



President's Post: 2016 MMDR ~ Tamalpa Proud!

By Ed Corral



Ed and Karen Corral

Congratulations! And Thank you! To the Co-Race Directors, all our wonderful volunteers and participants of this year's Marin Memorial Day Races. Tamalpa Runners put on a top notch race once again.

Special thanks go out to Dave Ripp for getting all matters organized before he had to jet-out to his daughter Kelsey's Graduation (in becoming an MD.) Dave left the RD duties to Mark Stevens, Kees Tuinzing, and Kenny Grebenstein. All did a great job in making sure that Dave's stellar reputation stayed intact.

All our Volunteers did a bang-up job in supporting the race; pre-race set-up, the 5K, 10K & Kids Races, runner support in hydration and snacks, and post-race clean-up. You all make being the President of this great club a prideful position. Thank you all.

Last but not least, thanks to all Tamalpans who ran in the various races, including our Tamalpanitas! I'd love to see ALL our members wearing the Tamalpa white & blue... :-)) I get it though, and was glad to see you all out there competing and socializing after the hard work was all done. We are a family sharing the love of running.

Tamalpa Runners eGazette to Replace the Printed Version

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 1/6th 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 [please list the members name with the email address]

If you want to help our budget and Mother Earth by 'Going Green', send an email to gazette@tamalparunners.org and let us know you are ready to receive the eGazette today.

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The Board would like to welcome new members ~ May: Kane Cullimore, Julia Davis, Susy Espinoza, Susan Ghest-Kehoe, Diego Goncalves, Stacey Hagen, Cedric Hernandez, Nancy Johnson, Kendall Jordan, Oendrilla Kamal, Caroline Koch, Javier Lopez, Patrick Lynch, Michael Mascott, Parker Mascott, Jackie Reinhart

Memberships Requiring Renewal ~ June: Robert Alexander, Sylvia Arellano, Judi Colby, Bob Cooper, Dick Cor-done, Marie DeJournette, Vickie DeMenno, Theresa Dooley, Lisa Dunnigan, Frederick Flowers, George Forman, Julie Garrett, Dennis Hassler, Stephen Kambur, Jim Kambur, JoAnne Kambur, Dean Karnazes, Dave Lampert, Sidney Leipsic, David Leipsic, Sarah Leipsic, Barbara Musser, Steve Musser, Alan Reynolds, Sarah Slaymaker, Steve Stenberg, Karen Stenberg, Ryan Stever, Mary Wells, Katherine Wells

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

Contact Lillie at [membership@tamalparunners.org](mailto:membership@tamalparunners.org) or go to: <http://www.tamalparunners.org/join.php>

## Editor's Note

By Corinna Zubia



Happy Summertime Tamalpa! It's an incredible thing to witness just how many Tamalpans are volunteering their time and efforts toward making this wonderful club machine run. Thank you to all of you who contribute by putting on so many great club events, guiding the direction of our club, coaching our Tamalpans, tracking our club running efforts, and of course, tying up your laces and running in events.

~Proud to be a member and you should be too. Keep at it Tamalpa. Let's continue to make this the best running club in this fine state! And let's keep hitting the road!

**Correction from April/May Gazette: Missing Award Winners:  
Tamalpa Runners, Inc. Awards Breakfast  
April 17, 2016**

### 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 Donaie**  
**Male Cross Country Runner of the Year – Jose Anguiano & Tim Wallen**  
**Male Ultra Runner of the Year – Mark Richtman**

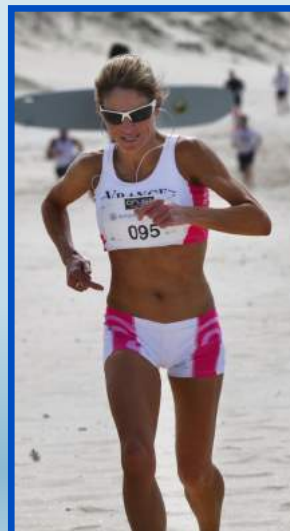
## Getting to Know Our Board

### Tamalpa Club Board Member Verity Breen

After five years with Impala Racing Team I decided to join Tamalpa after purchasing our first home in Marin three years ago.

I began to miss the diversity of a club that had both male and female members. I loved the history and vibe of Tamalpa since I arrived here after marrying my husband Randy Breen in 2009.

So far this year, my greatest achievement has been racing less, and working towards goals I have set for myself in the second half of 2016 before I turn 50 in November. Also, finding I really do have a green thumb after all. I've fallen head over heels in love with gardening, creating our gardens from scratch, and mastering the art of keeping roses thriving.



We have two dogs Bondi and Bronte both named after side by side beaches in Sydney Australia, Bondi Beach is where I met and fell in love with my husband on a fine sunny summers day.

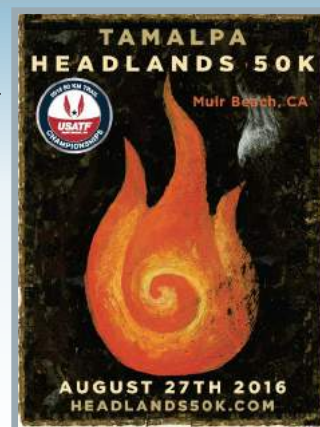
I do not have kids but love them and have enjoyed assisting lately with the Marin Youth Trail Runners to prepare the kids for The Dipsea.

To me, humor in life is critical and taking oneself too seriously is a bad idea.

Lastly I adore being a Tamalpan. It's the perfect fit for me.

## 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 at dianafitz-11@gmail.com to volunteer.



## TRAIN AT ALTITUDE



Run out the door to West Shore trails. Or, ski, snowshoe, or bike. Enjoy water sports too — just walk to the Lake!



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# Miwok 100k Through Volunteer Eyes, May 7th, 2016

By Wim Van Dam

We pull into our driveway. It's 11PM. It's been a long day. Miwok day. Good thing is that there was no traffic on our way back from Stinson Beach this late in the evening. Come to think of it, there was no traffic when we drove to Stinson Beach at 3:30AM either. I don't know how Race Directors do it. Tia Bodington's RD task did not start that morning, or that week, or even that month. Many days of hard work are necessary to put this show on the road. Starting with the lottery in November of the year before, securing the permits, ordering the porta-potties, buying the food, distributing the supplies for the aid stations, etc. Some might say "that's not hard work". Well, I beg to differ. And I can back it up too. The Thursday before the race, I reported in for duty at a locker in San Rafael. A locker chock-full of aid station gear. Parked next to the locker was a U-Haul truck full of food. Tia handed out "shopping lists" for each of the aid-stations. And Jim Richards and myself were collecting stuff from the locker and the truck, putting together the care packages. The aid station captains showed up in succession at 9AM, next one at 10AM, and so on. Each of those care packages was really a pick-up truck bed full of water jugs, a canopy, safety vests, flags, cones, drinks, food, snacks, fruit,...well too much to list here. If that wasn't hard work, I don't know what is.

The race was, as usual, a feast. As the updates from the aid-stations came in, it became clear that there was a battle going on. Things got more dramatic as the conditions worsened with a steady rain and howling winds on the ridge line. When we saw some DNFs come back to the fire station in Stinson, covered in mud and blood, we realized the full extent of that battle. Seeing Cody Reed cross the finish-line, empty because of his push down the hill on the Matt Davis trail, sitting down in the rain on the pavement and leaning against a parked car, made the picture complete. Behind him we saw some very strong performances from Aliza Lapierre, the women's winner, and Chicara Omine who took second for the men. Tamalpa was not far behind though. Most notably, the always amazing Mark Richtman, who finished 7<sup>th</sup> and missed his own age-group CR by just 11 seconds. The Schmidt brothers, Matt and Pat, finished just 9 minutes apart at places 15 and 17. And our own Laura Richards who could not repeat as women's winner, but still led the Tamalpa ladies.

Heroic as the fast runners were for this hard run, we also found more heroes as the aid-station captains came back from their posts. Ana Levaggi shut down Bridge View only to come back for finish line duty. Stan Jensen did a superb job manning Tennessee Valley where he took care of the runners on the way out and again on the way back. Franz Dill at the Bolinas Fairfax road crossing had his challenges, but he masterfully dealt with those. Cardiac's Brett Rivers had to make some last minute lead changes for what may be the windiest spot on the course, but all worked out just fine. Chuck Wilson was running a tight ship at Randall on the far North end of the course, but he too was soaked. And when I saw the drenched timing sheets come back from Fred's crew in Muir Beach, it was clear that we all got our share of nasty weather. Are you interested in supporting your sport where it matters ? Contact one of your local race RDs and offer up some support; you can be a hero on the support side too.



MIWOK 100K 5-7-16

| Place | Name            | Age | Gender | Time     |
|-------|-----------------|-----|--------|----------|
| 1     | Cody Reed       | 24  | Male   | 9:04:32  |
| 7     | Mark Richtman   | 61  | M      | 10:10:27 |
| 17    | Patrick Schmidt | 34  | M      | 10:43:43 |
| 41    | Laura Richard   | 46  | F      | 11:30:00 |
| 131   | Jon De St Paer  | 42  | M      | 13:14:24 |
| 150   | Panya Somnhot   | 34  | M      | 13:36:20 |
| 160   | Rick Gaston     | 44  | M      | 13:48:48 |
| 180   | Jeri Howland    | 59  | F      | 14:06:24 |

## Tamalpa Member Profile: Brad Bryon Goes for His 21st Black Shirt!

### When did you join Tamalpa Runners?

I joined Tamalpa in 1991 – or actually I should say my running buddies signed me up. I was hesitating joining a club worrying it might be too clicky for me – but soon found that it was a great group of fun yet competitive runners. I still have my first membership card signed by Jerry Leith as the club president – who also called me to welcome me to Tamalpa!

### Tell us about your history

I was born at Marin General and lived in SR through 4<sup>th</sup> grade before moving north to Novato. The last 20 years I've settled in Penngrove. I went to San Marin H.S., College of Marin, Indian Valley College & Humboldt State University. I wrestled and played soccer in H.S. and also wrestled at COM before they pulled the plug on the program after the 1975 season (though we were good we could only fill half the weight classes).

### How did you decide to become a runner?

My HSU roommate was a track runner who encouraged me to run in the 7 mile Clam Beach Run and everyone was surprised how easily I handled the race. However, running didn't become a habit for me until a few years later as a lunchtime break while working at Phoenix Leasing in Mill Valley.

### What do you do and what are some of your other interests?

I've worked a variety of positions in the Accounting arena – mostly as a Cash Management Supervisor. The last 7 years I've worked as a Financial Analyst – currently working from home in our barn :o). Besides running, I also love cycling, bouldering and tennis. Other hobbies of mine include coaching, playing drums, gardening, design & construction and beer-making.

### If you had to pick a single highlight of your running career, what would it be and how about a lowlight?

Winning my first Dipsea Black-Shirt was definitely the highlight of my running career.

The worst experience of my running career was surely having to miss a few Dipsea races due to serious injuries - the last of which was in 2011 when, while fine-tuning my training in late April I was hit by a truck on my bike ride home from work resulting in a broken leg. Hearing the cast would be removed 6 days before the Dipsea, I paid extra for a fiberglass version and I shifted my training to "running" in the pool. Unfortunately, when the cast was removed I found it was a challenge just to walk...so managing the Dipsea trail was out of the question :o(

### What is your favorite type of running and favorite races?

It's no secret - I love running hills. I live in 3D and thrive on uphill, downhill and random mixes of terrain changes. I try to run a lot of these type of 4-13 mile races. Besides the Dipsea, other regular favorites have included hilly TCRS's, Mt. Tam Hill Climb, Woodminster, Run to the Heavens, Mt. Burdell Challenge & Coastal Challenge (the last 3 no longer exist). I'm in heaven running anywhere on Mt. Tamalpais. Living in Sonoma County that's a rarity – so Annadel & Helen Putnam suffice. Other favorite trails are Mt. Burdell, Indian Trees, Big Rock Ridge, Mt Whittenberg & Sugar Loaf.

### What is your runner's training regimen?

I usually run 6 days/week. Saturdays is for my road bike - again preferring hills. Daily stretching, push-ups & sit-ups and some weights, bouldering, pull-ups &/or rope-climb 3x/week is my norm.

### How many Dipseas have you run and how many black shirts have you won?

I've had the pleasure of running 28 Dipsea races. The first 2 were in 1982 & 83 as a casual runner. A few years later my wife Karen & I were driving through Stinson Beach on a Sunday morning in June and got caught up in traffic – which we soon discovered was due to the race finish. That was obviously a wake-up call as, aside from 3 serious injury years, I haven't missed running a Dipsea since! I have been lucky to win 20 Black Shirts. The #'s range from 34 down to 13.

### What is your best time? Best place?

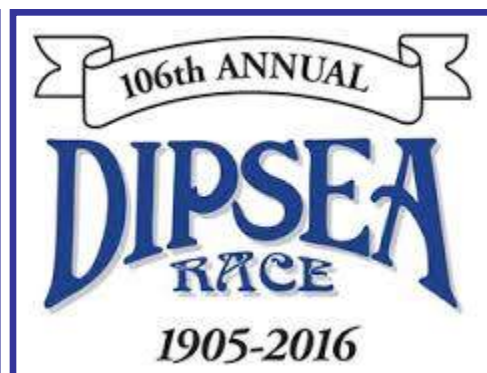
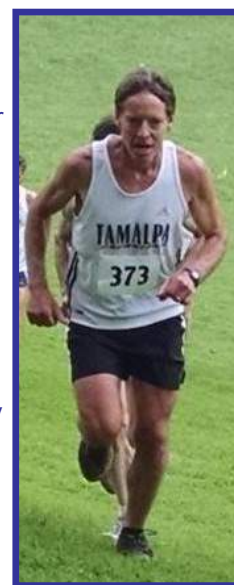
My PR for the Dipsea race is 52:13 in 1997. My lowest # is 13 that same year – and again last year.

### In what Tamalpa club events/activities do you commonly participate?

I try to run most TCRS' and XC races. Karen & I volunteer each year at the annual MMDR. We were regulars at the annual Xmas parties, helping pour drinks, laugh at old farts' stories, clap for the slides & videos, take over the dance floor and even perform on stage (once :o).

### What else should your fellow club members know about you?

I really appreciate all the efforts put out by all past & present club officers/committee members & race volunteers – as they enable me to follow my running passion. I also really enjoy the competition & camaraderie I have shared with fellow club members over the years. I'm so lucky my friends nudged me this way. Happy Trails Tamalpa!





# MARIN MEMORIAL DAY RACES

MARIN 10K ROAD RACE  
DON RITCHIE 5K RUN/WALK  
YOUTH TRACK RACES

## 2016



MMDR Full Results:

<https://results.chronotrack.com/event/results/event/event-21877>



### MMDR 10K Top 30 Tamalpais

| Place | Name               | Time  | Age | Age-group | Div Rank |
|-------|--------------------|-------|-----|-----------|----------|
| 1     | Chris Frias        | 30:01 | 25  | M19-29    | 1        |
| 38    | Brian Pilcher      | 34:39 | 59  | M55-59    | 1        |
| 54    | Greg King          | 35:41 | 32  | M30-34    | 16       |
| 69    | Tim Wallen         | 36:31 | 52  | M50-54    | 2        |
| 74    | Jose Anguiano      | 36:48 | 43  | M40-44    | 7        |
| 78    | Thomas Rosencrantz | 37:03 | 50  | M50-54    | 5        |
| 83    | Pedro Cifuentes    | 37:26 | 38  | M35-39    | 13       |
| 100   | Jose Lopez         | 38:03 | 45  | M45-49    | 13       |
| 115   | Dan Lee            | 38:49 | 38  | M35-39    | 15       |
| 118   | Kelly O'Mara       | 38:56 | 30  | F30-34    | 7        |
| 126   | Eduardo Vazquez    | 39:18 | 43  | M40-44    | 13       |
| 130   | Rafael Roman       | 39:32 | 34  | M30-34    | 21       |
| 135   | John Lundy         | 39:38 | 53  | M50-54    | 10       |
| 151   | Andrew Krone       | 40:09 | 38  | M35-39    | 19       |
| 160   | Fausto Vargas      | 40:33 | 47  | M45-49    | 19       |
| 163   | Bruce Benter       | 40:36 | 56  | M55-59    | 6        |
| 166   | Lyle Rumon         | 40:38 | 13  | M13-18    | 4        |
| 177   | Matthew Robinson   | 41:02 | 34  | M30-34    | 24       |
| 179   | Keith Duncan       | 41:10 | 62  | M60-64    | 6        |
| 182   | John Hirschberger  | 41:29 | 64  | M60-64    | 7        |
| 188   | Reese Laughlin     | 41:45 | 53  | M50-54    | 18       |
| 199   | John Smith         | 42:33 | 46  | M45-49    | 24       |
| 200   | Nancy Simmons      | 42:34 | 56  | F55-59    | 2        |
| 207   | Beth Freedman      | 42:54 | 47  | F45-49    | 5        |
| 215   | Michael Holland    | 43:18 | 67  | M65-69    | 1        |
| 230   | Len Goldman        | 44:12 | 71  | M70-74    | 1        |
| 240   | Carson Forter      | 44:36 | 30  | M30-34    | 27       |
| 247   | Paul Herrerias     | 45:04 | 60  | M60-64    | 12       |
| 251   | Panya Somnhot      | 45:25 | 34  | M30-34    | 28       |
| 259   | Dean Karanazes     | 45:59 | 52  | M50-54    | 23       |
| 271   | Jim Myers          | 46:34 | 67  | M65-69    | 3        |





## Tamalpa's Own Wins the Don Ritchie Memorial 5k!



Tamalpa's very own Patrick "PJ" Lynch won the 2016 MMDR 5k. I have watched PJ's running develop over the past few years, starting in Middle School and now in High School. John Lundy introduced PJ to the Saturday Track group a few years back. John's and PJ's story is a wonderful account of service to others, and not even knowing that is what you are doing. Below are John's words about PJ. Congrats to PJ and a very heartfelt "Cheers" to John. ~ Ed



5k Winner PJ Lynch and mentor, Tamalpan John Lundy

John Lundy:

"I've know PJ's dad Pat for around 25 years and we reconnected four years ago when I moved to Penngrove. Pat had just got full custody of PJ after a 10 year battle in the courts. PJ had been floating between schools and had a 1.7 GPA in seventh grade and was somewhat lost.

Pat is disabled and suffers terribly from colitis so I figured I would give him a break to catch up on work around the house. So PJ started to hang out at my house, doing some chores, coming to work with me and, of course, running. A weekly routine has developed; track at Novato High on Saturday and something fun on Sunday with Brad O'Brien. PJ started to come to races with us, and then he started beating us -- all the while having great fun.

The transformation has been amazing to watch. With a little structure, discipline and work, PJ now has a 3.4 GPA going into his senior year, is captain of the Petaluma High cross country team, takes 3 AP classes, and is thinking about getting into engineering.

I was reluctant to write anything about PJ without talking to Pat first, but PJ's answer took me out at the knees. He said, "If my story helps another kid, it's worth telling." It was like a Tyson upper cut. I certainly wasn't expecting that from a 16 year old. **I'm looking forward to see what he does next."**

Don Ritchie's sister Donna and niece Kaylee ran in his honor (photo by Pam Wendell).



### MMDR 5K Top 20 Tamalpans

| Place | Name               | Time  | Age | Age-group | Div Rank |
|-------|--------------------|-------|-----|-----------|----------|
| 1     | Patrick Lynch      | 17:30 | 16  | M13-18    | 1        |
| 3     | Tom O'Reilly       | 18:54 | 58  | M50-59    | 1        |
| 10    | Patricia Shore     | 19:45 | 49  | F40-49    | 1        |
| 15    | Dan Borgonovo      | 20:12 | 51  | M50-59    | 2        |
| 19    | Rob Dick           | 20:55 | 47  | M40-49    | 2        |
| 24    | Frederick Huxham   | 21:29 | 53  | M50-59    | 5        |
| 29    | Christian Oakes    | 22:19 | 57  | M50-59    | 6        |
| 43    | Casey Borgonovo    | 23:34 | 13  | M13-18    | 10       |
| 48    | Ron Smith          | 24:04 | 63  | M60-69    | 1        |
| 49    | Tricia Wallace     | 24:12 | 58  | F50-59    | 2        |
| 108   | Edda Stickle       | 29:05 | 74  | F70-79    | 1        |
| 124   | Julius Schillinger | 30:36 | 69  | M60-69    | 3        |
| 137   | Kirby Bartlett     | 31:44 | 51  | M50-59    | 15       |
| 151   | Chelsea de St Paer | 32:36 | 44  | F40-49    | 18       |
| 161   | Elmo Shropshire    | 34:06 | 79  | M70-79    | 2        |
| 162   | Bernie Hollander   | 34:08 | 80  | M80-120   | 1        |
| 169   | Vivian Cifuentes   | 35:41 | 10  | F2-12     | 13       |
| 174   | Katie Martin       | 36:09 | 77  | F70-79    | 2        |
| 197   | Phil Phythian      | 42:00 | 82  | M80-120   | 2        |
| 199   | Dennis Hassler     | 42:24 | 82  | M80-120   | 3        |



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MARIN 10K ROAD RACE  
DON RITCHIE 5K RUN/WALK  
YOUTH TRACK RACES



## 2016



**MMDR 10k Winner**

**Chris Frias 30:01**



**MMDR 10k Female Winner**

**Rachael Mitchell 34:47**



**MMDR 5k Winner**

**PJ Lynch 17:30**



**MMDR 5k Female Winner**

**Olga Firsova 17:46**

Thank you to all of the generous volunteers of the Marin Memorial Day races! This could not have been a success without you! Thank you to Dave Ripp, Gerald Agzenger, Kathleen Barton, Darryl Beardall, Janet Bodle, Janet Bowen, Ana Braga-Levaggi, Verity Breen, Karen Bryon, Brad Bryon, Gayle Burns, Jamie Burns, Larry Butti, Christine Chapon, Mary Churchill, Mark Churchill, Nancy Clary, Dick Cordone, Ed Corral, Karen Corral, Dave Covey, Brenda Dahl, Robin Deiderick, Bridie Dillon, Gayle Ehrean, Tim Fitzpatrick, Diana Fitzpatrick, Rob Flatland, Beth Freedman, Joaquin Fritz, Maggie Fulton, Janet Furman, Susan Garnett, Deidre Geary, Gorge Gonzalez, Ken Grebenstein, Rich Hahn, Ann Hardham, Melissa Havel, Todd Hayes, Kathleen Helmer, Jason Jacobson, Andrew Kallet, Jo Anne Kambur, Bill Katz, Bonnie Kirkpatrick, Sue Kreusch, David Leipsic, Lisa Lukianoff, Lois Markovich, Art Marthinsen, Andy Matheison, Heidi Meyer, Horst Meyer, Mark Miller, Denise Montalvo, Jim Morris, Bill Neer, Christian Oakes, Lillie O'Reilly, Will Ortlinghaus, Phil Phythian, Dave Pinto, Kevin Porter, Billie Post, Laila Rezai, Mark Richtman, Roy Rivers, Jason Roberts, Fran Roche, Zany Rumon, Kevin Rumon, Frank Ruona, Stella Seiler, Anitra Seitamo, Judy Shaffer, Bob Shor, Liz Shortino, Elmo Shropshire, Dimitris Sklavopoulos, Laurie Smith, Rob Spinoa, Steve Stephens, Mark Stevens, Kathleen Stranton, Ashton Stranton, William Talmage, Elizabeth Tighe, Marko Trisnohadi, Kees Tuinzing, Sandy Tuinzing, Susie Van Buskirk, Kristin Von Eschen, Tricia Wallace, Levy Webb, Pam Wendell, Jay Wigger, Ray Wilkes, Nick Wilton, Mark Winitz, and Hazel Wood.



## Ohlone 50K, East Bay May 22nd, 2016



### Ohlone 50K, May 22, 2016

| First          | Last          | Gender   | Age Group    | Time           | Place      |
|----------------|---------------|----------|--------------|----------------|------------|
| Scott          | Trummer       | M        | 20-29        | 4:24:10        | 1          |
| <b>Hans</b>    | <b>Schmid</b> | <b>M</b> | <b>70-79</b> | <b>7:53:40</b> | <b>81</b>  |
| <b>Charles</b> | <b>Savage</b> | <b>M</b> | <b>60-69</b> | <b>8:51:40</b> | <b>111</b> |



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## Tamalpa Track Meet

May 17th, 2016 San Rafael High School  
By Frank Ruona

On 5/17/16 Tamalpa held our first Track Meet of 2016. It was hot day with a cooling breeze, not ideal racing conditions, but a hearty group of runners competed well and turned in some outstanding performances.

The first race of the meet was the One Mile. A four-man pack of Joshua Bornstein, Lyle Rumon, Josh Hanna and Tim Wallen hung together for the first 3 laps. At the start of lap 4, Lyle Rumon picked up the pace and opened a gap on the field. Joshua Bornstein had more finishing speed and was able to pass Lyle on the final turn and won the race with a strong 5:13:41 finish. Lyle hung on and finished second in 5:14.45, almost 20 seconds faster than he ran in the 2015 Tamalpa May Track Meet when he finished in second place in 5:34.19. Not a bad performance from a 13-year-old! Nancy Thomas, at age 46, finished in 5<sup>th</sup> place and had the highest age grade performance in the race with her 5:24.30 finish and an 87.72% age grade, the highest age graded performance of the meet.

The 400M was also won by Joshua Bornstein in 1:00.33. Cynthia Salazar was the first female finisher in 1:10.46. Christian Oakes had the highest Age Graded Performance at 78.29% for his 1:06.24 at age 57.

Dan Lee was an easy winner in the 800M. He ran a strong 2:26.20. Lyle Rumon repeated his 2<sup>nd</sup> place finish in the one mile with his 2:34.32 finish in the 800M. Bridget Zapata was the first female finisher and was the 3<sup>rd</sup> place finisher in the race with a 2:42.99. The highest Age Graded performance in the race at 76.76% was turned in by 5-year-old Hadley Balch with her 4:06.40 finish.

Joshua Bornstein won his 3<sup>rd</sup> race of the meet as he was the first finisher in the 200M in 0:26.93. V. Tyler was the first female finisher and she had the highest age grade performance at age 49 (79.35%) in the race with her 0:31.71 finish.

Joshua Bornstein won his 4<sup>th</sup> race of the meet as he edged out Fausto Vargas in the 100M to win with a 0:13.06. Fausto's 0:13.57 at age 47 gave him the top age grade in the race with a 79.29%. V. Tyler was the first female finisher in the race with a 0:16.86.

Josh Hanna comfortably won the 2 Mile in a fine 11:43.81. Verity Breen was the first female finisher in 12:23.99 and, at age 49, turned in the top age rated performance for the race with an 80.04%. She ran 27 seconds faster than her 12:51.32 in the 2015 Tamalpa May Track Meet.

The 5000M had a small 3-man field. Graham Balch was an easy winner in the race with his 19:32.80. Fausto Vargas ran a blistering final lap in the race to catch and pass Dan Easterlin and take 2nd place in 20:23.38. Dan, at age 60, however, had the best age graded performance in the race with his 20:25.31 and 78.19% age grade.

Thanks to Janet Portman for handling the registration for the meet; Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing; and Mark Stevens for starting the sprints.

The next Tamalpa Track Meet is Tuesday, June 21, 2016.



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## New Age Group Records set at Tamalpa May 2016 Track Meet



### New Age Group Records set at Tamalpa May 2016 Track Meet

#### NEW RECORD:

**Nancy Thomas** for the Women's 40-49 1 Mile with 5:24.30

-Old record: Karen Jeffers, 41 with 5:33.50, 7/24/04

#### NEW RECORD:

**Ruth Rainero** for the Women's 60-69 400M with 1:22.47

-Old record: Patricia Etridge, 61 with 1:37.92, 8/7/12

#### NEW RECORD:

**Dan Easterlin** for the Men's 60-69 800M with 2:46.79

-Old record: Hans Schmid, 68 with 2:53.70, 9/16/08

#### NEW RECORD:

**Paul Herrerias** for the Men's 60-69 100M with 0:15.14

-Old record: John Etridge, 64 with 15.93, 9/11/12

| Place | 1 MILE           | Age | Sex | Time    | Age Grade % | Age Place |
|-------|------------------|-----|-----|---------|-------------|-----------|
| 1     | Joshua Bornstein | 28  | M   | 05:13.4 | 71.03%      | 11        |
| 2     | Lyle Rumon       | 13  | M   | 05:14.5 | 79.59%      | 4         |
| 3     | Josh Hanna       | 44  | M   | 05:19.1 | 76.07%      | 5         |
| 4     | Tim Wallen       | 52  | M   | 05:22.8 | 80.13%      | 3         |
| 5     | Nancy Thomas     | 46  | F   | 05:24.3 | 87.72%      | 1         |
| 6     | Rafael Roman     | 34  | M   | 05:28.3 | 68.90%      | 16        |
| 7     | Andy Krone       | 38  | M   | 05:34.7 | 69.34%      | 13        |
| 8     | Fausto Vargas    | 47  | M   | 05:37.1 | 73.72%      | 6         |
| 9     | Jeff Chan        | 29  | M   | 05:37.8 | 65.96%      | 21        |
| 10    | Nick Bockh       | 40  | M   | 05:40.6 | 69.15%      | 14        |
| 11    | Roy Kissin       | 59  | M   | 05:41.8 | 80.26%      | 2         |

| Place | 400 METERS       | Age | Sex | Time    | Age Grade % | Age Place |
|-------|------------------|-----|-----|---------|-------------|-----------|
| 1     | Joshua Bornstein | 28  | M   | 01:00.3 | 71.57%      | 4         |
| 2     | Christian Oakes  | 57  | M   | 01:06.2 | 78.29%      | 1         |
| 3     | Cyntia Salazar   | 25  | F   | 01:10.5 | 67.56%      | 6         |
| 4     | Mark Stevens     | 57  | M   | 01:21.9 | 73.60%      | 3         |
| 5     | Ruth Rainero     | 61  | F   | 01:22.5 | 78.03%      | 2         |
| 6     | Marvin Rodas     | 39  | M   | 01:26.6 | 52.91%      | 9         |
| 7     | Anabela Diaz     | 37  | F   | 01:31.0 | 55.82%      | 8         |
| 8     | Lisa Michl       | 31  | F   | 01:46.2 | 46.79%      | 11        |
| 9     | Bill Donnelly    | 65  | M   | 01:41.7 | 51.38%      | 10        |
| 10    | Dave Waco        | 83  | M   | 02:15.5 | 57.00%      | 7         |
| 11    | Sammy Totakhail  | 4   | F   | 02:16.1 | 72.60%      | 5         |



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## Tamalpa Track Meet Results (cont.)

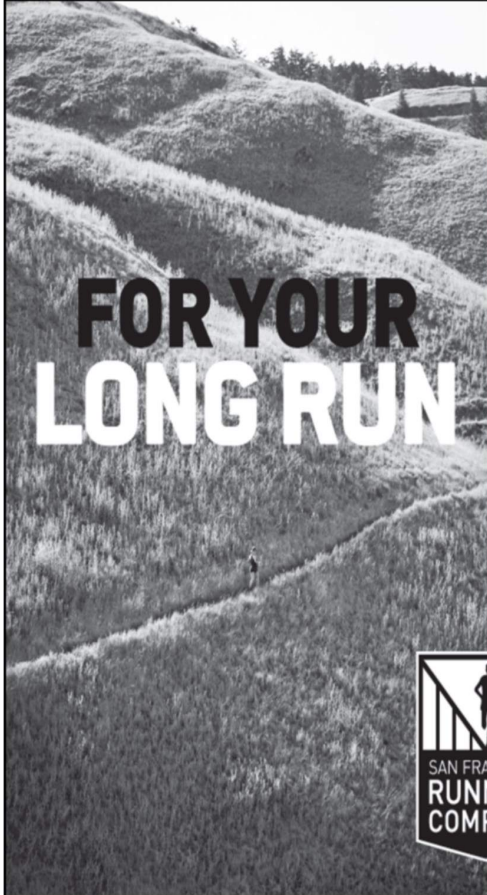
| Place | 800 METERS          | Age | Sex | Time    | Age Grade % | Age Place |
|-------|---------------------|-----|-----|---------|-------------|-----------|
| 1     | Dan Lee             | 38  | M   | 02:26.2 | 71.36%      | 6         |
| 2     | Lyle Rumon          | 13  | M   | 02:34.3 | 73.92%      | 3         |
| 3     | Bridget Zapata      | 26  | F   | 02:43.0 | 69.50%      | 9         |
| 4     | Liz Gottlieb        | 40  | F   | 02:44.1 | 71.00%      | 7         |
| 5     | Dan Easterlin       | 60  | M   | 02:46.8 | 75.70%      | 2         |
| 6     | Mark Stevens        | 57  | M   | 02:50.8 | 72.15%      | 4         |
| 7     | Roy Kissin          | 59  | M   | 03:01.1 | 69.13%      | 10        |
| 8     | Nichola Nurali-yeve | 12  | M   | 03:03.0 | 64.17%      | 12        |
| 9     | Paul Herrerias      | 60  | M   | 03:04.9 | 68.28%      | 11        |
| 10    | Jim Myers           | 67  | M   | 03:10.5 | 70.36%      | 8         |
| 11    | Marvin Rodas        | 39  | M   | 03:25.6 | 51.25%      | 17        |

| Place | 2 Mile         | Age | Sex | Time    | Age Grade % | Age Place |
|-------|----------------|-----|-----|---------|-------------|-----------|
| 1     | Josh Hanna     | 44  | M   | 11:43.8 | 73.54%      | 5         |
| 2     | Nick Bockh     | 40  | M   | 11:58.1 | 69.93%      | 7         |
| 3     | Tim Wallen     | 52  | M   | 12:01.5 | 76.44%      | 2         |
| 4     | Rafael Roman   | 34  | M   | 12:18.4 | 65.32%      | 11        |
| 5     | Dan Lee        | 38  | M   | 12:19.5 | 66.91%      | 8         |
| 6     | Verity Breen   | 49  | F   | 12:24.0 | 80.04%      | 1         |
| 7     | Paul Herrerias | 60  | M   | 12:53.6 | 76.28%      | 3         |
| 8     | Roy Kissin     | 59  | M   | 13:24.6 | 72.70%      | 6         |
| 9     | Jim Myers      | 67  | M   | 13:56.7 | 75.13%      | 4         |
| 10    | Bill Donnelly  | 65  | M   | 15:27.7 | 66.51%      | 9         |
| 11    | Sue Kreusch    | 53  | F   | 16:39.9 | 65.94%      | 10        |

| Place | 200 METERS       | Age | Sex | Time    | Age-Grade % | Age Place |
|-------|------------------|-----|-----|---------|-------------|-----------|
| 1     | Joshua Bornstein | 28  | M   | 00:26.9 | 71.74%      | 4         |
| 2     | John Smith       | 46  | M   | 00:29.3 | 74.40%      | 2         |
| 3     | V. Tyler         | 49  | F   | 00:31.7 | 79.35%      | 1         |
| 4     | Cyntia Salazar   | 25  | F   | 00:31.9 | 66.83%      | 5         |
| 5     | Paul Herrerias   | 60  | M   | 00:32.5 | 73.91%      | 3         |
| 6     | Bridget Zapata   | 26  | F   | 00:34.6 | 61.68%      | 6         |
| 7     | Roy Kissin       | 59  | M   | 00:40.0 | 59.52%      | 8         |
| 8     | Marvin Rodas     | 39  | M   | 00:40.9 | 50.59%      | 10        |
| 9     | Anabela Diaz     | 37  | F   | 00:45.8 | 47.48%      | 11        |
| 10    | Bill Donnelly    | 65  | M   | 00:46.0 | 53.89%      | 9         |
| 11    | Dave Waco        | 83  | M   | 00:54.4 | 59.72%      | 7         |

| Place | 5000 Meters   | Age | Sex | Time    | Age Grade % | Age Place |
|-------|---------------|-----|-----|---------|-------------|-----------|
| 1     | Graham Balch  | 42  | M   | 19:32.8 | 71.14%      | 2         |
| 2     | Fausto Vargas | 47  | M   | 20:23.4 | 70.74%      | 3         |
| 3     | Dan Easterlin | 60  | M   | 20:25.3 | 78.19%      | 1         |

| Place | 100 METERS       | Age | Sex | Time    | Age Grade % | Age Place |
|-------|------------------|-----|-----|---------|-------------|-----------|
| 1     | Joshua Bornstein | 28  | M   | 00:13.1 | 74.96%      | 3         |
| 2     | Fausto Vargas    | 47  | M   | 00:13.6 | 79.29%      | 1         |
| 3     | John Smith       | 46  | M   | 00:14.4 | 74.66%      | 4         |
| 4     | Paul Herrerias   | 60  | M   | 00:15.1 | 77.28%      | 2         |
| 5     | V. Tyler         | 49  | F   | 00:16.9 | 71.97%      | 5         |
| 6     | Marvin Rodas     | 39  | M   | 00:19.0 | 53.48%      | 7         |
| 7     | Bill Donnelly    | 65  | M   | 00:20.8 | 57.99%      | 6         |
| 8     | Anabella Diaz    | 37  | F   | 00:21.2 | 50.03%      | 8         |



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## TCRS #5 REPORT – GARY GIACOMINI OPEN SPACE

By Phil Oreste

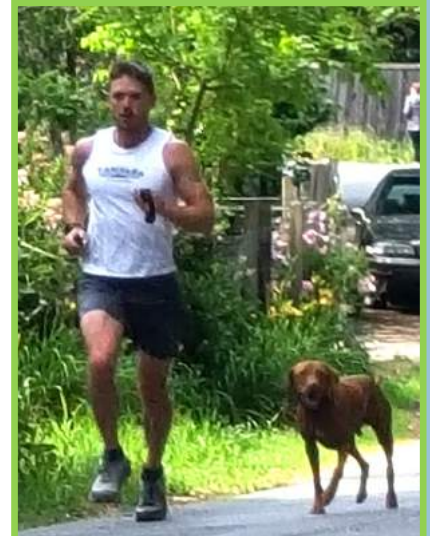
The May TCRS event was held for the first time on the little known trails of the Gary Giacomini Open Space near Woodacre and San Geronimo. The weather was optimal as a calm, overcast day settled over the race. Although there were other racing events going on in Marin and the Bay Area, we had a large group of 94 Tamalpais and guests who joined us for the Dipsea-like course. The course started with a one mile section of road rising up to the open space trails where the real climbing and descending began. After 3 miles of rollers along the ridge and topping out on Green Hill at over 1,400 feet, the course descended (more like dropped) for over a mile back to a flat quarter mile to the finish.

On the women's side, Liz Shortino took home the TCRS title in a time of 60:53 which was more than two minutes ahead of second place finisher Nancy Simmons. Third place went to Laura Richard followed by Olivia Palmer and Jessica Tempero who rounded out the top 5 females. The first Super Senior was Mimi Willard and the first Teenager was Jessica Tempero.

On the men's side, Gary Gellin came out with guns blazing and set a sub-7 minute pace with a time of 47:13. Second through fifth place were separated by less than one minute with Levi Webb as runner up followed by Greg King, Josh Hanna and Brad O'Brien in that order. The first Super Senior was George Dombrovski, the first Veteran was Russ Kiernan and the first Teenager was Olivera Arnesson.

All results can be found here: [http://tamalparunners.org/tcrs\\_2016\\_05.php](http://tamalparunners.org/tcrs_2016_05.php). Congratulations to all who came out to run. If you have any comments or suggestions regarding the TCRS events, please send an email to me at [tcrs@tamalparunners.org](mailto:tcrs@tamalparunners.org).

After a break in June, we will back for our next TCRS event will be on Friday, September 15<sup>th</sup> at McInnis Golf Course. As always, many thanks again to our volunteers for putting on a smooth event and see you in July!



## Pacific THERx 5K4Play

### Portola Valley, CA May 3rd, 2016

#### Pacific THERx 5K4Play

| Place | Bib# | Name                  | Sex | Chip Time | Age | Div Pl |
|-------|------|-----------------------|-----|-----------|-----|--------|
| 1     | 161  | Chris Frias           | M   | 14:38     | 25  | 1      |
| 32    | 110  | Jose Anguiano         | M   | 17:17     | 43  | 9      |
| 38    | 239  | Alan Reynolds         | M   | 17:47     | 52  | 2      |
| 56    | 314  | Tim Wallen            | M   | 18:19     | 52  | 6      |
| 71    | 310  | Alexandre Saba        | M   | 18:51     | 35  | 13     |
| 76    | 315  | Daniel Lee            | M   | 19:00     | 38  | 14     |
| 84    | 165  | Liz Gottlieb          | F   | 19:22     | 40  | 5      |
| 88    | 152  | Keith Duncan          | M   | 19:31     | 62  | 3      |
| 100   | 346  | Verity Breen          | F   | 19:49     | 49  | 6      |
| 103   | 213  | Glenn Misono          | M   | 19:52     | 62  | 6      |
| 112   | 171  | John Hirschberger     | M   | 20:08     | 64  | 7      |
| 116   | 230  | Don Porteous          | M   | 20:21     | 69  | 8      |
| 117   | 124  | Eileen Brennan Erler  | F   | 20:28     | 55  | 2      |
| 126   | 160  | Beth Freedman         | F   | 20:46     | 47  | 11     |
| 140   | 172  | Michael Holland       | M   | 21:24     | 67  | 10     |
| 176   | 297  | Franklin Ruona        | M   | 24:59     | 70  | 1      |
| 189   | 154  | Maggie Fillmore       | F   | 26:21     | 66  | 10     |
| 211   | 295  | Elmo Shropshire       | M   | 31:00     | 79  | 4      |
| 213   | 313  | Dimitris Sklavopoulos | M   | 32:13     | 71  | 5      |
| 217   | 294  | Phil Phythian         | M   | 43:13     | 82  | 2      |

## PACIFIC THERx 5K4Play



# TAMALPA

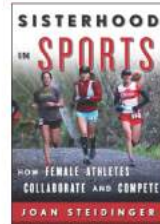
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## 2016 Bay Area Senior Games, San Mateo

By Hans Schmidt

A small group of "Senior" (over 50) Tamalpans traveled to San Mateo on Sunday, May 29 for this year's Bay Area Senior Games. For some of us it also was a warm-up for MMDR10k the following day.

The track at College of San Mateo is fairly exposed and the wind blew briskly even early in the morning.

Tamalpa was probably the best represented Bay Area running club. And Tamalpans returned with a healthy loot of Bling, nobody went home empty-handed:

Christian Oakes - 3 Gold, 1 Silver

Gene French - 2 Gold, 1 Silver

Hans Schmid - 2 Gold

Glenn Misono - 1 Gold

Arthur Beckert - 1 Gold

Elmo Shropshire - 1 Silver

Mike Fanelli - 1 Silver

Christian surprised us all with Gold in the High Jump. He had never high jumped before and entered at the spur of the moment. He soared over the bar at 3'10".

Our spirits soared as well and could not even be dampened by a horrific traffic jam on the way back to Marin.



## Coach's Corner with Art Marthinsen Head Track and Field Coach at San Marin High



I am the Head Track and Field Coach at San Marin High in Novato. This is my 9th season coaching Track and I love hanging out with the kids, watching them improve and do what I can no longer do. Two of my assistants are also Tamalpans, Charles Savage (Ultras) and Katie Zelda (Cross Country). We had 45 girls and boys come out for Track this spring.

I originally started because I wanted to coach my own kids, but the last of my kids graduated from San Marin in 2013 and I loved coaching so much that I just kept going.

Our program is small as compared to the size of Redwood and Tam, but we

do have several individuals who are very talented. Our most talented girl, Ariel Dunbar is ranked either 1st or 2nd in the Marin County league in 6 of the 14 individual events. We like to take our kids to weekend Track Meets where they can win medals. This year 18 different kids won at least one medal and there is nothing better than seeing a kid get a medal as they then know that there is a satisfying ending to all the hard work they have put in.

The challenges that are part of our sport are many. We have to compete with lacrosse not just for athletes but for the field use as well, as both of our seasons are going on at the same time. We also have many kids who are involved in music, dance and other club sports. It is amazing how busy some of those kids really are.

One of the things that keeps me coming back year after year is the satisfaction of seeing these young people grow up before my eyes and watching them improve and do things that only a few years earlier they had difficulty with. When a kid gets a new PR (personal record) it is almost as if I am getting one for myself. I maintain the school's all-time list and it is with great pleasure that every year a few names are added to the list, so each year it is getting a little harder to make it.

I would hope that some year our team is big enough and talented enough to make a run at an MCAL Championship. Even so, each year is a refreshing start and it makes me look forward to the first week in February.



Coach Art Marthinsen with Assistant Coaches Charles Savage and Katie Zelda with the San Marin High School 2016 Track and Field team



Coach Art Marthinsen and Ariel Dunbar at the Cal State High

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## 2016 USATF Schedules

### 2016 USATF Pacific Ultra Running Grand Prix Schedule

| DATE                    | EVENT/DISTANCE                                                        | LOCATION          | SURFACE      | POINTS   | RACE DIRECTOR/INFO/RESULTS                                                                                                                                                                                                            |
|-------------------------|-----------------------------------------------------------------------|-------------------|--------------|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 06/18/2016<br>Tentative | PCTR Summer Solstice 24 Hour                                          | Crissy Field      | paved/dirt   | 3.3/2.0  | John Brooks, events@pctrailruns.com<br>www.pctrailruns.com                                                                                                                                                                            |
| 06/25/2016              | Western States 100M*                                                  | Squaw Valley      | trail        | 3.3      | Craig Thornley, rd@wser.org<br>www.wser.org<br><b>*no entry discount for defending Grand Prix champions</b>                                                                                                                           |
| 07/16/2016              | Tahoe Rim Trail 100M*                                                 | Spooner Lk SP     | trail        | 3.3      | George Ruiz, trt-rd@att.net<br>www.tahoemtnmilers.org<br><b>*no entry discount for defending Grand Prix champions</b>                                                                                                                 |
| 08/07/2016              | Skyline 50K                                                           | Castro Valley     | trail        | 1        | Adam Ray, skyline50k@gmail.com<br>www.skyline50k.com                                                                                                                                                                                  |
| <b>08/27/2016</b>       | <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</b><br><b>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> |
| 09/10/2016<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—<br>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                                                                                                                                                                         |



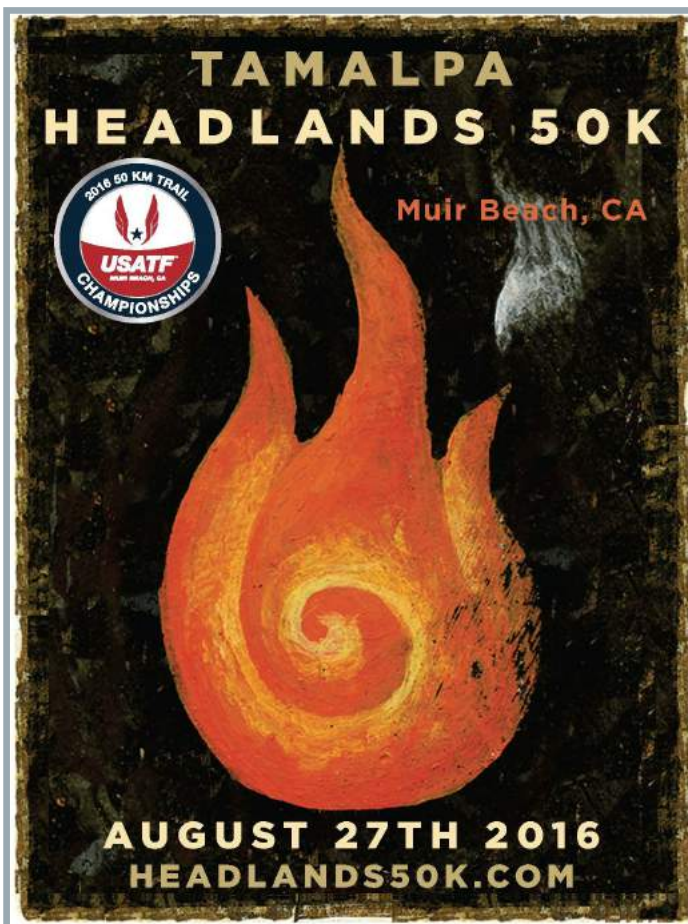
## 2016 USATF Schedules

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

| Date       | Race                                                | Location      | Pts | Scoring Divisions | Team Scoring | Series | Comp entry Info*                                                           |
|------------|-----------------------------------------------------|---------------|-----|-------------------|--------------|--------|----------------------------------------------------------------------------|
| 07/04/2016 | <u>Freedom Fest 5K</u>                              | Morgan Hill   | 1   | All               | Yes          | Short  | <b>Comped runners: online pre-registration only.</b> Use promo: PACOMP2015 |
| 07/10/2016 | <u>Miracle Mile</u>                                 | San Rafael    | 1   | All               | Yes          | Short  | <u>Miracle Mile Comps</u>                                                  |
| 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   |                                                                            |

### 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 at [dianafitz11@gmail.com](mailto:dianafitz11@gmail.com) to volunteer.



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- Membership: Lillie O'Reilly, [membership@tamalparunners.org](mailto:membership@tamalparunners.org)
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- Tamalpa Runners Gazette: Corinna Zubia, [gazette@tamalparunners.org](mailto:gazette@tamalparunners.org)
- TCRS Results: Tom O'Reilly, [toreilly001@gmail.com](mailto:toreilly001@gmail.com)
- Track Meets: Frank Ruona, [fduona@comcast.net](mailto:fduona@comcast.net)
- USATF-PA: Frank Ruona, [fduona@comcast.net](mailto:fduona@comcast.net)

## Track Coaches

- Tuesday, San Rafael Track Workout: Frank Ruona, [fduona@comcast.net](mailto:fduona@comcast.net)
- 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)

## Race Directors

- Couples Relay: Bill Neer, [billneer@comcast.net](mailto:billneer@comcast.net)
- 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)

## USATF-PA Race Teams

- Racing Teams Coordinator: Frank Ruona, [fduona@comcast.net](mailto:fduona@comcast.net)
- Women's Open: Justine Owen, [justineosaur@gmail.com](mailto:justineosaur@gmail.com) and Michelle Spinosa [mmspinosa@gmail.com](mailto:mmspinosa@gmail.com)
- Women's Masters Captain: Patti Shore, [patrici-adianeshore@gmail.com](mailto:patrici-adianeshore@gmail.com) and Beth Freedman, [cuddfree@pacbell.net](mailto:cuddfree@pacbell.net)
- Women's Seniors Captain: Liz Shortino, [eshortino@comcast.net](mailto:eshortino@comcast.net) and Sue Kreusch, [skreusch@comcast.net](mailto:skreusch@comcast.net)
- Women's Super Seniors Captain: Shirley Dahl, [shirdahl@gmail.com](mailto:shirdahl@gmail.com)
- Women's Veterans Captain: Susan Garnett, [ssgarnett@msn.com](mailto:ssgarnett@msn.com)
- Men's Open Captain: Dan Lee, [danlee003@gmail.com](mailto:danlee003@gmail.com)
- Men's Master Racing Team Captain: Jose Anguiano, [sintripio@live.com](mailto:sintripio@live.com)
- Men's Seniors Captain: Alan Reynolds [tidal yoga@gmail.com](mailto:tidal yoga@gmail.com) and Tim Wallen [djtw2000@yahoo.com](mailto:djtw2000@yahoo.com)
- Men's Super Seniors Captain: Frank Ruona, [fduona@comcast.net](mailto:fduona@comcast.net)
- Men's Veterans Captain: Hans Schmid, [schmidhans@att.net](mailto:schmidhans@att.net)
- Ultra Runners Captain: Florencia Amyx, [gasconflorencia@gmail.com](mailto:gasconflorencia@gmail.com), Willem Van Dam, [ultrawillem@aol.com](mailto:ultrawillem@aol.com), and Mario Diego, [mariodiego@gmail.com](mailto:mariodiego@gmail.com)
- Cross Country Captain: Frank Ruona, [fduona@comcast.net](mailto:fduona@comcast.net)

## Gazette Advertising and Content

- Advertising: Karen Corral, [kkath0me@aol.com](mailto:kkath0me@aol.com) 415-897-5445.
  - Editor/Content: Corinna Zubia [gazette@tamalparunners.org](mailto:gazette@tamalparunners.org)
- Ads, articles, and pictures due by the 18th of the month.  
Send to [gazette@tamalparunners.org](mailto:gazette@tamalparunners.org)
- **PHOTOS BY:** Dan Lee, Pam Wendell, Roberto Zamora, and others

Board Member Verity Breen with Randy Breen



## Board of Directors:

### Officers:

- |                  |                |
|------------------|----------------|
| • Ed Corral      | President      |
| • Tricia Wallace | Vice President |
| • Tom O'Reilly   | Treasurer      |
| • Bruce Benter   | Secretary      |

### Board Members:

- **Verity Breen (pictured above)**
- 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,**  
**FICO is located at 200 Smith Ranch Rd in Terra Linda**





PO Box 4132  
San Rafael, CA  
94913

**Mark Your Calendar**

**Next TCRS #6:  
July 15th, 2016 6pm**

**Location:  
McInnis Run/Golf,  
San Rafael, CA**

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# **TAMALPA PROUD 2016**

