

**1. PA Grand Prix Racing for 2017 continues on 9/23/17,10/15/17 & 11/4/17-** 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 Rio Del Lago 100M on 11/4/17. The next Road Racing Grand Prix will be the Humboldt Redwoods Half Marathon on 10/15/17. The next Cross Country Grand Prix Race is the 13th Annual Garin Park XC Challenge on 09/23/17. The subsequent Ultra Grand Prix Race is the Quadruple Dipsea on 11/25/17; The next subsequent Road Race is the Clarksburg Country Half Marathon on 11/12/17; and Cross-Country Races is the 9th Annual Willow Hills XC Open on 10/7/17. 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
Nov. 4	Rio Del Lago 100M	Beal's Point
Nov. 25	Quadruple Dipsea (28.4M)	Mill Valley

**4. 2017 PA Cross Country Schedule**

09/23/17	Sat	13th Annual Garin Park XC Challenge	Hayward
<b>09/30/17</b>	<b>Sat</b>	<b>19th Annual Excelsior Challenge – This Race has been Cancelled!!</b>	<b>San Bruno (San Bruno Mountain Pk)</b>
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
8	Sep 24	Sun	9:00 AM	Crown Road	5.5 Mi	Course: <a href="https://www.strava.com/activities/747044468">https://www.strava.com/activities/747044468</a>  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: : <a href="https://www.strava.com/activities/1003859781">https://www.strava.com/activities/1003859781</a>  Directions: 201 Alameda del Prado, Novato

						Nearest Bathroom: Burger King
10	Nov 12	Sun	9:00 AM	Redwood High School	5 km	Course: Same as always!  Directions: 395 Doherty Drive, Larkspur  Nearest Bathroom: School

**6. 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. Please note that the **19th Annual Excelsior Challenge has been dropped and the 13th Annual Garin Park XC Challenge has been added to the 6 listed races for reimbursement!**

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- This Race has been Cancelled!! September 30, 2017 \$20.00**

13th Annual Garin Park XC Challenge September 23, 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.

**7. 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**

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

**9. 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>

**10. 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>

**11. 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>

**12. 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/>

**13. 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/>

**14. 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>

**15. 4th Annual PACIFIC GROVE DOUBLE ROAD RACE, Sunday, September 24, 2017 -** @ 7:30 am Lover's Point, 630 Ocean View Blvd, Pacific Grove, CA 93950 <https://www.doubleroadrace.com/run/pg/>

**16. Truckee Marathon & Half Marathon, Sunday, 9/24/2017 -** @ 7:30 am Community Arts Center parking lot, 10046 Church Street in Truckee, CA <http://www.truckeemarathon.com/>

**17. Brazen Rocky Ridge Half Marathon, 10K & 5K, Saturday, September 30, 2017 -** @ 8:00 am Las Trampas Wilderness, Bollinger Canyon Road, San Ramon, CA <https://raceroster.com/events/2017/10453/brazen-rocky-ridge-half-marathon-10k-5k>

**18. OVERLOOK ENDURANCE 10K, 25K, 50K & 100K RUNS, Saturday, September 30, 2017 -** @ 5:30 am Start/Finish in Foresthill, CA <http://www.runcanyons.com/>

**19. Whole Foods Tiburon Half Marathon, 10K, & 5K Running Festival, Sunday, October 1, 2017 -** @ 7:00 am All races Start / Finish at Tiburon Blvd and Beach Road, Tiburon, CA <http://www.tiburonhalfmarathon.com/#register-now>

**20. Rockaway Beach 5K, Sunday, October 1, 2017 -** @ 9:00 am Rockaway Beach, Dondee & San Marlo Way, Pacifica, CA [http://www.dserunners.com/Club\\_Documents/2017RaceSchedule\\_v7.pdf](http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf)

**21. The 12th Annual Urban Cow Half Marathon and 5k Run, Sunday, October 1, 2017** - @ 7:30 am William Land Park, Sacramento, California. <http://urbancowhalf.com/>

**22. Marin Moonlight Run 5K/10K, Friday, October 6, 2017** - 7:50PM Hamilton Landing, Novato, CA <http://www.urbancoyoteracing.com/marin-moonlight-run.html>

**23. 9th Annual Willow Hills 5K XC Open, Saturday, 7 October 2017** – Women's Race 9:00 am; Master Men's Race @ 9:45 am; Open Men's Race @ 10:30 am Willow Hill Reservoir Community Park, Folsom CA 9563 <https://www.pausatf.org/data/2017/XC2017Sched.htm> **2017 PA USATF XC Grand Prix Cross Country Race**  
Greetings, I hope all is well for Tampala Runners, Inc. as racers travel and compete! The Willow Hills X-Country Open is coming up Saturday, October 7th and we would love to have racers stay at the Hilton Garden Inn – Folsom! Our hotel is conveniently located approximately 2 miles (5 minutes) from the course (Folsom High School). To accommodate early morning starts, we have a full custom breakfast buffet and continental breakfast option that starts at 6:00am or a “Grab and Go” Option in case runners have an even earlier start. If you return to the Folsom area for the race please don't hesitate to reach out, I would be more than happy to offer an affordable rate that includes breakfast and you stay with us! I look forward to hearing from you! Thank you! Louise Brewer, Director of Sales, Hilton Garden Inn Folsom, 221 Iron Point Road / Folsom / CA / 95630, Hotel - 916.353.1717 ext. 5005 / Fax – 916.353.1021

**24. Bay Ridge 100k, 50 miles & Marathon, Saturday, October 7, 2017** - 5:00 am Lake Chabot Marina, Castro Valley, CA <http://scenaperformance.com/events/bay-ridge-trail-endurance-runs/>

**25. Oktobrewfest 10k, 4 Mile & 2 Mile, Saturday, October 7, 2017** - 8:00 am Sudwerk Brewery, 2001 Second Street, Davis, California 95618 <http://changeofpace.com/event/oktobrewfest/>

**26. Skyline to the Sea Marathon & 50km, Saturday, 7 October 2017** - 9:00 am Hwy 9 and Hwy 35 Skyline Blvd, Saratoga CA <http://ultrasignup.com/register.aspx?did=43152>

**27. Bizz Johnson 10 Km, Half Marathon, Marathon & 50 Km, Saturday & Sunday, October 7 & 8, 2017** - 8:00 am & 9:00 am The Lassen National Forest, 601 Richmond Rd., Susanville, CA 96130 [http://www.coastaltrailruns.com/bizz\\_johnson.html](http://www.coastaltrailruns.com/bizz_johnson.html)

**28. USA 50 Mile Championships, 18th Annual Tussey mOUntainBACK 50 Mile Relay and Ultramarathon, Sunday, October 8, 2017** - @ 7:00 am Tussey Mountain Ski and Family Fun Center, 301 Bear Meadows Road, Boalsburg, PA 16827. <http://www.tusseymountainback.com/>

**29. Lake Merced 4.5M, Sunday, October 8, 2017** - @ 9:00 am Sunset Blvd. parking lot at Lake Merced, San Francisco, CA [http://www.dserunners.com/Club\\_Documents/2017RaceSchedule\\_v7.pdf](http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf)

**30. Healdsburg Half Marathon & 5K, Sunday October 8th, 2017** @ 7:30 am Healdsburg City Hall, 401 Grove Street, Healdsburg, CA <http://www.runwinecountry.com/>

**31. KOKANEE 5K, 10K & ½ Marathon TRAIL RUNS, Sunday - October 8th, 2017** - @ 7:00 am Sno Park Sign off Highway 89 north of Highway 50 past Camp Richardson, CA. <http://www.tahoemtnmilers.org/kokane-5k--10k--half-marathon.html>

**32. Running For The Wells 10k/6k, Saturday, October 14, 2017** - @ 9:00 am Sports Basement on Crissy Field (601 Old Mason St, San Francisco, CA) [http://runningforthewells.org/RFTW\\_The\\_Race.html](http://runningforthewells.org/RFTW_The_Race.html)

**33. Los Vaqueros Tarantula Half Marathon, 10K & 5K Run, Saturday, October 14th, 2017** - 8:00 am Los Vaqueros Reservoir, Diablo Range, Contra Costa County, California <https://brazenracing.com/r/tarantularun.html>

**34. Coyote Ridge 7 mi, 10 mi, 20 mi, Marathon & 50 Km Trail Run, Saturday, October 14th, 2017** - 7:00 am 199 Pacific Way, Muir Beach, CA 94965 [http://www.coastaltrailruns.com/cr\\_coyote\\_ridge.html](http://www.coastaltrailruns.com/cr_coyote_ridge.html)

**35. 13th Annual EBFRW Pride 5K & 10K Run/Walk, Saturday, 10/14/2017** - 9:00 am Lakeside Park Sailboat House area, 568 Bellevue Avenue, Oakland, CA <http://www.eastbayfronrunners.org/PrideRun.aspx>

**36. The Humboldt Redwoods Marathon, Half Marathon & 5K, Sunday, October 15, 2017** - 9:00am Dyerville Bridge, on the famous Avenue of the Giants near the majestic Founders Grove, Humboldt Redwoods State Park, Weott, CA <http://redwoodsmarathon.org/> **2017 PAUSATF ½ Marathon Championship Grand Prix Event**

**37. October Ignacio Valley 4.8 Mile TCRS, Sunday, October 15, 2017** - 9:00am Course:

: <https://www.strava.com/activities/1003859781> Directions: 201 Alameda del Prado, Novato Nearest Bathroom: Burger King  
<http://www.tamalparunners.org/2017tcrsschedule.php>

**38. 2017 USATF Masters 5 km Cross Country Championships, Sunday, October 15,**

**2017 - 9:00am** Franklin Park, Boston, MA <http://www.usatf.org/Events---Calendar/2017/USATF-Masters-5-km-Cross-Country-Championships.aspx>

**39. San Bruno Mountain 5K/12K, Sunday, October 15, 2017 - 9:00am** Picnic area in San Bruno

Mountain Park, 555 Guadalupe Canyon Parkway, Daly City, CA  
[http://www.dserunners.com/Club\\_Documents/2017RaceSchedule\\_v7.pdf](http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf)

**40. 20th Annual Matt Yeo Memorial Aggies 4.2 Mile XC Open, Saturday, October**

**21, 2017 - Women's Race @ 9:00 am; Master Men's @ 9:45 am; Open Men's @ 10:30 am** Shoreline Park, Martinez

<https://www.pausatf.org/data/2017/XC2017Sched.htm> **2017 PA USATF XC Grand Prix Cross Country Race**

**41. Brazen Goonies Half Marathon, 10K & 5K, Saturday, October 21, 2017 - 8:00am**

"Rotary Grove" group area, Lagoon Valley Regional Park, Pena Adobe Rd, off of Interstate 80 in Vacaville, CA, 94533.  
<https://brazenracing.com/r/lagoonvalley.html>

**42. Eldrith Gosney's Pure Ultra 11km, Half-Marathon, 36km & 50km, Saturday,**

**October 21, 2017 - 7:30am** Santos Meadows on Mt Tam <https://ultrasignup.com/register.aspx?did=44196>

**43. Golden Gate Park 10K, Sunday, October 22, 2017 - 9:00am** Kennedy & Transverse Drive,

Golden Gate Park, San Francisco, CA [http://www.dserunners.com/Club\\_Documents/2017RaceSchedule\\_v7.pdf](http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf)

**44. 2017 USATF Masters 15km Championships, The Tulsa Federal Credit Union**

**Tulsa Run, Saturday, OCTOBER 28, 2017 - 8:50am** Tulsa, OK <http://www.tulsasports.org/TulsaRun/>

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=110601>

**45. 2017 OktobeRun Half Marathon & 5K, Saturday, October 28, 2017 - 8:00am** 750

Bradford Road, Redwood City, CA <https://getfitkpsf.com/events/octoberun/>

**46. Healdsburg Wine Country Half Marathon, Saturday, OCTOBER 28, 2017 - 7:30am**

Healdsburg, CA <http://destinationraces.com/runhb/registration/>

**47. Zombie Runner Halloween 5 mi, Half Marathon & Marathon, Saturday, OCTOBER**

**28, 2017 - 9:00am** Los Gatos Creek County Park, 1250 Dell Ave. Campbell, CA 95008

[http://www.coastaltrailruns.com/h\\_halloween.html](http://www.coastaltrailruns.com/h_halloween.html)

**48. Oakland Hills 10K, Half Marathon & 35K Trail Run, Saturday - October 28, 2017**

**- 8:30am** Redwood Regional Park - Oakland, CA <http://insidetrail.com/calendar/oakland-hills-trail-run/>

**49. Great "Halloween" Highway 5K, Sunday, October 29, 2017 - 9:00am** Taraval & Great

Highway, San Francisco, CA [http://www.dserunners.com/Club\\_Documents/2017RaceSchedule\\_v7.pdf](http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf)

**50. United Airlines Rock 'n' Roll Los Angeles 1/2 Marathon & 5K, Sunday, October**

**29, 2017 - 6:45am** Staples Center, 1111 S Figueroa St, Los Angeles, CA 90015 <http://www.runrocknroll.com/los-angeles/register/>