

1. PA Grand Prix Racing for 2017 continues on 8/6/17, 8/19/17 & 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 Skyline 50K on August 6, 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 Tamalpa Headlands 50K on August 26, 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. 6 (Sunday)	Skyline 50K	Castro Valley
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
6	Jul 14	Fri	6:30 PM	McInnis Run/Golf	4 Mi	<p>Course: https://www.strava.com/activities/349786842 Directions: McInnis Park Golf Course - 350 Smith Ranch Road, San Rafael Nearest Bathroom: Golf Course</p>

						Post Race Dinner: 7:30 on Patio
7	Aug 13	Sun	9:00 AM	Indian Valley	5.8 Mi	Course: https://www.strava.com/activities/1057152442 Directions: San Jose Middle School - 1740 Ignacio Blvd, Novato Nearest Bathroom: Middle School
8	Sep 24	Sun	9:00 AM	Crown Road	5.5 Mi	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
9	Oct 15	Sun	9:00 AM	Ignacio Valley	4.8 Mi	Course : https://www.strava.com/activities/1003859781 Directions: 201 Alameda del Prado, Novato Nearest Bathroom: Burger King
10	Nov 5	Sun	9:00 AM	Redwood High School	5 km	Course: Same as always! Directions: 395 Doherty Drive, Larkspur Nearest Bathroom: School

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. July McInnis 4.0 Mile Run/Golf TCRS, Friday, July 14, 2017 - Golf - 4:00 PM & TCRS - 6:30 PM McInnis Park Golf Center, 350 Smith Ranch Rd, San Rafael, CA 94903 Course: <https://www.strava.com/activities/349786842> Directions: McInnis Park Golf Course - 350 Smith Ranch Road, San Rafael
Nearest Bathroom: Golf Course Post Race Dinner: 7:30 on Patio <http://www.tamalparunners.org/2017tcrsschedule.php>

8. Tamalpa July Track Meet, Tuesday, July 18, 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 3K & 5K. Contact-Frank Ruona, fdruona@comcast.net, (415) 760-8992. Volunteers are needed and will be welcomed.

9. 2017 Summer Evening 4.5-mile Race Series, Thursday, July 20, 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

10. Ragnar Trail Tahoe-CA 120M, Presented by Salomon, Friday, July 21-22, 2017

- 4 or 8-person teams Sierra Nevada Mountain Range at Royal Gorge Cross Country Ski Resort, 9411 Pahatsi Rd, Soda Springs, CA 95728 https://www.runragnar.com/event-detail/trail/tahoe_ca?utm_source=trail%20runner%20mag&utm_medium=Online%20Calendar&utm_content=calendar_rt_tahoe

11. Table Rock 10K, Half Marathon & 30K Trail Race, Saturday – July 22, 2017 - @

7:00 am Stinson Beach Park & Mt. Tamalpais, 3512 Shoreline Highway, Stinson Beach, CA 94970 <http://insidetrial.com/calendar/la-sportiva-table-rock-trail-run/>

12. BAD BASS Half Marathon, 10K & 5K, Saturday – July 22, 2017 - @ 8:30 am Lake

Chabot Marina in Castro Valley, CA <https://brazenracing.com/badbass/>

13. 40th running of The San Francisco Marathon (Full Marathon, 1st Half Marathon, 2nd Half Marathon, 5K and Ultramarathon), Sunday, July 23, 2017 -

5:30AM @ Mission Street and The Embarcadero San Francisco, California 94105 <http://www.thesfmarathon.com/the-races/full-marathon/>

14. 32nd annual ERC Summer Track Series (Meet 4), Tuesday, July 25, 2017 - @ 6:00

pm Montgomery High School, 1250 Hahman Dr., Santa Rosa, CA mile, 100m, 800m, 200m, 400m, 3000m, & 4x400m relay <http://www.empirerunners.org/event-2335717>

15. 2017 Summer Evening 4.5-mile Race Series, Thursday, July 27, 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

16. The Little Loco 68 Mile Relay, Saturday, July 29, 2017 - @ 8:00 am 6 Person Team: 2

Legs Per Person; 3 Person Team: 4 Legs Per Person; 2 Person Team: 6 Legs Per Person Jonesville Snowmobile Park, Butte Meadows, Ca <http://www.intrepidadventuresevents.com/the-little-loco--one-day-64-miles-912>

17. Fab 40s 5k Run, Saturday, July 29, 2017 - @ 8:30 am East Lawn Memorial Park, 4300 Folsom

Bldv. Sacramento, CA 95819 <http://fab40s5k.org/>

18. Golden Gate Bridge Vista 10K, Sunday, July 30, 2017 - @ 9:00 am USSSF Monument, El

Camino Del Mar near Seal Rock Dr., San Francisco, CA http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf

19. Tamalpa August Track Meet, Tuesday, August 1, 2017- 6:30 PM. Terra Linda High School

Track - 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 3K & 5K. Contact-Frank Ruona, fdruona@comcast.net, (415) 760-8992. Volunteers are needed and will be welcomed

20. 2017 Summer Evening 4.5-mile Race Series, Thursday, August 3, 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

21. The Bloomberg Square Mile Relay, Thursday, August 3, 2017 @ 5:30 pm Pier 27, 780-

942 The Embarcadero, San Francisco, CA 94111 One Team. Ten Runners. One Mile Each. <https://squaremilerelay.com/san-francisco>

22. Tamalpa Runners Stinson Beach aid station for the 55th Annual Marin Century and Mt Tam Double Bicycle Ride, Saturday – August 5, 2017 - @ 05:00 AM - 3:00 PM

Shoreline Highway @ Stinson Beach, CA, Contact: Philip Ramsey 415 437 5917 or philramsey@hotmail.com
http://www.marincyclists.com/content.aspx?page_id=2664&club_id=525458

23. 8th Annual Summer Breeze Half Marathon, 10k & 5K, Saturday – August 5,

2017 - @ 8:00 am San Leandro Marina Park, 14001 Monarch Bay Dr, San Leandro, CA 94577

<https://brazenracing.com/summerbreeze/race-info/>

24. EMPOWERED TO RUN 1 Mile, 5K & 10K, Saturday – August 5, 2017 - @ 8:00 am

The Craneway Pavilion is where all races start/finish and parking. 1414 Harbour Way S, Richmond, CA 94804

<https://www.empoweredraceseries.com/event-details/>

25. Santa Cruz 10K, Half Marathon & 30K Trail Run, Saturday – August 5, 2017 - @

8:30 am Henry Cowell Redwoods State Park, 101 North Big Trees Park Road, Felton, CA 95018

<http://insidetrail.com/calendar/santa-cruz-trail-run/>

26. Crystal Springs 5 mi, Half Marathon, 22 mi, Marathon & 50 Km Trail Run,

Saturday – August 5, 2017 - @ 8:30 am Huddart Park, 1100 Kings Mountain Road, Woodside, CA 94062

http://www.coastaltrailruns.com/cs_smmr_crystal_springs.html

27. 2017 Salinas Valley Half Marathon, Saturday, August 5, 2017 - @ 8:00 am Soledad

Mission, 36641 Fort Romie Rd, Soledad, CA 93960 <http://www.salinasvalleyhalfmarathon.org/>

28. 3rd Annual Sierra Crest 30K & 50K Trail Run, Saturday – August 5, 2017 - @ 7:00

am Tahoe Donner, Truckee, CA <http://auburnskiiclub.com/summer-fun-runs/sierra-crest-50k/>

29. The 30th Annual Angeles Crest 100 Mile Endurance Run, Saturday & Sunday – August 5 & 6, 2017 - @ 5:00 am Wrightwood Community Building, 1275 Highway 2, Wrightwood CA 92397

<http://www.ac100.com/>

30. Skyline 50k, Sunday, August 6, 2017 - @ 7:00 am Lake Chabot Marina, 17936 Lake Chabot Rd,

Castro Valley, CA 94546 **PAUSATF Ultra Grand Prix Championship Race 50K** <http://scenaperformance.com/events/skyline-50k/>

31. 37th Annual – 2017 Couples Relay, Sunday, August 6, 2017 - @ 8:00 am Tamalpa

Runners presents the 37th 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

32. Windmill 10K, Sunday – August 6, 2017 - @ 9:00 am Kennedy Drive & Great Highway, Golden

Gate Park, San Francisco, CA http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf

33. EMPOWERED TO RUN ½ Marathon, Sunday – August 6, 2017 - @ 7:00 am The

Craneway Pavilion is where all races start/finish and parking. 1414 Harbour Way S, Richmond, CA 94804

<https://www.empoweredraceseries.com/event-details/>

34. Water To Wine Half Marathon - 10k, Sunday, August 6, 2017 - @ 7:00 am Kendall-

Jackson Wine Estate and Gardens, 5007 Fulton Road, Fulton, California 95439 <http://www.runwinecountry.com/>

35. Golden Gate 8K Double, Sunday, August 6, 2017 - @ 8:00 am Crissy Field • 1199 East Beach

San Francisco, CA 94129 <https://www.doubleroadrace.com/run/gg/home>

36. The 41st Annual Salmon Creek Beach Runs, Sunday, August 6, 2017 - @ 10:00 am
Salmon Creek State Beach, 3799 Westshore Rd, Bodega Bay, CA 94923 5-mile & 2-mile beach runs on the sand
<http://www.empirerunners.org/event-2302637>

37. 32nd annual ERC Summer Track Series (Meet 5), Tuesday, August 8, 2017 - @ 6:00 pm
Montgomery High School, 1250 Hahman Dr., Santa Rosa, CA 1 mile, 100m, 800m, 200m, 400m, distance medley relay (1200m, 400m, 800m, 1600m). <http://www.empirerunners.org/event-2335718>

38. 2017 Summer Evening 4.5-mile Race Series, Thursday, August 10, 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

39. RUN THE BEAR CREEK Half Marathon, 10K & 5K, Saturday, AUGUST 12, 2017
- @ 8:00 am Bear Creek Staging Area of Briones Regional Park, East Bay Regional Park District, Contra Costa County
<https://brazenracing.com/bearcreek/>

40. The Ridge 62K, 32K & 18K Trail Run, Saturday, Aug 12, 2017 - @ 8:00 am Point-to-Point Course- 62K from the city of Lagunitas at Samuel P Taylor Park; 32K from Mt Tam; and 18K from Tennessee Valley Starts. Finish line at San Francisco's Crissy Field. <https://ultrasignup.com/register.aspx?did=47330>

41. Cinderella 5 mi, Half Marathon, 30 Km, Marathon & 50 Km Trail Run, Saturday, AUGUST 12, 2017 - @ 8:00 am Joaquin Miller Park, Oakland, CA
http://www.coastaltrailruns.com/cin_smmr_cinderella.html

42. The Town's Half Marathon & 5K, Saturday, AUGUST 12, 2017 - @ 7:00 am Frank H. Ogawa Plaza, Oakland, CA 94612 <http://runoak.com/half-marathon/#>

43. Susan B. Anthony Women's 5K - August 12, 2017 - @ 8:00 am Glenn Hall Park, 5415 Sandburg Dr, Sacramento, CA 95819 <http://www.buffalochips.com/sba5k/>

44. 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/2017tcrsschedule.php>

45. Lake Merced Half Marathon & 4.5M, Sunday, August 13, 2017 - @ 8:00 am Sunset Blvd. parking lot at Lake Merced, San Francisco, CA http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf

46. 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

47. 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>

48. 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

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

51. 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* **A PAUSATF Grand Prix Cross Country Race**
<http://www.empirerunners.org/event-2302638>