

TAMALPA

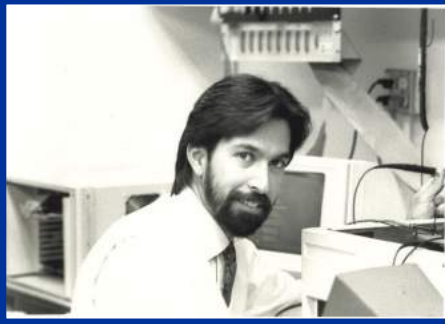


RUNNERS GAZETTE



A Minute With Our President

With Ed Corral



Ed circa 1987

We got a moment to ask some questions of our Tamalpa fearless leader/President Ed Corral this month. Here are some of his insights and history with growth and camaraderie in the club over the years.

How long have you been the President of Tamalpa?

I was elected to the Board of Directors and to the President's position in October 2014. So, I've been the President a year and four months. I joined Tamalpa Runners in December 1995. Later my family joined, now it's just Karen (my wife) and me.

What was your personal (and family) involvement with Tamalpa prior to becoming the President?

I have PA-USATF raced for Tamalpa, but I/we have mostly volunteered for the club at our races (Couples Relay, MMDR, and "The Johnny"), and in 2009 started coaching the Saturday morning track workouts at Novato High School.

How has your running career developed throughout your Tamalpa experience?

I have always run (since Junior High School), but never thought about racing as an adult, until 1994 when I met a gentleman named Jim Williams (Jim's running was phenomenal). I would see Jim running up/down Lucas Valley Rd. on my lunch runs. One day I got to talking to Jim about running and how I could not seem to get past a certain minute-mile pace. He told me about a local running club and a magazine called The Schedule. The latter led me to two wonderful people, Kees & Sandy Tuinzing. Kees also talked up Tamalpa, add two very dear friends (Steve & Karen Stenberg) also being members and I was on a quick track to joining Tamalpa.

The 10 mile Tempo Runs out at China Camp and the TL YMCA, Wednesday Hill Repeats, the Thursday Track workouts at COM, running with Jim & Kees (w/Pat Carr, and later Brad O'Brien), and running at various Bay Area races with the Stenbergs really set me on a course to my best running as an adult. I could not have done it without Tamalpa Runners and my running mates!

What are some key growth factors/changes you've seen with Tamalpa since you've been an active member and/or President?

For those that do not realize it, Tamalpa Runners will be 40 years old this year. 1976 – 2016 pretty incredible! In my twenty years with Tamalpa, three things have always stayed constant ~ Tamalpa continues to be exceptional, relevant, and welcoming. Watching the membership grow throughout the county has been great to see, our three largest cities with membership are now San Rafael w/108 members, Novato w/107 members and Mill Valley w/97 members, and 211 additional members spread out through Marin County. 31 members from San Francisco, and members from Sonoma, Contra Costa, and Alameda counties, as well as other parts of California, Nevada, Colorado and Canada. As President, I am just proud to be associated with this wonderful organization, and hope the trust given to the Board of Directors (and me) to lead Tamalpa Runners forward is worthy of that trust.

Can you name some core traits to the club that you are proud of and see as enduring over time?

The best and most enduring trait that the club has is – Giving. Pretty profound statement, but look at what the club offers, and see if our yearly dues really covers all this. (Hint: it does not)

- Volunteerism: It is pretty amazing the amount of volunteerism the club membership is involved in. Here is a partial list; Board of Directors and Committee members, Track Coaches, Race Directors for MMDR, Marin Headlands 50K, The Johnny, Couples Relay, & TCRS, and volunteers for all of these races throughout the year. All are volunteers.
- Community Outreach, Tamalpa Runners contributes financially and/or in volunteerism to charitable causes. Our biggest being The Hike for Zero Breast Cancer on Mt Tam.
- Three track workouts per week (free to all)
- Monthly club races, (we do charge for these races, \$5, but that is to partially cover permits, insurance, coffee and bagels.)
- A 10 mile tempo run, two locations
- Group runs, long & not so long, throughout the week and weekends
- Social events
- Pacific Association - United States Track & Field (PA-USATF) participation. For the year 2015, 150 Tamalpans participated in PA-USATF events. That's almost a quarter of our membership.

A Minute With Our President (cont.)

The Board would like to welcome new members ~ January & February: Graham Balch, Sierra Balch, Charles Bronson, Katie Dennis, Steve Devaux, Caroline Dowd, Lisa Johnson, Michael Joyce, Suzanne Kay, Hayden Leardini, Jon Murchinson, Esmeralda Nuraliyeva, Joyce Raidle, Mark Sanchez, Delana Vath, and Susan Zaring

Membership Expirations – February & March: Gerald Aganza, Jim Allen, Andy Ames, Andy Anderson, Carol Anderson, Richard Averett, Omi Bangdel, Alissandra Bello, Laurie Bolard, Nico Bresolin, Michael Broom, Matisse Buckley, Moriah Buckley, David Champagne, Jerry Colletto, Kathy Colletto, Jamie Collie, Mary Collie, Dave Covey, Roberto Z. Donaire, Earl Downing, Csilla Erdelyi, Peter Fain, Maggie Fillmore, Craig Finster, Lon Freeman, Janet Furman, Pete Gang, Gary Gellin, Paula Glodowski-Valla, Anil Gorti, Jim Grant, Steve Gray, Holly Harris, Lisa Hilbert, Billy Hanners, Glenn Hoffman, Mark Huffman, Laurent Kleinheinz, Michael Kleinheinz, Charles Knuth, Kim Kortz, Elizabeth Krauth, Duncan Labeeuw-Anderson, Lizzy Labeeuw-Anderson, Jessica Lopic, Linda Lindsay, Dave Mackey, Jorge Maravilla, Fred Martin, Heidi McGuire, Josh Mehler, Mike Moser, Ian Oprendeck, Liam Oprendeck, Tom Oprendeck, Anael Ott, Justine Owen, Luanne Park, John Pfeister, Billie Post, Burr Purnell, Geremias Ramos, Brett Rivers, Larissa Rivers, Kevin Rumon, Lyle Rumon, Zany Rumon, Kurt Ryan, Duncan Seay, Nicholas Shea, Stefan Smith, Karen Steele, Craig Stern, Theresa Stern, Ashton Stranton, Kathleen Stranton, Robin Stranton, Wayne Stranton, Mike Sullivan, Ken Taylor, Graham Tewksbury, Craig Thigpen, Andy Valla, Hunter Valla, Eduardo Vazquez, Gary Wang, Levi Webb, James Weil, Sandra Weil, Mimi Willard, and Nicholas Wilton.

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

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

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

Getting to Know Our Board

Tamalpa Club Vice President Tricia Wallace

I've always been involved in competitive sports. My father's family were professional sprinters in England. I was a sprinter in high school, played netball in college and started road racing when I came to the US. (5k's and under my preferred distance!)

I joined Tamalpa 18 years ago when I got injured out of soccer. Was co-captain of the masters team with Renay Fanelli for many years, adding cycling and swimming to my running program to try to stay injury free.

Was honored to be elected to the Tamalpa board last year and am really looking forward to racing and socializing in this our 40th anniversary year!

Greatest recent achievement was racing on the US off-road triathlon team at Worlds in Italy last September...and of course, racing with my speedy Tamalpa teammates in the annual Christmas Relays in San Francisco last December!



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Editor's Note

By Corinna Zubia



What a fun start to the year. We lucked out with great weather for both TCRS races, still while getting lots of much needed rain in between, had lots of recognitions at the PA Awards ceremony, and kicked off the monthly happy hour club meetups (both so far at the Mayflower in San Rafael. Join if you can!) Here's to keeping it going.

I'd like to wish everyone a healthy and injury free start to the season as we get ready to go into racing season. In light of having learned a very important factor in my own training last year, I'd like to share the thought to all to remember to take care of your aches and pains, and to rest, rest, rest when you need to. In the fervor of wanting to be better and faster and to keep pace with how many events there are to compete in and workouts there are to partake in, it's easy to overdo it.

So in addition to all of the hard training and improvement I wish for all of us Tamalpan's, I wish us just as much to rest when we need to and to take care of ourselves. For me running is about a passion for the sport itself, for ultimately living by breathing in fresh oxygen and feeling my heart beat while I cover ground, and also for taking care of myself and my body. For whatever reasons you may find your passion with running, I hope you also focus on taking care of yourself and treating your body right and with an occasional treat in the form of ice cream and a beer to reward yourself. Happy training Tamalpa!

Please always free to contact me with anything Gazette/Tamalpa related at gazette@tamalparunners.org.

26th Annual Valley Ford Team Relay

February 14th, 2016

Tamalpan women placed first for their age group (70 +) as the solo team in this category at the 26th annual Valley Ford Team Relay hosted by the Empire Runners Club.

The race took place at the beautiful Valley Ford, Hwy 1 on February 14, 2016 and consisted of teams of 4-person x 2.75 miles

Well done ladies!

Pictured below are Edda Stickle, Katherine Singer, Eve Pell, and Kate Martin



Spirited 4 Pack

1:56:46.0 10:37/M

811	Edda Stickle	F	74	Leg 1 Down	22	25:15.0	25:15.0	9:11/M
810	Katherine Singer	F	75	Leg 2 Up	26	28:21.0	53:35.0	10:18/M
813	Eve Pell	F	78	Leg 3 Down	25	26:23.0	1:19:58.0	9:35/M
812	Katie Martin	F	76	Leg 4 Up	29	36:49.0	1:56:46.0	13:23/M



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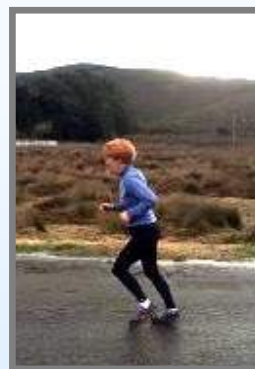
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TCRS #1 January 11, 2016 Tennessee Valley, Mill Valley



The first TCRS event of the year at Tennessee Valley had a great turnout and luckily clear skies for the race itself. Greg King took 1st place overall and for the overall men and Nancy Simmons took first place for the overall women. Below are our top 20 overall finishers from the men's and women's respective groups. Thanks for coming out and a job well done to all!



Men's Results

Place	Name	Age	Clock	Points
1	Greg King	31	21:18	150
2	Michael Broom	38	21:54	149
3	Brad O'Brien	54	22:22	148
4	Alan Reynolds	52	22:23	147
5	Patrick Lynch	16	22:38	146
6	Joshua Bornstein	28	22:52	145
7	Pedro Cifuentes	38	22:56	144
8	Daniel Lee	37	23:01	143
9	Eric Stewart	47	23:05	142
10	John Lundy	53	23:11	141
11	Thomas Fox	53	23:13	140
12	Tim Wallen	52	23:32	139
13	Tom O'Reilly	58	23:38	138
14	Andy Krone	37	23:40	137
15	Austin Heller	18	23:42	136
16	Rafael Roman	34	23:56	135
17	Brad Bryon	58	24:07:00	134
18	Scott Schneider	48	24:33:00	133
19	David Leipsic	50	24:51:00	132
20	Roy Kissin	58	24:55:00	131

Women's Results

Place	Name	Age	Clock	Points
1	Nancy Simmons	56	24:38:00	150
2	Isabel Diaz	31	25:02:00	149
3	Beth Freedman	47	25:09:00	148
4	Kathy Herzog	50	25:29:00	147
5	Patricia Shore	49	28:41:00	146
6	Annika Levaggi	16	28:43:00	145
7	Lizzy Latevio-Anderson	16	28:44:00	144
8	Florencia Gascon-Amyx	50	28:55:00	143
9	Amarilis Mazareigos	39	29:47:00	142
10	Karen Corral	55	30:11:00	141
11	Anabela Diaz	37	30:42:00	140
12	Susan Kreusch	52	31:11:00	139
13	Sarah Cho	47	31:57:00	138
14	Karen Kiely	60	32:10:00	137
15	Vicki DeMenno	55	32:40:00	136
16	Kendall Islam	18	32:41:00	135
17	Kathleen Stranton	48	33:06:00	134
18	Astrid Monterroso	30	33:33:00	133
19	Hazel Wood	64	34:55:00	132
20	Nora Nagy	31	34:57:00	131

Pacific Association Banquet Awards

Tamalpa Runners Recognized at 20th Annual Pacific Association LDR Banquet by Len Goldman

The 20th annual Pacific Association banquet to honor the 2015 accomplishments of ultra, road, and cross country runners and teams was held on February 20, 2016 in South San Francisco. A large contingent of Tamalpans attended, many of whom received awards. This annual event always draws runners from throughout the association and provides an opportunity for a night of camaraderie and exchanging anecdotes about races and running. The Pacific Association probably has the most robust calendar of "grand prix" ultra, road, and cross country races of any association in the country. Plus, it is very competitive across all age groups and genders which makes winning either an individual or team award especially meaningful. Over the years, Tamalpa has garnered many awards at this banquet, a tribute to the club and its membership. This year was no exception with six individual awards, plus six team titles, three "runners of the year," and two special awards.

The banquet always has a guest speaker, usually a runner of note and this year there were two guest speakers who gave short presentations. The first was Amol Saxena, a well know podiatrist. He spoke about running injuries and offered some ideas on their causes and how to minimize incurring them.

The second speaker, was 2012 Olympian in the 5000 meters Kim Conley. Kim grew up in Northern California and lives in Davis.

She spoke about her running career, plans for the 2016 Olympic Trials and the importance for elite runners to have a support team.

Below is a list of the Tamalpa individual runners and teams who received awards for 2015, congratulations to them on their accomplishments.

Cross Country - First Place Awards

60+ Men's Team - Tamalpa
 70+ Men's Team – Tamalpa
 70+ Women's Team - Tamalpa

 70-79 Women - Bridie Dillon
 70-79 Men - Len Goldman

Road Racing - First Place Awards

50-59 Women – Long Distance Races- Elizabeth Shortino
 60-69 Men - Long Distance Races- John Hirschberger
 70-79 Men - Short Distance Races - Len Goldman
 60+ Men's Team - Tamalpa
 70+ Men's Team - Tamalpa
 80+ Men's Team - Tamalpa



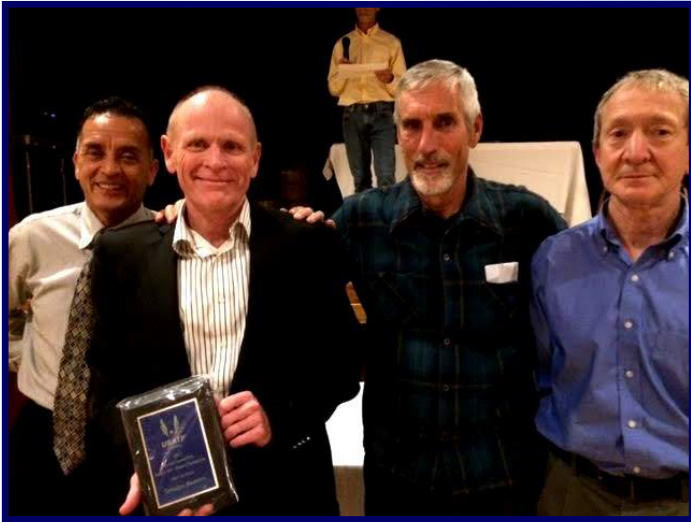
Ultra Running

Woman Ultra Runner of the Year - Meghan Arbogast
 Man Ultra Runner of the Year - Mark Richtman
 70-79 Men - Bob Cowdrey – First Place Ultra Runner

Service

Ultra-Running - Diana and Tim Fitzpatrick – Race Directors for the Headlands 50K National Championship Race.
 Cross Country - Don Porteous – Cross Country Grand Prix Co-Chair

Pacific Association Banquet Awards (cont.)



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TAMALPA MEMBER PROFILE

~~~ Happy 80th Birthday Bernie Hollander!! ~~~



Why did you Join Tamalpa Runners?

I joined Tamalpa in 1984 after moving from San Francisco to Marin County. Besides, Tamalpa was the only Running Club in town and in fact the club is still the only Running Club in town.

Where were you born, and in what town do you live now?

I was born in the Bronx, NY. Shortly after my birth my family moved to Rocky Point and later to Port Jefferson, Long Island. I grew up there and attended elementary and middle school in Rocky Point and high school in Port Jefferson. After college I went into the Air Force as a pilot; flying F-4s for 10 years. Subsequent to serving in the Air Force I was a pilot with TWA for 25 years. I retired from the airlines in April 1991. My wife and I have been living in Novato for the last 22 years.

Where did you go to high school/college? What was your sports involvement?

While attending Port Jefferson High School I ran Track and Cross-country.

How did you decide to become a runner and a Tamalpa member? What other sports interested you?

While in elementary and middle school I had to bike or walk/run to school every day. So it was natural to sign up for Track and Cross-country when I attended high school. Prior to high school I did play baseball and basketball but I always liked running the most. In my later years I became very fond of sea kayaking and wish I had taken it up much earlier in life.

I stopped running after graduating from High School. I did not run in college and it was not very practical to run while I was in the Airforce. I was stationed in Korea and Japan for many years and had too many other opportunities to do fun things. Upon returning to the States there were many moves to different air bases. However, when I started to work for the airlines I started to run again. It was a great activity during layovers. So it's safe to say that I have been running for a total of 60 years. Of course I have been running with Tamalpa ever since I joined in 1984.

Do you have a favorite type of running? What is your routine?

I definitely enjoy cross-country running. However, the last 2 or 3 years I have been sticking to running on paved surfaces. Luckily, I have access to dedicated paved trails that are away from traffic.

My routine basically is that one day I run and the next day I swim and work out in the gym. That gives me at least 6 days of exercise per week. I still do a few short distance races mostly on pavement.

If you had to pick a single highlight of your running career, what would it be?

My most memorable and satisfying experience was at the National Masters Track & Field Championship in Spokane, Washington in August 1996. Fellow Tamalpans, Jim Williams and Steve Lions and I participated in various events. After running a 5K the previous day (placing 4th) I ran the 1500 meters the next day. The race started out very slow and just stayed with the pack: no one was making a move. I believe that most of the guys in the race believed that I was a distance runner and probably would not be able to go with them when the time came to make a move. For once I ran a very tactical race; I took it out first. My last lap was: 53.98 for a total time of 5:28. Good enough for 1st place.



Tamalpa Member Profile (cont.)

Bernie Hollander

What is the best and strangest experience in your running career, thus far?

The best was 1500 meter win and the strangest was my first 50K (Way to Cool). Cool was cool in that it was such a great experience for my first 50K (4:59:33) – I did not want the race to end.

Tell us about your family. Do they also run?

My wife is a long-time runner and prefers running on trails. While I never had any children I do have nine grandkids. All of them are very athletic and participate in school and other team sports. 3 of the kids are good runners.

What is your favorite post-race/run treat?

A beer or two.

What are your favorite foods? Do you cook?

Food any kind of food is my favorite – except no liver or beets! My cooking skills are somewhat limited. I am very lucky as I do have a very accomplished in-house chef.

What is your #1 race you'd like to complete in 2016?

Well, my ultimate goal (but maybe a dream) is to be able to run the Humboldt ½ Marathon in October. Although, right now, 5/6 miles seem like a ½ Marathon.

What else do you want the Gazette readers to know about you?

Joining Tamalpa was a smart decision on my part. I have met so many wonderful people/runners and have made lasting friendships. Oh, the best part was I met my wife at the Couples Relay 23 years ago.

**Happy Birthday from your
Tamalpa family Bernie!!!**

Great news: Dr Hannaford is not retiring any time soon. He is transitioning to a new office at Marin Foot and Ankle, #7 Knoll Rd suite 3, Mill Valley. His phone number remains: 415 499 8000.



Bernie with his wife Edda at the Mona Kea, Volcano in Hawaii

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Tamalpa Bobcats

with Co-Director Mary Churchill



The Tamalpa Bobcats are a Marin youth track program for kids ranging from ages 3-11. Mary Churchill leads the program with her husband Mark Churchill & twin sister Liz Gottlieb, and has given us some insight into the program.

When was the program founded and how long have you led the program?

Two years ago - this is the start of our third year. I have lead the program along with my husband Mark and twin sister Liz.

What is the Tamalpa Bobcat program?

It is basically a mini track season where the young athletes go through a 7 week series of practices and finish with a culminating track meet.

When and where do youth participants meet and for which parts of the year?

We practice at the Marin Catholic high school track Sundays from 4-5 every Sunday in April and the first four Sundays in May.

We are considering a mini fall cross country series.

How many participants are currently involved in the program?

The last two years we have had 100 bobcats registered. We have about 55-60 athletes consistently show up to each practice.

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

The recommended age range is 4-12 but we do have siblings who are older or younger on either end who participate. Younger athletes participate with their parents or an adult guardian.

Registration can be found here: <http://formsnarts.com/form/1jen>

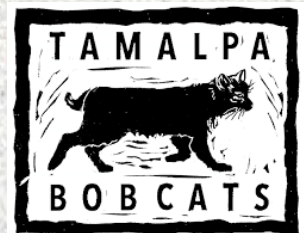
The fee is \$50 for 1 athlete, \$75 for 2 athletes, \$100 for 3 athletes, and \$125 for 4 athletes. Financial aid is available.

Can you explain some of the character development you've seen with youth participants from their involvement?

Young children love to move and be active. Jumping, running, sprinting, balancing all involve coordination and skill. The young athletes become more engaged and comfortable with the practices every time they go to a practice. The more consistent they are the more comfortable they feel with the activities. It is wonderful to hear the young athletes use the new vocabulary they have learned from practice and become more confident in their skills. It is also terrific to hear the children discuss their new goals each week. They are typically asked to identify how many laps they will walk or run at the end of practice. Many of the Bobcats want to beat their distance from the previous week.

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

The final day of practice is a track meet. We host 5 running events and the long jump. This is a really fun event because every Bobcat gets a ribbon with their result for each event and every Bobcat is given a high five. The students wait at the awards table to receive their ribbon as soon as they are done with their event. They then line up for the next event. At the end, all of the Bobcats enjoy Three Twins Ice Cream. Almost all of the Bobcats end up running in at least four out of the five events.



Tamalpa Bobcats (cont.)

with Co-Director Mary Churchill

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

We have a tremendous amount of volunteers. We have between 6-8 high school athletes from San Domenico, Marin Catholic, and Marin Academy volunteering to work with the athletes at every practice. These high school students model the activities and typically work one on one with the young runners.

We also have a team of 12 adults who rotate through each practice. There is a consistent group of volunteer coaches who are there weekly but inevitably coaches are away and we need more adults available to help run the sessions. This is when we feel lucky that we have a good core of volunteers to rely on. This year we have the following adults who are volunteering to be coaches: Mary & Mark Churchill, Liz Gottlieb, Tricia Wallace, Tim & Diana Fitzpatrick, Megan Gardner, Natalee Fischer, Bridget Zapata, Frank Ruona, and Joaquin Fritz. It looks like a big list but some weeks we still scramble since we are a 100% volunteer program and people are busy.

How can folks volunteer for the program (if you would like us to get the word out for volunteers)?

We would love to have more volunteers who wanted to help coach the young runners. Anyone interested in working with the young athletes can email me at marymfagan@gmail.com



A typical practice looks like this:

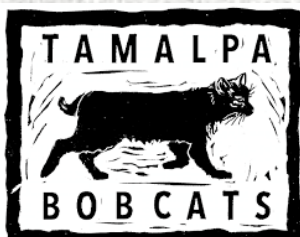
- 3:50-4:00 Arrive to practice and sign in at the registration table by the track gate.
- 4:00-4:10 Warm up laps and stretches
- 4:10-4:30 - 4 stations of activities which will rotate and include
 - high jump
 - long jump
 - Javelin
 - Hurdles
 - relay races
 - sprints
- 4:35-4:50 - Run, walk, jog, skip around the track - earn a Popsicle stick for every lap you run. Turn in popsicle sticks at the end of practice and earn a gummy worm and foot charm for your necklace.



This year if we have a core group of more experienced young runners we will have coaches who will take youth runners who can run 2-3 miles outside of the track for distance runs.

On behalf of Tamalpa, many thanks to the entire BobcaTeam!:

Mary & Mark Churchill
Liz Gottlieb
Tricia Wallace
Tim & Diana Fitzpatrick
Megan Gardner
Natalee Fischer
Bridget Zapata
Frank Ruona
Joaquin Fritz



Marin Youth Trails

With Levi Webb

<http://marinyouthtrailruns.com/>

When was the program founded and how long have you led the program?

Marin Youth Trail Runs began in 2011 with just myself as coach to two fantastic middle school runners. I had been coaching the runners independently, but seeing as they were equally talented and already friends we all decided to just train together. Of course word got out and soon two runners was three, then four. In 2012 when we set our sites on the Dipsea Race, new young runners began joining each week.

As the group has grown over the years I've been joined by other fantastic coaches including Mike Lotter, and Jon Bretan. Joining me this year will be Verity Breen and Connor Montgomery.

I've been coaching runners since 2008. Over the years I've coached dozens of fantastic athletes including three years coaching Track and field and Cross Country alongside Bobcats Mega Coach Liz Gottlieb at Marin Academy.

When and where do youth participants meet and run and for which parts of the year?

The 2016 Youth Dipsea Training Program will begin the first week of March and includes runners ages 7-14. Each Sunday the group meets at a different Marin Trailhead for a 4-8 mile trail run, with each run more challenging than the last, leading up to the iconic Dipsea Race in June.

Last year Marin Youth Trail Runs put a hold on summer and fall training seasons as I took some much needed time off following the birth of my son, but I am currently exploring ideas for summer and fall programs for 2016.

How many participants are currently involved in the program?

The Youth Dipsea Training continues to be Marin Youth Trail Runs most popular program. This year having already reached our maximum number of 30 participants.

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

The 2016 Dipsea Training Program is \$200 and runs for about three months. Registration for this program has reached its maximum number of participants, however, parents that would like to stay in the loop with upcoming youth trail running programs and races can sign up to receive the Marin Youth Trail Runs newsletter at MarinYouthTrailRuns.com.



Marin Youth Trails (cont.)

With Levi Webb

Can you explain some of the character development you've seen with youth participants from their involvement?

We live in one of the greatest places in the world for trail running, our goal is to share that love of trail running with the young runners of Marin. Trail Running is challenging. Really challenging. We may be having fun and goofing off, but let's not forget that these runners are also pushing their own limits, and really discovering what they are capable of accomplishing.

What is your favorite program event to date and please explain why.

My favorite run every year has to be our Easter Sunday run. Each year one of the coaches puts on bunny ears and hides eggs with candy all the way up the biggest hill of the day. We all then follow behind and find them. We then, of course, eat our fair share of "running fuel" and give out the rest to hikers coming the other way as we run down.

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

As the program grows more coaches will be needed. Coaches should love working with kids, and always practice positive coaching. If you would like to volunteer please contact Levi Webb at levi.webb@gmail.com.



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TAMALPA
RUNNERS

Fueling Different Energy Systems

Are you a sprint or a distance runner?

by Sunny Blende, M.S., Sports Nutritionist



Trends in sports nutrition, as well as what is a healthy diet, are changing as we are beginning to see what processed food has done to our bodies the last few decades. Now it's real food or sports nutrition products, low-carb or high-carb, high-fat or low-fat, high protein, Paleo, Vegan or only organic. Our bodies have not really been changing physiologically during that time; what's been changing is our understanding of the exercise systems we use that drive our limits and the knowledge to manipulate those systems. We have learned that we must **pair** our nutrition with the **type of exercise** we are doing (or not doing as in rest) in order to increase our running performance.

Energy Systems

The human body has three main energy systems and the determinant factors in which one we use are **intensity** and **duration**.

1. **ATP-Phosphocreatine (ATP-PCr) system** – anaerobic
2. **Lactic acid system** – anaerobic

Oxygen system - aerobic

ATP is the immediate source of energy for all body functions and these three systems are used to replenish ATP at varying **rates**. The **ATP-PCr system** is used to generate energy rapidly and lasts only 5-10 seconds in an all-out effort, such as the last sprint to the finish. This system uses entirely carbohydrates. The **lactic acid system** also produces quick energy. If you run out of **ATP-PCr**, the next best source of energy is glucose (a carbohydrate), either from the blood (as when you fuel during a run with carbohydrates) or from the rapid breakdown of glycogen stored in the muscle or liver. When there is not enough oxygen to support this high-energy metabolic process, lactic acid is produced as a by-product and you will not be able to keep up the intensity for more than 30 – 120 seconds, as in many track events. The final system, the **oxygen system** works *with* oxygen, or aerobically, and can produce large amounts of ATP for extended periods of time from many different sources. Those sources include carbohydrates, fats and even body protein. This is the system that is primarily used in distance races from 5 K to one hundred miles. The oxygen system can use many sources for fuel and can produce large quantities of ATP, or energy, as long as the intensity is below the anaerobic threshold, or in other words, as long as we have oxygen to support this breakdown. Carbohydrates remain the most efficient fuel for exercise, even within the oxygen system, because they are the preferred fuel due to the “speed” at which they can be utilized. Fats yield 9 calories per gram and carbohydrate only 4 calories per gram, but fat requires twice as much oxygen to metabolize. The problem with carbohydrates is that they are a “limiting” fuel. We only store approximately 1400 to 2200 calories of this fuel source whereas we store over ~80,000 calories of fat, even in a very lean athlete. And we **must** have some carbohydrates in order to burn fats or we bonk. Carbohydrate intake before and during prolonged exercise helps us mitigate this effect; following a hard session, carbohydrates may help restore muscle energy for the next workout.

What Other Factors Influence the Choice of Fuels we use During Prolonged Exercise?

State of training, composition of the diet in general and composition of nutrients taken during exercise, timing of nutrients during the exercise, environmental temperature, gender and hormones will all influence our choice of fuels. Females use more fat than males, warm temperatures increase the use of carbohydrates and glycogen is synthesized faster in the muscle cell of a trained athlete versus an untrained one. The **timing** of fuels in recovery adds to the amount of glycogen stored in these cells for later use in the next bout of exercise, so don't forget to use this fact to your advantage and refuel within 30 minutes of completion of your event.

Summary

Carbohydrate remains the most important fuel for running events, if only because it is the “limiting” fuel. This is not to say that we can not train our bodies to burn more fat at a given heart rate, as in metabolic efficiency training, however, when racing at higher intensities and/or for longer duration, you are not in a high fat-burning mode. That is when exogenous carbohydrates (carbs ingested from outside sources such as snacks and sports nutrition products) become important for performance. Stay ahead of hydration and fuel for your energy system in use on race day and see your performance improve.

TCRS #2 February 21st, 2016 O'Hair Park, Novato



The second TCRS event of the year was held at O'Hair Park in Novato on Sunday, February 21st. The weather afforded a beautifully sunny and warm run, ideal for a Spring club event. The course was a 4.4 mile with a short but significant hill towards the end, meaning runners had to save a good amount of steam for the finish. Joshua Bornstein brought it home with first overall and for the men at 30:01, and Isabel Diaz brought it home with first for the overall women at 34:17.

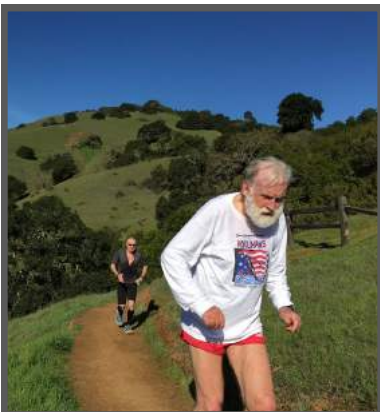
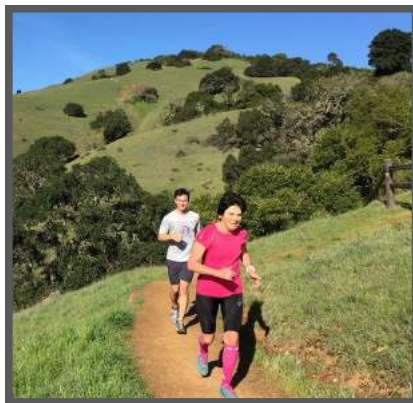
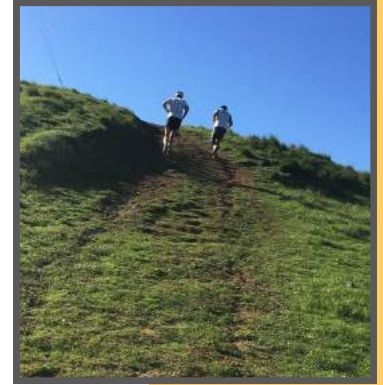
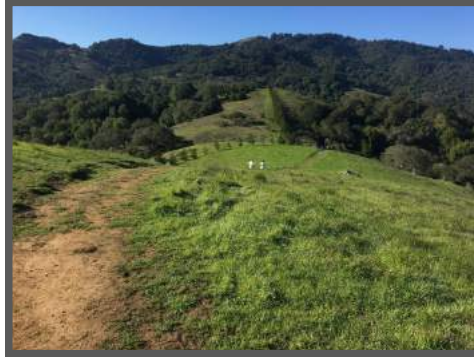
Below are our top 20 overall finishers from the men's and women's respective groups. Great job to all!



Place	Name	Age	Clock	Points
1	Joshua Bornstein	28	30:01:00	150
2	Jose Anguiano	42	30:21:00	149
3	Brad O'Brien	54	30:31:00	148
4	Pedro Cifuentes	38	31:14:00	147
5	Rafael Roman	33	31:24:00	146
6	Jim Grant	47	31:36:00	145
7	Jon Schroeder	28	32:02:00	144
8	John Lundy	53	32:27:00	143
9	Brad Bryon	58	32:57:00	142
10	Fausto Vargas	47	33:05:00	141
11	Tom O'Reilly	59	33:22:00	140
12	Scott Schneider	48	33:38:00	139
13	David Bronstein	54	33:48:00	138
14	Andy Krone	37	33:54:00	137
15	Josh Sternbert	37	33:58:00	136
16	Rob Flatland	50	34:06:00	135
17	Geremias Ramos	29	34:13:00	134
18	Matt Kennedy	49	34:14:00	133
19	Rob Spinosa	45	34:20:00	132
20	Don Lindsey	55	34:28:00	131

Place	Name	Age	Clock	Points
1	Isabel Diaz	31	34:17:00	150
2	Moriah Buckley	38	35:53:00	149
3	Katie Zelda	35	37:02:00	148
4	Odilia Diaz	40	37:15:00	147
5	Florencia Gascon-Amyx	51	39:58:00	146
6	Karen Corral	56	40:28:00	145
7	Amanda Morales	37	40:33:00	144
8	Anabela Diaz	37	40:37:00	143
9	Danielle Herrerias	58	40:52:00	142
10	Amarilis Mazariegos	39	41:32:00	141
11	Melissa Havel	39	43:04:00	140
12	Bonnie Kirkpatrick	49	43:35:00	139
13	Lisa Hilbert	54	43:37:00	138
14	Karen Kiely	60	44:51:00	137
15	Sarah Chao	47	45:25:00	136
16	Kathleen Stranton	48	46:01:00	135
17	Esmerelda Nuraliyeva	25	46:29:00	134
18	Hazel Wood	64	48:07:00	133
19	Bridie Dillon	71	51:21:00	132
20	Anesly de Leon	25	53:16:00	131

TCRS #2 February 21st, 2016 O'Hair Park, Novato



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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
03/05/2016	Way Too Cool 50K	Cool	trail	1	Julie Fingar, 916/765-6021 Julie@norcalultras.com http://www.wtc50k.com
04/02/2016	American River 50M	Sacramento	road & trail	1.6	Julie Fingar, 916-765-6021 Julie@norcalultras.com www.ar50mile.com
04/16/2016	Ruth Anderson 100K/50M/50K unified entry format	San Francisco	paved path/dirt shoulder	2.0/1.6/1.0	Rajeev Patel, 408/838-8911 (eve's before 9) rajeevtherunner@yahoo.com Anil Rao, 408-718-8693 (eve's before 9) anil_krao@yahoo.com www.run100s.com/ra.htm
05/07/2016	Miwok 100K	Stinson Beach	trail	2	Tia Bodington, miwok100k@gmail.com www.miwok100k.com
05/14/2016	Quicksilver 100K/50K	San Jose	trail	2.0/1.0	John Brooks, pacificcoasttrailruns@gmail.com www.quicksilver-running.com
05/21/2016	Silver State 50M/50K	Reno	trail	1.6/1.0	John Trent, jhtrent@charter.net www.silverstatestriders.com
05/22/2016 Tentative	Ohlone Wilderness 50K	Fremont	trail	1	Larry England & Ann Trason 408/393-4701 (Larry's Cell) director@ohlone50k.com www.ohlone50k.com
06/18/2016 Tentative	PCTR Summer Solstice 24 Hour	Crissy Field	paved/dirt	3.3/2.0	John Brooks, events@pctrailruns.com www.pctrailruns.com
06/25/2016	Western States 100M*	Squaw Valley	trail	3.3	Craig Thornley, rd@wser.org www.wser.org *no entry discount for defending Grand Prix champions
07/16/2016	Tahoe Rim Trail 100M*	Spooner Lk SP	trail	3.3	George Ruiz, trt-rd@att.net www.tahoemtnmilers.org *no entry discount for defending Grand Prix champions
08/07/2016	Skyline 50K	Castro Valley	trail	1	Adam Ray, skyline50k@gmail.com www.skyline50k.com
08/27/2016	Tamalpa Headlands 50K* (USATF National Championship)	Muir Beach	trail	1	Tim & Diana Fitzpatrick rd@headlands50k.com www.headlands50k.com [runners must be USATF members to qualify for prize purse] * no entry discount for defending Grand Prix champions
09/10/2016 Tentative	PCTR Headlands 100M	Rodeo Beach	trail	3.3	John Brooks events@pctrailruns.com www.pctrailruns.com
10/08/2016	Dick Collins Firetrails 50M	Castro Valley	trail	1.6	Julie Fingar, 916/765-6021 Julie@norcalultras.com www.firetrails50.com
11/05/2016	Rio Del Lago 100M*	Beal's Point	trail	3.3	Julie Fingar, 916/765-6021 Julie@norcalultras.com http://www.rio100mile.com *\$25 entry discount for defending GP champions—Email Bill Dodson for coupon code
11/26/2016	Quadruple Dipsea (28.4M)	Mill Valley	trail	1	John Catts, johncatts@earthlink.net www.run100s.com/qd.htm

2016 USATF Schedules

2016 PA/USATF ROAD RACE GRAND PRIX SCHEDULE

Date	Race	Location	Pts	Scoring Divisions	Team Scoring	Series	Comp entry Info*
03/05/2016	<u>NorCal John Frank Memorial 10-Mile</u>	Redding	1.5	All	Yes	Long	<u>NorCal 10-Mile Comps</u>
03/13/2016	<u>Reach for a Star 5K</u>	Brisbane	1	All	Yes	Short	<u>Reach for a Star 5K Comps</u>
04/03/2016	<u>Credit Union SACTOWN Ten Mile Run</u>	Sacramento	1	All	Yes	Long	<u>SACTOWN Elite Athlete Coord.</u>
05/30/2016	<u>Marin Memorial Day 10K</u>	Kentfield	1	All	Yes	Short	<u>MMD 10K Comps</u>
07/04/2016	<u>Freedom Fest 5K</u>	Morgan Hill	1	All	Yes	Short	Comped runners: online pre-registration only. 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	

2016 PA XC Schedule

Date	Location	Site
08/20/2016	Santa Cruz	will be updated
08/27/2016	Empire/Santa Rosa	will be updated
09/11/2016	GGP/SF	will be updated
09/17 or 18/2016	Ancil Hoffman/	will be updated
09/24/2016	Garin Park/Hayward	will be updated
10/01/2016	Presidio/San Bruno	will be updated
10/08/2016	Willow Hills/Folsom	will be updated
10/22/2016	Aggies Shoreline/	will be updated
10/30/2016	Tamalpa/China	will be updated
11/20/2016	GGP Championships	will be updated



Committees

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

Track Coaches

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

Race Directors

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

USATF-PA Race Teams

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

Gazette Advertising and Content

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 - Editor/Content: Corinna Zubia gazette@tamalparunners.org
 - Ads, articles, and pictures due by the 18th of the month.
- Send to gazette@tamalparunners.org.

- **PHOTOS BY: Phil Oreste, Paul Herrerias, Hans Schmid, Frank Ruona, Corinna Zubia, and others.**



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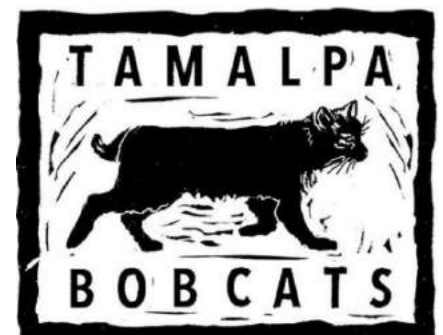
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Board of Directors Meeting held 1st Monday of every month
New Location: FICO,
FICO is located at 200 Smith Ranch Rd in Terra Linda





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