

FREE

TAMALPA

RUNNERS GAZETTE

APRIL 2015



HIT THE TRAILS!



LET'S EAT DUST, WITH A COFFEE CHASER

By Kathy Johnson



Let me make a bet with you... I bet you smiled when you saw the cover of this month's issue, right?!

Bonnie Kirkpatrick's beaming smile is the perfect example of the joys we find when we gather together and explore the amazing scenery we have here in Marin.

Bonnie called the run (posted on our Tamalpa Facebook page—which you can find here: www.facebook.com/groups/tamalparunners) to celebrate March birthdays, including **George Frazier**. Several runners (photo below and left) joined in for the varying distances, speeds, and as it turned out, routes. It was a gray day brightened by jokes, new and old friendships, gossip, and camaraderie. Plus as always, we made time for coffee after-

wards.

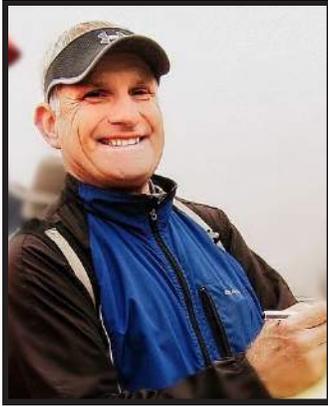
Whether you know the trails around the Bay Area like the back of your hand, or are newly exploring the surroundings, we invite you to join us! **Phil Oreste** is leading monthly TCRS races in gorgeous areas where you can either race to your heart's content, or just come along for a fun run with coffee and bagels. **Coach Kees Tuinzing** is also leading weekly hill repeats on Saturday morning for those of you preparing for Dipsea, or are looking for some fun and support while getting those legs stronger. Plus if you check the Facebook page, we often include spur--of-the-moment weekend runs that are simply about logging some gentle miles and soaking in views of rivers, lakes and spring flowers. Don't worry if you think you're the slowest runner—you should see me going down hills... I am so slow and insecure that I haven't even tried running/hiking the Dipsea trail yet. Maybe this year, I'll actually get out there and see why it's one of the most popular races in the U.S. Hope to see you on the trails soon!

*Also in the cover photo are **Ashley McCullough** (grey shirt), **Gayle Shimokaji** (white visor raising her hand behind Ashley,) **Kathy Barton** (white top), **Gayle Ehrean** (green top) and **Julie Sigoloff** (blue skirt) former and now current again, Tamalpan. **Kirby Bartlett**, **Jim Myers** and **Mike Holland** are in the background.*



COACH'S CORNER

OVER THE HILL... LITERALLY



By Kees Tuinzing

This time of “Dipsea year” places strong emphasis on becoming fit for the arduous hill running that the Dipsea race course demands from us. Each year we vow to be better prepared for the hilly terrain, but often end up cramming in course work during April and May - or frantically even in May! You can help prepare your legs for training on the Dipsea course during February, March and half of April; then emphasize course work from mid- April to the end May. Training on the course strengthens and acclimates your quads for the next phase - to meet the stress of downhill running. Both uphill and downhill running are crucial for preparing the quads and calves - and attaining your best Dipsea time. Build a good set of legs using a variety of hill protocols with 10-35 second repeats, improves your buffering capacity with repeats (yes, much of the adaptation take place at cellular level) while keeping a longer run for endurance, and still include rest or easy run days.

Hill repeats will improve both hilly trail and road racing, the power and efficiency of your stride, raise your lactate threshold, and help resist fatigue during road races. Ever notice how your 5K and 10K road runs improve when you've added a diet of hill training? Hill repeats are also helpful in preventing injuries with the transition to track season with this added strength work in the quads, hamstrings and calves.

Due to the confines of space for this column, I'll go over the short hill repeats and their benefits; the longer hill work and trail runs come into a later phase for hill training. I'm also gearing this for those juggling work, family life, and who can only get in modest mileage of 20-35 per week. The long distance and ultra runners already do scaled up versions of hill training and higher mileage.

Short hill repeats (SHR), the “Weight training of running”.

By including a growing number 10-35 second repeats you'll strengthen your entire legs, develop pure running power, improve stride efficiency that all pay off later on the trail run - and road races. The short repeats develop the neuromuscular patterning, i.e. motor learning, for *recruiting more motor units* - to fire together. Galvanizing those motor units together ups your speed and power. The idea with short repeats is to emphasize leg power and cut it short before “wind” becomes an issue: strength and turnover improve.

Owen Anderson, Ph.D. ,in a number of his Research Running News (RRN) articles interestingly notes that the *calf muscles contract more quickly on inclines* than on flat ground while producing the same force and that the stance time didn't change from the flat terrain: the calves shorten more quickly on inclines. It also means they are working faster. All helps to improve speed - and faster road times.

If you haven't done SHR ease into it by veering off to a short hill while out on your run; include a few repeats, then continue on with your run. Gradually build up the reps until you can complete 12-16 crisp reps. Allow 2-3 days in between repeats so you don't become too sore and give the legs adapt to this new stress.



During your recovery jog back down the hill you're training your body to *deal more efficiently with the waste products*. The benefits of hill training has been known during the 1960's and 70's with the work done by Swedish exercise physiologists and American, David Costill, Ph.D in 1974 as described by Owen Anderson, Ph.D (RRN, March-April 1993). One famous Swedish researcher, Bengt Saltin, Ph.D. conducted a research project in 1992 when he visited Kenya to analyze the famous Kenyan runners leg muscles. Their quads contained very *large amounts of aerobic enzymes* which enabled them to produce a great amount of energy. How did that come about? He learned they included a substantial amount of hill training in their day to day running (difficult to avoid in the Rift Valley area).

He noted that when running on the flatter terrain for two hours there's a great deal of glycogen breakdown (stored form of sugar) in the calf muscles. When they looked at uphill running there was a huge shift of glycogen breakdown in the quads. Yep, need to train the quads with solid hill work! Make no mistake the calves are stressed also but generate work at a higher rate. Interestingly, glycogen depletion is *also high during long downhill runs*. You need strong quads to provide the strength to get you up the hills *and* for downhill running to carry out the braking action due to the eccentric motion they go through on the downhills. No wonder the legs take such a beating: it's stress both ways! Your downhill leg strengthening work can take place when you run the course in earnest. In a nutshell, the Dipsea requires a great deal from your quads and calves - and seems like one long tough interval! Hence, the need to build some super legs; then tackle the course.

Rough guidelines:

- > Include a variety of angles and distances for your hill work, but so you can run them with a steady effort.
- > Keep pace at the *perceived effort* of threshold pace (say 10K pace) though you're not running at threshold pace as on a flat course.
- > Begin with one SHR session per week, gradually two for a month; then for the six week period do two SHR sessions one week alternated with only one the next. During the one SHR per week, run a rolling trail course as a second workout. Keep track of your reps and let me know if your times did improve.
- > One can be tempted to run too many hilly sessions per week which results in "dead" legs if training on modest mileage. When you run the hill repeats make them count, but remember it's during the rest or "active rest" days that the adaptations to training take place.
- > Well into the buildup season of SHR with our workout group, I include key set of exercises between every 5 SHR to up the workload. At the Thursday track sessions we add the *Cross Train Half Mile* utilizing no equipment (10 Squats/ 200; 40 Mtn Climbers/ 200; 10 Burpees/200; "Bicycles x 40/200). Target time: under 5 minutes for A gp; under 6 minutes for B group. Then we add "Loaded Carries" and tire pulls after the hill repeat session. It all helps build speed, power, core and wind for your races
- > It's a pattern of stress and recovery between reps within the single workouts and by alternating the weeks that your body adapts and improves; just don't cram the program. It's become a game to build on the reps; our small group has now completed the "26 Hill Repeat Marathon" session on Walsh Drive with SHR ranging from 10 seconds to a over a minute.
- > Your times will improve with Short Hill Repeats!

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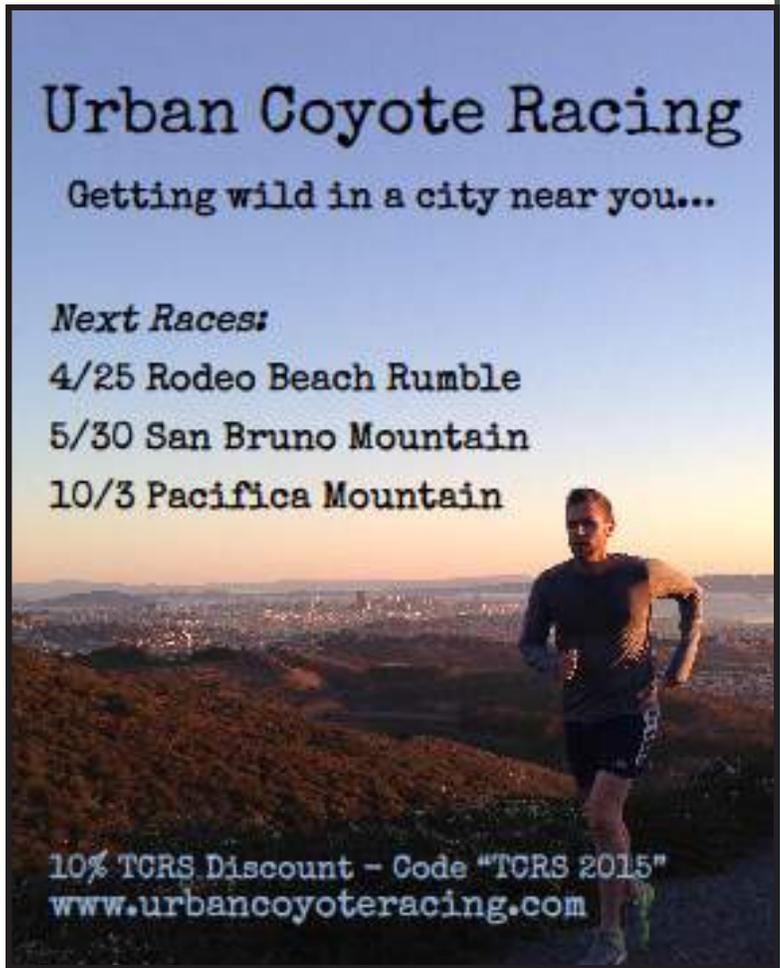
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JOHN FRANK 10 MILE RECAP

Tamalpa won the Senior Women's and Super Senior Men's team competition at the 10 Mile Championship in Redding on 3/7/15. The Masters Women took 2nd place. Roxanne Woodhouse was the first senior woman, John Hirschberger was the first super senior man and Phil Phythian was the first super veteran male finisher in the race.

By Patti Shore

HOT HOT HOT. That's Redding at 10 AM on March 7th, 2015. My car said 79 degrees. Holy cow! But that didn't stop some great masters and senior women from winning our divisions in the NorCal 10 miler. Taking it from the top, the ultra-cool ultra specialist senior Roxanne Woodhouse gave a 10-miler clinic, finishing in 1:09.17 with a 81.99 age grade on this difficult course, and the overall Senior women's victory. Senior Nancy Simmons and first Tamalpa master Beth Freedman were close behind, with Nancy taking it in 1:10.43 to Beth's excellent 1:10:50. Liz Shortino rounded out the winning Senior women's team with her speedy 1:11.36. This was a great time on fairly limited training so far this season. She didn't even look tired. In next was new Master's team member Verity Breen, in a 1:12:30 workout - Verity's coming off a long break, and this is an excellent time as she works her way back into shape (Verity's a sub-18 minute 5K runner - and folks, that is a RECENT time, not an old one!). Patti Shore wrapped up the Tamalpa Master's team with a performance that was not blazing fast - 1:13:42 - but was fast enough, and for her, the first time she ever managed to negative split this devilish course, finishing with a 6:56 mile. Hooray!

Photo opposite: Beth Freedman, Patti Shore, Nancy Simmons, Liz Shortino

Photos below by Roberto Zamora, left to right: John Hirschberger and Roberto Donaire; Jorge Gonvalvez and Geremias Ramos; Jim Morris, Roberto Donaire, John Hirschberger, and Jim Flanigan.



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RUNNING IS A DEATH-DEFYING SPORT!



By Verity Breen

After over 100 marathons I have seen some stuff in my day but this was new...

Smack bang in the middle of the Catalina Island Marathon, just when I hit a glorious rare flat section of dirt road, I see a couple holding hands ahead with FEAR-based googly eyes looking to their right. A few other early starting powerwalkers also in front grind to a halt.

One rule I was sticking to religiously like a zealot was NO WALKING. I was intent on a fully-maximal enduro uptake so I kept running.

I get to the couple and look where they were looking, to the right. THERE HE WAS.

A GIANT MONSTER OF A BUFFALO, STAMPING HIS FRONT FEET, THEN JIGGLING HIS BUM AND BACK LEGS WITH SOME KINDA GRUNTING

PUFFY SOUND. In the space of about 30 seconds, I

ran some logical conclusions through my semi-heated brain... "He looks kinda sluggish; he looks kinda strange; he looks like he may take a bit more giddy-up to get his charging groove on... He looks like he's getting ready to charge across, but I reckon it would be really hard for him to quickly change direction if I bolt past him."

So I made a solid decision to run the gauntlet, take the gap and not look back. But I made one error in retrospect. I EYEBALLED THE BIG BUGGER AS I WENT TO MAKE MY MOVE.

HE MADE HIS... CHAAAAAAAAAAAAARGEEEEEEEEEEEE!!!!

I said two words as I did my best Fred Flintstone shuffle and threw in a mighty surge as I saw his gigantic head & horny horns coming down near my puny right shoulder.

EXCUSE THE LANGUAGE BUT OF COURSE AS WE JUST MISSED ONE ANOTHER I YELL...

HOLY \$&(@#*. (sorry God). Pretty sure God was laughing. I kept running, but I really wanted to walk despite the fact that my head was nearly popping off of my shoulders from the adrenalin rush. As I kept running, I thought about how I had laughed at the race website when it said one may see loose buffalo.

Moral of the story.

YOU COULD GET KILLED RUNNING! LOL

DO NOT LOOK BUFFALO IN THE EYE.

DO NOT ASSUME CLUNKY BUFFALO CAN'T GET CRANKING FAST.

BUT KEEP RUNNING EVEN IF IT IS DEATH DEFYING.

It was rather exciting....hahahahahaahahahaahahaha!!



MIKE'S HIKES—HOT TOMALES!



By Mike Holland

Nobody does trails like Tamalpa. We run, race, hike, bike, and stroll on the hundreds of miles that are conveniently right outside our front doors. Single track, double track, and fire roads abound throughout Marin County. We know the Mountain, the Headlands, China Camp, Five Brooks, and Burdell. And, they are all conveniently nearby. But proximity also has a downside. It can lead to complacency, the default of decision-making that puts us on the same courses all the time.

So how about a bit of a shake up? How about a trail run that is one of the most beautiful you will ever experience, is not close by (in fact it is over an hour away and is the most distant spot you can drive to in the county)? How about a spot that is, literally, at lands end. I'm talking about Tomales Point.

The Tomales Point Trail starts at the end of Pierce Point Road in Pt. Reyes. The drive out parallels Tomales Bay and crosses through several historical ranches. You WILL see lots of cattle, wildflowers, and herds of elk. You will not see many cars or people.

The trail is an out-and-back 9.4 mile round trip. The reward at the half-way point is Tomales Point. You stand on a cliff with the Pacific Ocean on your left and Tomales Bay on your right. This is the northwest end of Marin, and it could not be more spectacular. Your second reward on the run is the presence of several elk herds. They are frequently so close that they seem to be running with you. Your third reward is that you also do some hill work. The deceptive peaks are almost 500 feet and the long ascents feel like Hogsback.

The best part of any run is the after-event. McClure's Beach is near the trail head and offers wide expanses of sand and solitude. It's a great place for a picnic. A less healthy option is the Bovine Bakery in Pt Reyes Station. They recently re-did the outdoor seating area next door; it's a very pleasant spot. Check it out.



TCRS REPORT—MT. BURDELL

A beautiful Sunday morning greeted the 111 runners (as well as a big group of friends and supporters) at the Mt. Burdell open space for our March TCRS event. Lots of familiar faces as well as a good number of youth runners including Levi Webb's training crew. On the women's side, Isabel Diaz was the first to cross the line for the second TCRS in a row in a time of 44:30 which was more than 5 minutes ahead of second place. Second through fifth place went to Laurie Smith, Jessica Lopic, Liz Shortino and Tamara Gonzalez. The first Super Senior was Hazel Wood, the first Veteran was Edda Stickle and the first Teenager was Sage Mace. On the men's side, Gary Gellin took the lead early and continued to control the race winning by 1.5 minutes in a blazing time of 35:58. Michael Broom and Wayne Best kept a constant eye on each other taking second and third, respectively. Levi Webb edged out Brad O'Brien by a few seconds as they rounded out the top 5. First Super Senior was Preston Sitterly, first Veteran was Dimitris and first Teenager was Seamus Goulden.

All results can be found here: http://tamalparunners.org/tcrs_2015_03.php.

Congratulations to all who came out and conquered the cows and cobblestones. The variety of terrain and elevation changes continues our plan to get you in Dipsea form throughout the Spring TCRS events. If you have any comments or suggestions regarding the TCRS events, please send our TCRS Race Director, Phil Oreste, an email at tcrs@tamalparunners.org. Also, we continue to have our TCRS Battle of the Genders competition between the ladies and the fellas and the men have again extended their lead by an additional 4 more points (lead is now 8 points) based on the age grading for the first two TCRS results. The ladies are definitely still in the competition with 7 events remaining but have a better chance if more women participate!



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BOBCAT SEASON BEGINS

By Mary Churchill

On Sunday March 15th the Tamalpa Bobcats had their first youth track practice. To say it was a success was an understatement. Last year on the first day of practice we had 70 Bobcats participate and they ran 78.5 miles. This year on our first day of practice we had **86 Bobcats** participate and they collectively ran **212.2 miles!** We had Bobcats return who participated last year and it was so great to see them bring their charm necklaces with their shoes on them. Bobcats receive a sneaker for their chain for every practice they go to and for every mile they complete.

I was shocked to find that our little cats more than doubled their mileage from last years first day of practice. How did this happen? We did learn from last year. Little by little I think we are making our practices more efficient and making the most of our 60 minutes or less by the time check in happens with our bobcats. This year our young runners are beginning with a two lap warm up instead of a one lap warm up. We also extended the second half of practice to a 20 minute timed running/walk period (last year it was 15 minutes) in which the students try to earn as many popsicle sticks as they can during this duration. A colored popsicle stick is given to the student each time they run by the clock. At the end of the period the little cats turn in their sticks to earn gummy worms and their necklace charms. The extra five minutes allowed our cats to run an extra lap or two. I also think it helped to have so many volunteers and parents out encouraging the little ones to take a break and then try again.

Frank Rouna, Tricia Wallace, Joaquin Fritz, Liz Gottlieb, and Mary and Mark Churchill were all coaching for the day. Additional coaches include Tim and Diana Fitzpatrick and Eduardo Vasquez. However, the real coaches are all of our high school students who give up 90 minutes of their busy weekends to work with our young cats. These students include Michaela Andruess, Gabriella Doerschlag, Nicholas Doerschlag, Sophia Lechner, Alex Goldstein, Caroline Brockman, Julia Redman, Anastasia Gorski, Belen Buckley, Alison Dandridge, Blake Thomas, Charlie Ludlow, Connor Montgomery, and Sara Munoz-Ledo.

As I was walking down from the registration table I saw these students had organized an arm bridge for the little cats to run under as they were completing their warm up laps. The high school coaches were also observed running with the little cats on the lap and they were spread out on the track giving high fives to the cats each time they ran by.

As a high school teacher and coach I know how busy these students are and how much homework they have on a daily basis so to see them selflessly give their time with such joy is wonderful to witness.

We could not run this program without the help of these volunteer coaches. It is our hope that these young adults will form relationships with the little cats over the next eight weeks and will be able to serve as great mentors for the youth in our community.

The coaching staff loves to watch the children having fun and smiling while they are spending time with their families and friends. We know not every family can make it each week and we know each week not every athlete will be ready to participate in the entire practice. We simply encourage you to continue to expose your child to the activity in a positive manner. From personal experience I can say that my 4 year old already has made great strides from year 1 to year 2. Last year, Maddie - my oldest, had me carry her the entire practice before I brought her to the babysitter who is also at practice. This year Maddie completed the first half of practice and decided to hand out popsicle sticks the second half. It's all about choices. It's up to Maddie what she wants to do and I am simply encouraging her to set a goal and try to grow a little bit each week. If your child is reluctant to participate give it some time and try to reach out to one of our high school coaches who will be happy to work one on one with your child. Additionally, if any family wants to try the program please stop by the Marin Catholic track between 4 and 5 on Sundays and join us. We are not exclusive and we want students and families to have the option to experiment and see if the schedule works for you. As always if you have any questions about the program please feel free to email me at marymfagan@gmail.com In the meantime, be on the look out for Tamalpa Bobcats around Marin - they are an enthusiastic group with lots of stamina and we could not be happier to spend a part of our Sundays with them.

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ULTRASPORTSLIVE.TV TO STREAM WEBBROADCAST OF DIPSEA RACE

By Dave Albee

The 105th running of the annual Dipsea trail race from Mill Valley to Stinson Beach on June 14 will be available to watch live and free via the Internet following an agreement between Dipsea Race Committee Inc. and UltraSportsLive.TV, the broadcast destination for ultra endurance sporting events in North America.

The Dipsea – the oldest trail race and second oldest foot race in America behind the Boston Marathon –is limited to a field of 1, 500 runners. Last year’s starting field featured competitors ranging in ages from seven to 80-year-old Barbara Robben, who ran in her 43rd Dipsea. There were runners representing 28 states (and the District of Columbia) from New Hampshire to Alaska plus three countries; England, Switzerland and Canada from Quebec to Vancouver.

Each Dipsea runner is assigned head starts based on age and gender, a time-handicapped event that yields surprising winners. The last four Dipsea race champions have been two-time defending champ Diana Fitzpatrick of Larkspur, a 56-year-old attorney and three-time Olympic Marathon Trials qualifier; Hans Schmid, a 72-year-old retired natural foods importer and distributor; Jamie Rivers, a 60-year-old nurse at the University of California San Francisco hospital; and Reilly Johnson, a nine-year-old, 52-inch, 62-pound pigtailed fourth grade student.

Dipsea runners compete on a challenging, treacherous and scenic GoPro perfect 7.5 mile course through Mt. Tamalpais State Park, Muir Woods National Monument and Golden Gate National Recreation Area. The race essentially begins with an ascent in Old Mill Park up three flights of steep stairs totaling 688 steps and the course eventually peaks at the summit of Cardiac Hill – 1,360 feet above sea level. It then descends down the narrow Dipsea trail through Steep Ravine, across the panoramic Moors toward the finish line at Stinson Beach where exhausted and battered runners can cool off in the Pacific Ocean.

UltraSportsLive.TV plans to have camera crews positioned at the start of the race in downtown Mill Valley, at the water/aid station at Cardiac Hill and at the finish line at Stinson Beach. Spectators at Stinson Beach will be able to watch the live stream of the race on a large flat screen TV.



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GETTING THE MOST OF TAMALPA



By Tim Amyx

(This story is a continuation from Tim's article which lists his Tips #1-3 in the January Gazette)

#4 Find a way to run with other newbies. There's a sense of camaraderie you will build.* Another thing we did in our early days of Tamalpa was run club races. This includes the monthly TCRS races and cross-country races for the club.

#5 Run as often as you can at the TCRS races, and don't be afraid to introduce yourself to others* The more you get to races and fun runs, the more likely you will be invited to post race breakfasts and parties.

#6 Find a way to get into groups who have been around – they will eventually invite you to join them for lunch/breakfast, special races or parties.* Twelve months after we joined Tamalpa, our first child was born (Nicole – April 1994). One might think this would be the end our club running days for the next 18 years. On the contrary, it was what kicked off our golden years of being with Tamalpa.

#7 Having children is a great way to begin a new network of friends with common interests and needs (e.g. babysitting!)* With the birth our first daughter, it worked to our advantage in two ways, 1 – we were always reaching out to older couples with teenagers for baby sitting duties, and 2 – We quickly formed bonds with other young couples who were having kids. 20 years have passed since the birth of our first daughter. Within five years of that, scores of other Tamalpans our age were having kids and we found common ground for sharing picnics, dinners, and even began to travel and share vacations. Within ten years after the birth of Nicole there were about a dozen other Tamalpa couples with kids our age who began to vacation together each summer (ask around about the "Idaho" group).

#8 When you have young kids, reach out to others with kids. You could form friendships that will last a lifetime, and also find playmates for your kids who will share that same life-long connection.* By 2003 we had been members of Tamalpa for ten years. We felt fully entrenched in the club and running community. By this time I had become a feature writer for the Gazette, and Florencia had become a leader of the Ultra teams

#9 – Volunteer to write for the Gazette or some other aspect of the club.*

#10 – Volunteer to work/run as a race captain of races distances you are comfortable with.* There you have ten ideas on ways you can become more involved with Tamalpa, and feel connected as though you were part of the family. There are dozens of men and women who can help you as mentors. Just to mention a few you can approach: **Kees Tuinzing** (who is a rich source of advice), **Jim Myers** (been with Tamalpa forever), **George Frazier** (never without an opinion and loves to talk Dipsea), **Mike Holland** (former President, loves to talk movies), **Ed Corral** (current President – ready to assist all newbies).

Reach out, make 2015 the year you find your niche with Tamalpa and make it your new family. You, your spouse, and your kids will grow closer to each other in the common interest, and form lifelong friends. If you're a young 30-something like I was in 1993, you could very well be writing an updated article like this in 2034, giving advice to the next generation of newbies.



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PA AWARDS BANQUET

This year's banquet was held in Los Gatos on March, 14, 2015, and 10 Tamalpans attended.

The Tamalpa Super Senior Men won both the Road & Cross Country, the Veteran Men won the Road & the Veteran Women won the Cross Country Grand Prix Team Championships.

Phil Phytian won the Super Veteran Men's Short and Long Road, Tim Wallen won the Senior Men's Short Road, John Hirschberger won the Super Senior Men's Long Road and Melody Anne Schultz won the Veteran Women's Cross Country Individual Grand Prix Championships.

Pictured here, left to right: Roberto Donaire, John Hirschberger, Don Porteous & Tim Wallen



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BREAKING NEWS

Hans Schmid reported at press time that five vets traveled to Brisbane to compete at the 5K and the effort paid off: we won a convincing victory over our friends from WVJS. Here are the results:

Len Goldman	20:21	(first M70-74)
Hans Schmid	21:57	(first M75-59)
Fred Martin	23:31	(second M70-74)
Elmo Shropshire	28:48	(fourth M75-79)
Phil Phytian	41:51	(second M80+)



TCRS APRIL 19TH + AWARDS BFAST

Here's the course map and elevation for the next TCRS race scheduled for Sunday, April 19th starting at 9:00am. Following the race, we'll hold an Awards Breakfast so please come along, enjoy the run and the fun breakfast to follow.

Start/Finish: 291 Magnolia Ave., San Rafael

Parking: Plenty of parking in and around Dominican University

Nearest Bathroom: Peet's Coffee - 402 3rd Street

Awards Breakfast: Terra Linda Community Center - 670 Del Ganado Rd., San Rafael

(Note, the time and pace were from Phil Oreste as he was marking the course –your time may differ).

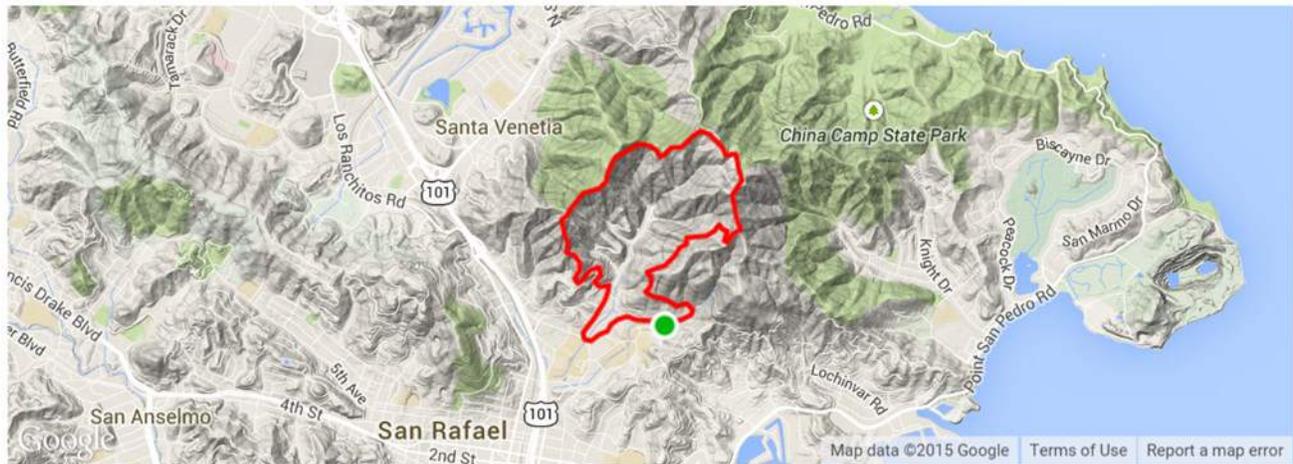
Map found on Strava: <https://www.strava.com/activities/262932661>

TCRS #4 Gold Hill

RUN March 3, 2015

5.3mi 1,221ft 57:08 10:42/mi 0

Distance Elevation Moving Time Avg Pace Calories



TAMALPA GLOBAL AMBASSADORS



Hans Schmid is an inspiration to everyone that knows him. Kind, funny, humble, and a phenomenally talented runner. No matter where he goes in the world, people are drawn to him, just like we are here in Marin. Hans often wears his Tamalpa top on his races around the world, as seen in some of these shots here.

Do you have a photo of yourself in a Tamalpa top from somewhere fun? Send us your photo to communications@tamalparunners.org to be included in a future Gazette!



THE HILLS ARE ALIVE!

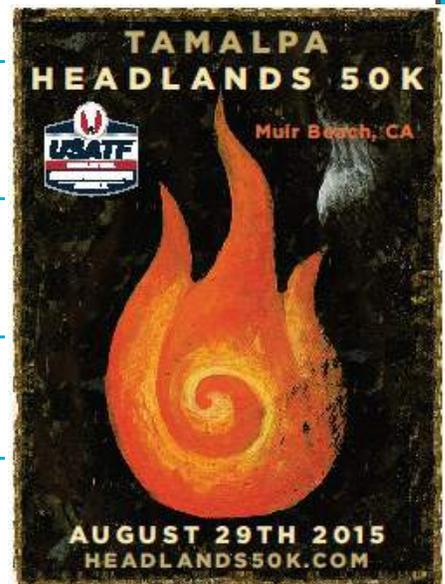


April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Schedule of Events

- ◆ Saturday, April 4—PA Ultra American River 50M
- ◆ Sunday, April 12th—PAUSATF 10M SACTOWN race
- ◆ Sunday April 19th—Ruth Anderson 100K/50M/50K
- ◆ Sunday, April 19th—TCRS #4 Gold Hill San Rafael, 5.3M
- ◆ Sunday, April 26th—PAUSATF Capital City Classic 12K





PO Box 4132
San Rafael, CA
94913

Mark Your Calendar

Next TCRS
Sunday April 19th
San Rafael

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Permit No. 94

YOUR TAMALPA BOBCATS HIGH SCHOOL COACHES

