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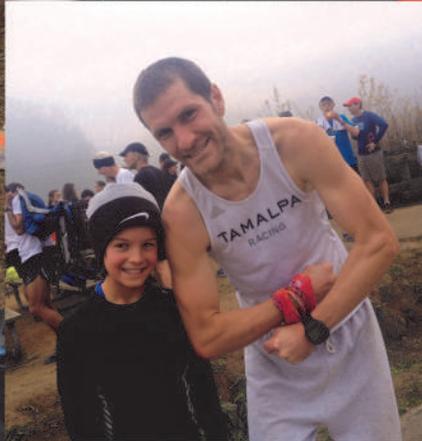
TAMALPA
RUNNERS GAZETTE

FEB/MAR 2015



**LET'S GO
TAMALPA BOBCATS!**

Starts March 15th



EDITOR'S LETTER



Yours truly, with hubbie Dominic, Beth Freedman, Erin Shippey, and Gayle Ehrean at the Tamalpa Annual Party in January.

By Kathy Johnson

*"Love is in the air
Everywhere I look around
Love is in the air
Every sight and every sound"*

These are the opening lyrics to the song by John Paul Young. It's on one of my running playlists that I was listening to during a race and it reminded me of all the great things running brings. Sometimes the simple act of running can be so powerful – a way to meditate, a way to socialize, a way to shake off the stresses of the day, or a way to earn a nice warm scone and hot coffee (oh yeah!).

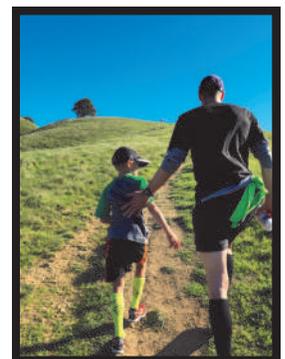
There are certainly a lot of us runners in the Bay Area. When we put on our shorts, shirt, and sneakers, we all blend into a big extended family of acceptance. You might be running next to a powerbroker or a teacher or a banker or a baker, but all that registers is that there's another runner out there, pounding the pavement or trail on their way to the accomplishment of a few miles, or more.

Sister Act II

This month's cover models are twin sisters **Mary Churchill** and **Liz Gottlieb**, and an effervescent **Eutimia Gottlieb**. Mary and Liz are sharing their love of running with the next generation of runners through the **Tamalpa Bobcats** kid's program. You can read more about that in this issue, as well as learn more about Liz and Mary in Mary's article, *Sister Love*.

Hills Are My Friends

I recently ran (or should I say jogged/walked) Mt. Everest, I mean, the TCRS Race in Lucas Valley, and was so inspired by some of the wonderful things this community brings. Former cover models **Andy Valla**, and his son **Hunter**, 7, ascending Kilimanjaro, or whatever that crazy hill was called, hand in hand. **Russ Kiernan**, 77, flying past me with the grace and speed of a gazelle but being so kind and humble to make sure I didn't feel humiliated. I would comment on how amazing it was to see men's winner **Wayne Best**, 46, and the women's winner **Isabel Diaz**, 30, cross the finish line, but I was at the back of the pack asking **Mike Holland**, "Are we there yet?" But nonetheless, when we crossed the finish line, we were greeted with big smiles, congratulations, sweaty hugs, hot coffee and fresh bagels with cream cheese (have you noticed a theme with my post-run food treats?).

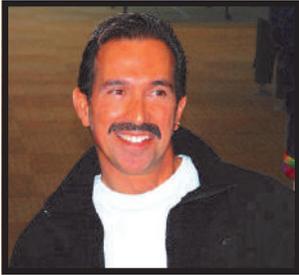


Love On The Run

Here's to a great racing season for Tamalpans and runners everywhere. I'll be hitting a new age group by the time you read this (ahem, don't ask...), so hopefully I'll see you a bit more at the PA races (gotta take advantage of being at the bottom of my age group while I can).

See you next month and every month thereafter until we again combine issues in November/December.

PRESIDENT'S POST



By Ed Corral

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

Western States Endurance Run (WSER) – Tamalpa Runners now Sponsoring an Aid Station

At the February Board Meeting, Bruce Linscott (long-time Tamalpa member) presented to the Board. Bruce is now taking leadership of the new consolidated Rucky Chucky Aid Station(s) and since many past volunteers were Tamalpans, it only made sense to incorporate the club as the aid station sponsor. The Board passed a Resolution to be the sponsor going forward! Bruce wrote an article in this Gazette. Please read it for a little history on the aid station. Bruce will need dedicated, hard-working, and fun-loving volunteers to support both sides of the Rucky Chucky Aid Station this coming WSER; more to come on that area in future Gazettes and eMail Newsletters.

Holiday Party

This year's Holiday Party was very successful, great company and the best dancing music around (The Overcommitments with our own wonderful Bonnie Kirkpatrick) but we sure wish we could have seen more Tamalpans there. We have such a large Marin County membership and it would be wonderful to meet you all. Hopefully, we'll see you and family members at upcoming social events!

Tamalpa Runners Gazette

As we've all seen, the new Gazette is something to be very proud of. Thank you Kathy Johnson! To keep this wonderful publication going in its present state, we will be moving to ten editions per year, combining a February/March issue and a November/December issue as those months have fewer races/activities. We will be moving most of the race results to the Tamalpa website, and trying to keep the issue to twenty pages. By the end of June we plan to have an Internet edition (PDF file) and a printed edition available. Those who would prefer to no longer get the printed issue will be able to get the Gazette on the Internet – anytime & anywhere. Keep posted as we move closer to July!

TCRS (Awesomeness!)

If you have not seen the 2015 TCRS Schedule yet, it's on the Tamalpa website. Phil Oreste (all around good-guy, Tamalpa member and Founder of Urban Coyote Racing) has set up some terrific TCRS courses, helping the membership train for the 105th Dipsea Race and beyond. The Board has decided to be good community citizens and purchase permits for all TCRS races where required. This will have us racing in two parks (GGNRA & a State Park) this year, and in a lot of Marin County Open Space locations. We'll be all over Marin County, very exciting! We are also going to move forward in providing goodies after each TCRS, so please stick around after the race and visit with your fellow Tamalpans. To do all this, the costs of the TCRS is going up: I know, the member's \$3 race fee seemed like it would last forever. But alas, the \$3 race fee has now gone up to \$5 for Tamalpans and \$10 for non-members. But, if the non-member joins Tamalpa on that race-day, that race fee will be included in their new membership (no additional fee for that TCRS). This is a wonderful series of races, on wonderful courses, with refreshments and great camaraderie – all for \$5! How can you beat that?

Tamalpa Cycling (something new!)

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



Tamalpa Runners members

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

The Board would like to welcome new members ~

January: **Verity Breen, Amy Byers, Nada Djordjevich, Angel Gutierrez, Suzanne Jack, Gregory Jones, Shan Kaur, Matt Kennedy, Inya Overturf, Bryan Porter, Patricio Salas, Eardly Scheffer, and Patrick Smith.**

February: **Jim Allen, Anil Gorti, Fred Martin, Cindy Misono, and John Pfeister.**

Membership expirations... Please renew before your membership expires, we'd like you to stay with us! Check for your membership renewal date on the address label of your Tamalpa Runners Gazette. Thank you!



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SISTER LOVE ON THE RUN



By Mary Churchill

As a mother of two young children, a professional educator and coach, a wife, and an obsessive runner I feel extremely fortunate to live and work less than 10 miles away from my identical twin sister, Liz, who is also a Mom of two young children, a professional educator, wife, and obsessive runner. Liz and I consider ourselves lucky if our schedules align to allow us to run together at least once a week. Typically our schedules are quite different as Liz runs in the morning to balance her family responsibilities and I run in the afternoons for the same reason. Those times when Liz and I do get to share precious alone time on the trails together are sacred and special. It is that rare time in the day when we are not taking care of our children or getting lessons prepared or cleaning up the house. Sometimes (okay - actually almost always) on these runs I will completely monopolize the conversation and use Liz as a sounding board for my latest classroom and curricular goals or coaching goals. And believe it or not (if you know me this will surprise you) there are times when there is complete silence on our runs and we are able to enjoy the simple presence of each other which can be comforting if we are squeezing in a run at 8 p.m. because it is the only slot left in the day to get in a workout.

My sister is today and always has been my biggest cheerleader. Anyone who knows me is well aware of my desire to run on a daily basis. However, it is only a small number of people who know that I am not actually motivated to get out the door every day. Like most people, there are days when I am dragging and just can't seem to find the energy to go out and explore this beautiful landscape we are surrounded by. Sometimes, my own confidence, tired legs, weary mind, and general fatigue just leave me with no desire to lace up my sneakers and get out the door. The very first person I report to when this happens is Liz. I send her a text and simply say, "I don't think I am going to run today." And Liz quickly writes back, "Why not just do a quick 3, you know you'll feel better." And sometimes she even writes, "Stop by the house and I will sneak away for a quick 3 with you". And if she can't sneak away she will write, "Text me back after the run, you know you'll feel better." These simple words of encouragement are always just enough. She gets me, she knows just what to say and she is always there for me.

There is not a day that passes when I don't feel blessed and fortunate to have my best training partner and longest life long friend living in such close proximity to me. Liz is able to spin any "bad race" into an opportunity, she can make any debacled run into an adventure and justify it by saying, "at least you got out on the trails, do you know you are in the minority of people in the world for just getting out there". I think Liz knows my racing records and times better than I know them. She is my own personal relations director and can always elevate my mood.

We all know as runners how much running is connected to our psyche, our confidence, our sense of well being. Those of us who were fortunate and blessed or crazy enough to run or play a sport in high school and college know what a unique time in our lives that was to be able to focus so singularly on our hobbies and passions. For many of us, as adults we join a club and feel lucky to have coaches like Kees or Frank on a weekly basis to guide and mentor us as we train for our next 5k, marathon, or ultra. Imagine if you had your biggest cheerleader available 24/7 to give you that little pep talk just when you needed it. That's what I have in Liz and I could not feel more fortunate to have her in my life. Her unconditional support of me is a gift of love that is irreplaceable.

TCRS REPORT

By Art Martinsen

This year marked the 33rd annual running of the TCRS at Tennessee Valley. For 7 year old **Hunter Valla**, 12 year old **Lyle Rumon** or 15 year old **Janneke Byck**, the new year brings a new beginning, a chance to show off that they have grown physically and that they can show off their youthful exuberance. For octogenarians **Jim** and **JoAnne Kambur** the January air renews their love for the outdoors and reminds all of us youngsters that they still got it. On the injury front, it was nice to see **Nancy Simmons** back on the running scene, though she said that she was a little out of shape from all the down time. It was also nice to see **Karen Stenberg** jogging around, even though she was not yet up to racing again.

This race featured a lot of the same individuals who have done battle at some of the more recent TCRSs. **Levi Webb**, **Alan Reynolds** and **Michael Broom** were at the front of the pack, but this would not be a simple one,

two, three finish where the lead never changed. Though Levi had the lead at the halfway point, Alan made a move on the backside hills and had the lead heading up the final stretch, but Levi used his long legs and speed to catch up at the last second and edge Alan at the tape. Michael also closed hard to finish third by only seven seconds. Fourth place went to **Brad O'Brien** and fifth place went to **Jim Grant**. Sixth thru tenth places went to **Jon Schroeder**, **Greg King**, **Harrison Hobart**, **Jose Lopez** and **John Lundy**. The first Super Senior for the men was **Kai Bergheer**, the first Veteran was **Hans Schmid** and the first teen was **Zevan Solomon**.

The Women's race saw **Beth Freedman**, who has been running really well lately, have little trouble showing that she is in good shape as she cruised to a 30 second victory. **Nancy Simmons** kept Beth in sight all of the way, but didn't have the legs to make any move and settled for second. **Diana Fitzpatrick** finished third, with **Isabel Diaz** fourth and **Laila Rezai** finishing fifth. Sixth thru tenth places went to **Moriah Buckley**, **Annika Levaggi**, **Laurie Smith**, **Sage Mace** and **Tamara Gonzalez**. The first Super Senior was **Janet Furman** and the first Veteran was **Bridie Dillon**. **Karen Corral** said I had to mention her name, so I will.





TAMALPA COUPLES RELAY RECAP

By Mike Holland

No one expects it to be hot for the annual mid-February Couples Relay race in Novato. But this year provided both warm temperatures from the skies and sizzling heat from our winning couple. The speedy duo of Beth Freedman and Tom O'Reilly led the field as they powered through the four mile course in a time of 23 minutes and 5 seconds. They were not only fast, but consistent as well. Beth's splits were 5:55 and 6:15; Tom's a steady repeat of 5:30 miles.

Everyone who participated in this 35th running of the Relays had a great time and, most importantly, went home with a prize or gift of some kind. It's truly a beautiful and fun way to start the 2015 racing season. Special thanks go out to my co-race director Bill Neer and all the volunteers who helped out. Rack up another one for our great Tamalpa club. Check out the photo collage to the left for highlights from the race.

DIPSEA CHAMPIONS LUNCH

By Barry Spitz

The every-five-years lunch to honor winners of the Dipsea Race will be held Friday, June 12, from noon to 3 p.m. The 2010 lunch drew 24 champions, the most ever assembled, and was a magical experience. We hope to break that record this year, and to repeat the magic.

The cost of the lunch is \$28/person, which includes a catered meal and beverages. Attendance is limited to just 50 participants beyond the champions. Please mail checks made out to Barry Spitz at 155 Los Angeles Blvd., San Anselmo CA 94960. Include your email for confirmation, and address of the event (private home in Kent Woodlands). Questions to Barry at bzspitz@aol.com.



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RACE REPORT

Brian Pilcher and the Tamalpa Crew Shine at the Kaiser 1/2 Marathon

By Frank Ruona

Brian Pilcher continues to amaze with his outstanding racing. On February 2, 2015 he ran a 1:14:50 for an age graded 95.92, using the WMA Age-grading calculator 2006 (updated 2010), at the Kaiser 1/2 Marathon in San Francisco with only one runner over 40 years old finishing in front of him. Second Tamalpan was **Thomas (T.R.) Parker** with a strong 1:18:53 time.

John Hirschberger also had a fine race as he was the first 60-64 finisher in 1:28:26.

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

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



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PA MASTERS 8K CHAMPIONSHIPS

By Frank Ruona

“Same as it ever was ... Same as it ever was” – Talking Heads 1980

Just as they did in 2014, a talented crew of Pacific Association Masters runners traveled down to Brea and came back with significant bling and coinage from the 2015 USA Masters 8 km Championships.

The Brea 8K Classic, now in its 24th year and one of the larger 8 km races in the US, once again was the host for this championship event. The sponsorship and support of the SoCal Association ensured the race more than met the standards for a National Masters Road Championship.

The race was held in ideal running conditions which meant the biggest challenges to the runners were the quality of the competition and an almost mile long hill in the 2nd and 3rd mile that punished those who were overly aggressive the first half of the race.

Just as in 2014, Pacific Association runners took both of the top age-graded awards. USATF Masters Hall of Fame member and newly minted **60** year-old, Christine Kennedy dominated the women’s age-graded competition with a 97.30%, while **2013 USATF Masters AOY, Brian Pilcher easily won the male competition with a 93.43%**. (Note, these age grades are based on the tougher 2015 tables making them even more impressive.)

Individual Results

Overall age-graded male winner (\$500): Brian Pilcher: 93.43% (27:24), 1st place M55-59 (\$100): Brian Pilcher: 27:24, 2nd place M70-74: Len Goldman, 3rd place M65-69: Don Porteous, 3rd place M70-74: Hans Schmidt

Team Results (top 3 on each team score): **1st place Male 70+ (\$225) Tamalpa Runners (Len Goldman, Hans Schmid, Fred Martin): 1:47:52; 2nd place Male 60+ (\$125) Tamalpa Runners (Glenn Misono, John Hirschberger, Donald Porteous, Roberto Donaire, Joe Schieffer): 1:37:03**

Performance Medal Winners: Gold **Brian Pilcher: 93.43%**; Silver: **Donald Porteous: 86.44%, Len Goldman: 86.38%, Hans Schmid: 85.08%**; Bronze: **John Hirschberger: 82.61%, Glenn Misono: 81.68%**.

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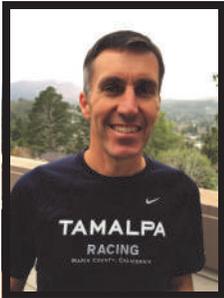
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TCRS REPORT: BIG ROCK



By *Phil Oreste*

After a pleasant introduction to the 2015 TCRS at Tennessee Valley in January, the February TCRS race around Big Rock Ridge in Lucas Valley may have felt a little like a slap in the face to some runners. Many people had expressed an interest in courses with more hills and better Dipsea training, however, so that's what the February through May TCRS events will be all about this year.

100 Tamalpans toed the line for the 5.3 mile single loop course up and over Big Rock Ridge in San Rafael. On the women's side, **Isabel Diaz** was the first to cross the line in a time of 48:42 followed closely by **Laila Rezai** in 49:08. Second through fifth place went to **Jessica Lopic**, **Nancy Simmons** and **Tamara Gonzalez**. The first Super Senior was **Hazel Wood**, the first Veteran was **Katherine Singer** and the first Teenager was **Juliet Oreste**. On the men's side, first place went to Wayne Best with a time of 41:27 followed by Brad O'Brien in 42:18 and Jim Grant with a time of 43:08. Fourth place was **Greg King** and **Tim Wallen** followed up in fifth. First Super Senior was **Mike Lotter**, first Veteran was **Dimitris** and first Teenager was **Lyle Rumon**.

All results can be found here: http://www.tamalparunners.org/tcrs_2015_02.php. Overall, given the course, there was some very impressive hill running from everyone out there! Due to the amazing weather, there was plenty of post-race coffee, water and bagels to devour while sharing tales of sore knees and shredded quads. The general consensus seemed to be that the course was very challenging but enjoyable. Consider the Dipsea training officially underway! 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 extended their lead by 2 more points (lead is now 4 points) based on the age grading for the first two TCRS results. The ladies can get back in the hunt, but **WE REALLY NEED A BIGGER TURNOUT OF WOMEN FOR THESE EVENTS!** Friends don't let friends miss the TCRS events on Sunday mornings so please get the carpool together and head to our March TCRS event.

Which brings up the last item - our **next TCRS event will be on Sunday, March 22 at 9AM at the Mount Burdell Open Space in Novato**. Details of the distance, course map and parking can be found at: <http://www.tamalparunners.org/2015tcrsschedule.php>.

As always, many thanks to our volunteers for putting on a smooth event and see you in March!



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WE ARE THE CHAMPIONS!

By Hans Schmid

Where have all the Tamalpa women gone? It was an all male Tamalpa affair in Brea for the 8k Masters National Championship on February 22. We missed you, Tamalpa Ladies. But our Boys did really well. Everyone of the 9 Tamalpa runners helped to make Tamalpa to be noticed on the National scene. We came prepared for rain but were greeted by sunshine. The clouds did not come up until later (maybe to put a damper on the Oscar festivities). The course leads through a shopping and residential area, no big hills, more like gentle rolling hills enough to challenge your stamina. The race is well organized. After you cross the finish line you can replenish your lost calories in a food court with choices from fish tacos to hamburgers and Subway sandwiches - all free. The awards ceremony was one of the most efficient I have seen. No time wasted, everything went like clockwork.

Tamalpa runners were well represented on the podium. As usual, **Brian Pilcher** was in a class by himself. Although with 58 near the top of his age group he swept all his M55-59 competitors and also won an age grade gold medal with 92.43%. We only had 2 teams but both ended up on the podium. Our M60-64 team with **Glenn Misono, Don Porteous, John Hirschberger, Roberto Donaire, and Joe Schieffer** battled to a second place in a very competitive field. Sorry, no info at press time on age grades for our Super Seniors.

Our M70-74 team benefitted from the new addition of **Fred Martin** who recently joined Tamalpa. Although restricted by a too small women's singlet he helped team mates **Len Goldman** and **Hans Schmid** to earn a Gold Medal. We are the Champions!!! One of the country's top M70 runners from Michigan, Doug Goodhue, had to drop out. Len Goldman had a fast race for second place and Hans Schmid squeezed into 3rd place. Len and Hans also earned a silver medal for age grade (85% +). Don also won an individual Bronze medal in the M65-69 AG



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RUNNER SELF CARE



By Stefan Smith

Pre Race

Runners are an interesting breed of highly driven, motivated, and at times, not the best case managers for their assessments of training and race readiness when dealing with an injury or injuries. Sometimes sheer will is not enough to overcome the injury during race time. If it is, the end result can be physically and mentally devastating: a long and possibly not complete recovery.

It is very important that if you know that you are going to attempt to race injured, that you take extra steps to ensure that you give yourself the best possible chance of not further aggravating the injury. The following are some recommendations that I make to the distance runners who are patients of our clinic:

Warm Up

Most people know that warming up before starting a race is better. In longer distances, many people will just warm up as they go. A better option is spending 10 minutes in a hot tub or hot bath before suiting up. This allows the muscles, fascia and connective tissue the ability to truly warm up. I do this before going on a run if the weather is particularly cold or I am particularly sore.

Compression and Taping

Compression is what keeps things together. This is what we do with our hands when we collide with something, i.e. a sprinkler head when we were kids (hopefully not as an adult!), bumping into a counter corner, or smashing fingers in a door. Compression gear can play a similar role. When used properly, Kinesio Tape can assist as well.

Take Extra Care Gear On You

Try it out first at home. Make sure you are comfortable with it. If you are having knee pain, take a Patellar band with you. Use as needed, before you aggravate an injury further. For example, if your knee hurts when running down hill, put it on prior to that section. You can always take it off for use again later in the race.

Form fitting cold packs can be very useful if experiencing pain during a race. You can keep inflammation in check while you continue with the race!

Ultimately, you know your body better than anyone else. If you feel like something is going to give, think about what the recovery time will be. The cost/benefit analysis can lead you to the best conclusion.

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WESTERN STATES ENDURANCE RUN

RUCKY CHUCKY FAR SIDE & NEAR SIDE



By Bruce Linscott

THE PAST

This whole Far Side thing started out for us back in 1999 during a change of race directors, when an exodus of dedicated race volunteers loyal to Norm Klein created openings at several long-occupied positions on the Western States Endurance Run course. Shannon Weil, longtime friend and WSER director, contacted Barb and George Frazier regarding the upcoming opening at Rucky Chucky. She was inquiring to see if friends and associates (and yes, some Tamalpa Runners) could be counted on to take over this remote aid station. *"All you would need is a few volunteers, a table and couple of Coleman lanterns to help some runners change their shoes after they've crossed the river".*

Fortunately for us, Barb jumped at the offer after I agreed to sign on and we took over the following year (2000). For those that have joined us for a weekend of fun and volunteering on the Middle Fork of the American River, we sincerely thank you for your dedication and tireless help. For the many of you that have not been to Rucky-Chucky during the race weekend, it has always been an incredible and rewarding but quite exhausting experience that has always been one of the highlights of our year.

Since that first year, the Far Side slowly emerged from an out-of-the way shoe-change stop, to a complete full-service aid station. Being in a difficult spot to access by vehicle, and far off the regular crew path, those that volunteer with us tend to see and enjoy the spirit of the race and the camaraderie of the runners. We were seldom visited by hordes of crew, spectators, the Press and race officials. The Far Side aid station on race weekend has truly been an oasis on the American River for all involved.

A change in race director created this incredible opportunity to volunteer at the Far Side for the last 15 years and a recent change in race director and aid station leadership has created a new opportunity. Race management has decided to reduce the overall number of aid stations on the course and, specifically in our case, combine the two Rucky Chucky aid stations into a single aid station on the Near Side.

THE FUTURE

The Western States management team has offered the new singular Rucky Chucky aid station to the former Far Side crew. This aid station will only exist on the Near Side. The Godfredesens, previous captains on the Near Side for 10 years, have opted to leave this post for a new assignment at Robinson Flat.

Barb Geringer has decided not to continue as Captain of this consolidated aid station, so I have stepped up to assume the Captain's position here. I find that after being on the American River for the past 15 years, I truly enjoy the river crossing location during the race, and if the new Near Side will allow me to serve as Captain, then this will be my new spot on the course.

At This time I would like to acknowledge the outstanding leadership, service, and dedication that Barb Geringer gave to the Rucky Chucky Far Side aid station these past 15 years. Her presence will be sorely missed.

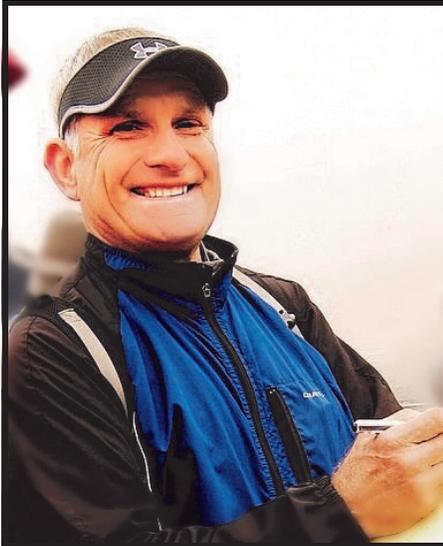
The "new" aid station location and captain's position will clearly be a large but not overwhelming responsibility. I am asking that, along with many veterans from our old Far Side crew, a group of new volunteers from our club step forward to join me at the Rucky Chucky crossing this June. This request is for aid station help and staffing only. There will still remain two other independent teams handling the medical check point aspect of the station and the actual river crossing.

This endeavor will require nearly an entire weekend of dedication. It can get quite hot during the late afternoon on our sunny side of the river and then sometimes cool off drastically in the wee hours. Our lead runners first appear around 5:00 pm on Saturday and the final runners are through and we close up shop at 5:00 am Sunday morning. Volunteering at Rucky Chucky often allows little time for sleep during the race as one is usually awake for the better part of darkness tending to a constant stream of runners and pacers.

Please contact me at brucemlinscott@sbcglobal.net for more detailed information or if you think you may have an interest in volunteering on the river over the last weekend in June.

COACH'S CORNER

KEY INGREDIENT: TEMPO RUNS



By Kees Tuinzing

Last month I discussed using the treadmill for indoor winter running and provided just one sample hill training workout; this month the focus is on another quality but controlled workout - Tempo running.

TEMPO or lactate-threshold (LT) helps your body adapt to the specific demands of sustained running on the roads and trails with workouts ranging from 15 - 60 minutes depending on your upcoming race distance. Without going into an expanded description it refers to running at your "threshold pace," that effort level where hydrogen ions begin to spill from the muscles into the bloodstream causing havoc with the acidity (lactate) produced. When lactate is produced faster than the body can remove it you've exceeded the "threshold" and your leg muscles find running becomes quite difficult. Tempo training helps push up that threshold where you're producing lactic acid and dealing better with keeping pace with removing the waste products. It trains the body to utilize oxygen for metabolism more efficiently. *Tempos are especially key for half and full marathon success.*

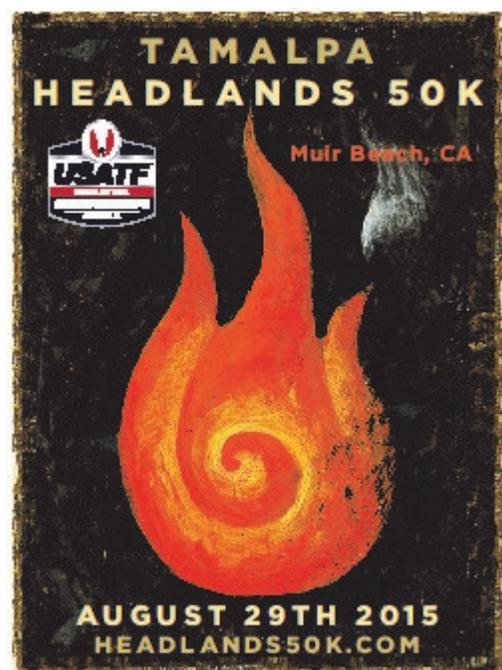
Learn Perceived Exertion

To keep it simple, tempos are run at a "comfortably stressed" effort level, not racing, usually 10-15 seconds per mile slower than your 10K pace (and not stopping to look at the view). Out in the field you can use your 15K or *10 mile race pace to establish your tempo effort.* The key is to hold that effort level so the body does not rebel: hold a steady, high, but controlled pressure on your cardiovascular system. Incorporate your tempo runs after a solid mileage base has been established and begin with shorter then gradually longer tempo distances (see below). The body learns to handle the acidity, clear it out quicker, raise the "threshold level" and "relaxed speed" running.

The *classic tempo* distance is 20-25 minutes (about 3 miles) of sustained "comfortably stressed" efforts for the 5K; 4-5 miles for 10K; 6-8 miles for the half marathon, and up to 10 miles for the marathon which can be run on the treadmill, track or roads. You can include a progression of tempo type efforts depending on your background mileage and ability. It requires a *gradual program of progression* to extend the tempo distance, but it is a key element for improving your race efforts. I start runners with Tempo runs twice per month, then once per week with 4-6 weeks to go to race date.

Long runs develop endurance, the *track workouts* improve turnover, faster cadence and Max VO₂ development which also contributes to more efficient and relaxed tempo runs. Once you have your 1M time, 5K time, and 10M time you have simple pace guideline for most of your workouts. Use the variety of feedback tools to learn your tempo pace, but more importantly learn to run "naked", i.e. no watch, GPS, or other electronics to "feel" that correct pace.

The Treadmill pace chart was left out last month due to space limitations, but you can find it on my blog www.keestraining.com. You can also find a weekly update on track and training runs happening in our neighborhood.



Sample workout:

- > warm-up 5 minutes of easy running at 1.5 - 2% grade,
- > then as a sample workout: tempo run at 3 or 4% grade to help compensate for a moving belt. Do not begin the Tempo too quickly, but a moderate pace, increase the speed about .2 or .3 mph every 2-3 minutes until you find your Tempo pace. Hold it for 15-20 minutes.
- > Learn to lock into the rhythm and “feel” that *perceived Tempo effort level*.
- > The chart shows equivalent “pace-per-mile” for treadmill running at various incline settings.
- > Cool-down with a 3-5 minutes recovery run at 2-3% grade.
- > Always follow-up with mobility work and stretching so that you’re ready for the next day’s training.

Track samples to get started:

- > 6-8 x 1000 (200 easy recovery jog)
- 4-6 x 1200 (200 easy or 1:30 rest)
- 5-6 x Mile or 1600 (1:30 - 2:00 rest)
- 3 x 1.5 miles or 1800 (400 easy)
- 2-3 x 2 miles or 3200 (400)
- 2 x 3 miles (400)
- 4 - 6 miles steady on the track (you’ll be able to adjust pace every lap until you’re holding steady within 1-2 seconds per 400)

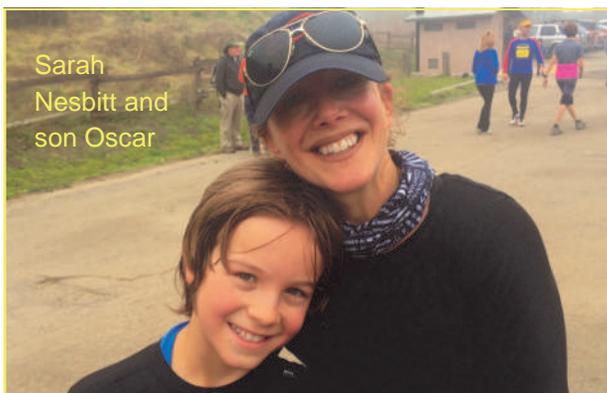
Hour run on the track: teaches even split running, getting down your pre-race routine, warm-up and focusing on efficiency.

Longer 8-10 mile tempo runs I usually have the group do on the road.

Alternating 400’s for 3-6 miles non-stop on the track: run first 400 @ 5K pace; then with no break run next 400 15 -20 seconds slower (or marathon pace). Continue the alternating pattern for the total distance.



Kees' Railroad Grade New Year's Day



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TAMALPA BOBCATS

By Mary Churchill

The Tamalpa Bobcat Spring Track Season will begin March 15th at the Marin Catholic High School track and host 9 practices each Sunday (no practice Easter Sunday) until May 17th. Practices will be held from 4-5 at the track. On May 17th the Bobcats will have a track meet for their last official event. This meet will take place from 1-4 p.m. Bobcats will be encouraged to participate in the Marin Memorial Day 5k and youth races as well.

The youth track program is a non-competitive "open track" program designed for children between the ages of 3 and 11. It is meant to provide youth with an opportunity to experience running in a fun, friendly atmosphere where the motto is "will run for worms". In this environment kids can run safely, make friends, and build endurance. Most of all our goal is to empower youth to accomplish their goals and **instill in them a life-long love of running**. It's also a great time for the whole family to spend time together on the track.

The Bobcats practices are run by a group of volunteer adult coaches and a group of volunteer high school coaches. The practice for the Bobcats begins with a warm up lap followed by team stretching and drills. The Bobcats then practice running drills, handoffs, or play running games as a way to increase coordination and build team camaraderie. In the second half of practices the Bobcats have 20 minutes to run or walk as many laps as they can around the track. Coaches are dispersed throughout the track to cheer on their young athletes and encourage them as they go. Many of the high school coaches mentor the young athletes and join them for this part of the practice. Each time the runner finishes a lap they receive a popsicle stick. At the end of the allotted time the runner turns in their popsicle stick and receives gummy worms and a charm for their team necklace. An athlete receives one foot charm for each practice they attend and one foot charm for each mile they complete. Students make goals for how many charms they can receive throughout the 9 week season.

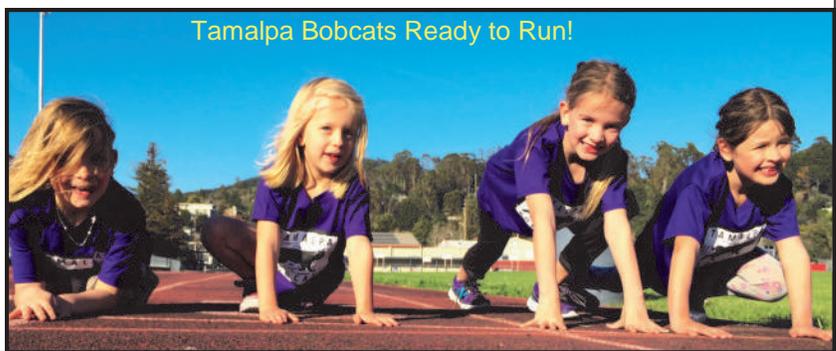
In the inaugural season of 2014 the Bobcats had 125 young athletes sign up for the spring season. On average 65 runners came to each practice with the largest practice including 95 runners. For some of the youngest bobcat runners, practices were hard to attend and/or stay focused for the entire length of the practice. It is recommended that parents stay with their children during practice. For the youngest runners under 5, there is a lot of flexibility in choices for the 50 minutes of practices. The aim for these runners is to expose them to the sport without pushing too much and to make it fun with lots of games. For the oldest Bobcat runners who attend we have coaches who are able to take the runners off of the track and run the 2 mile College of Marin dirt path loop to provide them with more of a challenge. Towards the end of the season, in the last four weeks, we try to create an opportunity for the runners who are training for the Marin Memorial 5k to get on that course and preview it and run it a few times.

We highly encourage you to bring your children to this program if you are passionate about the sport of running. It is a great opportunity to bond with your child, to see other parents who value running and a healthy lifestyle, and a great chance to observe your child interact with other children in a friendly and supportive environment. We also recommend that you give the practices a few chances before giving up on the activity. The more your child participates and becomes familiar with the routine and coaches the easier the program gets for the entire family.

Membership for the Bobcats is \$50 for one child and \$25 for each additional child. There is a membership waiver for any family who needs it. The membership includes a Tamalpa Bobcat t-shirt, a Tamalpa Bobcat water bottle, a necklace and weekly foot charms, gummy worms, end of the season track meet ribbons if your child participates, and registration in the Marin Memorial Day Race (either 5k or youth races).

If you have questions about the program please contact Mary Churchill at marymfagan@gmail.com. Families can sign up and register for the Bobcats on line at: <http://forms.mtsd.net/form/1jen>. We can't wait to work with your young runners.

Our coaches include: Melanie Atterman, Tricia Wallace, Madeline Kieslhorst, Joaquin Fritz, Jonathan Bretan, Liz Gottlieb, Frank Ruona, Mark & Mary Churchill, Tim & Diana Fitzpatrick. In addition to 9 high school coaches who are still being recruited and will be featured in the next issue of the Gazette!



WHO LOVES TRACK?!?



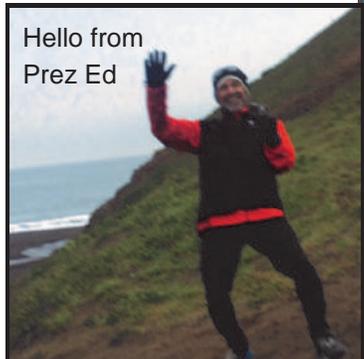
Team support for Shanna Bruschi (in green top and white cap on the right) - she's on her way to the Boston Marathon



Bonnie Kirkpatrick called a run in Ross Common on a grey Sunday morning and this is what happened!



Fred Liebes, Karl Hoagland, Geoff Vaughn, Greg Nacco, Dave Mackey from Quad Dipsea



Hello from Prez Ed

Tamalpa Runners

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