

FREE

JANUARY 2015

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RUNNERS GAZETTE

WORLD RECORD HOLDER

James Nielsen

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REFLECTIONS**

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TREADMILL TIME

Coach Kees' Tips for
Indoor Fitness

CELEBRATION!
ISSUE

ARCHRIVAL SPORTS

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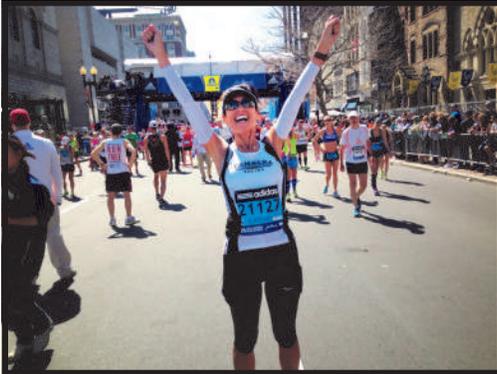
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EDITOR'S LOG: THE CELEBRATION ISSUE



Me right after I crossed the finish line at the Boston Marathon this year—crazy happy!

By Kathy Johnson

Before I joined Tamalpa in 2011, my marathon PR was 4:02 at the Vienna Marathon in 1998. I was 33 years old and was very proud of my achievement (my previous marathon time was 4:22 in the LA Marathon the year before). I never ran track or participated in team sports in school, so when I heard about Tamalpa I wasn't really sure about it. I didn't want to get humiliated - heck, I didn't even know that the length of a track was 400 meters. Plus, I'll confess to you - one look at all those svelte ladies and gentlemen and I wanted to hide under my oversized sweatshirt. But I figured, you gotta start somewhere, so let's make it today. **Mike Fanelli** was kind enough to give both myself and **Dominic**, my hubbie (and resolute non-runner at the time) the lay of the land, then he introduced us to everyone gathered at the track. It was the first time I met **Coach Kees**.

As the workout began, I thought perhaps I could hang out with the mid-packers. Oh no. I was quickly dusted and lapped. But each week, I'd return and get a teensy bit faster and fitter. Those oversized sweatshirts were getting a bit more oversized as time went on. Yeah baby.

Fast forward to 2014. **Coach Kees** coached a group of us that were Boston-bound. We did his long runs, the track workouts, the tempo runs. My favorite was the long run where **Erin Shippey**, **Gayle Ehrean**, **Michelle Hermiston** and I would log our 20 miles then go for coffee for some gal pal bonding time.

Being part of a team was a new experience for me but it's a wonderful feeling to know there are others out there rooting for you, ready to celebrate your successes and help soothe the sting when things don't go well.

Thanks to Tamalpa, I went from a 33 year old 4:02 marathoner, to a 49 year old 3:21 marathoner (I ended up PR'ing at Boston in 3:33:11, and then PR'd again six days later at the Big Sur Marathon in 3:21:39). This year was certainly a year of celebration for me.

It was also a year for celebration for our cover model, James Nielsen.

You might be wondering why James' name sounds familiar. Maybe you read about him in the *Wall Street Journal*, *New York Times*, *BusinessWeek*, *Runner's World*, or saw him on *Entertainment Tonight*, *ESPN* or *ABC News*.

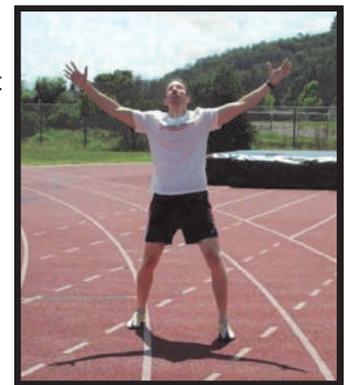
Yep, James is famous.

Why?

On April 28th, 2014, 34 year old James became the **first person in world history to break 5 minutes in the beer mile.**

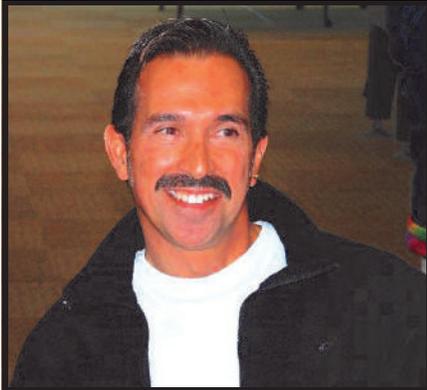
That's right - James ran a 4:57:1 mile while stopping to chug an entire 12-oz can of Bud at each lap. His actual running time was 4:21, leaving about 9 seconds per beer. And no, erm, "return visit" of the beer is allowed. Take a moment to Google "James Nielsen" and you'll see the stories about him. He's amazing.

Cheers to you James! Let's celebrate! But maybe we can just stand still when we have a beer together, okay?



James Nielsen immediately after he broke the beer mile world record.

PRESIDENT'S POST: WE ARE RUNNERS



By Ed Corral

We are runners; it's a part of who we are, part of our identity. At some point in our lives we decided to take up running, whether it was in competitive sport or as a jogger, early in our lives or later, we became "runners."

One of the best things of our sport is running with others, training with others, encouraging each other, and partying with each other (always the most fun part). The quick "Hi", having a ready smile, a nod of the head, or a quick wave when passing each other on the many trails and roads we run in the Bay Area. There is a kinship we share with each

other as distance runners.

Camaraderie is one of the core values of distance running; we are a community of people who share a common love. We run and train with fellow **Tamalpans**, with **Impalas**, with **Pelicans**, with **Empire Runners**, and with others who also share in the love of running. We are them and they are us, we are runners; we are a community of people who share a common love.

If you are a competitive runner (as I am), then there is the existence of rivalry; rivalry in sports should never be mean-spirited but should be contrary to the word "rival." Whether it's a **TCRS**, the **Dipsea**, ultra or shorter distance racing or just a competitive training run, you are competing with those you train with, run with, and socialize with, and above all, share a common-bond with. Rivalry should equate to friendly competition.

My hope for 2015 and the future is that when you are starting a race, look to the competitor next to you, and no matter what singlet they wear, offer them a handshake, a fist-bump, or a high-five and wish them "a good race." And after you both have crossed the finish line, I hope you offer them a handshake, a fist-bump or a high-five and say "great race."

We are a community of people that share a common love. We are runners ~



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Mary Churchill won the women's division at the Lake Chabot 50k on Nov 8th in 4:53.37 and was 5th overall.



Elmo Shropshire and Pam Wendell made media rounds in December as Elmo sang "Grandma Got Run Over By a Reindeer."



Kathleen Helmer, Eric Braun and Michelle Wilcox at The North Face half marathon



Bryan Porter runs the Boise Turkey Trot 5k in 20:20—2nd place in the 50 - 54 age group.

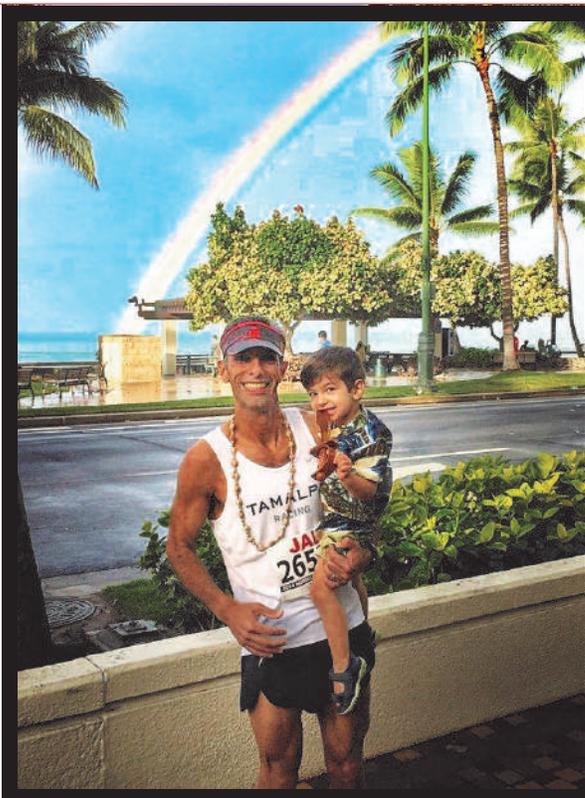
(Right) Rob Spinosa endures wind and rain at the Honolulu Marathon for a 3:09 finish and lots of love from his son.



Emily Howland on left, ascending The North Face Challenge



Victor Ballesteros reporting live.



TAMALPA TAKES FIVE 1ST PLACE FINISHES AT XMAS RELAY



By Frank Ruona

The rain stopped and the sun came out and shined long enough to allow 16 Tamalpa Relay Teams to compete against 192 other teams at the 41st Annual Christmas Relays. 204 four person relay teams ran four 4.46 mile laps around Lake Merced Sunday Morning, 12/14/14, in the final race of the 2014 PAUSATF Racing Circuit.

Tamalpa made our presence known as our Masters and Veteran Women and Senior, Super-Senior and Veteran Men closed out the year with First Place Finishes in the Relays.

The Tamalpa Open Men's A Team ran the fastest leg of the Relays for Tamalpa. The team of James Nielsen, Lucas Agricola, TR Parker and Jonathan Bretan ran a fast 1:41:08 for the almost 18 miles, averaging 5:40 per mile, and were the 6th PA Open Men's team in the race. Right behind them was our strong Senior Men's A Team who took first place in their age group with an excellent 1:43:57. Brian Pilcher, Tim Wallen, Alan Reynolds and Brad O'Brien averaged 5:50 per mile for their win. The Masters Men were next in line for Tamalpa and took a 4th place finish in their age group with a 1:54:35. Right behind was the Senior Men's Team from the North County who ran 1:55:11 and was the 3rd 50+ men's team to finish.

The Tamalpa Open Men's B Team was the next Tamalpa finisher in 2:00:39 and should have run 10 minutes +/- faster, but made the mistake of having the 3rd runner on the team not being able to find the 4th Runner for a long time. Oops!

The Masters Woman's team was next in line and they ran a strong 2:20:11 to take first place for the Masters Women Age Group. Right on their heels was the Super Senior Men's A Team in 2:02:47. This was fast enough to win the Super Senior Competition in this race and secure a first place finish in the PAUSATF Road Racing Grand Prix for 2014.

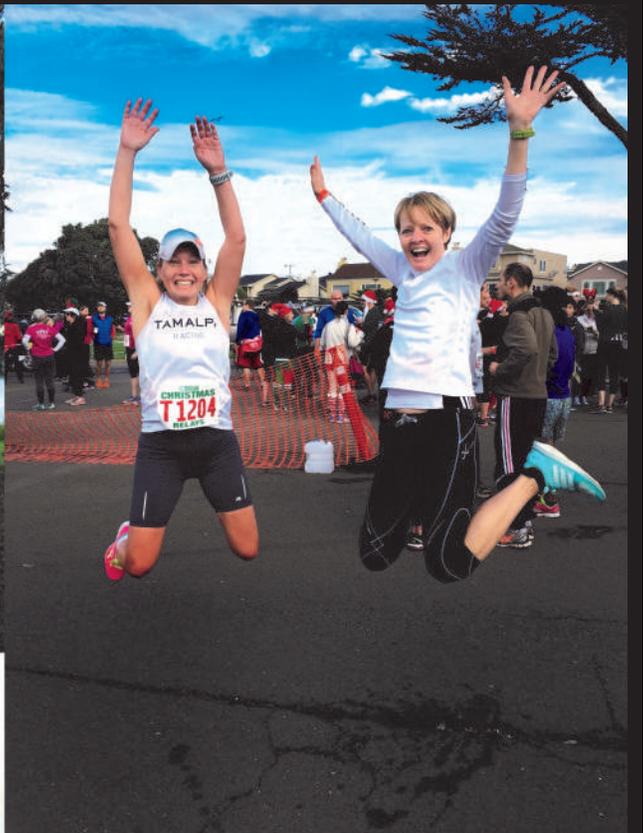
Next in line for Tamalpa was the Women's Senior A Team in 2:16:30. Their effort was good enough to take 2nd place to the LMJS Senior Women among the PA teams in the race. The Tamalpa Open Women's Team which was made up of open runners Mary Collie and Maddie Gebbie and masters runners Kathy Johnson and Sarah Chao was next in line with a 2:23:09 finish. That was good for 13th place among PA teams in the race.

The next finishing team for Tamalpa was our Men's Veteran Team in 2:28:43. This race was really tense and important! The Tamalpa Veterans were leading the WVJS Vets 98.5 to 97.5 after the first 10 Road Races of the year and it would take a win by Tamalpa to secure a win for the Road Racing Grand Prix in 2014. Hans Schmid ran the 4th leg of the relay for Tamalpa and he started his leg several minutes behind the WVJS 4th runner. Hans fired up his after burners, picked up the pace and was able to catch and pass the WVJS runner at the 3 mile mark in the race and brought home the victory for the Tamalpa Vets.

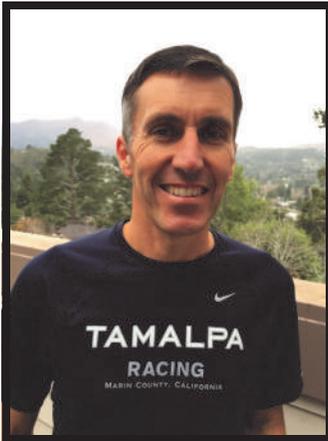
Coming in right behind the Veteran Men's Team were the Senior Men's B Team in 2:29:13 and the Super Senior Men's B team in 2:29:28. The Tamalpa Super Senior Women finished next in 2:38:55 and took 3rd place in their age group. The Tamalpa Veteran Women then finished as the first Veteran Woman's team in 2:24:47. The Men's Senior C Team and the Women's Senior B Team were the final Tamalpa Teams in the race finishing in 3:00:10 and 3:18:38.

It was a good day for racing and Tamalpa ran well. 2014 was a good year for Tamalpa Racing on the PAUSATF Grand Prix Racing Circuits. Hopefully 2015 will be an even better year!





INTRODUCING PHIL ORESTE—NEW TCRS DIRECTOR



By Phil Oreste

Hi Tamalpans! I hope everyone had an enjoyable holiday season with family and friends.

I'm really excited to be a part of the long standing **Tamalpa Club Run Series (TCRS)** and look forward to seeing plenty of familiar faces and just as many newbies at our monthly races in 2015. We are hard at work building a fun and challenging TCRS schedule and I want to thank those of you who took the chance to complete our TCRS survey in December.

The 2015 TCRS schedule will be published very soon and we will have some old standby races as well as a few long-lost legends back in the mix to spice things up. Our goals will be to continue to promote all the amazing locales for running in

Marin, courses that complement training for the big races Tamalpans typically enter during the year and most importantly, an excuse to get together with friends once a month for some fun and competition.

As is our normal tradition, the first TCRS race will be the **Tennessee Valley 3.6 miler on Sunday, January 11 starting at 9AM sharp.**

This race is typically the largest TCRS event of the year and a great way to gauge how the body is feeling starting the new year. After that, the TCRS events for February through May will slowly grow in mileage and altitude as a preparation for the Dipsea Race in June. The events from July through November will have some more trails as well as some flat and fast courses to again benefit the variety of other big races on your calendar. We will also be bouncing around from Mill Valley to Novato to Tiburon and plenty in San Rafael during 2015. We are hoping to keep the cost the same as in past years, but that is yet to be determined based on permitting for some of the new events.

One thing we are considering this year is a competition between genders for the TCRS series based on the average age grade rankings for TCRS members. Not necessarily for cash or prizes, but merely for fun and bragging rights. Maybe a TCRS trophy of some sorts? The key will be to have a minimum number of both genders at every race (I'm thinking at least 25 members per gender) or risk an age grade penalty so I'm throwing some incentives into each and every event! Of course, we will also continue to have the annual awards for TCRS male and female champion and the point system will not change in 2015.

Lastly, please feel free to send any TCRS comments/questions to tcrs@tamalparunners.org so that the TCRS committee can stay on top of issues and feedback before and after each race. Also, if you want to volunteer or be part of the committee, feel free to send that along via email as well.

Looking forward to an exciting 2015 TCRS!



Honored to serve the club, the community and you for 15 years...and running.



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Vintage Oaks at Novato and Tamalpa Runners proudly present the



35th Annual – 2015 Couples’ Relay

Tamalpa Runners is pleased to present the 35th Annual Couples Relay. The female partner runs two laps on a one-mile loop, and then tags their male partner, who runs the same course. There are lots of awards in each the division based on the combined age of the couple and the number of participants in open, married, father/daughter, mother/son, or grandparent/grandchild categories – plus a prize raffle!

- Date:** Sunday, February 15, 2015 **Time:** 9:00 am
Distance: 2 miles each runner, 4 miles per couple
Directions: Vintage Oaks at Novato Shopping Center. From San Francisco or Marin, go north on Hwy 101; from the East Bay, take Richmond Bridge to San Rafael and head north on Hwy 101. Take **Rowland Blvd exit in Novato** (1st exit past Hwy 37); Turn right at signal; go immediately to middle lane; go through 2 signals and follow road as it curves behind the shopping center. Proceed ¼ mile to parking area past Target.
Divisions: 20 divisions based on combined ages of couples. Children’s Division consists of a combined age less than 30 but must be mixed sex. High School students will have their own special division.
Entry Fee: \$25 per couple. Children and High School students \$20.
Numbers will not be mailed. Pick up on race day starting at 7:30 a.m.
Souvenirs: LOTS of awards and raffle prizes.
Registration: By mail (using form below) or online at www.active.com or race day registration beginning at 7:30 a.m. at the starting area. Applications may also be found on the Tamalpa website: www.tamalparunners.org
Information: Mike Holland 415-686-3055 and Bill Neer 415-827-1065 or www.tamalparunners.org
Mail To: Couples Relay, P.O. Box 4132, San Rafael, CA 94913:
Mail one check per couple payable to “Tamalpa Runners” by February 6, 2015

Check appropriate clear box (check one box only – ONLY CLEAR BOXES)

COMBINED Ages	29 & under	50 & Under	65 & Under	51 & Over	66 & Over	51-65	66-80	81-95	96-110	111-125	126+
Open	<input type="checkbox"/>										
Married	<input type="checkbox"/>										
Father/Daughter/Granddaughter	<input type="checkbox"/>										
Mother/Son/Grandson	<input type="checkbox"/>										
Children	<input type="checkbox"/>										
High School	<input type="checkbox"/>										

Woman’s Name: _____ Age on 2/15/15: _____

Man’s Name: _____ Age on 2/15/15: _____

Mailing Address: _____

Signatures: Woman _____ Man _____

As a condition of accepting this entry, I, the above signed, Intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Tamalpa Runners, Crosspoint Realty Services, the City of Novato, the County of Marin, the race officials and volunteers, their representatives, successors, and assignees for any and all injuries suffered by me in, or traveling to or from the Couples Relay. I attest that I am physically fit and have trained sufficiently for this race. Entries for runners under the age of 18 must be signed by a Parent or Guardian.

Parent or Guardian Signature: _____ Date: _____

INAUGURAL DIPSEA KIDZ RACE

By Dave Albee

Scott Shapiro was walking through downtown Sausalito last month when he stumbled across a flyer promoting the inaugural Winterfest Benefit Run on December 14. It advertised an 8-kilometer race and he decided to enter it on a whim.

“Five miles? I can do that. But I never expected to win,” the 31-year-old Shapiro quipped Sunday after he crossed the finish line first in the first-time event. “This is great!”

Shapiro was among more than 250 runners and volunteers who participated in either an 8K, 5K or a 1K “Kids Fun Run” race on a sunny day along a scenic course in a festive atmosphere. Co-sponsored by the Dipsea Race Foundation and the Sausalito On The Waterfront Foundation, proceeds from the inaugural event benefit the Dipsea Kidz and Youth Waterfront programs and at-risk youth in Marin County.

Zevan Solomon, a 15-year-old Tamalpais High School sophomore from Mill Valley, topped the 108-runner field in the 5K race with a winning time of 18:25. He finished in front of 15-year-old James Conant while Zevan’s father, Howard, and 12-year-old sister, Summer, placed third and fourth, respectively.

“I just like to have fun and this was perfect,” Zevan said. “It’s pretty cool to be out here. It’s awesome.”

Bella Anderson, 14, and 15-year-old Ana Levaggi were second and third in the female division in the 5K race while Ellen Mercado, 33, 29-year-old Katie Mahoney and Kyra Sikora, 22, were the top three female finishers in the 8K race.

Fourteen year old Matthew Phipps and 37-year-old Kevin Wong placed behind Shapiro in the men’s 8K field. Shapiro’s winning time was 33:43.

Everyone in the race won a medal and everyone was treated to a post-race pancake breakfast sponsored by the Sausalito Lions Club.

(L to R: Diana Fitzpatrick, Scott Shapiro, Barry Spitz)



QUAD DIPSEA RACE REPORT



By John Catts

Several days out it looked like Saturday November 29th was going to be really wet, the fourth in the Quads 32-year history. But the forecasts shifted and we totally lucked out on Quad Saturday with only a few early morning sprinkles. I wish I could take credit, but such accolades are reserved for a higher authority, or the likes of Eric Clapton or Tropical John.

We may not have had ideal trail conditions (it was slippery in places) but the warm air temperatures and lack of rain made for a good day on the Dipsea Trail. We had 270 starters, and 244 finishers (90% finish rate). And the rain held off until 6:00PM, long enough for finishers to enjoy the post race festivities, pizza, and drinks, and for us all to exit Old Mill Park.

Dave Mackey (men's course record holder), Chikara Omine, Rickey Russell, and Ezra Becker ran the first lap together. By Old Mill Park, Chikara and Dave rolled in together, both looking pretty relaxed. They stayed together for Lap 3, but on Lap 4 Chikara ran 66 minutes for the win (4:12:00), while Dave trailed by just 3 minutes with a 69 minute lap (4:15:02). Rounding out the top 5 were John Finn, Rickey Russell, and Jean Pommier. Men's age group winners were: John Finn (up to 29); Chikara Omine (30-39); Dave Mackey (40-49); Jean Pommier (50-59); Michael Lee (60-69); and Hans Schmid (70+).

Caren Spore (women's course record holder) ran unopposed in the women's field, winning in 5:00:15. Rounding out the top 5 women were Jane Baldwin, Nancy Kleinrock, Kim Kortz, and Clare Abram. Women's age group winners were: Laura Matz (up to 29); Corina Rahmig (30-39); Caren Spore (40-49); Jane Baldwin (50-59); and Alexandra Dronkers (60-69).

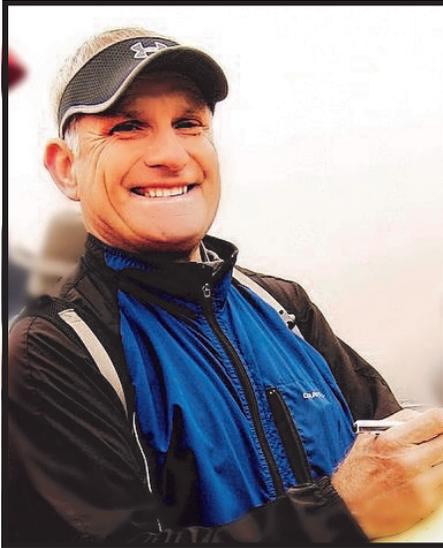
Greg Nacco completed his 22nd Quad (only 2 runners have completed more). And Geoff Vaughan completed his 20th Quad, a significant milestone that will be recognized with a special trophy. The best of friends, Geoff & Greg ran close to each other all day, finishing only 4 minutes apart. Rod Dickson completed his 19th Quad. Dave Covey, Tim Hicks, Phil Penna, and Dimitris Sklavapoulos all completed their 18th Quad. Andy Black, Catra Corbett, and Ted Knudsen completed their 17th Quad. Karen Hanke completed her 16th Quad, and George Forman, Robert Philkill, and Jerry Roninger completed their 15th Quad. Nine runners completed their 10th Quad, and received their 10-year Finisher Jackets, including Will Aarsheim, Paul Berensmeier, Bob Cowdrey, Marcia Dellwo, Kurt Glaubitz, Carl Jacob, Jennifer Lopez-Bonilla, Julie Nye, and Taylor Valentino.

The 2014 "Greg Nacco Even Split Award", given in Greg's honor because many of his 22 finishes comprised incredibly even paced laps, went to Spencer Punter, whose laps were 1:13:08, 1:14:31, 1:13:21, and 1:13:48, for 10th place overall. His average split was 1:13:42; the leg with Maximum Variance was Leg 2, which was only 49 seconds (1.1%) off his average. His Total Variance for all 4 laps was only 1:49 (2.48%), which is astounding. Many thanks to Rich Snipes for the statistical analysis, and to over 50 volunteers, many of whom were Tamalpan.



1st and 2nd place winners: Chikara Omine and Tamalpan Dave Mackey after the race

COACH'S CORNER—THE TREADMILL AS A TOOL



By Kees Tuinzing

Increasing mileage and speed from a moderate base usually produces injuries for runners and triathletes. For novices, it's even more of a problem because it takes time for the legs to adapt to a volume of running, e.g., bones, joints, muscles, tendons and ligaments are often subject to overuse because the tissues haven't caught up to the training load. The same holds true for those who up it from the 10K and half marathon to the marathon distance challenge. Enthusiasm wanes for the next training when the "hangover" effects are still present in your legs. (I say it takes 1.5 years to adapt the body gradually to steady road running prior to tackling the marathon training program, but that's another article).

Effects of higher mileage are pronounced for 1) heavier runners, like me (190 lbs and at 180 lbs when I ran in the 2:40 - 2:55 range) - close to the Clydesdale category, or 2) those who are over age 40, when re-

covery between workouts takes longer, and 3) runners who must run on pavement when off-road terrain isn't readily available. (I strongly encourage all long runs on the dirt for those first two years of running: you'll come away feeling less beat up!)

How do you spell relief? Helpful solution: I added one or two 30 minute sessions per week on the treadmill without orthopedic stress for additional mileage and speedwork.

For Mileage: It can be the road mileage you replace, or the extra mileage you add during the buildup phase. I re-discovered the treadmill after my 2- hour plus runs and upping to 70-90 mile weeks. I couldn't face the pavement the next day, so I went to a treadmill workout. Afterward, I felt great, not "beat up" and followed the workout with a good stretching, foam rolling session. It's a way to add gentle mileage and come away rejuvenated.

For Speedwork: You can add 4-15 minute bouts of quality training on an upgrade without soreness and to simulate the intensity of a 5K, 10K or Tempo workout. It paid off with PR's at The Carlsbad 5000 and Portland 5 - Miler by knocking a minute off my time. Note, that it doesn't replace actual running outdoors, but you're forced to stay with the unrelenting pace of the treadmill to keep you honest - and it's all over in less than a half hour. It's about learning to hold an effort level for consistent time period.

(See chart Effort-Based Treadmill Training Speeds for equivalent pace-per-mile on various treadmill incline settings). The incline setting is everything in treadmill training; you learn how to adjust with practice.

Treadmill Tips

- Avoid running like a zombie on the machine at the flat incline setting: you need to compensate for the motorized belt and mix up pace and inclines (unless you simply need an easy recovery run workout and up the mileage). I think of 2% grade as "flat" and go from there. Change the incline every 4-10 minutes depending on the program goals or if you're running tempo. Changing it up keeps you busy adjusting to the effort level, and more fit. You can also do repeatable self-testing to measure your improvement, e.g., whatever pace mph you can hold at 5% or 7% grade for 10 -15 minutes. Then use the same protocol six to eight weeks later.

- Bring water bottles and towel during the treadmill because you'll be sweating profusely without convection at an indoor facility. (Good for heat training for Honolulu Marathon and other hot climate races).
- The treadmill workout is excellent for learning to work with a heart-rate monitor to check your effort levels and train accurately at a Zone suggested by your coach.

Sample Workout: Hill training

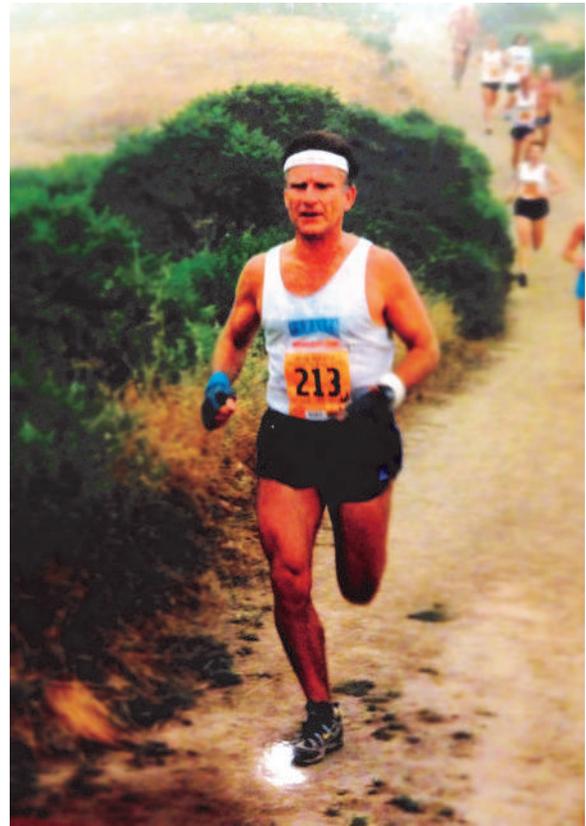
- Use 1.5 -2% grade for warm-up for 5 minutes (5')
- 8' at 5% grade, moderate, 75% effort
- 4' at 3% , fast, 85-90% effort
- 3' at 5%, easy run, 70% effort
- 8' at 7%, tempo 85% effort
- 5' at 2%, recovery run pace

Afterwards, walk around to cool off, towel down, drink fluids; then a good stretch session to finish. You should feel great. You can also become creative by adding the Concept II Row Machine for 500-1500 meter bouts before, during or after the treadmill workout.

Workout two: Tempo

For a steady Tempo, lactate threshold workout, which is "comfortably stressed", usually 10-15 seconds per mile slower than your 10K race pace or about at your 10M or 50-60 minute run effort. It's at an effort that's not racing, but not taking it easy either; depending on your experience anywhere from 10K to 10M pace.

- Warm-up 5 minutes of easy running at 2-3% grade,
- Then as a sample workout: tempo run at 5% grade. 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.



TIPS FOR TAMALPA NEWCOMERS



By Tim Amyx

There are the haves and the have-nots... the ins and the outs... the movers & shakers, and the wallflower... If you're new to Tamalpa, or on the shy side, it's likely you'll feel a little outside the inner-circle, and perhaps a bit of an odd-man out. *"How is it that everyone else in Tamalpa seems to know everyone else?" "There are scores of little cliques that are just snobbish and elitist."*

These are not uncommon sentiments for newcomers to the club. There are indeed snobs and elitists in Tamalpa; however, they are the minority. With a little reaching out on your own, being proactive at an event or race, you too can soon find yourself on the inner-circle of Tamalpa.

Let me take the opportunity to spell out how to become one of the *Movers and Shakers*, or at the very least, find out how you can mix in with all those other little groups who seem to have been friends for life.

It seems obvious, yet it should be emphasized that, at one time EVERYONE in Tamalpa was a newcomer. Even the oldest member was at one time, the new kid on the block, who felt like the invisible man. 22 years ago, my wife (**Florencia Gascon**) and I were new comers. Here are some insights and steps we took in our early years as Tamalpan.

First of all, it does not and did not happen overnight. It did take time and did take an effort on our part to get into the inner-circle.

As I point out actions on our part that helped get us involved in the club, I will put an **"**"**, and **boldface** what is a recommended course of action to become an active Tamalpan.

In 1992 **Florencia** and I moved to Mill Valley. Kid-less (no children yet), and friendless, we knew just about nobody in town or the county. Due to my father's long connection with the Dipsea, I became a Dipsea runner myself. (Running for the first time in 1989, while I was living in Los Angeles). On my father's recommendation, Florencia and I joined Tamalpa and thought we'd find a way to train for the Dipsea with the club.

#1 Dipsea runner or not, training for the race in the spring is a great way to meet people by finding others who share your interest in the Dipsea or racing*

We joined Tamalpa during the presidential reign of the late **Jerry Leith**. Back in 1993 Jerry took it upon himself to call new members on the phone, welcome them to the club, and ask what our interests were and what the club could offer. When we mentioned our interest was in the Dipsea race he suggested we go run at the Mt. Home Inn on Saturdays or at the COM track on Thursday afternoons. (**Editor Ed's** note: Thursday Track workouts are now in the morning. 7AM start time)

#2 Join the group runs every Saturday morning at the Mountain Home Inn.*

#3 Participate in the track workouts.

These were good suggestions by President Leith, and we took him up on the COM track workouts right away and eventually ran with the Mountain Home Inn group. The track workouts back then were run by **Jim Myers**, with **Kelly** and **John Lawson** often assisting. All three quickly became mentors of ours and made us feel welcome. There was another group that President Leith was organizing at that time, and current President **Ed Corral** might find a way to re-start this tradition... these were called, "newcomer runs." These were 4-6 mile runs, organized around Phoenix Lake as a way to welcome newcomers to Tamalpa and meet other new faces who shared that same newbie feeling. We went to 2-3 of these in the spring of 1993 and quickly made friends who became a core part of our early Tamalpa introduction. (Mainstays like **Craig Stern, Tim Arreger, Michelle Holman, John Blecka, Dave Covey, and Mitch DeShields.**)

More tips to come in the next issue!

INSIDER'S VIEW—VETS TEAM

Ever wonder what it's like to actively participate in one of our age-based teams? Hans Schmid is the captain of the Men's Veterans Group (70-79 years old) and I was privy to the emails he sent to his teammates leading up to the Christmas Relays. I was already thoroughly inspired by his running talent, but when I saw how he rallied his team to a first place finish at the Relays, I was even more impressed. I asked if it was okay if I shared with you his email to his teammates to give you an idea of the kinds of communications and spirit you'll see inside Tamalpa:

*From: Hans Schmid <schmidhans@att.net>
Date: Sun, Dec 14, 2014 at 9:22 PM
Subject: Christmas Relays
To: Vets Team*

Hi Vets!

WE DID IT!

We barely got a team together but, boy, that team delivered today. We knew the Road Grand Prix Team Championship was at stake. If WVJS wins they would snatch our narrow lead of just one point away from us. Our friends at WVJS realized this was going to be a close battle. They came by before the race to check out who was running for the Tamalpa Vets. Question arose "who is that new "kid" Len, is he fast?" We did not tell them but, of course, he is fast. Len had a terrific first leg and gave us a lead of about 7 minutes over Joe Hutardo of WVJS.

We were lucky to have Russ back for this race and run a solid second leg against Dave Norlander of WVJS. WVJS entered Bill Dodson for the 3rd leg. Secretly, they probably hoped to smoke Darryl. But as in some previous Christmas Relays, Darryl had a surprise for them. Sure Bill had made up some time when he passed the baton to Bob Lord. But we were only about 3 minutes behind when Hans took over from Darryl. Hans was able to catch Bob just after mile 3 and bring home the victory and championship for Tamalpa Vets.

Thank you Len, Russ and Darryl. Whether slow or fast, this was a real team effort. Everybody was needed and everybody did their best. We all can be very happy with the end result.

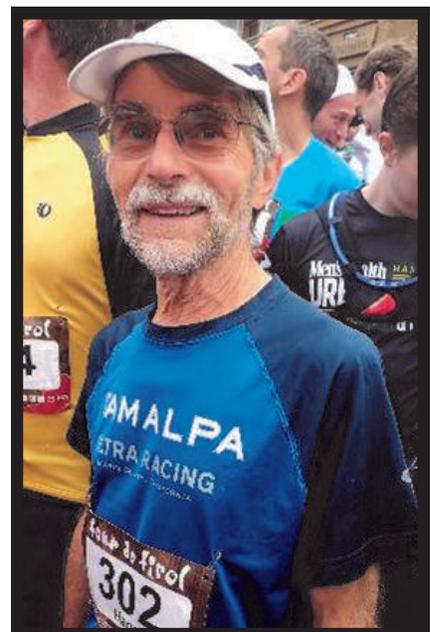
This has not been a very easy year for the Tamalpa Vets. Many of you suffered injuries or illness that prevented you from running. Unfortunately, at our age we cannot take health for granted. The season has ended. We did our very best with the resources (speak runners) we had and can be satisfied with what we achieved.

No PA races for a few months. Time to let the body recuperate and heal. It has been my privilege to be your team captain for another year. Enjoy the holidays with your families, stay or get healthy for more fun, adventure and camaraderie with your fellow Tamalpa Vets in the New Year.

Hans



Hans (555) at Clarksburg half marathon with fellow racers



FRANK'S RACE REPORTS: CALIFORNIA INT'L MARATHON



Tuesday Night Track Celebrates Frank Ruona (Photo: Michael McKenna)

By Frank Ruona

Fourteen hearty Tamalpans toed the line at the start of the California International Marathon on December 7th, 2014.

We had a good group of Open Men running and they performed well. Lucas Agricola led the group and was the first Tamalpa finisher in the race with a fine time of 2:44:42. He didn't realize it during the race, but he finished a mere 5 seconds ahead of the second Tamalpa finisher, Mark McDermott, another Tamalpa

Open Male, who finished in 2:44:47. Mark Churchill was a few minutes back finishing in 2:48:19 and Jonathan Gunderson ran 2:57:04. Four Open Tamalpa Men finishing in the 2:44 to 2:57 range was indeed a good performance and placed them sixth among the Open Men's teams in the race.

The next Tamalpa finisher was Masters Runner Duncan Seay. Duncan had just finished a successful triathlon season and was able to crack the 3 hour barrier with a strong 2:58:07 finish. The next Tamalpa Finisher was Super Senior John Hirschberger who completed another strong racing season with a win in the Male 60+ division with a strong 3:11:45. With that win John easily won the PAUSATF Long Road Racing Grand Prix Series for Super Senior Men. Senior Runner Tim Fitzpatrick, along with fellow Senior Runner Mike Sullivan teamed with Duncan Seay to complete a scoring Masters team that took 8th place in the race.

We only had two Tamalpa Super Senior Men and two Tamalpa Veteran Men run the race, so we teamed Super Senior Jim Morris with John Hirschberger and dropped down Veterans Bob Cowdery and Darryl Beardall to field a second place Men's Super-Senior team. Tamalpa Senior Woman Sue Kreuzsch was our first female finisher in a fine 3:44:53. We dropped down Sue and Tamalpa Senior Woman Linda Lindsey to join Tamalpa Masters Woman Dorette Franks to form a scoring Women's Masters Team that took third place. Mike Sullivan extended his CIM streak to 31 years, as he is one of only 12 runners who have run every CIM.

Reflections from Dorette Franks

"CIM was a great tune-up and welcome back race after a two year hiatus from training and racing. The most memorable part was passing the 20-mile mark, "The Wall" and feeling great! I had banked some time and knew I could relax if I wanted to. I never saw my "wall" until mile 24. "Just eight more laps around the track," I told myself, "and find that final kick down the home stretch!" I'm real pleased with my CIM results - to have qualified by more than five minutes under my division Boston Qualifying time and to especially have represented as a Tamalpan. My finish time was very reasonable; I know I can run faster and am up for the challenge."



CIM REFLECTIONS FROM LUCAS AGRICOLA—1ST TAMALPAN



"It was the perfect day to run. We lined up at the start near the Folsom dam in the early morning darkness on a calm 50 degree day. From the start of the race, my plan was to go out slow for the first two miles, build speed through the half and run even to negative for the second half. I went out the first mile in 6:34 pace, a bit fast, but controlled enough to be able to open up in the later miles. As we rolled through the hills, I noticed my right shoe was coming untied in the second mile. For a split second, I thought "Great. How long can I run with this nagging shoelace before it is too much of a distraction or I trip?" Instead of running a few miles knowing that my shoes weren't snug enough to not cause problems, I pulled off and quickly doubled-bowed it and got back in line with the swarm of runners. This was probably a blessing in disguise, keeping me calm and kept my second mile pace to 6:33; exactly according to plan.

Mile three began with a long downhill stretch where I managed to keep the same effort, but dropped pace to 6:22 which I kept through the 10k mark, time for my first Gu.

Getting through 10k, I thought 20 more miles at this pace and I will be sure to hit my stretch goal of 2:50.

Through much of the early rolling miles I made sure to keep my pace regardless of what the course did, surging on uphills and rolling the downs to keep my speed as constant as possible. I noticed runners around me slowing the ups and catching me on the downs, I thought "perfect." Miles 10, 11 and 12 were more down than up and I saw my pace increasing, but without any change in effort. Coming to the halfway mark at 1:23 I felt strong and despite a slightly pulling left hamstring I knew I was in a good place to start moving up.

Coming through a patch of dense morning fog, I got a huge boost from all the spectators at the halfway point and began to work pace down and dropped the group that I had run with for most of the first 13 and tore open my second Gu. By mile 17 I was in a groove and kept the 6:-6:10 minute pace that felt fast, but sustainable, knowing that I could keep this pace up for the last hour. I was steadily passing runners that seemed to be slowing and gained confidence with each runner I caught and left behind, moving up consistently without pushing.

Then came mile 20, and more Gu thinking, "Now is the time to go." I had run a few 20 mile long runs, topping at 22, staying strong to the end and I thought "Now is the time to earn it," pain is temporary. I began to fly, clocking my fastest mile at 23 which was 6:00 flat. This was the first time I allowed myself to entertain the idea of breaking 2:45.

Then all of the sudden, it got dark. I had moved too early and I was beginning to feel fatigued. My calves wanted to cramp and my feet were getting very, very warm. Now, I was struggling to keep my pace, and was out of Gu.

Fortunately an aid station with electrolytes came up and I snagged a banana strawberry Gu from one of the many wonderful volunteers. I was able to hold my position but I was reeling runners in much, much slower. There was a pack of female runners in front of me working together, and I thought best to just catch up to them and hold on to them as long as I could. If I could just catch up with them, they could pull me along and I wouldn't feel as alone; it seemingly took forever to catch them and close the 10 second gap that separated us.

Somehow, I finally caught up to them and something remarkable happened. Right as I came up on the women, either I got a boost from surging and pushing with everything I had, or they were slowing from fatigue and I moved passed them. Then came the hardest part of the race, the final 2.5 miles were excruciating. I was wincing, begging my calves to not cramp, a fear I had battled for a few miles now crept to the front of mind. Several runners were walking on the side of the course, dealing with exactly what I was afraid of. I was in uncharted territory having not run more than 22 miles since I ran Boston in 2010. I knew the race was almost over and I knew that I could get through two more miles and I allowed my form to weaken a bit, pounding my steps and working my arms harder knowing that my toe striking miles were more or less over. I let out several shouts, trying to rally myself and get through the pain.

Then came the 25 mile marker. "You've worked too hard and too long to give up now," I thought and tried to regain my form. As I counted down the street numbers, I made every effort to keep passing runners. I was reeling in one more group and the course took the final two left turns. "It is over," I thought and started my kick. As unimpressive as it was (having a decent kick in 5k and 10k distances), I was able to pass the final group as the finish line and clock came into view 2:44:30. The crowds and the notion of breaking 2:45 was all I needed to push through the finish, crossing at 2:44:42 with a 16 minute PR and a nice palindrome.

After the race I stumbled around like a geriatric, feet throbbing and calves aching. Ate a banana and kissed my girlfriend. We took a few photos at the finish and milled about the capitol mall congratulating fellow runners and reminiscing on a great day before piling back in the car for the drive back to Marin. The pizza and beer later on tasted all that much better. Many thanks to all the Tamalpan and supporters along the way. Without whom it would not have been possible!"

CIM Reflections from Mark Churchill (right)

"I had a race that went according to plan. My goal was to run a sub-2:50. It was hard to hold back and not go out too fast but I managed to stay within 10 seconds of my goal pace. Miles 21-26 were tough and I fell off pace for the last 3 miles but I had enough of a cushion to stay under my goal. It took me 8 years to be healthy enough for another marathon so just staying healthy and finishing the marathon was huge for me. Now on to Vermont City Marathon in May."



CIM Reflections from Duncan Seay (left)

"Only three weeks after racing Ironman Arizona, where I placed 10th and qualified for next year's Ironman World Championships in Kona, I thought it would be great fun to test my legs and ticker with the CIM marathon. This was my first stand alone marathon in 23 years - where I didn't have to swim 2.4 miles and cycle 112 miles before starting a marathon. And while the scientific evidence suggests the heart needs six weeks to recover from an Ironman event, I was able to run well at CIM: a 2:58 marathon or 6:48/mile."

Denise Montalvo, Realtor 415-640-1850



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Reflections from Sue Kreusch

"My plan was to break 3:50 for a new PR. Things went very well and I was able to break 3:45. I started conservatively and picked up the pace gradually and ended up running negative splits."

RECOGNITION AND RESPECT



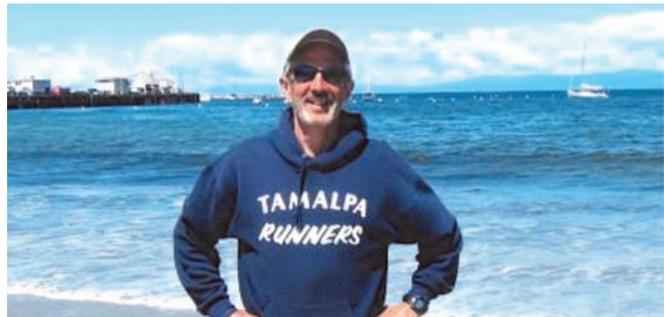
Melody-Anne Schultz - World Record Holder

Melody-Anne (74) set the Marathon World Record in her age group at 62 years old with a 3:15:03 at the London Marathon. She has also won her age group in several marathons since turning 50 Marathon including 1992 Melbourne Qantas 3:12; Victoria, Australia 3:10; Boston 1994 3:20; New York, 1999 3:12; Berlin Marathon 2005, 3:25.

Melody-Anne also set Age Group World Records in the 5K in 23:14; and 1:13:29 at the Double Road Race 2013.

Dave Ripp—World Record Holder

James Nielsen isn't the only Beer Mile World Record Holder in the club. We're also proud to recognize Dave Ripp as the official 60+ year old world record holder according to beer-mile.com. Dave ran a 8:10:0 mile in 2012, consuming four Fat Tire Amber Ales in Mill Valley. Nobody in that age group has officially beaten his time since. Cheers to that Dave!



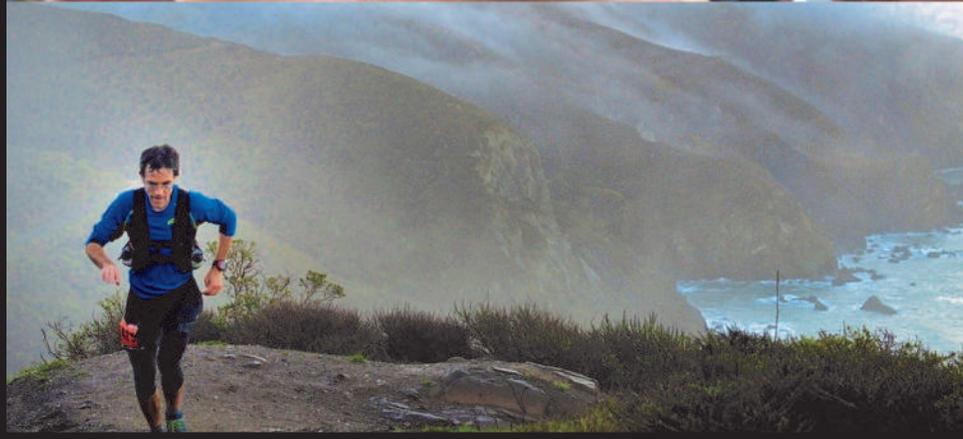
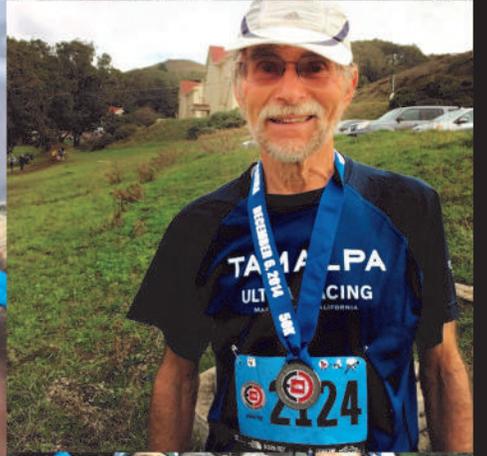
Jon Olsen Broke 24-year old 100-Mile Indoor Track Record in 2013

On September 28, 2013, 39 year old Jon Olsen, ran 402 laps on an indoor track in 11:59:28, smashing a mark that had stood for 24 years. The time also earned Jon a second title, owner of the 100-mile North American record, previously held by Canadian Andy Jones, who ran 12:05:43 on a road course in 1997.

Jon humbly wrote on iRunFar later, "Records are meant to be broken and I know this mark will be broken in the near future, but to say that I am the fastest American EVER to run 100 miles is so rewarding." Later that year, ultrarunner Zach Bitter broke the record

but we're still so proud to have such an elite ultrarunner on the team.





COULD SOME CREATIVITY HELP SOLVE THE BRIDGE CRISIS?



Dean with the Montair Run Club from the Montair Elementary School. There were over thirty 4th and 5th graders from the club that ran The North Face 5K. Photo by Ken Schuh, Ultra Race Photos.

By Dean Karnazes

Being an avid runner who frequently traverses the Golden Gate Bridge, I agree with the many who feel that charging pedestrians to cross the bridge is a bad idea. However, I'm also a pragmatist and realize that something has to be done to balance the Bridges' budget issues. Here are a couple creative ideas that might help "bridge" that gap.

Having run across the Sydney Harbour Bridge in Australia, I couldn't but help notice the groups of climbers above. These adventure seekers paid a premium for a chance to be safely guided up the bridges gantry to the pinnacle of this iconic structure. Could the Golden

Gate Bridge district auction off a concession to the highest bidding tour company to offer a similar such experience on our Bridge?

Here's another idea. The pedestrian side of the Golden Gate Bridge traditionally closes at nightfall. What about offering special walking tours across the Bridge at night? Right now there's no way to witness the full moon rising over the city or behold the sparkling downtown lights from a Bridge perspective. Opening up the Bridge to nighttime guided tours would provide a unique once-in-a-lifetime experience and could be another potential source of revenue.

Finally, if you've ever participated in a running race or a triathlon, as many of us have, you know there are professional photography companies taking picture along the course. They later offer these images to the participants for a fee. Could the Golden Gate Bridge district sell concessions to professional photography companies to operate along the expanse as a means to bring in additional revenue? Snapping a blurry selfie is one thing, but having a professional quality photo of you and your family or friends is a memory that would last a lifetime. If you've traveled halfway around the world and spent thousands of dollars getting to San Francisco, wouldn't you be willing to pay a premium for a high quality image that will forever capture your journey?

These are just a few of the ideas that sprung to mind. The Golden Gate Bridge is one of the most identifiable structures on earth. Why not tap into the widespread appeal of this world-renowned structure in innovative and novel ways to help solve the budgetary shortcomings rather than charging people to freely walk across this global symbol of liberty.

Anyhow, just my two cents, for what it's worth. What do we naive runners know anyway, right?



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IT'S ALL ABOUT THE CADENCE



By Brad Jacobs

Cadence, as it applies to running, is the number of steps runners take per minute. Many coaches preach 180. I wouldn't stress about running exactly 180, but the underlying principle is to focus on a quick step, rather than a slow one. Cadence will vary by runner, depending on height and running style, but a good range is 170 to 190. Any less than 170 and you'll benefit by quickening your step.

Let's talk speed. Running speed really comes down to two variables: cadence, which we just talked about, and stride length. Here's the important part! Cadence should be kept relatively constant ($\pm 10\%$) at all speeds, but stride length will change. At slow speeds, stride length will be short. At fast speeds, stride length will be long. At all speeds, cadence is high and your step is quick.

Try this:

- Run in place for 1 minute, counting steps
- Run slow for 1 minute, counting steps
- Run fast for 1 minute, counting steps

Your cadence should be about the same each time. What's changing is the length of your stride!

Brad started training for running in elementary school and 15 years later he's still at it. At this age, he's less concerned about performance, but rather appreciating the experience and staying injury-free so he can continue doing what he loves. He doesn't always wear a wig when racing!

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ACCEPT THE UNEXPECTED—OR UNACCEPTED



Photo credit: Pam Wendell

By Kent Carlomagno

Being a chiropractic doctor in the community the last 30 years, my training has attuned me to human biomechanics in patients, as well as myself. While I've been running for about 42 years total (38 years readapted post surgery), for the last two years I've been faced with a few physical challenges.

Back in 1976 I was involved in a motocross accident and completely severed my left knee medial collateral and partial anterior cruciate ligaments. I questioned my complete physical recovery. The allopathic profession offered no consolation, by rendering little hope in my healing.

In my case, after injury, I discovered the incredible human body will heal to its "Limits of Matter." This is an individual process, with many intervening factors entering into our healing process, and it varies, but the most important ingredient is time and rest, which I place a high value on. Why? Because it is the key to cellular regeneration in the body. Post healing, the body will continue to perform as long as it can withstand the new physical stress loads - that is, until it is down-regulated through de-conditioning, aging, systemic disease or new injuries from over-compensations.

The make-or-break point in a usual healthy athletic career is between 45-50 years. Beyond this age - welcome to the symptoms of micro- or macro-trauma from loss of elasticity and atrophy, which can be up to 10% per decade if strength training and proper post workout recovery isn't implemented. The worst case scenario is the knife!

As Lou Zamparini stated in his new book "Never Give Up-Never Give In" - carefully listen to what your body is saying. We should all strive to run "feeling good"- not in pain. It's not necessarily about keeping up with your faster peers or younger athletes, who at some point in their athletic career will also be injured and performing at less than you (we call this the athletic circadian rhythm of training: no matter how fit you are it's impossible to always endure and stay at the top). It's about your own personal level of performance satisfaction. In youth, ability can far exceed intention. In older athletes, power of intention is what controls that which is left of ability. So with age, you have to retune your athletic philosophy to one of quality versus quantity. Let's say "accept the unexpected or unaccepted".

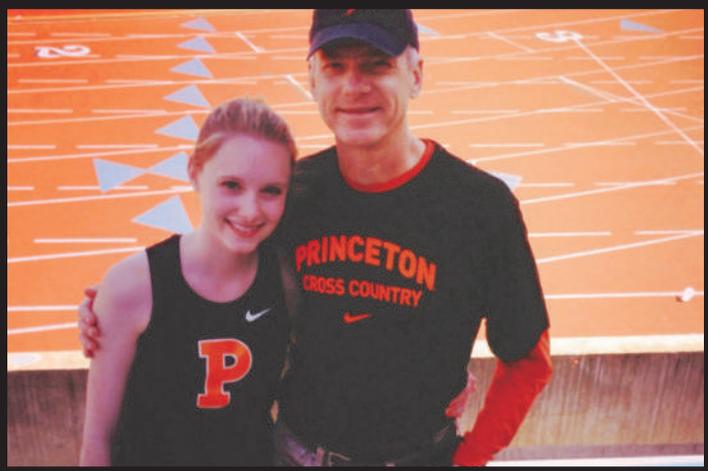
In conclusion, try to maintain great running biomechanics and avoid surgery so you have the best chance to remain injury free.

Congratulations!

Rachel Skokowski, daughter of Tamalpan Paul Skokowski (photo, right) was selected in November as a Rhodes Scholar.

Rachel is a three sports athlete at Princeton University: XC, Track & Field and Indoor Track & Field, and is a middle-distance runner there.

She ran in two Dipsea races in HS, and is a recipient of the Dipsea Scholarship.



TAMALPA TEAM RACING 2014 RECAP

By Frank Ruona

The Tamalpa Runners, Inc. is a member of the Pacific Association of the United States of America Track and Field (PA/USATF). In 1986 the PA/USATF established a Road Racing Grand Prix Circuit. As part of this Road Racing Grand Prix they included the Cross Country Championship Race at Golden Gate Park, San Francisco and, for a few years, the Gold Rush 50K race in Plumas-Eureka State Park. In 1991 they established, separately, both a Cross Country and an Ultra Grand Prix Circuit. From the beginning of these PA/USATF Grand Prix Racing Circuits, Tamalpa has been an active club entering individual members and teams to compete on these circuits. Being located in the San Francisco Bay Area and belonging to the PA/USATF Tamalpa enjoys, not only having the best running trails and venues in the USA, but, also, having the opportunity to compete in the most extensive and competitive racing circuits in the Country. Each year we have the opportunity to run Road Races, Cross Country Races and Ultra Races as individuals and as members of our Club Teams against some of the best runners in the USA and to be measured against our peers in the various age group competitions.

Over the years Tamalpa has enjoyed a considerable amount of success in this competition. Most of our success has been in the older age groups, as we have found it difficult to field scoring teams in the Open and Masters Men's and Women's events. In order to score an Open or Masters Men's Team or an Open Women's Team five runners are required to complete a team in the event for the Road Racing and Cross Country Grand Prix Circuits (except for the Marathon, which only requires three runners). For the Masters Women and the older age groups and for the Ultra teams only three runners are required to comprise a scoring team.

In 2014 on the Road Racing Grand Prix Tamalpa took first place in the Men's Super-Senior, Men's Veteran and Men's Super-Veteran (80+) Age Groups. The Tamalpa Super Senior Men took first place in 10 out of 11 races and dominated the competition. The Tamalpa Veteran Men had to win the last event of the year, the Christmas Relays, to secure a first place Grand Prix finish. They won this race as a result of Hans Schmid catching and passing the 4th WVJS runner at the 3 mile mark of the 4-1/2 mile course to secure the victory. Our Super-Veteran Men won the San Rafael Mile and was the only 80+ team to score this year and the first one ever to score in the PAUSATF.

The Tamalpa Veteran women took 2nd place; the Senior Men, and Masters and Senior Women took 3rd place; the Super-Senior Women took 4th place; the Open Men took 7th place; Masters Men took 8th place; and Open Women took 10th place.

The top individual performers for Tamalpa on the Roads were Tim Wallen and Alan Reynolds in 1st and 5th place for the Senior Men on the Short Circuit; Don Porteous, John Hirschberger and Roberto Donaire in 2nd, 3rd and 6th places for the Super-Senior Men on the Short Circuit and John Hirschberger, Roberto Donaire and Jim Morris in 1st, 7th and 10th place for the Super-Senior Men on the Long Circuit; Hans Schmid, and Elmo Shropshire in 3rd and 7th place for the Veteran Men on the Short Circuit and Hans Schmid, Robert Gormley and Bob Cowdery in 2nd, 5th and 7th place on the Long Circuit; Phil Phythian, Tom Goldman and Dennis Hassler in 1st, 2nd and 4th place for the Super-Veteran Men on the Short Circuit and Phil Phythian in 1st place on the Long Circuit; Beth Freedman in 6th place for the Masters Women on the Short Circuit; Lanore Bergenske in 9th place for the Senior Women on the Long Circuit; and Edda Stickle and Melody Anne Schultz in 5th and 6th place for the Veteran Women on the Short Circuit and Edda Stickle in 4th place on the Long Circuit.

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In 2014 on the Cross Country Grand Prix Tamalpa took first place in the Men's Super-Senior and Women's Veteran Age Groups. The Tamalpa Men's Super-Senior team fielded a scoring team in all 11 races and took first place in all 11 races. The Tamalpa Women's Veteran fielded a scoring team in 6 races and took first place in 6 races. The Tamalpa Senior Men and Super Senior Women took 2nd place; the Veteran Men took 3rd place; the Masters Men and Senior Women took 4th place; the Masters Women took 5th place; and the Open Women took 10th place. The top individual performers for Tamalpa on the Cross Country Circuit were Tim Wallen and Tom O'Reilly in 2nd and 9th place for the Senior Men; Glenn Misono, Roberto Donaire, John Hirschberger, Don Porteous and Joe Schieffer in 2nd, 4th, 5th, 6th and 8th for the Super-Senior Men; Hans Schmid and Bob Cowdery in 1st and 9th place for the Veteran Men; Patti Shore in 10th place for the Masters Women; Mary Vidovich in 10th place for the Senior Women; Mary Wells and Bridie Dillon in 6th and 10th place for the Super-Senior Women; and Melody Anne Schultz, Eve Pell, Katie Martin and Edda Stickle in 1st, 2nd, 3rd and 4th place for the Veteran Women. In 2014 on the Ultra Grand Prix Tamalpa took 2nd place in the Mixed Division, and 4th place in both the Men's and Women's Divisions. The top finishers for individuals in their age groups were Larissa Rivers in 8th place for the Open (30-39 Age Group) Women; Roxanne Woodhouse and Diana Fitzpatrick in 4th and 6th for the Senior Women; Richard Snipes in 7th place for the Open (30-39 Age Group) Men; Greg Nacco and Mark Richtman in 7th and 10th for the Senior Men; Carl Jacob, Charles Savage and Joe Schieffer in 4th, 6th and 8th place for the Super-Senior Men; and Bob Cowdery in 2nd place for the Veteran Men.

2015 is coming and we will have teams to score on all three PA/USATF Grand Prix Racing Circuits. You need a valid 2015 USATF card with Tamalpa as your designated Club to score for a Tamalpa team in the races.



California International Marathon- 12/7/14

<u>Rank</u>	<u>Name</u>	<u>Bib</u>	<u>Time</u>	<u>Pace</u>	<u>Hometown</u>	<u>Age</u>	<u>Sex</u>	<u>Division</u>	<u>Div Rank</u>
1	Jacob Chetai	9	02:11:56	05:03	Santa Fe	27	M	M25-29	1
43	Volha Mazuronak	6	02:27:33	05:38	New York	25	F	F25-29	1
67	Chris Knorz	285	02:32:50	05:50	Rocklin	45	M	M45-49	1
91	Rich Hanna	173	02:36:31	05:59	US	50	M	M50-54	1
143	Molly Friel	64	02:41:30	06:10	Fresno	47	F	F45-49	1
152	Lucas Agricola	8277	02:44:42	06:18	Sausalito	33	M	M30-34	33
154	Mark McDermott	4871	02:44:47	06:18	San Rafael	36	M	M35-39	27
188	Mark Churchill	1527	02:48:19	06:26	Novato	39	M	M35-39	23
245	Frank Meza	8284	02:52:33	06:36	So Pasadena	65	M	M65-69	1
266	Jenny Hitchings	232	02:54:24	06:40	Sacramento	51	F	F50-54	1
313	Jon Gunderson	2948	02:57:04	06:46	San Francisco	37	M	M35-39	33
326	Duncan Seay	6658	02:58:07	06:48	Tiburon	48	M	M45-49	25
508	Jason Reed	6126	03:07:17	07:09	San Bruno	35	M	M35-39	68
606	John Hirschberger	3310	03:11:45	07:20	San Francisco	62	M	M60-64	1
733	Tim Fitzpatrick	2442	03:15:32	07:28	Larkspur	53	M	M50-54	47
944	Milos Costic	4015	03:22:34	07:45	Regina	73	M	M70-74	1
995	Suzanne Ray	668	03:24:01	07:48	Jacksonville	62	F	F60-64	1
1319	Kevin Skiles	6861	03:32:20	08:07	Mill Valley	40	M	M40-44	189
1836	Sue Kreusch	4042	03:44:53	08:35	San Rafael	51	F	F50-54	25
1858	Jim Morris	5212	03:45:21	08:37	Albany	65	M	M65-69	8
2034	Dorette Franks	2543	03:49:47	08:47	Fairfax	45	F	F45-49	51
2325	Linda Lindsay	4373	03:55:28	09:00	Petaluma	50	F	F50-54	43
2849	Hansi Rigney	6228	04:08:37	09:30	Carmel	73	F	F70-74	1
3833	Mike Sullivan	7164	04:34:59	10:30	San Bruno	55	M	M55-59	173
4692	Bob Cowdery	1701	05:02:11	11:33	Novato	70	M	M70-74	14
5383	Thomas Marrin	4708	05:40:24	13:00	Fremont	81	M	M80-99	1
5449	Darryl Beardall	727	05:46:40	13:14	Santa Rosa	78	M	M75-79	4



North Face Endurance Challenge, San Francisco - 12/06/2015

50 Mile

Rank	Name	Bib	Time	Age	Sex	Division	Div Rank
1	Sage Canaday	323	6:07:52	29	M	M Open	1
3	Alex Varner	211	6:14:06	29	M	M Open	3
4	Tofol Castanyer	9	6:21:13	42	M	M40-49	1
7	Jorge Maravilla	350	6:28:28	37	M	M Open	6
25	Magdalena Boulet	322	7:08:09	41	F	F40-49	1
31	Megan Kimmel	453	7:17:20	34	F	F Open	1
34	Brett Rivers	655	7:22:02	33	M	M Open	29
36	Gary Gellin	419	7:25:31	46	M	M40-49	5
111	Jonathan Bretan	461	8:56:23	32	M	M Open	
112	Kelsie Clausen	337	8:57:03	20	F	F Open	
115	Luanne Park	439	9:01:07	54	F	F50-59	1
117	Kermit Cuff	496	9:03:30	56	M	M50-59	1
123	Mario Diego	359	9:14:12	41	M	M40-49	
127	Laura Richard	452	9:15:28	45	F	F40-49	
168	Mara Snipes	409	9:44:11	39	F	F Open	
169	Richard Snipes	408	9:44:12	39	M	M Open	
207	Tony Marshall	478	10:06:58	37	M	M Open	
308	Mary Churchill	427	10:57:51	39	F	W Open	
363	Lanore Bergenske	443	11:46:34	57	F	F50-59	
469	Gary Whittington	311	13:14:46	60	M	M60-69	

50 K

Rank	Name	Bib	Time	Age	Sex	Division	Div Rank
1	Stephen Donohue	2237	3:59:17	37	M	M Open	1
13	Emily PetersOn	2119	4:33:25	28	F	F Open	1
253	Hans Schmid	2124	6:36:59	74	M	M70-79	1
427	Angelina Funtanilla	2281	8:01:56	44	F	F40-49	

Marathon

Rank	Name	Bib	Time	Age	Sex	Division	Div Rank
1	Iain Ridgway	3289	3:17:17	34	M	M Open	1
10	Penny Macphail	3207	3:59:02	46	F	F40-49	1
22	Clare Bernard	3180	4:19:24	23	F	F Open	
139	Emily Howland	3936	5:29:00	27	F	F Open	

Half Marathon

Rank	Name	Bib	Time	Age	Sex	Division	Div Rank
1	JP Donovan	2805	1:26:25	27	M	M Open	1
6	Brian Pilcher	4688	1:32:14	58	M	M50-59	1
14	Kate Major	4723	1:39:36	37	F	F Open	1
35	Michael Broom	4598	1:46:23	37	M	M Open	
96	Steven Stenberg	4771	1:56:40	54	M	M50-59	
131	Bud Parer	4788	2:00:04	51	M	M50-59	
184	Larissa Rivers	4736	2:04:37	37	F	F Open	
208	Kathleen Helmer	4677	2:06:49	41	F	F40-49	
231	Andie Von Eschen	4700	2:08:19	18	F	F Open	
232	Kristin Von Eschen	4699	2:08:22	49	F	F40-49	
297	Michelle Wilcox	4675	2:12:28	47	F	F40-49	
372	George Dombrovski	4658	2:17:51	62	M	M60-69	
540	Yoko Kasai	4657	2:28:32	42	F	F 40-49	
660	Maili Costa	4743	2:38:15	36	F	F Open	
673	Brian Wong	4710	2:39:52	51	M	M50-59	

10 K

Rank	Name	Bib	Time	Age	Sex	Division	Div Rank
1	Jules Korman	6315	45:41:00	18	M	M Open	1
4	Jenny Wong	6350	46:45:00	39	F	F Open	1
8	Nancy Simmons	6342	49:14:00	55	F	F50-59	1
143	Andy Mathieson	6343	1:03:00	58	M	M 50-59	

5 K

Rank	Name	Bib	Time	Age	Sex	Division	Div Rank
1	Jeremy Cotter	7126	16:55:00	33	M	M Open	1
7	Christina Blaisdell	7162	19:32:00	32	F	F Open	1



BREAKING NEWS

TAMALPA HEADLANDS 50K GAINS USATF NATIONAL CHAMPIONSHIP STATUS



\$5,000 Championship Prize Money
August 29, 2015—7:30am
Muir Beach, CA

41st Annual Christmas Relays, Sunday, December 14, 2014

Place	Team Name	Time	Pace	Div/Tot	Div
1	BATC	1:29:06	5:00	1/72	OPEN
2	Aggies RC	1:32:12	5:10	2 of 72	OPEN
3	West Valley TC	1:34:05	5:17	3 of 72	OPEN
4	NBSV Purple Rain	1:35:14	5:20	4 of 72	OPEN
7	Wolfpack	1:37:38	5:29	7 of 72	OPEN
11	Tamalpa Open Men A	1:41:08	5:40	9 of 72	OPEN
12	WVTC-A	1:41:18	5:41	1 of 13	MASTERS MEN
13	BATC	1:42:04	5:43	1 of 21	OPEN WOMEN
14	Tamalpa Senior Men A	1:43:57	5:50	1 of 9	SENIOR MEN
42	Tamalpa Masters Men	1:54:35	6:25	4 of 13	MASTERS MEN
45	Tamalpa Sr Men North	1:55:11	6:28	3 of 9	SENIOR MEN
58	Tamalpa Open Men B	2:00:39	6:46	25/72	OPEN
65	Tamalpa Masters Women	2:02:11	6:51	1 of 12	MASTERS WOMEN
68	Tamalpa SS Men A	2:02:47	6:53	1 of 5	MEN 60-69
110	What the Duck LMJS	2:14:48	7:33	2 of 8	SENIOR WOMEN
116	Tamalpa Sr Women A	2:16:30	7:39	3 of 8	SENIOR WOMEN
137	Tamalpa Open Women	2:23:09	8:01	17/21	OPEN WOMEN
143	Tough Old Birds LMJS	2:25:29	8:09	1/4	WOMEN 60-69
157	Tamalpa Veteran Men	2:28:43	8:20	1/3	MEN 70+
159	Tamalpa Senior Men B	2:29:13	8:22	8/9	SENIOR MEN
160	Tamalpa SS Men B	2:29:28	8:23	4/5	MEN 60-69
179	Tamalpa SS Women	2:38:55	8:54	3/4	WOMEN 60-69
183	Tamalpa Veteran Women	2:45:47	9:18	1 of 1	WOMEN 70+
194	Tamalpa Senior Men C	3:00:10	10:06	9 of 9	SENIOR MEN
208	Tamalpa Sr Women B	3:18:38	11:08	8 of 8	SENIOR WOMEN



41st Annual Christmas Relays 4 X 4.46 Miles

Lake Merced - Dec 14 2014

OPEN WOMEN

1	BATC	1:42:04
13	Tamalpa	2:23:09
	Kathy Johnson	30:32
	Sarah Chao	36:28
	Maddie Gebbie	??
	Mary Collie	??

OPEN MEN

1	BATC	1:29:06
6	Tamalpa A	1:41:08
	Lucas Agricola	24:33
	TR Parker	25:56
	Jonathan Bretan	26:11
	James Nielsen	24:28
10	Tamalpa B	2:00:39
	Dan Lee	??
	Andy Krone	28:22
	Jon Schroeder	??
	TR Parker	??

40+ WOMEN

1	Tamalpa	2:02:11
	Patti Shore	30:03
	Beth Freedman	28:47
	Kathy Herzog	31:40
	Kathy Herzog	31:41
2	Pamakids	2:04:00

40+ MEN

1	WVTC	1:41:18
4	Tamalpa	1:54:35
	Dan Borgonova	29:18
	Jose Anguiano	26:21
	Duncan Seay	29:03
	Peter O'Reilly	29:53

50+ WOMEN

1	LMJS	2:14:48
2	Tamalpa A	2:16:30
	Mary Vidovich	32:03
	Linda Lindsay	34:51
	Susan Kreuzsch	34:12
	Tricia Wallace	35:24
5	Tamalpa B	3:18:38
	Mary Aycock	56:00
	Katie Martin	50:30
	Judi Shaffer	44:57
	Shirley Dahl	47:11

50+ MEN

1	Tamalpa A	1:43:57
	Alan Reynolds	25:30
	Brian Pilcher	??
	Tim Wallen	??
	Brad O'Brien	??
2	WVJS	1:51:29
3	Tamalpa North	1:55:11
	Brad Brian	28:34
	Don Lindsey	29:27
	John Lundy	27:47
	John Lundy	29:19
5	Tamalpa B	2:29:28
	David Champagne	34:44
	Peter Gebbie	??
	Ron Goodman	32:35
	Bill Pillars	??
6	Tamalpa C	3:00:10
	Dennis Hassler	56:45
	Dimitris Sklavopoulos	36:36
	Malcolm Singer	50:43
	Mike Sullivan	36:06

60+ WOMEN

1	LMJS	2:25:29
3	Tamalpa	2:38:55
	Laurie Arnold	43:00
	Patti Pickett	39:36
	Bridie Dillon	40:17
	Mary Wells	36:02

60+ MEN

1	Tamalpa A	2:02:47
	Donald Porteous	29:07
	Kenneth Grebenstein	31:43
	John Hirschberger	29:01
	Jim Myers	32:56
3	Tamalpa B	2:29:28
	James Morris	34:43
	Kevin Porter	39:12
	Robert Knox	39:22
	Frank Ruona	36:11

70+ WOMEN

1	Tamalpa	2:45:47
	Eve Pell	41:08
	Melody Ann Schultz	37:33
	Katherine Singer	45:38
	Edda Stickle	41:28

70+ MEN

1	Tamalpa	2:28:43
	Len Goldman	30:31
	Darryl Beardall	42:56
	Russ Kiernan	42:43
	Hans Schmid	32:33

Quad Dipsea

29-Nov-14

Place	Name	Bib No	Age	Gender	Age Group	Rnk	Time	Pace
1	Chikara Omine	359	32	M	1 M 30-39	3	4:12:01	8:52/M
2	Dave Mackey	1	45	M	1 M 40-49	1	4:15:03	8:59/M
5	Jean Pommier	28	50	M	1 M 50-59	7	4:38:31	9:48/M
7	Mark Richtman	59	59	M	2 M 50-59	10	4:45:23	10:03/M
13	Levi Webb	344	32	M	5 M 30-39	12	4:59:39	10:33/M
14	Caren Spore	7	46	F	1 F 40-49	17	5:00:16	10:34/M
16	Burr Purnell	274	42	M	4 M 40-49	27	5:01:17	10:37/M
17	Tony Marshall	37	37	M	6 M 30-39	22	5:03:08	10:40/M
18	Eduardo Vazquez	335	41	M	5 M 40-49	16	5:04:32	10:43/M
19	Jason Reed	280	35	M	7 M 30-39	24	5:08:36	10:52/M
24	Greg Nacco	22	54	M	4 M 50-59	35	5:16:04	11:08/M
26	Geoff Vaughan	20	50	M	5 M 50-59	34	5:19:10	11:14/M
32	Brendan Donohoe	131	40	M	7 M 40-49	28	5:27:53	11:33/M
35	John Lundy	51	51	M	7 M 50-59	51	5:31:16	11:40/M
40	Richard Snipes	39	39	M	16 M 30-3	41	5:40:58	12:00/M
44	Karl Hoagland	49	49	M	12 M 40-4	32	5:45:46	12:10/M
50	Jane Baldwin	53	53	F	1 F 50-59	53	5:49:46	12:19/M
54	Colin Gardiner	27	27	M	9 M 20-29	87	5:52:33	12:25/M
67	Kim Kortz	203	50	F	3 F 50-59	80	6:04:51	12:51/M
78	Jeri Howland	58	58	F	4 F 50-59	87	6:11:39	13:05/M
85	Panya Somnhot	76	33	M	30 M 30-3	74	6:16:49	13:16/M
94	Jerome Lourme	14	53	M	16 M 50-59	89	6:23:01	13:29/M
97	Dave Covey	18	53	M	17 M 50-5	117	6:26:38	13:37/M
112	Michael Lee	211	66	M	1 M 60-69	85	6:40:38	14:06/M
113	Grant Sisler	38	38	M	42 M 30-3	149	6:41:01	14:07/M
118	Ted Knudsen	17	45	M	32 M 40-49	94	6:41:02	14:07/M
129	Hans Schmid	74	74	M	1 M 70-99	128	6:48:20	14:23/M
149	Dimitri Sklavopoulos	360	69	M	5 M 60-69	138	7:03:43	14:55/M
173	Ben Travers	329	45	M	42 M 40-49	150	7:22:01	15:34/M
174	Alexandra Dronkers	134	62	F	1 F 60-69	194	7:22:41	15:35/M
175	Bob Cowdrey	121	70	M	2 M 70-99	115	7:23:03	15:36/M
180	Mary Press	271	46	F	13 F 40-49	200	7:29:13	15:49/M
181	Carl Jacob	61	61	M	11 M 60-6	190	7:29:51	15:50/M
202	Marcy Shone	300	63	F	3 F 60-69	228	7:46:32	16:26/M
204	Charles Savage	10	67	M	15 M 60-6	179	7:48:40	16:30/M
215	Rose Repetto	281	46	F	19 F 40-49	223	7:59:16	16:53/M
http://www.buzzwordproductions.com/results/2014/quad/overall.htm								
RED-Tamalpa Member with USATF Card								
Blue- Tamalpa Member- no USATF Card								

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- Online signup via Active.com and form for printing and mailing: www.tamalparunners.org/join.php

Website

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- Facebook: <https://www.facebook.com/groups/tamalparunners/>
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TAMALPA HOLIDAY PARTY! SATURDAY, JANUARY 31st!



Mark your calendars. Two MAJOR events in January y'all. First up is the Tennessee Valley TCRS 3.6 miler on Sunday, January 11th at 9:00am. It's a big, fun race so join in. Second, make sure you're up for some dancing and celebrating on Saturday, January 30th as we ring in the new... month... with food, drinks, live music from The Overcommitments (photo above from last year's event) and all your friends! See what they look like when they're all cleaned up!

January 2015

Schedule of Events

- ◆ Sunday, January 11, 9am sharp—TCRS at Tennessee Valley
- ◆ Saturday, January 31st, 7pm—1am —Annual Tamalpa Party at Seahorse Sausalito. Get your tickets at www.eventbrite.com/e/tamalpa-holiday-party-2015-tickets-15028606968 or email us at communications@tamalparunners.org.
- ◆ Sunday, February 15th at 9am—Tamalpa Couple's Relay, Vintage Oaks, Novato.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11 TCRS #1	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Party!



Tamalpa Runners

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