

**1. PA Grand Prix Racing for 2017 continues on 8/19/17, 8/26/17 & 10/15/17-** Tamalpa team racing on the PAUSATF Road Racing, Cross Country & Ultra Grand Prix Circuits start on 2/4/17 and continues until 12/17/17. Tamalpa tries to field scoring teams in these races whenever possible. The next Ultra Grand Prix Race is the Tamalpa Headlands 50K on August 26, 2017. The next Road Racing Grand Prix race will be the Humboldt Redwoods Half Marathon on 10/15/17. The next Cross Country Grand Prix Race is the Santa Cruz XC Challenge on 8/19/17. The subsequent Ultra Grand Prix Race is the PTRC Headlands 100M on September 9, 2017; The next subsequent Road Race is the Clarksburg Country Half Marathon on 11/12/17; and Cross-Country Races is the 25th Annual Phil Widener Empire Open on 8/26/17. We had a Good Racing Season in 2016, let's do it again in 2017. 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 2017 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 2017 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 2017 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. 2017 USATF Pacific Road Racing Grand Prix Schedule**

Date	Race	Location	Points	Scoring Divisions	Team Scoring	Series
Sun., Oct. 15	Humboldt Redwoods Half Marathon	Weott	1.5	All	All	Yes Long
Sun., Nov. 12	Clarksburg Country Half Marathon	Clarksburg	1.5	All	All	Yes Long
Sun., Dec. 3	California International Marathon	Sacramento	2	All	All	Yes Long
Sun., Dec. 17	Christmas Relays	San Francisco	2	All	All	Only None

**3. 2017 USATF Pacific – Tentative Ultra Running Grand Prix Event Schedule**

DATE	EVENT/DISTANCE	LOCATION
Aug. 26	Tamalpa Headlands 50K	Muir Beach
Sept. 9	PCTR Headlands 100M	Rodeo Beach
Nov. 4	Rio Del Lago 100M	Beal's Point
Nov. 25	Quadruple Dipsea (28.4M)	Mill Valley

**4. 2017 PA Cross Country Schedule**

08/19/17	Sat	17th Annual UC Santa Cruz XC Challenge	Santa Cruz
08/26/17	Sat	25th Annual Phil Widener Empire Open	Santa Rosa
09/10/17	Sun	32nd Annual Golden Gate Park Open	San Francisco (Golden Gate Park)
09/16/17	Sat	7th Annual Rebels XC Challenge	Sacramento (Ancil Hoffman Park)
09/23/17	Sat	13th Annual Garin Park XC Challenge	Hayward
09/30/17	Sat	19th Annual Excelsior Challenge	San Bruno (San Bruno Mountain Pk)
10/07/17	Sat	9th Annual Willow Hills XC Open	Folsom
10/21/17	Sat	20th Annual Matt Yeo Aggies XC Open	Martinez
11/05/17	Sun	22nd Annual John Lawson Tamalpa Challenge	China Camp
11/19/17	Sun	32nd Annual PA Cross Country Championships	San Francisco (Golden Gate Park)

**5. 2017 TCRS Schedule**

TCRS	Date	Day	Time	Location	Length	Race Information
7	Aug 13	Sun	9:00 AM	Indian Valley	5.8 Mi	<p>Course:  <a href="https://www.strava.com/activities/1057152442">https://www.strava.com/activities/1057152442</a>            Directions: San Jose Middle School - 1740 Ignacio Blvd, Novato            Nearest Bathroom: Middle School</p>

8	Sep 24	Sun	9:00 AM	Crown Road	5.5 Mi	<p>Course:  <a href="https://www.strava.com/activities/747044468">https://www.strava.com/activities/747044468</a></p> <p>Directions: College Ave to Woodland Ave to  Evergreen Drive to Crown Road</p> <p>Nearest Bathroom: Woodlands Market/College of  Marin</p>
9	Oct 15	Sun	9:00 AM	Ignacio Valley	4.8 Mi	<p>Course: :  <a href="https://www.strava.com/activities/1003859781">https://www.strava.com/activities/1003859781</a></p> <p>Directions: 201 Alameda del Prado, Novato</p> <p>Nearest Bathroom: Burger King</p>
10	Nov 12	Sun	9:00 AM	Redwood High School	5 km	<p>Course: Same as always!</p> <p>Directions: 395 Doherty Drive, Larkspur</p> <p>Nearest Bathroom: School</p>

**6. Volunteers need for the Tamalpa Headlands 50K 2017, Saturday, August 26th, 2017** - You can sign up as a volunteer at <http://www.signupgenius.com/go/10c054aaef22a5f85-tamalpa2>

**7. 2017 PA Cross Country Reimbursement** – The 2017 PAUSATF Cross Country season starts on August 19, 2017 and culminates with the PA Championship in Golden Gate Park on November 19, 2017 and the 2017 USATF Club Cross Country Championships in Lexington, Kentucky on December 9, 2017. Cross country racing on the PA circuit throughout Northern California is an extremely enjoyable and competitive experience.

Tamalpa would love to field teams this year in all age categories with the goal of taking home as many team titles as possible. We have traditionally been one of the strongest PAUSATF Clubs in Cross Country. Our large membership allows us the opportunity to have a strong presence and every runner is valued as a team member whether they score for their team or not.

This year Tamalpa wants you to join the fun. We will reimburse runners for the early registration race entry fees as listed below for select PAUSATF Cross Country Races. To qualify for entry fee reimbursement, you must have a current 2017 PAUSATF membership with Tamalpa listed as your Club, a current Tamalpa Runners, Inc. Club Membership and run at least 4 of the 6 listed races. Runners will be reimbursed for from 4 to 6 of the listed races depending on the number of listed races run. Reimbursement for running the minimum of 4 races through the maximum of 6 races will be made after the completion of the PAUSATF Cross Country Race Grand Prix Series.

Our listed races are follows:

25th Annual Phil Widener Empire Open	August 26, 2017	\$20.00
32st Annual Golden Gate Park Open	September 10, 2017	\$20.00
19th Annual Excelsior Challenge	September 30, 2017	\$20.00
20th Annual Matt Yeo Memorial Aggies XC Open	October 21, 2017	\$20.00

22nd Annual John Lawson Tamalpa Challenge November 5, 2017 \$20.00

32nd Annual PA Cross Country Championship November 19, 2017 \$30.00

There are 4 other races on the PAUSATF Cross Country Grand Prix Series, plus the 2017 USATF Club Cross Country Championships, and we encourage Tamalpa Runners to run these races as well.

For details on each race go to <https://www.pausatf.org/data/2017/XC2017Sched.htm>

The John Lawson Tamalpa Challenge, certainly the best race in the series, will once again be held at China Camp State Park on Sunday, November 5, 2017. This is a fantastic venue and always a great day. We encourage all Tamalpans to come out to run this race and support the club.

If you wish to take advantage of this reimbursement program, contact Frank Ruona, Tamalpa Racing Team Coordinator, at [fdruona@comcast.net](mailto:fdruona@comcast.net) after the completion of the Cross-Country Grand Prix Season with a breakdown of your reimbursable racing entry fees at the above rates and you will be sent a reimbursement check for these costs.

**8. August Indian Valley 5.8 Mile TCRS, Sunday, August 13, 2017** - @ 9:00 am Course: <https://www.strava.com/activities/1057152442> Directions: San Jose Middle School - 1740 Ignacio Blvd, Novato Nearest Bathroom: Middle School <http://www.tamalparunners.org/2017tcrssschedule.php>

**9. 2017 Summer Evening 4.5-mile Race Series, Thursday, August 17, 2017** @ 6:30 pm Sunset Blvd. parking lot at Lake Merced, San Francisco, CA [http://dserunners.com/ai1ec\\_event/2016-summer-evening-race-series/?instance\\_id=1092](http://dserunners.com/ai1ec_event/2016-summer-evening-race-series/?instance_id=1092)

**10. 17th Annual UC Santa Cruz Cross Country Challenge, Saturday, August 19, 2017** - Women's Race- 9:00am/4.0 miles; Master Men's Race- 9:45am/4.0 miles; Open Men's Race- 10:30am/4.0 miles. Upper campus trails, UC Santa Cruz, Santa Cruz--Crown College. <https://www.pausatf.org/data/2017/XC2017Sched.htm> **2017 PA USATF XC Grand Prix Cross Country Race**

**11. The Pikes Peak Ascent and Marathon, Saturday & Sunday, August 19 & 20, 2017** - @ 7:00 am 600 block of Manitou Avenue, Manitou Springs, CO <http://pikespeakmarathon.org/>

**12. San Pedro Park Trail Runs 2M/10K, Sunday, August 20, 2017** - @ 9:00 am San Pedro Park, Pacifica, CA [http://www.dserunners.com/Club\\_Documents/2017RaceSchedule\\_v7.pdf](http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf)

**13. Tamalpa Headlands 50K, SATURDAY, August 26th, 2017** - 7:30 AM Muir Beach, CA **PAUSATF Ultra Grand Prix Championship Race 50K** <http://headlands50k.com/>

**14. 25th Annual Phil Widener Empire Open, SATURDAY, AUGUST 26, 2017** - Women's Race- 9:00am/3.4 miles; Master Men's Race- 9:45am/3.4 miles; Open Men's Race- 10:30am/3.4 miles. - Spring Lake Regional Park (near Jackrabbit boat launch), Santa Rosa, CA **2017 PAUSATF Grand Prix Cross Country Race** <http://www.empirerunners.org/event-2302638>

**15. 19th ANNUAL RACE FOR THE ARTS, SATURDAY, AUGUST 26, 2017** - @ 8:35 am WILLIAM LAND PARK, Sacramento <http://www.raceforthearts.com/>

**16. The Santa Rosa 10k/5K, Saturday, August 26, 2017** - @ 8:00 am Analy High School • 6950 Analy Ave Sebastopol, CA 95472 <https://www.thesantarosamarathon.com/>

**17. The Santa Rosa Full/Half Marathon, Sunday, August 27, 2017** - @ 6:00 am Analy High School • 6950 Analy Ave Sebastopol, CA 95472 <https://www.thesantarosamarathon.com/>

**18. 8th annual San Francisco Giant Race Half Marathon, 10K, 5K, Kids Race & Family Relay, August 27, 2017** - @ 7:00 am AT&T Park, San Francisco, CA <http://www.race-sfgiants.com/san-francisco>

**19. Diablo 4 mi, 10 mi, Half Marathon, Marathon & 50 Km Trail Run, Sunday, August 27, 2017** - @ 8:00 am Diablo State Park, 96 Mitchell Canyon Road, Clayton CA 94517 [http://www.coastaltrailruns.com/d\\_diablo.html](http://www.coastaltrailruns.com/d_diablo.html)

**20. Brazen Trail Hog Half Marathon, 10K and 5K, Saturday, September 2, 2017** - @ 8:00 am Joseph D Grant park, 18405 Mt Hamilton Rd, Mt Hamilton, CA 95140 <https://brazenracing.com/trailhog/race-info/>

**21. Zoom Point Pinole 5 Km, 10 Km & Half Marathon, Saturday, September 2, 2017** - @ 9:00 am Point Pinole Regional Shoreline. 5551 Giant Highway, Richmond, CA 94806 [http://www.coastaltrailruns.com/pp\\_point\\_pinole.html](http://www.coastaltrailruns.com/pp_point_pinole.html)

**22. Annadel Loop 7-mile trail race, Sunday, September 3, 2017** - @ 8:00 am Annadel State Park, Channel Drive, Cobblestone Trailhead, Santa Rosa, CA <http://www.empirerunners.org/event-2302640>

**23. Golden Gate Park Cross Country 5K, Sunday, September 3, 2017** - @ 9:00 am Upper track of Polo Field, Golden Gate Park, San Francisco, CA [http://www.dserunners.com/Club\\_Documents/2017RaceSchedule\\_v7.pdf](http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf)

**24. The Tahoe 200 Endurance Run, Friday, Sep 8, 2017** @ 9:00 AM Homewood, CA <http://ultrasignup.com/register.aspx?did=41770>

**25. Headlands Marathon, 50 Miles, 75 Miles, & 100 Miles, Saturday & Sunday, 9-10 September 2017** - @ 7:00 am Rodeo Beach, Golden Gate National Recreation Area, Sausalito, CA Pacific Association USA Track and Field Ultra Grand Prix Series 100 Mile <http://pctrailruns.com/event.aspx?dtid=11005>

**26. Night Sweats Marathon & 15K Trail Run Fall, Saturday, September 9, 2017** - @ 8:00 p.m. Rodeo Beach at Golden Gate National Recreation Area. <http://ultrasignup.com/register.aspx?did=43054>

**27. 43rd Running of the Buffalo Stampede 10 Mile Race, Saturday, September 9, 2017** - @ 7:30 am Rio Americano High School, 4540 American River Drive, Sacramento, CA <http://buffalostampederun.com/>

**28. Zombie Runner San Francisco 5 Km, 10 Km & Half Marathon, Saturday, September 9, 2017** - @ 9:00 am 1199 East Beach, Presidio of San Francisco, CA 94129 [http://www.coastaltrailruns.com/zrsf\\_zombierunner\\_san\\_francisco.html](http://www.coastaltrailruns.com/zrsf_zombierunner_san_francisco.html)

**29. 11th annual Lagoon Valley 30K, Half Marathon, 10K and 5K Trail Run, Saturday, September 9, 2017** - @ 7:30 am Lagoon Valley Regional Park 2600 Pena Adobe Road Vacaville CA <http://www.luckyrabbitevents.com/lvtr/>

**30. 32st Annual Golden Gate Park 4 Mile Open, Sunday, September 10, 2017** - Women's Race @ 9:00 am; Master Men's @ 9:45 am; Open Men's @ 10:30 am Lindley Meadow, 30th Ave and JFK Drive, Golden Gate Park, San Francisco. <https://www.pausatf.org/data/2017/XC2017Sched.htm> 2017 PA USATF Grand Prix Cross Country Race

**31. RUN TO REMEMBER 5K, Sunday, September 10, 2017 -** @ 9:11 am 6th and Capitol, Sacramento, CA <http://www.sac911run.com/>

**32. Tamalpa September Track Meet, Tuesday, September 12, 2017 -** 6:30 PM. Warm-ups start at 6PM, First event, the One Mile, starts at 6:30 PM. Free to all participants, but you must sign a waiver. Race Schedule- 1 Mile; the 400M; the 800M; the 200M; the 100M, and the 2 Mile & 5K. Contact-Frank Ruona, [fdruona@comcast.net](mailto:fdruona@comcast.net), (415) 760-8992. Volunteers are needed and will be welcomed

**33. 7th Annual Rebels 6K XC Challenge, Saturday, September 16, 2017 -** Women's Race @ 9:00 am; Master Men's Race @ 10:00 am; Open Men's Race @ 11:00 am. Willow Hill Reservoir Community Park, Folsom CA 95630 <https://www.pausatf.org/data/2017/XC2017Sched.htm>

**34. Pacifica Summit Run 10K/Half/30K/50K, Saturday, September 16, 2017 -** @ 9:00 am San Pedro Valley State Park, Pacifica, CA 50. <http://www.urbancoyoteracing.com/pacifica-summit-run.html>

**35. Drag-N-Fly Half Marathon, 10K & 5K, Saturday, September 16, 2017 -** @ 8:00 am Contra Loma Regional Park, in the Locust Grove picnic area, 1200 Frederickson Lane, Antioch, CA 94509 <https://brazenracing.com/r/dragndfly.html>

**36. Coastal Marathon & 50K, Saturday, September 16, 2017 -** @ 7:00 am Highway 1 Stinson Beach CA 94970 <http://www.coastaltrailruns.com/coastal50.html>

**37. 2017 Mt. Madonna Challenge 5K, 10k & 1/2 Marathon, Saturday, September 16, 2017 -** @ 8:00 am Mt. Madonna County Park, 7850 Pole Line Rd, Watsonville, CA 95077 <http://svrhome.org/home-main-menu/mt-madonna-challenge/>

**38. FOLSOM LAKE ULTRA TRAIL 110K | SOLO OR 3 PERSON RELAY, Saturday, September 16, 2017 -** @ 5:00 am Beals Point, Granite Bay, CA 95746 <http://singletrackrunning.com/flutcounterclockwise/>

**39. Mount Diablo 13.2 miles Vertical Challenge, Saturday, September 16, 2017 -** @ 9:00 am Mitchell Canyon Visitor Center, 96 Mitchell Canyon Rd, Clayton, CA 94517 <http://www.verticalchallengeseries.com/mount-diablo>

**40. Bank of Marin's Alameda Running Festival 10K & 1/2 Marathon, September 17, 2017 -** @ 7:00 am Bladium Sports & Fitness, 800 W Tower Ave, Alameda, CA 94501 <http://www.runalameda.com/>

**41. Baker Beach 5k, Sunday, September 17, 2017 -** @ 9:00 am Lower Baker Beach parking lot, San Francisco, CA [http://www.dserunners.com/Club\\_Documents/2017RaceSchedule\\_v7.pdf](http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf)

**42. 2016 Let's ROC 5k, Sunday, September 17, 2017 -** @ 8:15 am 45th and X Streets near the Shriner's Children Hospital, Sacramento, CA <http://www.letsrocrun.org/>

**43. 13th Annual Garin Park 5K XC Challenge, Saturday, September 23, 2017 -** Open Men's Race @ 9:00 am; Master Men's Race @ 9:45 am; Women's Race @ 10:30 am 1320 Garin Ave., Garin Regional Park, Hayward, CA <https://www.pausatf.org/data/2017/XC2017Sched.htm> **2017 PA USATF XC Grand Prix Cross Country Race**

**44. Dipsea Hike for Zero Breast Cancer, Saturday, September 23, 2017 -** @ 8:00 am Old Mill Park, Mill Valley, CA <http://www.zerobreastcancer.org/>

**45. Fall Showdown - Half Marathon/5Miler/5K, Saturday, September 23, 2017 -** @ 8:00 am San Pablo Reservoir • 7301 San Pablo Dam Road El Sobrante, CA 94803 <http://wolfpackevents.com/calendar/173>

**46. Mount Madonna 50K, 25K, 17K & 8K Trail Run, Saturday, Sep 23, 2017 - @ 7:30 am** Mt. Madonna County Park, 7850 Pole Line Rd, Watsonville, CA 95076 <https://ultrasignup.com/register.aspx?did=45179>

**47. WEI Cares 5K Run/Walk 2017, Saturday, September 23, 2017 - @ 9:00 am** Thompson Trail on Wetlands Edge • 2 Eucalyptus Dr American Canyon, CA 94503 <http://weihumanitarian.org/wei-cares-5k.html>

**48. Berkeley 10K, Half Marathon, 35K & 50K Trail Adventure, Saturday, 9/23/2017**  
- @ 8:30 am Tilden & Wildcat Canyon Parks, Lake Anza Lawn, End of Lake Anza Road, Berkeley, CA 94708  
<http://insidetrail.com/calendar/berkeley-trail-adventure-run/>

**49. Stevens Creek Striders 50K, 30K & 21K (Half-Marathon) Trail Races, Saturday, September 23rd, 2017 - @ 8:00 am** Skyline Ridge Open Space Preserve parking lot on the west side of Highway 35, generally known as Skyline Boulevard, Near La Honda, CA <http://stevenscreekstriders.com/scsraces/>

**50. September Crown Road 5.5 Mile TCRS, Sunday, September 24, 2017 - @ 9:00 am**  
Course: <https://www.strava.com/activities/747044468> Directions: College Ave to Woodland Ave to Evergreen Drive to Crown Road  
Nearest Bathroom: Woodlands Market/College of Marin <http://www.tamalparunners.org/2017tcrsschedule.php>