and half marathon on Sunday, both produced by the Rock & Roll organization. I opted for the 5K which took place at the Cotton Bowl/State Fair complex which was 3 miles from the host hotel. About 8 of us attending the convention took part in the 5K, with the hotel van driving us there, but we were on our own for getting back to the hotel. Due to a strained hamstring, my plan was to not push it in the 5K and hope for the best. About 2,000 runners took part and we weaved our way through the fairground complex, eventually reaching a gravel road section and the mile 1 mark which I went by in 7:20. Because of a wave start, it seemed like I was passing runners almost the entire way. I knew something was off when the 2 mile mark was passed in 13 minutes, but wasn't sure why my split was so fast. I later learned that a race official had mis-marked the turnaround for the 5K and all the runners ended up running around 2.75 miles, rather than 3.1. I crossed the finish line in 21 minutes, but if we had run the correct distance it should have been around 23 minutes. Interestingly according to the results, there were only 3 men in my age group, 70-74. Fortunately my hamstring felt fine the entire race and wasn't achy after the race either, so it was a good workout for me. Proving that we are a community of runners, I asked a runner finishing about the same time I did for a ride downtown and he was very accommodating in driving me to the host hotel.



On Sunday, the half marathon took place and it was the marquee race of the weekend with over 9,000 participants. I jogged over to the start with my roommate who was planning on using it as a marathon pace run. I then jogged part of the course and wanted to see the lead runners go by at about the 3.5 mile point of the course. The race leader had a pretty big lead but after him the number of runners continued to grow until they filled a four lane street from curb to curb. I did a shout out when I saw my roommate go by, he was looking relaxed and when I saw him later that morning he was very pleased with his time of 1:23, right on his marathon goal pace which he will be running in several weeks, the Boston Marathon.

If you would like to get an idea of everything the convention weekend encompasses, go to this link for this year's event:

<http://www.rrca.org/convention/>

The 2017 convention will be in Detroit in early March.



Marin County Half Marathon



Marin County Half Marathon April 24th, 2016

Name	Age	Class	Age Rank	Gender	Place	Time	Pace
Shenk, Peter	31	M30-39	1	1	1	1:20:59	0:06:10
Bornstein, Joshua	28	M20-29	2	3	3	1:22:49	0:06:19
Saba, Alexandre	34	M30-39	4	8	9	1:28:44	0:06:46
Cifuentes, Pedro	38	M30-39	5	9	10	1:29:55	0:06:51
Robinson, Matthew	34	M30-39	9	25	28	1:35:42	0:07:18
Diaz, Asvi	32	M30-39	22	54	61	1:42:14	0:07:48
Herrerias, Paul	60	M60-69	1	63	72	1:43:47	0:07:55
Herrerias, Danielle	58	F50-59	3	26	113	1:50:21	0:08:25
Chao, Sarah	47	F40-49	9	38	154	1:55:56	0:08:50

The Sustainable Sports Foundation hosted the Marin County 5K, 10K and Half Marathon at McNears Beach Park/China Camp on April 24th, 2016.

The Foundation has a Challenge for Charity at each of their events.

Any team/club/group with more than 6 athletes is automatically entered. The top 3 teams/ clubs/groups receive donations (\$1000, \$500, \$250) to give to a local charity.

There were 13 Tamalpa Runners that participated in the race.

Tamalpa Runners came in THIRD in the Challenge for Charity this year and the Foundation donated \$250 to the SF/Marin Food Bank on our behalf! Good work, Team Tamalpa.

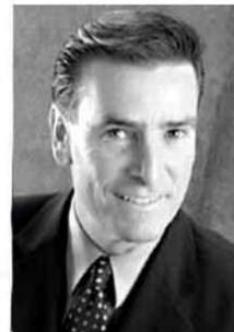
A great success and thank you to the Foundation for this kind donation on our behalf.

<http://sustainablesports.org/>



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April 17th, 2016

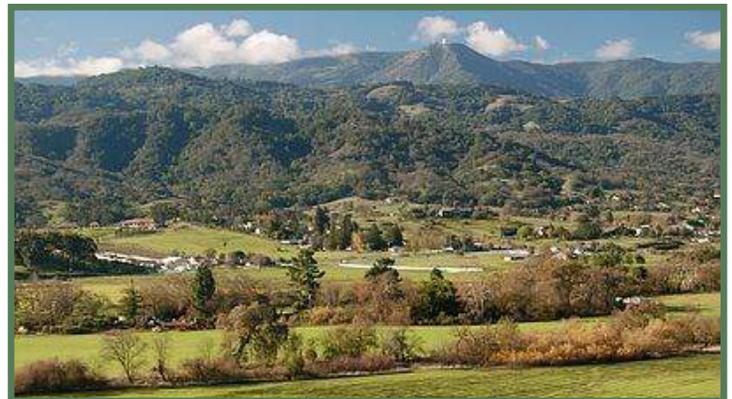
Gold Hill Results: http://tamalparunners.org/tcrs_2016_04.php



2016 USATF Schedules

2016 USATF Pacific Ultra Running Grand Prix Schedule

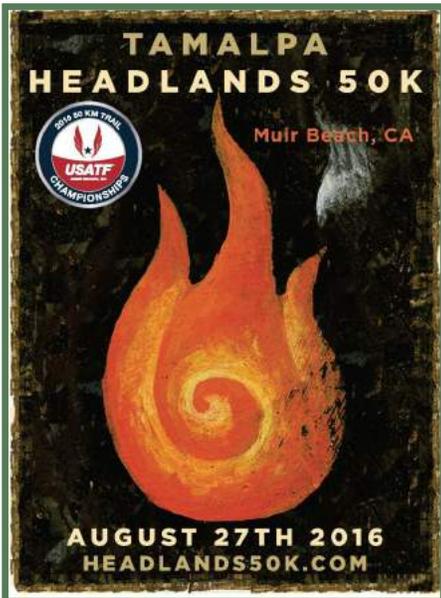
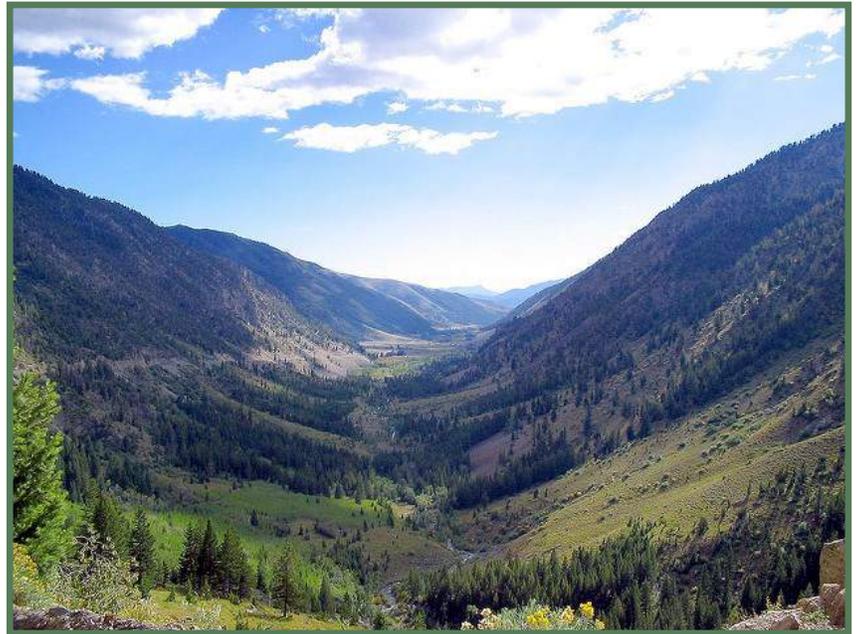
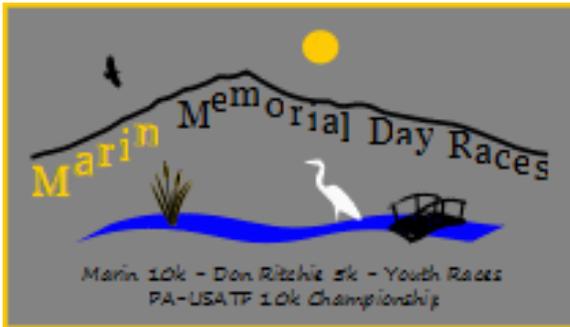
DATE	EVENT/DISTANCE	LOCATION	SURFACE	POINTS	RACE DIRECTOR/INFO/RESULTS
05/07/2016	Miwok 100K	Stinson Beach	trail	2	Tia Bodington, miwok100k@gmail.com www.miwok100k.com
05/14/2016	Quicksilver 100K/50K	San Jose	trail	2.0/1.0	John Brooks, pacificoasttrailruns@gmail.com www.quicksilver-running.com
05/21/2016	Silver State 50M/50K	Reno	trail	1.6/1.0	John Trent, jhtrent@charter.net www.silverstatestriders.com
05/22/2016 Tentative	Ohlone Wilderness 50K	Fremont	trail	1	Larry England & Ann Trason 408/393-4701 (Larry's Cell) director@ohlone50k.com www.ohlone50k.com
06/18/2016 Tentative	PCTR Summer Solstice 24 Hour	Crissy Field	paved/dirt	3.3/2.0	John Brooks, events@pctrailruns.com www.pctrailruns.com
06/25/2016	Western States 100M*	Squaw Valley	trail	3.3	Craig Thornley, rd@wser.org www.wser.org *no entry discount for defending Grand Prix champions
07/16/2016	Tahoe Rim Trail 100M*	Spooner Lk SP	trail	3.3	George Ruiz, trt-rd@att.net www.tahoemtnmilers.org *no entry discount for defending Grand Prix champions
08/07/2016	Skyline 50K	Castro Valley	trail	1	Adam Ray, skyline50k@gmail.com www.skyline50k.com
08/27/2016	Tamalpa Headlands 50K* (USATF National Champi- onship)	Muir Beach	trail	1	Tim & Diana Fitzpatrick rd@headlands50k.com www.headlands50k.com [runners must be USATF members to qualify for prize purse] * no entry discount for defending Grand Prix champions
09/10/2016 Tentative	PCTR Headlands 100M	Rodeo Beach	trail	3.3	John Brooks events@pctrailruns.com www.pctrailruns.com
10/08/2016	Dick Collins Firetrails 50M	Castro Valley	trail	1.6	Julie Fingar, 916/765-6021 Julie@norcalultras.com www.firetrails50.com
11/05/2016	Rio Del Lago 100M*	Beal's Point	trail	3.3	Julie Fingar, 916/765-6021 Julie@norcalultras.com http://www.rio100mile.com *\$25 entry discount for defending GP champions– Email Bill Dodson for coupon code
11/26/2016	Quadruple Dipsea (28.4M)	Mill Valley	trail	1	John Catts, johncatts@earthlink.net www.run100s.com/qd.htm



2016 USATF Schedules

2016 PA/USATF ROAD RACE GRAND PRIX SCHEDULE

Date	Race	Location	Pts	Scoring Divisions	Team Scoring	Series	Comp entry Info*
05/30/2016	Marin Memorial Day 10K	Kentfield	1	All	Yes	Short	MMD 10K Comps
07/04/2016	Freedom Fest 5K	Morgan Hill	1	All	Yes	Short	Comped runners: online pre-registration only. Use promo: PACOMP2015
07/10/2016	Miracle Mile	San Rafael	1	All	Yes	Short	Miracle Mile Comps
10/16/2016	Humboldt Redwoods Half Marathon	Weott	1.5	All	Yes	Long	HRM HM Comps
11/06/2016	Clarksburg Country Run Half Marathon	Clarksburg	1.5	All	Yes	Long	CCR HM Comps
11/24/2016	Applied Materials Silicon Valley Turkey Trot	San Jose	2	Open only	No	Short	SVTT Elite Athlete Coord.
12/04/2016	California International Marathon	Sacramento	2	All	Yes	Long	CIM Elite Athlete Coord.
12/19/2015	Christmas Relays	San Francisco	2	All	Only	None	



Committees

- Clothing: Nancy Simmons, tahoedream@aol.com
- Communications: communications@tamalparunners.org
- Membership: Lillie O'Reilly, membership@tamalparunners.org
- Social: Verity Breen, verity.breen@gmail.com
- Tamalpa Runners Gazette: Corinna Zubia, gazette@tamalparunners.org
- TCRS Results: Tom O'Reilly, toreilly001@gmail.com
- Track Meets: Frank Ruona, fduona@comcast.net
- USATF-PA: Frank Ruona, fduona@comcast.net

Track Coaches

- Tuesday, San Rafael Track Workout: Frank Ruona, fduona@comcast.net
- Thursday, Kentfield Track Workout: Kees Tuinzing, coachkeest@yahoo.com
- Saturday, Novato Track Workout: Ed Corral, edwcorral@aol.com
- Tamalpa Bobcats (youth): Mary Churchill, marymfagan@gmail.com

Race Directors

- Couples Relay: Bill Neer, billneer@comcast.net
- Marin Headlands 50K: Tim & Diana Fitzpatrick, dianafitz11@gmail.com
- Marin Memorial Day Races: Dave Ripp, info@marinraces.com
- **Tamalpa Challenge (The Johnny): VACANT**
- TCRS: Phil Oreste: tcrs@tamalparunners.org

USATF-PA Race Teams

- Overall Captain: Frank Ruona, fduona@comcast.net
- Women's Open: Justine Owen, justineosaur@gmail.com and Michelle Spinosa mmspinosa@gmail.com
- Women's Masters: Patti Shore, patriciadianeshore@gmail.com and Beth Freedman, cuddfree@pacbell.net
- Women's Seniors: Liz Shortino, eshortino@comcast.net and Sue Kreuzsch, skreusch@comcast.net
- Women's Super Seniors: Shirley Dahl, shirdahl@gmail.com
- Women's Veterans: Susan Garnett, ssgarnett@msn.com
- **Men's Open & Master's: VACANT**
- Men's Seniors: Alan Reynolds tidalyoga@gmail.com and Tim Wallen djtw2000@yahoo.com
- Men's Super Seniors: Frank Ruona, fduona@comcast.net
- Men's Veterans: Hans Schmid, schmidhans@att.net
- Ultra Runners: Florencia Amyx, gasconflorencia@gmail.com, Willem Van Dam, ultrawillem@aol.com, and Mario Diego, mariodiego@gmail.com
- Cross country: Frank Ruona, fduona@comcast.net

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- Editor/Content: Corinna Zubia gazette@tamalparunners.org
- Ads, articles, and pictures due by the 18th of the month.
- Send to gazette@tamalparunners.org.
- **PHOTOS BY: Ed Corral, , Hans Schmid, Frank Ruona, and others.**



Club Secretary Bruce Benter

Board of Directors:

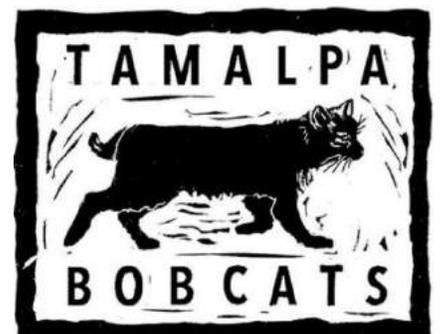
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| • Ed Corral | President |
| • Tricia Wallace | Vice President |
| • Tom O'Reilly | Treasurer |
| • Bruce Benter
(pictured above) | Secretary |

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- Mark Churchill
- Mario Diego
- Kathleen Helmer
- Lillie O'Reilly
- Phil Oreste
- Liz Shortino
- Rob Spinosa
- Mark Stevens
- Wim Van Dam

Board of Directors Meeting held 1st Monday of every month
New Location: FICO,
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Location:

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