

1. PA Grand Prix Racing for 2018 Starts on 2/3/18 & 2/4/18- Tamalpa team racing on the PAUSATF Road Racing, Cross Country & Ultra Grand Prix Circuits start on 2/3/18 and continues until 12/16/18. Tamalpa tries to field scoring teams in these races whenever possible. The next Road Racing Grand Prix race will be the Super Sunday 10K on 2/4/18. The Next Ultra Grand Prix Race is the Jed Smith 50K on 2/3/18. We had a Good Racing Season in 2017, let's do it again in 2018. We need to do our best to have Tamalpa Scoring teams at these races! To score for your Tamalpa racing team, you need to have a 2018 USATF card. You can check at <http://www.pausatf.org/data/members.php?club=100> to see if your USATF card is current. If you do not have a current USATF card sign up for your 2018 USATF card at <https://www.usatf.org/membership/application/> Make sure you list Tamalpa, Club #100, as your Club. It is easy to miss the Club designation when you sign up for your USATF card. Look for the Club Designation on the RIGHT side of the screen. Make sure you have your 2018 USATF card and get out and race for your Tamalpa racing team. Make sure you wear a Tamalpa uniform top in all PA races.

2. 2018 USATF Cards are provided complimentary to those Tamalpans who meet the standards for the Tamalpa Runners Outstanding Runner Recognition Program In order to recognize and reward Tamalpa Runners for their contribution to the Club's Racing Teams and encourage participation by Tamalpa Runners in the Pacific Association Races for the Road Racing, Cross Country and Ultra Running Grand Prix Series the Tamalpa Runners, Inc. Running Club will pay the annual fee to renew your USATF card of \$30.00 for any Tamalpa Runner who ran at least seven PA races for their Tamalpa Racing Team in the prior year. These seven races can be any combination of Road, Cross Country or Ultra Races. Ultra-Runners who competed in at least four PAUSATF Ultra Grand Prix Races qualify for a complimentary USATF card. Contact your Racing Team Captain or Frank Ruona if you qualify and you want Tamalpa to reimburse you for the purchase your 2018 USATF card.

3. 2018 USATF Pacific Road Racing Grand Prix Schedule

Date	Race	Location	Points	Scoring Divisions	Team Scoring	Series
Sun., Feb. 4	Super Sunday Run 10K	Sacramento	1	All	Yes	Short
Sat., March 3	NorCal John Frank Memorial 10-Mile	Redding	1	All	Yes	Long
Sun., March 11	Reach for a Star 5K	Brisbane	1	All	Yes	Short
Sun., April 8	Credit Union SACTOWN Ten Mile Run	Sacramento	1	All	Yes	Long
Sun., April 29	Stow Lake Stampede 5K	San Francisco	1	All	Yes	Short
Sun., May 6	Devil Mountain Mile of Truth	Danville	1	All	Yes	Short
Sun., June 24	One Mile Bang	Los Gatos	1	All	Yes	Short
Tues., July 4	Morgan Hill Freedom Fest 5K	Morgan Hill	1	All	Yes	Short
Sun., Nov. 11	Clarksburg Country Run Half Marathon	Clarksburg	1.5	All	Yes	Long
Sun., Dec. 2	California International Marathon & 2018 USATF National Marathon Championships	Folsom to Sacramento	2	All	Yes	Long
Sun., Dec. 16	Christmas Relays	San Francisco	2	All	Only	None

4. 2018 PA Ultra Running Grand Prix Event Schedule

Date	Day	Event	Location	Website
Feb. 3	Sat.	Jed Smith 50K	Sacramento	http://www.chipsrunning.com/jed-smith-ultras/
Feb. 18	Sat.	Fourmidable 50K	Auburn	http://singletrackrunning.com/fourmidable/
Mar. 3	Sat.	Way Too Cool 50K	Cool	http://www.wtc50k.com/
Apr. 7	Sat.	American River 50M	Folsom Lake	http://www.ar50mile.com/
Apr. 21	Sat.	Ruth Anderson 100K/50M (not 50K)	San Francisco	http://www.run100s.com/ra.htm
May 12	Sat.	Quicksilver 100K/50K	San Jose	http://www.quicksilver-running.com/
May 19	Sat.	Silver State 50M (not 50K)	Reno	http://silverstatestriders.com/
May 20	SUN.	Ohlone Wilderness 50K	Mission Peak Trailhead in Fremont to Lake DeValle in Livermore	http://ohlone50k.com/
June 1	Fri.	San Francisco One Day	San Francisco	http://www.pctrailruns.com/event.aspx?dtid=13006
Aug. 5	SUN.	Skyline 50K	Lake Chabot Marina, Castro Valley	http://scenaperformance.com/events/skyline-50k/
Aug. 25	Sat.	Tamalpa Headlands 50K	Marin Headlands and Mt. Tamalpias State Park	http://www.headlands50k.com/
Sept. 1	Sat.	PCTR Headlands Hundred 100M	Golden Gate National Recreation Area, Sausalito	http://www.pctrailruns.com/event.aspx?dtid=11005
Sept. 15	Sat.	Folsom Lake 100K	Folsom Lake	http://singletrackrunning.com/flutclockwise/
Nov. 3	Sat.	Rio Del Lago 100M	Folsom Lake, Lake Natoma, Auburn State Recreation Area	http://www.rio100mile.com/

5. TCRS 2018

TCRS	Date	Day	Time	Location	Length	Race Information
2	Feb 18	Sun	9:00 AM	Verissimo/O'Hair Park	4.4 Mi	Directions/Parking: 885 Sutro Ave., Novato Nearest Bathroom: Starbucks, 127 San Marin Drive.
3	Mar 11	Sun	9:00 AM	Gold Hill, San Rafael	5.3 Mi	Directions/Parking: 291 Magnolia Ave., San Rafael Nearest Bathroom: Downtown San Rafael. The route takes you up a tree lined fire road opening up to some spectacular views and then onto the technical descent for the loop course above Dominican

						University. Members and guests are invited to the race which starts at 8:45 for the Super Seniors and Veterans and 9:00AM for the rest of the participants.
4	Apr 8	Sun	9:00 AM	Terra Linda/Sleepy Hollow	4.6 Mi	Course: Start/Finish/Parking SanMargarita Elementary School, 1055 Las Ovejas Ave, San Rafael Directions: 101 to Freitas Parkway, Right on Del Ganado and Right on Las Ovejas Nearest Bathroom: Terra Linda Community Center – 670 Del Ganado
5	May 6	Sun	9:00 AM	Loma Alta	6.8 Mi	Course: Directions/Parking: White Hill Middle School, 101 Glen Dr, Fairfax Nearest Bathroom: Downtown Fairfax
6	Jul 13	Fri	6:30 PM	McInnis Run/Golf	4 Mi	Course: Directions: McInnis Park Golf Course – 350 Smith Ranch Road, San Rafael Nearest Bathroom: Golf Course Post Race Dinner: 7:30 on Patio
7	Aug 12	Sun	9:00 AM	Crown Road	5.5 Mi	Directions: College Ave to Woodland Ave to Evergreen Drive to Crown Road Nearest Bathroom: Woodlands Market/College of Marin
8	Sep 16	Sun	9:00 AM	Indian Valley	5.8 Mi	Directions: San Jose Middle School – 1740 Ignacio Blvd, Novato Nearest Bathroom: Middle School
9	Oct 14	Sun	9:00 AM	TBD	TBD	TBD
10	Nov 11	Sun	9:00 AM	Redwood High School	5 km	Course: Same as always! Directions: 395 Doherty Drive, Larkspur Nearest Bathroom: School

5. Coyote Hills Half Marathon, 10K & 5K, Saturday, January 20, 2018 - 9:00 a.m. Coyote Hills Regional Park, 8000 Patterson Ranch Road, Fremont, CA 94555 <https://brazenracing.com/coyotehills>

6. 2018 Sacramento T&F Officiating Training Clinic American River College, Sacramento on January 20, 2018 - 9:00 a.m. 4700 College Oak Dr., Sacramento, CA 95841 <https://www.pausatf.org/officials/> Tamalpa is required to have certified USATF Officials to support PAUSATF Races.

6. Marina Green 5K, Sunday, January 21, 2018 @ 9:00 AM S/F Yacht Harbor Parking Lot (Little Marina Green), San Francisco, CA 94129 http://dserunners.com/ai1ec_event/marina-green-5k-2018/?instance_id=1711

7. Second Annual Pasadena Half Marathon & 5K, Sunday, January 21, 2018 - 7:00 a.m. Rose Bowl Stadium, 1001 Rose Bowl Drive, Pasadena, California <https://www.pasadenahalf.com/>

8. Folsom Lake Sweet Water 50k, 22 mi, 18 mi, 13.1 mi, 8mi, 10K & 5K Trail Run, Saturday, January 27, 2018 - 8:00 AM SALMON FALLS PARKING LOT, Folsom, CA <http://www.tctrans.com/>

9. China Camp Challenge 5K/10K/Half Marathon, Saturday, January 27, 2018 - 8:30 AM China Camp State Park, San Rafael, CA <http://www.urbancoyoteracing.com/china-camp-challenge.html>

10. Waterfront 10M & 5K, Sunday, January 28, 2018 @ 9:00 AM Sierra Point Marina, 400 Sierra Point Pkwy, Brisbane, CA 94005 http://dserunners.com/ai1ec_event/waterfront-10m-5k-2018/?instance_id=1710

11. LMJS 4th Sunday 5k, 10k & 15k Run, 1/28/2018 - 9:00 AM 568 Bellevue St, Oakland, CA 94610 <http://lmjs.org/>

12. The Jed Smith ½ Marathon, 30K, 50K and 50 mile Ultra Classic, Saturday – February 3, 2018 - 7:30 AM. The Watt Avenue access to the American River Parkway, La Riviera Drive and Watt Ave. Sacramento, CA 95826 <http://www.chipsrunning.com/jed-smith-ultras/> **PAUSATF Ultra Racing Grand Prix 50K Championship Race**

13. USATF Pacific's LDR Awards Banquet, Saturday, February 3, 2018 - 6:00 PM Dante Club, 2330 Fair Oaks Boulevard, Sacramento, CA 95825 Speaker: Billy Mills, 1964 Olympic Gold Medalist in the 10,000m <https://www.pausatf.org/rr-save-the-date-2017-pa-ldr-awards-banquet/>

14. 2018 HOKA ONE ONE Track and Field SuperClinic, Saturday, 3 February, 2018 - 9:00 AM Lillard Hall, Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822. <https://www.pausatf.org/coaches/track-field-superclinic/>

15. Ordnance 100K, Saturday, February 3, 2018 - 6:00 a.m. Laguna Seca Recreation Area, 1025 50. Monterey Salinas Highway, Salinas, CA 93908 <http://insidetrail.com/calendar/ordnance-100k/>

16. Fort Ord 10K / 25K / 50K Trail Run, Saturday – February 3, 2018 - 8:00 AM. Laguna Seca Recreation Area, 1025 Monterey Salinas Highway, Salinas, CA 93908 <http://insidetrail.com/calendar/fort-ord-trail-run/>

17. Sean O'Brien 100K/50M/50K/26.2M, Saturday – February 3, 2018 - 5:00 AM. Malibu Creek State Park, 1925 Las Virgenes Road, Calabasas, CA 91302 <http://sob5050.com/>

18. California Family Fitness Super Sunday 5k & 10k Run, Sunday, February 4, 2018 - 8:30 a.m. Start: Near Hornet Stadium on College Town Drive, Sacramento, CA <https://runsra.org/super-sunday-run/> **PAUSATF Road Racing Grand Prix 10K Championship Race**

19. 2018 Kaiser Permanente San Francisco Half Marathon & 5K, Sunday, February 4,

2018 - 8:00 a.m. Golden Gate Park on Strawberry Hill near John F. Kennedy Drive & Stow Lake Drive, San Francisco, CA
www.getfitkpsf.com

20. Western States FEBRUARY TRAINING RUN, Saturday, February 10, 2018 - Bus leaves at

8:00 a.m. from Placer High School, Auburn, California. This run acquaints you with the final 20 miles of the trail.
<https://www.wser.org/training-runs/>

21. Bay Breeze HALF MARATHON, 10K & 5K, Saturday, FEBRUARY 10, 2018 - 8:00 a.m.

San Leandro Marina Park <https://brazenracing.com/baybreeze/#>

22. Tamalpa Winter Party, Saturday, February 10, 2018 - 6:00 p.m. The Outdoor Art Club, 1 West

Bliethedale Ave., Mill Valley \$45 per person, members only plus one guest. Appetizers, buffet dinner, dessert, beer, wine, coffee, non-alcoholic drinks; plus DJ, dancing, video/photos from Tim Amyx, maybe even some awards! Details to come in a separate email soon.

23. 38th Annual – 2018 Couples Relay, Sunday, February 11, 2018 - @ 8:00 am Tamalpa

Runners presents the 38th Annual Couples Relay. The female partner runs a two-mile loop, and then tags their male partner, who runs the same course. There are awards in each the division in Open, Married, Father/Daughter/Granddaughter, Mother/Son/Grandson, based on the combined age. New this year: High School (pairs from same school and from different schools) and Middle School. The course, modified for a smoother start and finish, is a flat and fast and scenic, along the Corte Madera creek waterfront. Distance: 2 miles each runner, 4 miles per couple. Directions: Marin Country Mart 2257 Larkspur

Landing Cir, Larkspur, CA 94939 www.tamalparunners.org

24. Running To The Rescue's 1st Annual ICE CREAM 1 Mile FUN RUN!!! Sunday,

February 11th, 2018 - @ 8:30 am MLK Field, 610 Coloma Street, Sausalito, CA <https://runningtotherescue.weebly.com/>

25. 2018 San Mateo T&F Officiating Training Clinic Serra High School, San Mateo,

February, Sunday, 11th, 2018 - 10:30 a.m. 451 W 20th Ave, San Mateo, CA 94403 <https://www.pausatf.org/officials/>

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26. Rockaway Beach 5K, Sunday, February 11, 2018 @ 9:00 AM Rockaway Beach Parking Lot, San

Marlo Way & Dondee St, Pacifica, CA 94044 http://dserunners.com/ai1ec_event/rockaway-beach-5k-2018/?instance_id=1712

27. Marshall Gold Discovery 5K, 10K & 1/2 Marathon Run, Saturday, FEBRUARY 17,

2018 - 9:00 a.m. Marshall Gold Discovery Park, North Beach parking lot, Coloma, CA 95613 <http://www.tctrans.com/>

28. Chabot 5K,10K, Half, 30K & 50K Trail Run, Saturday, FEBRUARY 17, 2018 – 8:30 a.m.

Lake Chabot Regional Park, 17930 Lake Chabot Road, Castro Valley, CA 94546 <http://insidetrail.com/calendar/chabot-trail-run/>

29. FOURmidable 50K, Saturday, FEBRUARY 17, 2018 - 8:00 a.m. Overlook Park, 855 Pacific Ave,

Auburn, CA 95603 <http://singletrackrunning.com/fourmidable/> **PAUSATF Ultra Racing Grand Prix 50K Championship Race**

30.TCRS #2 at Verissimo/O’Hair Park (4.4 Miles), Sunday, February 18, 2018 @ 9:00 a.m.

Early Start for 60+ Runners at 0845. Directions/Parking: 885 Sutro Ave., Novato. Nearest Bathroom: Starbucks, 127 San Marin Drive.
<http://www.tamalparunners.org/wordpress/tcrs-2018/>

31. FOURmidable 35K, 1/2 Marathon & 13K, Sunday, FEBRUARY 18, 2018 - 8:00 a.m.

Overlook Park, 855 Pacific Ave, Auburn, CA 95603 <http://singletrackrunning.com/fourmidable/>

32. Fort to Fort 10K, Sunday, February 18, 2018 @ 9:00 AM Fort Mason Center, Marina Blvd & Laguna St.,

San Francisco, CA http://dserunners.com/ai1ec_event/fort-to-fort-10k-2018/?instance_id=1713

33. The 35th Annual Davis 5K, 10K and Half Marathon Stampede, Sunday, FEBRUARY 18, 2018 - 8:00 a.m. Playfields Park, 2500 Research Park Dr, Davis, CA 95618 <http://changeofpace.com/event/davis-stampede/>

34. Valley Ford Relay 4 x 2.75 miles, Sunday, FEBRUARY 18, 2018 - 9:00 a.m. Dinucci's Restaurant, Valley Ford, Hwy 1 <https://www.empirerunners.org/event-2519167?CalendarViewType=0&SelectedDate=8%2f3%2f2018>

35. THE VICTORY HALF MARATHON, 10K, & 5K, Saturday, FEBRUARY 24, 2018 - 8:00 a.m. Craneway Pavilion, Richmond Marina Bay <https://brazenracing.com/victory/>

36. Mt Umunhum 12K, 22K, 33K & 50K Trail Run, Saturday, FEBRUARY 24, 2018 - 7:30 a.m. Mt Umunhum / Sierra Azul (Santa Cruz Mountains), Almaden Quicksilver Park, 18839 Mockingbird Hill Lane, San Jose, CA 95120 <https://ultrasignup.com/register.aspx?did=52840>

37. The 40th Couples Relay, Sunday, February 25th, 2018 at 9:00 a.m. LMJS Couples Relay is a two-person relay with each team member running one 5K lap around Lake Merritt, Oakland, CA <http://lmjs.org/event-2719121>

38. Spreckels Lake 5K, Lightning Mile, and Kids Run, Sunday, February 25, 2018 @ 9:00 a.m. JFK Dr & 36th Ave (across from Spreckels Lake), San Francisco, CA 94121 http://dserunners.com/ai1ec_event/spreckels-lake-5k-lightning-mile-and-kids-run-2018/?instance_id=1714

39. NorCal John Frank 10 Mile Memorial Run, Saturday, March 3, 2018 - 10:00 a.m. Lake Redding/Caldwell Park, Benton Dr., Redding, CA 96003 <http://www.sweatrc.com/NorCal/index.html> **PAUSATF Road Racing Grand Prix 10 Mile Championship Race**

40. 29th annual running of the Way Too Cool 50K, Saturday, March 3, 2018 - 8:00 a.m. Cool Fire Station, 7200 Florian Court, Cool, CA 95614 <http://www.wtc50k.com/> **PAUSATF Ultra Racing Grand Prix 50K Championship Race**

41. Sanborn Park 4.2 Miles, 9 Miles & ½ Marathon Trail Challenge, Saratoga, Saturday, March 3, 2018 - 8:30 a.m. 16055 Sanborn Rd. Saratoga, CA 95070. <http://www.tctrans.com/>

42. 40th Annual Kaiser Permanente Napa Valley Marathon, Sunday, 3/4/2018 - Taking a bus is the best way to get to the race start. Park at Vintage High School (the finish line). Monitors will direct you to the parking area. Plan to arrive at Vintage High School by 5:00 a.m. Don't be late! Buses that take you to the start in Calistoga begin leaving at 5:15 a.m. <http://napavalley-marathon.org/>

43. Baker Beach 5K, Sunday, March 4, 2018 @ 9:00 a.m. Lower Baker Beach Parking Lot, Baker Beach, San Francisco, CA http://dserunners.com/ai1ec_event/baker-beach-5k-2018/?instance_id=1722

44. 2018 Santa Cruz Half Marathon, 10k & 5k, Sunday, March 4, 2018 - 8:00 a.m. Depot Park • 303 Water Street Santa Cruz, CA 95060 <https://santacruzhalfmarathon.com/>

45. 2018 Livermore Half Marathon & 5K, Sunday, March 4, 2018 - 7:00 a.m. First Street & S. Livermore Ave, Livermore, CA 94550 <https://www.motivrunning.com/livermore-halfmarathon/>

46. Marin 50 Mile, 50K & 25K Ultra Challenge, Saturday – March 10, 2018 - 6:00 a.m. Fort Baker, GGNRA, East Road & Somerville Road, Sausalito, CA 94965 <http://insidetrial.com/calendar/marin-ultra-challenge/>

47. Reach For A Star 5K, Sunday, March 11, 2018 - 8:30 AM 400 Sierra Point Parkway Brisbane, CA 94005 <https://www.facebook.com/events/201075433699527/> **PAUSATF Road Racing Grand Prix 5K Championship Race**

48. TCRS #3 at Gold Hill, San Rafael (5.3 Miles), Sunday, March 11, 2018 @ 9:00 a.m. Early Start for 60+ Runners at 0845. 291 Magnolia Ave., San Rafael Nearest Bathroom: Downtown San Rafael. The route takes you up a tree

lined fire road opening up to some spectacular views and then onto the technical descent for the loop course above Dominican University.
[Http://www.tamalparunners.org/wordpress/tcrs-2018/](http://www.tamalparunners.org/wordpress/tcrs-2018/)

49. Windmill 10K, Sunday, March 11, 2018 @ 9:00 a.m. Dutch Windmill in Golden Gate Park, Near Great Highway & John F Kennedy Drive, San Francisco, CA http://dserunners.com/ai1ec_event/windmill-10k-2018/?instance_id=1723

50. Blue Diamond Almonds Shamrock'n Half Marathon, March 11, 2018 - 7:45 am Raley Field, 400 Ball Park Dr, West Sacramento, CA 95691 <http://shamrocknhalf.com/>

Stay healthy and train smart!

Frank