

# TAMALPA

RUNNERS GAZETTE

# Tamalpa Runners eGazette to Replace the Printed Version

## Note from Tamalpa President Ed Corral



At the April 2016 Board Meeting it was decided (Board vote) that by January 2017 the Tamalpa Runners Gazette will be sent to the membership in electronic form only. The eGazette will take the place of the printed/mailed Gazette. The eGazette will be delivered via email. The printed version will no longer be sent to members.

Historically, the largest expense item in the Tamalpa Runners Budget has been the Gazette printing and postal charges, and still is. These expenses have kept the club from moving funds into other areas that could have used the funds, had they been available.

The Board knows this is a controversial issue, but I am glad we voted to move forward. Presently, we have over 100 members getting the eGazette on their computers, tablets, and smart phones. Yes, that is only 1/6<sup>th</sup> of the membership, but the numbers increase every month. We also post the Gazettes on the [Tamalpa Runners web site](#)

**We will discontinue mailing the printed Gazette January 2017. In the months July through December 2016, in alphabetical order, members will be taken off the printed version list and added to the eGazette email distribution list.**

IMPORTANT: If you have a Family Membership, then chances are that we do not have all individual email addresses for other family members that might want to receive the eGazette. This can be remedied by sending additional member email addresses to [membership@tamalparunners.org](mailto:membership@tamalparunners.org) [please list the members name with the email address]

**If you want to help our budget and Mother Earth by 'Going Green' right away, send an email to [gazette@tamalparunners.org](mailto:gazette@tamalparunners.org) and let us know you are ready to receive the eGazette today**

~~~~~  
The Board would like to welcome new member ~ June: Scott Thorpe

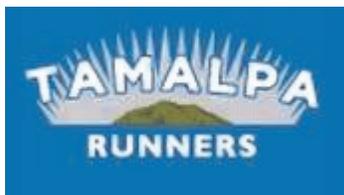
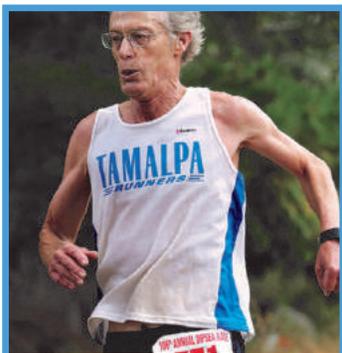
Memberships Requiring Renewal ~ July and August: Sylvia Arellano, Mike Adams, Lonna Avila, Kathleen Barton, Kevin Camp, Marlene Capra, John Catts, Connaitre Chateaubriant, Carol Clark, Judi Colby, Bob Cooper, Dick Cordone, Sean Crawford, Marie DeJournette, Vickie DeMenno, Theresa Dooley, Keith Duncan, Herbert Dunne, Lisa Dunnigan, Frederick Flowers, George Forman, Ron Friedman, Justinia Gardiner, Colin Gardiner, Julia Garrett, Ralph Gonzalez, Isabella Gonzales, Beth Gonzales, Tom Guldman, Daniel Hagan, Kelly Halligan, Ann Hardham, Allyson Haug, Kathy Herzog, Christopher Himmel, Adele Ho, Jan Hobbel, Michael Holland, Stephen Kambur, Jim Kambur, JoAnne Kambur, Dean Karnazes, Roy Kissin, Andrew Krone, Sidney Leipsic, David Leipsic, Don Lindsey, John Lundy, Patrick Lynch, Ashley McCulloch, David McCormack, Michael McKenna, Laura Melendy, Jody Mengarelli, Barbara Musser, Steve Musser, Jim Myers, James Sr. Nielsen, Claire Nielsen, Mimi Nielsen, James Jr. Nielsen, Ginny Olson, Jack O'Neill, Eve Pell, BZ Petroff, Doug Phthian, Phillip Phythian, Jason Reed, Alan Reynolds, Matthew Robinson, Narendra Rocherolle, Sheila Roebuck, Frank Ruona, Jan Ruona, Barbara Ruona, Alexandre Saba, Michelle Schetter, Joe Schieffer, Hans Schmid, Daniel Shore, Patti Shore, Elmo Shropshire, Malcolm Singer, Katherine Singer, Shirley Skorbiansky, Sharon Skorbiansky, Sarah Slaymaker, Rob Spinosa, Michelle Spinosa, Steve Stenberg, Karen Stenberg, Ryan Stever, Jon Strickling, Amy Strickling, Matt Susko, Marko Trisnohadi, Tony Verdon, Mary Wells, Katherine Wells, Pam Wendell, Jay Wigger, James Williams, Monique Winkler, Hazel Wood, Roxanne Woodhouse, Ray Young, Katie Zelda

# Editor

## THE DIPSEA ISSUE

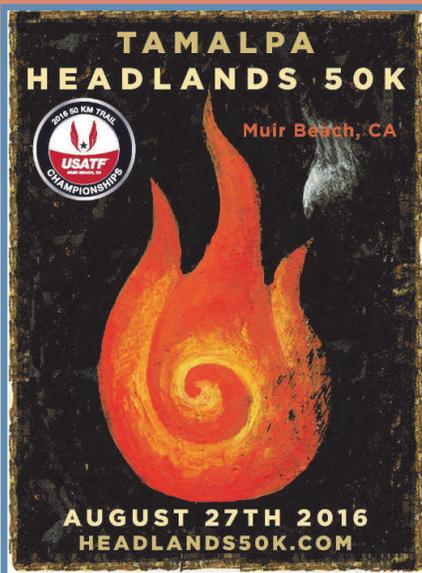


Corinna Zubia



### Tamalpa Headlands 50 K Volunteers Needed:

This year's Tamalpa Headlands 50K is the USATF Trail 50K Championship race. The race will be on Saturday, August 27th, 2016. The race directors, Tim and Diana Fitzpatrick, are looking for aid station volunteers, sweeps, course monitors, set up and clean up crew, parking, and help at the finish line. Please come out and help Tamalpa put on this nationally recognized event on August 27th. Contact Diana Fitzpatrick [dianafitz11@gmail.com](mailto:dianafitz11@gmail.com) to volunteer.



### ~~ VOLUNTEERS NEEDED ~~

We are looking for Tamalpans to help the Tamalpa Runners' volunteer crew at the Marin Century bicycling race/ride on Sunday, August 7<sup>th</sup> from 9-1pm. Due to a road closure on Mt Tam, our regular Aid Station at Santos Meadows was deleted from the race/ride this year. In its place Tamalpa volunteered to crew the Fairground Clean-up Team.

Please contact Mark Stevens, Captain, at [mhstevens@comcast.net](mailto:mhstevens@comcast.net) to volunteer!



# TCRS Mid-Year Report

Phil Oreste



What a great first half of 2016 for the Tamalpa Club Running Series! We have had great numbers this year for each of the five events and we have a good competition for the points race leading into the second half of the year.

We started the year with our annual January Tennessee Beach out and back race. The rain held off just long enough for us to get in the 3.6 mile course with Nancy Simmons and Greg King taking first place. In February, we moved to Verissimo Hills in Novato for a new take on an old course. We had a beautiful day running the bright green rolling hills around Little Mountain and Joshua Bornstein and Isabel Diaz took the title on the 4.4 mile course.

For the March-May events, we turned up the hills in preparation for the Dipsea race in June. In March, we returned to Loma Alta for a 4.75 mile course loop around the open space which included a long gradual uphill climb followed by a steep downhill and concluded with a speedy run along the former train trestle trail to the finish. Moriah Buckley and Gary Gellin turned in impressive times for the win. In April, we repeated the same 5 mile course from 2015 around the Gold Hill area in San Rafael. Another great turnout and another near miss of bad weather allowed everyone to enjoy the counter-clockwise loop with amazing views of the SF Bay and Mt. Tam. Isabelle Diaz picked up her second win of the year along with an impressive win from 17 year old Connor Montgomery on the men's side.

For the final Dipsea tune up, we chose a challenging 6.75 mile course for the first time in the Giacomini Open Space in the Woodacre/San Geronimo area. The course had a severe climb for the first 1.5 miles followed by a challenging 4 miles of rolling fire roads above Kent Lake before a quad burning mile descent to the finish. Another perfect weather day brought out some impressive runs including a large contingent of youth runners. Liz Shortino picked up the win on the women's side and Gary Gelling won his second event of the year.

After 5 events, 6 women and 15 men have completed all of the events so far so it is anyone's guess who will pick up the points title come November. The rest of the year will be more flat and fast courses with perhaps one or two hilly courses thrown in to make things interesting! Currently, Karen Corral leads the women's point race with a slim lead over Anabela Diaz and Amanda Morales. On the men's side, Pedro Cifuentes has a decent lead over his followers Rafael Roman and Fausto Vargas but there are plenty of events remaining to affect the standings.

Lastly, I want to pass along a huge thanks to all of our volunteers who continue to make this series the continued success it is each and every year. Even though it's a casual running series, it takes a lot of effort to put on 10 events each year so make sure to pass along your appreciation to Lillie, Tom, Amitra, Ray, Jay, Heidi and Marilyn each and every month!

Looking forward to five more fun and fast events!

**\*\* Mark your calendar for the next TCRS on Sunday August 14th, 9am at Hamilton Marsh, Novato**

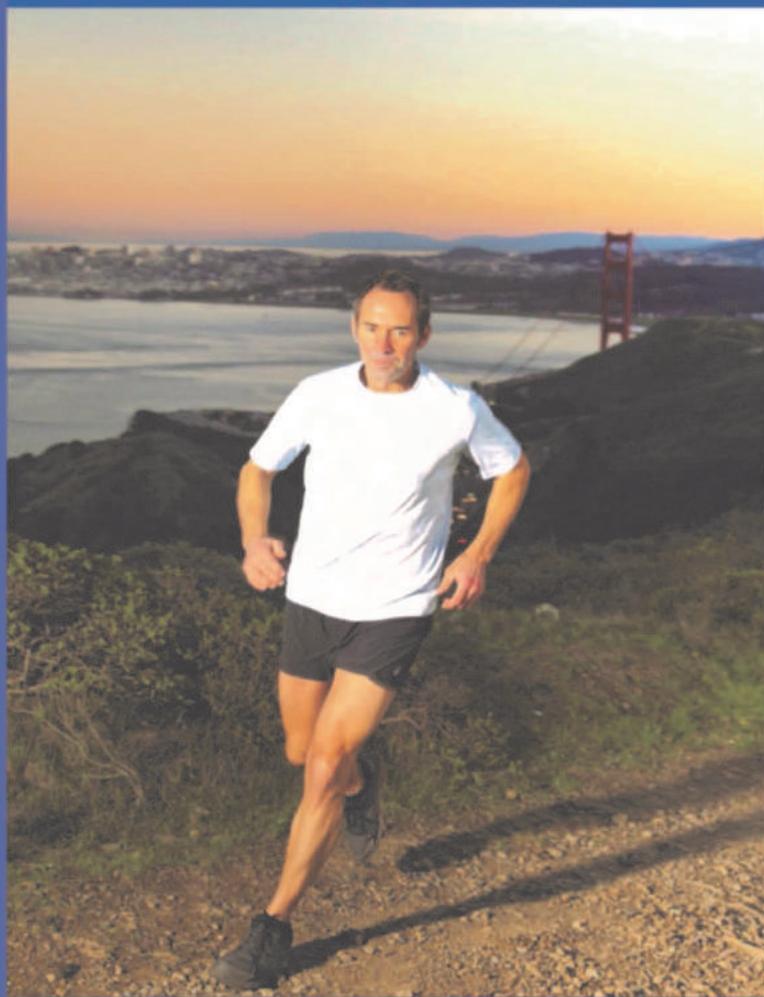


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# 106th Annual Dipsea Race - 2016

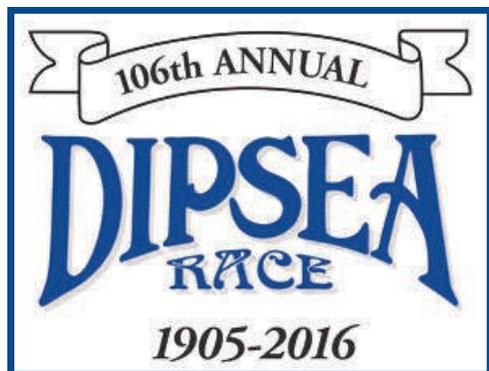
## The Runners!



## 106th Annual Dipsea Race - 2016

### Tamalpans Edged Out by Pelicans for Dipsea Team Trophy

By Tim Amyx



What began in 1976, with the founding of The Tamalpa Runners club, the team trophy at the annual Dipsea Race had become a yearly occurrence. It was a done deal. They won it over 30 years in a row.... That all came to an end in 2011; when the up-and-comers, The Pelican Inn Track Club, was formed and gave Tamalpa a run for their money. This year's 106<sup>th</sup> version of the Dipsea race again saw the newbies beat out the old warhorse for the Team trophy. That was the 4<sup>th</sup> time in the last 5 years, and 3<sup>rd</sup> year in a row. As Jim Weill, the one time Dipsea committee director was fond of saying to runners who were not happy with their handicap or performance of the Dipsea race, "Run faster, and train harder...." Congratulations to the Pelican Inn Track Club.

One thing that the Pelican Runners have NOT yet been able to wrangle away from Tamalpa has been the nearly annual victor of the 1<sup>st</sup> place trophy. Brian Pilcher, running with a Tamalpa singlet crossed the finish line in 57 minutes and with his 11 minutes head start, he was able to pass all others who started ahead of him, AND hold off the Alaskan who runs with Pelican Inn, Matias Saari. It was Brian's 3<sup>rd</sup> Dipsea victory, something only 3 others have done in the 111 years the race has been run. (It's been done in the modern era 3 times by 3 other Tamalpans, Russ Kiernan, Melody-Anne Schultz, and Shirley Matson. Sal Vasquez, a non Tamalpan won the race 6 times)

Finishing 3<sup>rd</sup> – 5<sup>th</sup> were Heath Hibbard, Darrin Banks, and Rickey Gates. The other top 10 runners were Galen Burrell in 6<sup>th</sup> place, followed by Mark Tatum, then Tamalpa's Brad Bryon, then Gus Gibbs (who had the fastest time of the day of 49:22), and Alan Reynolds in 10<sup>th</sup> place

Conditions for the June 12th race were perfect. A runner could not have ordered up a more ideal day. In the morning it was a mild 65 degrees in downtown Mill Valley. It got up to close to 70 by the time the final group left at 9:30. As runners peaked at Cardiac a marine layer of fog was forming off the coast, and that kept the temperatures in on the open fields of Hogsback to below 70. No room was left for whiners (like me) about warm conditions.

1,500 Runners were admitted to run the Dipsea Race in 2016, and while no official numbers are available, it's not going out on limb to suspect that a good 15-20% of those were members from the Tamalpa runners club. Here are a few of those hundreds who trained (and some actually trained hard) for this grueling race.

Just outside the top 10 is Jamie Rivers, who has also gone by the name of Jamie Burns and Wendel in the past. Jamie is a two time Dipsea winner and race ambassador who has recently carried a dual passport of Tamalpa and The Pelican Runners. At age 65 she was the first woman to finish the race. Just behind her by 30 seconds was 29 year old Fiona Cundy who had the fastest time of the day with a running of 58:43. Alex Varner finally reached the age of 30, and still ran the race in 50 minutes. He finished in 13<sup>th</sup>. Next year he starts to receive handicap minutes, so look for him to be a competitor for the top prize. Tamalpa's Hans Schmid, one time Dipsea champ, running machine, modern marvel, and all around good guy finished in 14<sup>th</sup> place. At age 76 Hans is still running the race in times that would make many 20 year olds happy. This year he ran the race in 1 hour and 15 minutes.

Coming in 21<sup>st</sup> place is a runner whose Tamalpa membership will need to be confirmed as "paid-up". Jared Barrilleaux may not be as well known to as many Tamalpans as are his Father and Mother-In-Law, Steve and Karen Stenberg. Quite a coup for Karen, Steve, and daughter Whitney, having Jared run for the family honor. Just 5 seconds behind Jared was long time Tamalpan, and multiple Dipsea champion (2013 and 2014) Diana Fitzpatrick.

Tamalpa can also say with pride that the following runners ALSO finished in the top 50: Tim Wallen in 33<sup>rd</sup> getting one of the final black shirts, as well as Sarah Tabbutt in 35<sup>th</sup>. Kurt Ryan finished in 39<sup>th</sup>, and not far behind Kurt were Liz Shortino, Roy Rivers, Steve Katz, Johnny Lawson, Sarah Slaymaker, and Patricia Shore. Roy Kissin was just outside the top 50, coming in at 57<sup>th</sup> place.

Many other Tamalpans also finished in the top 100, a very prestigious honor, for it gives those runners THAT specific BIB number the following year. Hats off to a few other TOP-100 runners: Eric Stewart, John Catts, Preston Sitterly (who has MANY top 100 finishes), Greg Nacco (who has MANY black shirts), Jonathan Bretan, Laura Richard, Victor Ballesteros, Levi Webb, John Edcomb, and Kelly O'Mara. John Lundy, George Dombrovski and Lisa Trustin finished just outside the top 100 in 103<sup>rd</sup>, 106<sup>th</sup>, and 108<sup>th</sup> places respectively.

## 2016 Dipsea Race - (cont.)

Runners who finish between 100<sup>th</sup> and 200<sup>th</sup> places are normally competitors who are, A: very good God-Gifted runners, and/or B: runners who train like mad-men (women) during the spring. A few of those to mention are: Dave Covey, Pedro Cifuentes (2<sup>nd</sup> in TCRS points in 2015), Mimi Willard, Don Lindsey, Nancy Clary, David Bronstein, Melody-Anne Schultz (at age 74!), Karen Corral (wife of our honorable club president), Peter Baderscher, Jeri Howland, Ryan Stever, Geoff Vaughan, and let's include Rob Spinosa, even if he was JUST outside the top 200 in 203<sup>rd</sup> place.

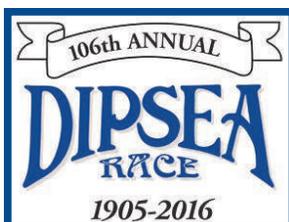
Finishing between 200<sup>th</sup> and 300<sup>th</sup> is still a HUGE feather in most peoples cap... I should know, I've run the race 27 years in a row and only ONCE have finished higher than 300<sup>th</sup>.... More salutes to the following who did just this: Tomas Pastalka, Tane Abbott, Christine Waldron, Julie Nacco, Dave Hannaford (who finished just 20 seconds ahead of his fast closing son, Corey), Nick Wilton, Bill Neer, Moriah Buckley, Oscar Nesbitt-Schnadt (11 year old son of Sarah), Laila Rezai, Mike Locati, and Kathleen Helmer.

Runners who finished between 300<sup>th</sup> and 400<sup>th</sup> know they trained well enough and ran well enough to clearly qualify for invitational status in next years race. Mentioning a few.... Maeve Burke, Ziggy Nacco (11 year old son of Greg and Julie... look for this kid to soon be a factor in top Tamalpans) Eric Spector, Christie Pastalka (who won the race in 1987 by the name of Christie Patterson), David Leipsic (25<sup>th</sup> consecutive Dipsea without a Black Shirt), Annika Levaggi (first high school finisher), Katie Fitzpatrick (daughter of Tim and Diane), Our TCRS guru, Phil Oreste, Isabella Amyx (taking time off from training for the Sonoma State Soccer team), Florencia Gascon-Amyx (Isabella's mom, who finished just seconds behind her daughter), and Michelle Wilcox.

Runners who finish between 400<sup>th</sup> and 450 are (dare I say it?), runners who have trained well, but PERHAPS not well enough. This is the "on the bubble" area of runners who are scrambling to finish in the top 450 (of the invitational group) and earn an automatic invite to the years following race. Probably one of the most common sayings among Tamalpans in the spring is, "I'm hoping just to qualify for next year". Take away sand-baggers like Julie Nacco, Florencia Gascon, and Julie Waldron who say this every year and ALWAYS qualify, there are many others who say it and truly are on the bubble.... 'Hats off!' to Christie Allen for finishing in 405<sup>th</sup>, Juliet Oreste (Phil's Daughter) in 406<sup>th</sup>, Lauren Tanel (daughter of Sarah Tabbutt) in 418<sup>th</sup> and Tim Fitzpatrick in 441<sup>st</sup>.

Down in the Runners Section and running FAST ENOUGH to earn auto-invite status for the 2017 race.... Count the following in that all-star list: Spencer Talking ton, Isabel Diaz (who's been running TCRS races for years and has finally taken on the Dipsea Race), Olivia Palmer (daughter of former Tamalpa great, Guy Palmer), 11 year old new comer, Trevor Islam and his dad Salim, Julia Mace, (The only Mace family member to run this year), and Judi Shaffer (who at age.... Ahem, ahem... I can't say her age... at her CURRENT age ran an all-time PR!)

**Congratulations to all the Tamalpans who ran this very special race. It's THE race that was the genesis to founding of the club. It's the race (along with Mt. Tam) that binds us together and makes Tamalpa more than just a "running club". The Dipsea will see you all and other new comers in 2017.**



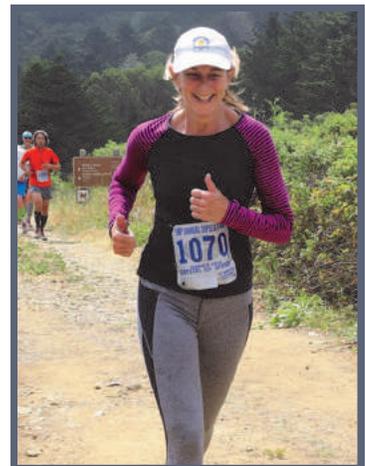
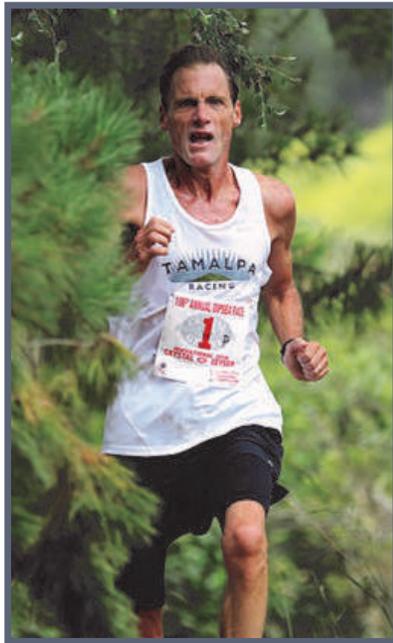
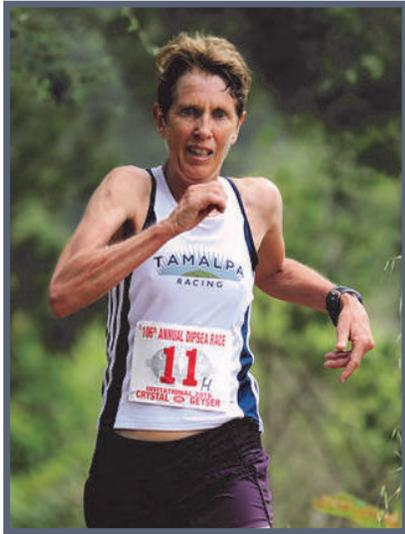
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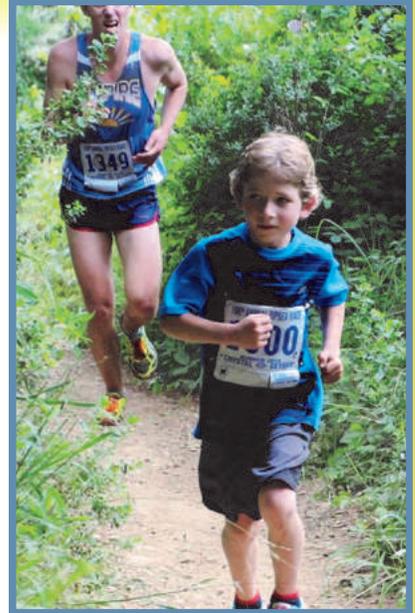
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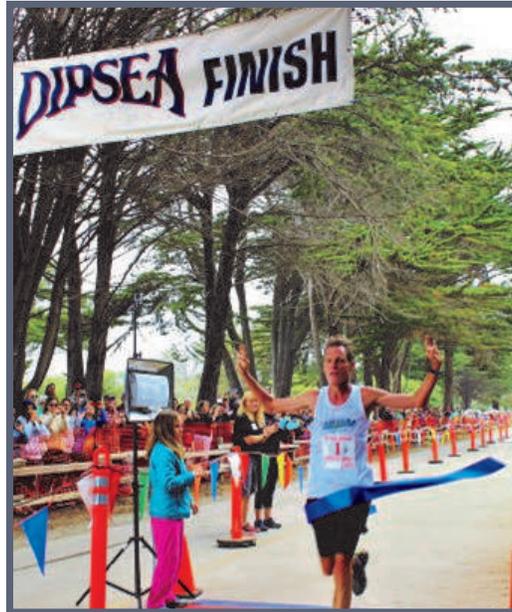


# They May Be Young ... But Watch Out for These Dipsea Contenders!

They're Comin' For Ya!



# Congratulations to all of the Dipsea Racers!!



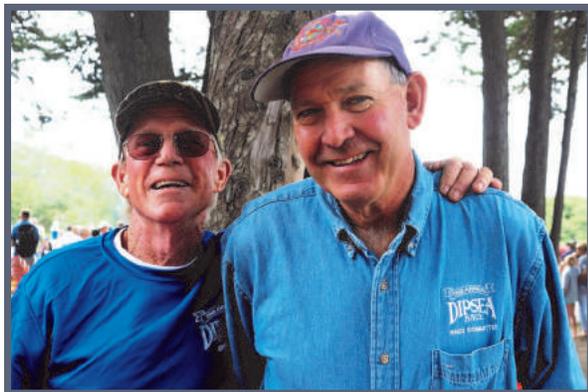
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# Thank you to the the Many Dipsea Organizers and Volunteers!!



## Western States Endurance Run - Rucky-Chucky Aid Station

By Bruce Linscott

Once again, on the Friday preceding the last weekend in June, just a bit after twelve noon, a group of Tamalpais and our good friends found ourselves on the banks of the Middle Fork of the American River basking in 100+ temperatures.

A group of seasoned, key volunteers lucky enough not to have to work this day had set out early from Marin to beat the NASCAR mess at Sears Point and the inevitable delays of the bumper to bumper traffic through Sacramento. We had stopped in Auburn to stock up on provisions and managed to liberate 1,250 pounds of "free" ice from Lon Monroe at the WSER warehouse. We had already been swimming and were enjoying the peaceful benefits of the river free of the constraints that would come with tomorrow's race day schedule.

We were at the Rucky Chucky crossing on the American River to set up the Tamalpa aid station for the Western States Endurance Run. This event would be starting tomorrow, Saturday, at 5:00 am in Squaw Valley. We would not expect to see the lead runner until after 4:00 pm and then remain on duty all night while the remaining 350 endurance runners made their way along the course. At 5:00 am Sunday morning the River crossing would be closed and anyone not making it to this cutoff would be asked to retire and DNF. We had carefully planned this weekend, having assigned volunteer managers to handle each aspect of the aid station very similar to last year.

Dave and Jodie Pinto had taken on the Runner's kitchen again to ensure a constant supply of food, drinks and Clif energy supplements were available for all runners and pacers. Late in the night, they were even offering hot off the stove grilled cheese sandwiches.

Bruce Mace was responsible for the old Far Side spot again, which is basically intended to be a drop bag and shoe changing spot. Bag delivery this year involved several hundred miles of extra driving for all involved as our normal drop bag delivery shuttler, Robert Gilcrest, was actually running the race this year (It should be noted and commended that Robert still delivered the bag stash from Squaw Valley to Auburn on Friday night even though he would be starting the race at 0500 the following day). Bruce Mace also provided a "river rated" oar boat to provide transportation between the Near and Far sides of the station.

Kurt Ryan was tasked with seeing that every aspect of our station was adequately lit through the dark hours of the long night. While most in camp were still sleeping on Saturday morning, Kurt, Todd Ritola, Leila Rezai and I had struck out on a pre-dawn adventure hike to search for the lost Shenanigan Mine. Having forgotten the USGS map, we were basing our route on my memory alone. When we arrived at the first big turn where we were leaving the Western States dirt track and going up the steep Todd Creek Canyon and cliffs (sans trail), Leila had the good sense to abandon our group and head back to camp. We forged on and soon found we had separated into three individuals on three different courses with no communication. Quickly we were all lost, and after an hour and a half of bushwhacking, prudence and common sense determined that we should turn back. However, Kurt soldiered on and eventually did find the tunnels and shafts of the long ago abandoned gold mine. Kurt did eventually make it back to camp a few hours later and did successfully set up power and lights for both sides of the river. Unfortunately he was sleeping, when twice during the night the generator failed and plunged the Near Side into short lived periods of total darkness.

Mario Diego was assigned to parking management and crowd control again this year. This turned out to be a much easier job the second year as we now knew what was expected of our group and what to do with the pesky fleet of raft pick up vans. Unfortunately, Ken Kelsen was absent this year but had provided custom reflectorized signs to help direct the hordes of crew and spectators to the correct locations including everyone's favorite "RATTLE SNAKES No we are not kidding". And yes, we did have close rattle snakes sightings again, for confirmation, just ask Laila, Mariah Buckley and Bill Neer!



**From left to right top row standing:**

Burr Purnell, Kurt Ryan, Jodie Pinto, Todd Ritola, Annika Levaggi, Dr. Brian Morrissey, Bill Neer, Carl Andersen, Laila Rezai, Mariah Buckley, John Edgcomb, Nick Wilton, Charlie Ehm, Darrell White, Mario Diego, Helena Richard, Dave Pinto, Laura Richard, Geoff Vaughan, Josh Alexander, Gary Lucas, Janice Herrera, Chris Knez, Tony Marshall

**From left to right bottom row kneeling:**

TJ Campbell, Isaac Blundell, Julia Mace, Bruce Mace, Bob Cowdry, Eric Spector, Jason Thompson, Bruce Linscott

## Western States Endurance Run - Rucky-Chucky Aid Station (cont.)

Charles Caldwell managed a superb group of all-night sleepless volunteers to flawlessly record every runner in and out of the aid station on the Runner Tracking Forms. The RTF times from this station are posted live to the race website by Jose Rodarte (river crossing co-captain) through some miraculous form of internet communication wizardry Jose rigs up at the bottom of a deep canyon where cell service is not available.

But the true highlight of the weekend was our new volunteer kitchen manager. Charlie Ehm had stepped up to take over the camp kitchen duties and with assistants Laura Richard and John Edgcomb, Charlie presented a series of non-stop fabulous meals for our crew of 40. The race had gone "green" this year by eliminating thousands of single use, throw away paper cups and requiring the racers to carry their own re-useable drinking containers. Charlie and I figured we should attempt something similar, so a whole set of re-useable plates and dinnerware was purchased to eliminate the use of disposable paper plates and plastic forks and spoons. All volunteers were requested to bring their own mug as well as a re-fillable drinking container.

The use of real plates and flatware necessitated the creation of a hot water washing station which was expertly assembled and staffed by Gary Lucas (even at 3:00 am). All I can say is the food was incredible and the camp kitchen performance was flawless.

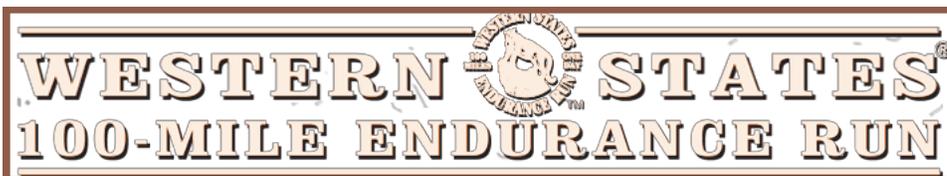
And there was the Western States 100 mile race. Some of us did see Erika, Karl, Mark and Robert go through, but the highlight was probably, the lead runner Jim Walmsley, well ahead of course record pace when he reached us at the river. Jim decided to jump into the river, after donning a PFD, and NOT grab the cable. Jim attempted to swim

across the still quite high river, but was promptly sucked downstream into the rapid. Chased by Bruce Mace in his oar boat, Jim was able to finally reach the other -side, a bit downstream, after losing both his water bottles. At this point he was still nearly an hour in front of the next runner, 20 year old Andrew Miller. Further disaster would strike Jim down course. As he approached the Cool Quarry somewhere past mile 90, he missed the critical uphill turn and wandered 2 miles off course before realizing his mistake. Now disoriented, hot and tired, his one hour lead had disappeared and he ended up finishing in 20<sup>th</sup> position with a time of 18:45:36. Andrew Miller ended up the overall winner in 15:39:36.

Note: The Aid Station "spots" for the 2017 race are available for consideration. Legitimate candidates should submit your requests to me by email or otherwise make your intention known to the one of the selection committee members.

Rucky Chucky 2016 race results: <http://www.wser.org/results/2016-results/>

| Western States 100 Mile |                  |   |    |          |     |
|-------------------------|------------------|---|----|----------|-----|
| June 25-26 2016         |                  |   |    |          |     |
| Plc                     | Name             | M | Ag | Time     | Bib |
| 1                       | Andrew Miller    | M | 20 | 15:39:36 | 28  |
| 27                      | Peter Fain       | M | 44 | 19:27:51 | 176 |
| 40                      | Meghan Arbogast  | F | 55 | 20:30:11 | 55  |
| 50                      | Ericka Lindland  | F | 33 | 21:07:40 | F9  |
| 51                      | Lon Freeman      | M | 41 | 21:10:53 | 144 |
| 61                      | Yiou Wang        | F | 31 | 22:16:04 | 37  |
| 84                      | Karl Hoagland    | M | 51 | 23:29:44 | 206 |
| 152                     | Philip Sanderson | M | 48 | 27:33:22 | 100 |
| 209                     | Monique Winkler  | F | 46 | 28:52:16 | 324 |



## Tamalpa Track Meet

June 21st, 2016

By Frank Ruona

On 6/21/16 Tamalpa held our June Track Meet for 2016. The first race of the meet was the One Mile. A three-man pack of Dan Lee, Jason Reed and Graham Balch hung together for the first 3 laps. At the start of lap 4, Dan Lee picked up the pace and opened a gap on the field and won the race with a strong 5:14:90 finish. Jason Reed hung on and finished second in 5:19.71. Beth Freedman finished in 8<sup>th</sup> place and was the first female finisher in the race with her 6:02.52. Mark Richtman, at age 60 and preparing to run the Western States 100 Mile Endurance Run in 4 days had the highest age graded performance in the race and in the meet with his 81.46% age grade for his 5:41.11 finish.

The 400M was won by Christian Oakes and he was also had the highest Age Graded Performance for the race at 78.12% for his 1:06.39 at age 57. Hillary Sciarillo was the first female finisher in 1:23.14.

Dierk Herberman was an easy winner in the 800M with a strong 2:32.77. Eileen Brennan was the first female finisher and was the 4<sup>th</sup> place finisher in the race with a 2:49.00 at age 55. She had the highest Age Graded performance in the race at 80.22%.

Jason Reed, after finishing 2<sup>nd</sup> in the One Mile, 800M and 400M Races, won the 200M, 100M and 2 Mile Races. He was the first finisher in the 200M in 0:30.43. Beth Freedman was the first female finisher in the Race in 0:34.14. Tricia Wallace was the second female finisher with her 0:35.02 at age 57 and she had the highest age grade performance in the Race at 78.33%.

Jason Reed won the 100M with a 0:14.06. V. Tyler was the first female finisher in the race with a 0:15.27. At age 49, she was the top age grade in the Race with a 79.46%.

Jason Reed won his third race of the meet with his 13:23.72 in the 2 Mile. Isabel Diaz was the first female finisher in 14:37.06. Danielle Herrerias, at age 58, turned in the top age rated performance for the Race with an 77.94% for her 15:06.00.

The 5000M was a one-man race, as Andy Valla ran a fine 18:47.22 and had an age graded performance of 75.64%.

Thanks to Jim Lakis for handling the registration for the meet; and Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing.



## TRAIN AT ALTITUDE



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## The Woodmonster Trail Race—June 26th, 2016

The third and final leg of the

### 2016 Woodmonster Race - Handicapped

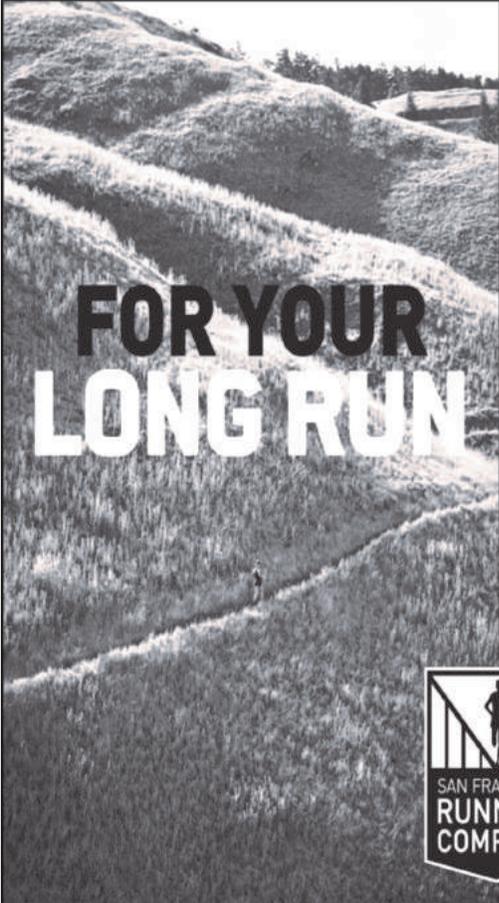
| Place | Name              | Bib  | Age | M/F | Time    | Handicap | Net Time |
|-------|-------------------|------|-----|-----|---------|----------|----------|
| 1     | Hans Schmid       | 2194 | 76  | M   | 30:45.1 | 00:00.0  | 30:45.1  |
| 8     | Bradford Bryon    | 77   | 58  | M   | 10:39.1 | 28:00.0  | 38:39.1  |
| 13    | Pedro Cifuentes   | 254  | 39  | M   | 04:32.4 | 36:00.0  | 40:32.4  |
| 17    | Jose Lopez        | 253  | 45  | M   | 09:17.6 | 32:00.0  | 41:17.6  |
| 22    | Judi Shaffer      | 2199 | 56  | F   | 33:07.9 | 10:00.0  | 43:07.9  |
| 42    | Isabel Diaz       | 322  | 31  | F   | 19:57.6 | 28:00.0  | 47:57.6  |
| 57    | Patricio Salas    | 263  | 48  | M   | 20:44.8 | 32:00.0  | 52:44.8  |
| 60    | Scott Schneider   | 2195 | 49  | M   | 21:15.4 | 32:00.0  | 53:15.4  |
| 62    | Anabela Diaz      | 256  | 37  | F   | 29:57.5 | 24:00.0  | 53:57.5  |
| 91    | Carson Forter     | 2105 | 30  | M   | 20:12.9 | 40:00.0  | 00:12.9  |
| 121   | Jeff Rosenthal    | 261  | 54  | M   | 35:51.6 | 32:00.0  | 07:51.6  |
| 129   | Odilia Diaz       | 264  | 41  | F   | 45:49.9 | 24:00.0  | 09:49.9  |
| 134   | Kathleen Stranton | 212  | 49  | F   | 51:11.0 | 20:00.0  | 11:11.0  |
| 142   | Joaquin Fritz     | 2106 | 63  | M   | 48:52.4 | 24:00.0  | 12:52.4  |
| 143   | Bud Parer         | 2168 | 53  | M   | 40:57.6 | 32:00.0  | 12:57.6  |
| 156   | John Blecka       | 72   | 62  | M   | 54:06.5 | 24:00.0  | 18:06.5  |

**TAMALPA  
HEADLANDS 50K**

Muir Beach, CA




**AUGUST 27TH 2016**  
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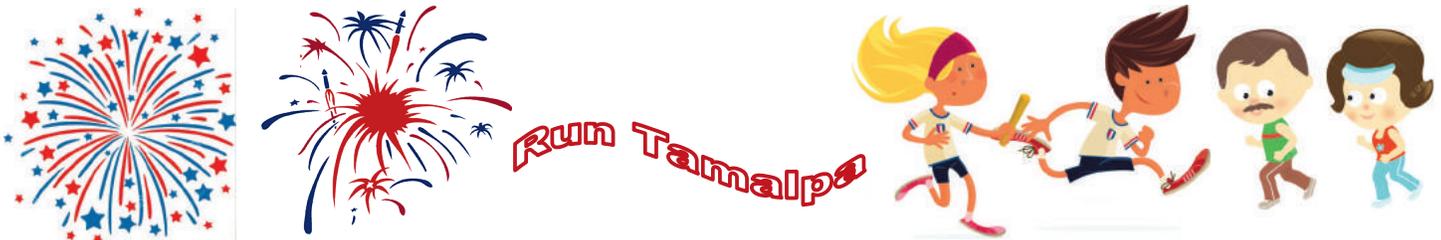
July 4th, 2016



Twelve Tamalpa Members ran the Morgan Hill Freedom Fest 5k on Monday, 7-4-16. Brian Pilcher was the first Tamalpa finisher running an outstanding 16:52 at age 59. Brian had the top Age Graded Performance in the PAUSATF for 2016 coming into this race with his 34:39 at the Marin Memorial Day 10K race for an age grade of 93.8%. His Age Grade for the Morgan Hill Freedom Fest 5k was 93.9%, 0.01% higher than for the Marin Memorial Day 10K! Unfortunately, 64 year old Tom Bernard ran a more spectacular 17:16 for a new top age graded performance in the PAUSATF at

| Morgan Hill Freedom Fest 5k |     |                       |     |     |              |         |
|-----------------------------|-----|-----------------------|-----|-----|--------------|---------|
| Place                       | Bib | Name                  | Sex | Age | Chip Elapsed | Pace    |
| 1                           | 103 | Chris Frias           | M   | 25  | 14:37.0      | 0:04:42 |
| 13                          | 403 | BRIAN PILCHER         | M   | 59  | 16:52.0      | 0:05:26 |
| 45                          | 498 | Dan Lee               | M   | 38  | 18:23.0      | 0:05:56 |
| 60                          | 83  | KEITH DUNCAN          | M   | 62  | 19:17.0      | 0:06:13 |
| 80                          | 101 | Beth Freedman         | F   | 47  | 19:55.0      | 0:06:26 |
| 88                          | 133 | JOHN HIRSCHBERGER     | M   | 64  | 20:10.0      | 0:06:30 |
| 92                          | 134 | MICHAEL HOLLAND       | M   | 67  | 20:26.0      | 0:06:35 |
| 99                          | 111 | Len Goldman           | M   | 71  | 20:34.0      | 0:06:38 |
| 132                         | 264 | Hans Schmid           | M   | 76  | 22:01.0      | 0:07:06 |
| 269                         | 473 | Dimitris Sklavopoulos | M   | 71  | 28:55.0      | 0:09:20 |
| 423                         | 267 | Phil Phythian         | M   | 82  | 41:16.0      | 0:13:20 |

95.54%! Brian was the first M50-59 finisher; Michael Holland was the first M65-69 finisher; Eileen Brennan-Erler was the first F50-59 finisher; Len Goldman was the first M70-74 finisher and Hans Schmid was the first M75-79 finisher. These were some pretty good performances by Tamalpa members. It appears as if the Tamalpa Super Senior Men and Veteran Men also finished first in their Age Group Team completion!  
-Frank Ruona



### The 36<sup>th</sup> Annual - 2016 Couples Relay

The Couples Relay is returning to its original location in Larkspur CA. at the Marin Country Mart.

Save the date and get your two person team lined up.

Sunday, September 25<sup>th</sup>

The course will be a flat, fast and scenic along the Corte Madera creek waterfront.

Look for team entry's coming soon online or in the Gazette.



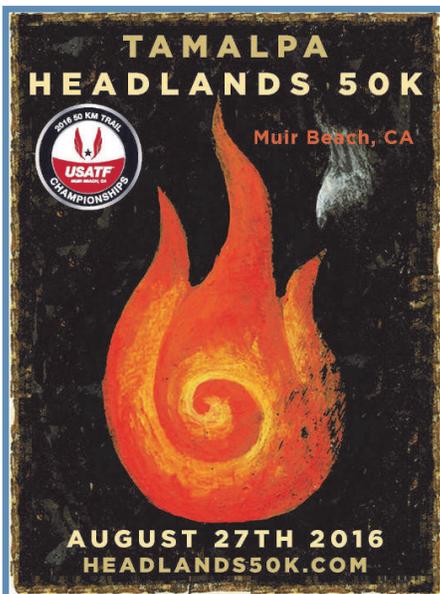
## 2016 USATF Schedules

### 2016 USATF Pacific Ultra Running Grand Prix Schedule

| DATE                   | EVENT/DISTANCE                                                        | LOCATION          | SURFACE      | POINTS   | RACE DIRECTOR/INFO/RESULTS                                                                                                                                                                                                  |
|------------------------|-----------------------------------------------------------------------|-------------------|--------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8/07/2016              | Skyline 50K                                                           | Castro Valley     | trail        | 1        | Adam Ray, skyline50k@gmail.com<br>www.skyline50k.com                                                                                                                                                                        |
| 8/27/2016              | <b>Tamalpa Headlands 50K*</b><br><b>(USATF National Championship)</b> | <b>Muir Beach</b> | <b>trail</b> | <b>1</b> | <b>Tim &amp; Diana Fitzpatrick</b><br><b>rd@headlands50k.com www.headlands50k.com</b><br><b>[runners must be USATF members to qualify for prize purse]</b><br><b>* no entry discount for defending Grand Prix champions</b> |
| 9/10/2016<br>Tentative | PCTR Headlands 100M                                                   | Rodeo Beach       | trail        | 3.3      | John Brooks events@pctrailruns.com<br>www.pctrailruns.com                                                                                                                                                                   |
| 10/08/2016             | Dick Collins Firetrails 50M                                           | Castro Valley     | trail        | 1.6      | Julie Fingar, 916/765-6021<br>Julie@norcalultras.com<br>www.firetrails50.com                                                                                                                                                |
| 11/05/2016             | Rio Del Lago 100M*                                                    | Beal's Point      | trail        | 3.3      | Julie Fingar, 916/765-6021<br>Julie@norcalultras.com<br>http://www.rio100mile.com<br>*\$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<br>www.run100s.com/qd.htm                                                                                                                                                               |

### 2016 PA/USATF ROAD RACE GRAND PRIX SCHEDULE

| Date       | Race                                                | Location      | Pts | Scoring Divisions | Team Scoring | Series | Comp entry Info*                 |
|------------|-----------------------------------------------------|---------------|-----|-------------------|--------------|--------|----------------------------------|
| 10/16/2016 | <u>Humboldt Redwoods Half Marathon</u>              | Weott         | 1.5 | All               | Yes          | Long   | <u>HRM HM Comps</u>              |
| 11/06/2016 | <u>Clarksburg Country Run Half Marathon</u>         | Clarksburg    | 1.5 | All               | Yes          | Long   | <u>CCR HM Comps</u>              |
| 11/24/2016 | <u>Applied Materials Silicon Valley Turkey Trot</u> | San Jose      | 2   | Open only         | No           | Short  | <u>SVTT Elite Athlete Coord.</u> |
| 12/04/2016 | <u>California International Marathon</u>            | Sacramento    | 2   | All               | Yes          | Long   | <u>CIM Elite Athlete Coord.</u>  |
| 12/19/2015 | <u>Christmas Relays</u>                             | San Francisco | 2   | All               | Only         | None   |                                  |



## Committees

- Clothing: Nancy Simmons, [tahoedream@aol.com](mailto:tahoedream@aol.com)
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- Track Meets: Frank Ruona, [fduona@comcast.net](mailto:fduona@comcast.net)
- USATF-PA: Frank Ruona, [fduona@comcast.net](mailto:fduona@comcast.net)

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- Thursday, Kentfield Track Workout: Kees Tuinzing, [coachkeest@yahoo.com](mailto:coachkeest@yahoo.com)
- Saturday, Novato Track Workout: Ed Corral, [edwcorral@aol.com](mailto:edwcorral@aol.com)
- Tamalpa Bobcats (youth): Mary Churchill, [marymfagan@gmail.com](mailto:marymfagan@gmail.com)

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- Marin Headlands 50K: Tim & Diana Fitzpatrick, [dianafitz11@gmail.com](mailto:dianafitz11@gmail.com)
- Marin Memorial Day Races: Dave Ripp, [info@marinraces.com](mailto:info@marinraces.com)
- Tamalpa Challenge (The Johnny): Verity Breen, [verity.breen@gmail.com](mailto:verity.breen@gmail.com)
- TCRS: Phil Oreste: [tcrs@tamalparunners.org](mailto:tcrs@tamalparunners.org)

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- Women's Veterans: Susan Garnett, [ssgarnett@msn.com](mailto:ssgarnett@msn.com)
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- Men's Master Racing Teams Captain: Jose Anguiano, [sintripio@live.com](mailto:sintripio@live.com)
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- Ads, articles, and pictures due by the 18th of the month.
- Send to [gazette@tamalparunners.org](mailto:gazette@tamalparunners.org).
- **THANK YOU TO ALL OF OUR PHOTO CONTRIBUTORS:**



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