

1. PA Grand Prix Racing for 2017 continues on 5/6/17, 5/29/17 & 8/19/17- 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 Miwok 100K on May 6, 2017. The next Road Racing Grand Prix race will be the Marin Memorial Day 10K on May 29, 2017. 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 Quicksilver 100K/50K on May 6, 2017; Road Race is the One Mile Bang Run on June 25, 2017; 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		Team		Series
				Divisions	Scoring	Scoring		
Mon., May 29	Marin Memorial Day 10K	Kentfield		1	All	Yes	Short	
Sun., June 25	One Mile Bang Run	Los Gatos		1	All	Yes	Short	
Mon., July 4	Morgan Hill Freedom Fest 5K	Morgan Hill		1	All	Yes	Short	Sun., Oct. 15 Humboldt
	Redwoods Half Marathon- Weott	1.5	All	Yes		Long	Sun., Nov. 12	Clarksburg Country Half Marathon-
	Clarksburg	1.5	All	Yes	Long			
Thur., Nov. 23	Applied Materials Silicon Valley Turkey Trot 5K	San Jose		2	Open M/W	No	Short	
Sun., Dec. 3	California International Marathon- Relays	Sacramento San Francisco	2	All	Only	None	Yes	Long Sun., Dec. 17 Christmas

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

DATE	EVENT/DISTANCE	LOCATION
May 6	Miwok 100K	Stinson Beach
May 13	Quicksilver 100K/50K	San Jose
May 20	Silver State 50M/50K	Reno
May 21 (Sunday)	Ohlone Wilderness 50K	Fremont
Aug. 6 (Sunday)	Skyline 50K	Castro Valley
Aug. 26	Tamalpa Headlands 50K	Muir Beach
Sept. 9	PCTR Headlands 100M	Rodeo Beach
Oct. 7	Dick Collins Firetrails 50M	Castro Valley
Nov. 4	Rio Del Lago 100M	Beal's Point
Nov. 25	Quadruple Dipsea (28.4M)	Mill Valley

4. Preliminary 2017 PA Cross Country Schedule

Date	Day	Race	Location
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
10/29/17	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
5	May 7	Sun	9:00A	Loma Alta	6.8 Mi	Course: https://www.strava.com/activities/306648916 Directions/Parking: White Hill Middle School, 101 Glen Dr, Fairfax Nearest Bathroom: Downtown Fairfax
6	Jul 14	Fri	6:00 PM	McInnis Run/Golf		
7	Aug 13	Sun	9:00A	TBD		
8	Sep 24	Sun	9:00A	Indian Valley		
9	Oct 15	Sun	9:00A	Crown Road/King Mountain		
10	Nov 5	Sun	9:00A	Corte Madera	5 km	Redwood High School

6. 2017 Tamalpa Bobcats Running Season – Dear Families! Welcome to the 2017 Tamalpa Bobcats Running Season. We have two new changes this year. **1. Our location** - we have moved from Marin Catholic track to the College of Marin Track in Kentfield across the street from Woodlands Market. Time: Remains 4-5 pm. on Sundays **2. NEW PROGRAM:** Senior Bobcats for young athletes who want to and can train for longer races such as 5k or just improve their aerobic base. At our first practice, we will have a time trial for those students interested in the Senior Bobcats. For those students who are interested and able to run longer distances they will train with our coaches who will specifically work towards building an aerobic base, preparing for the Marin Memorial 5k, and run a few track races. Any Bobcat who can run the full two miles without stopping at any point in the season can start training with the Senior Bobcats. For our newer runners and younger bobcats (ages 4-12 but some younger siblings join with families and some older siblings come as well) we will continue to have the introduction to track and field with the same format as last year: 1. 2 lap warm up; 1 lap warm up and 1 lap drills. 2. Stretching. 3. Stations which include long jump, throwing, hurdles, and sprints. 4. 15-20 minutes of walking or jogging where runners earn 1 foot per mile and 1 gummy per mile. The purpose of this is to set goals, run/walk with your family and friends, encourage each other and go farther each week as a team. All Bobcat participants will get: 1. Bobcat T-shirt (yellow this year); 2. Necklace with 1 foot charm per week for participation and 1 foot charm per week for each mile run or walked; 3. Ribbon and award at last track meet. 4. Entry into youth TRACK races at Marin Memorial 5k. 5. Senior bobcats will get entry into Marin Memorial 5k. Cost per season this year is \$100 per individual due to increase in rental cost of track and entry fee into Marin Memorial races. Dates for the season are every Sunday between March 26th and May 21st from 4-5 p.m. at the college of Marin track excluding Easter Sunday April 16th. 8 practices plus the Marin Memorial Youth races or 5k for Senior Bobcat Racers. Entry Link is found at <https://formsmarts.com/form/1jen> Forward this email to other families or friends who might be interested. The senior Bobcats training program has a schedule that can be found below. Please email questions to Mary Churchill: marymfagan@gmail.com I will only email families who register to be part of the Bobcats track club. If you don't register this year you will not continue to get emails from me. I update the email list yearly based on who registers for the program. If you

have questions, please email me back. We can't wait for our 2017 season to begin! Mary Churchill & the Bobcat Coaching Team (Liz Gottlieb, Mark Churchill, Tim & Diana Fitzpatrick, Tricia Wallace, Claire Bukata, & Bridget Zapata)

Senior Bobcats: The Mission of the Senior Bobcats is to provide a program to help develop young Bobcats who already have a training base and are interested in training for and racing 5ks. Any Bobcat can qualify for the Senior Bobcats by running 2 miles without stopping. Bobcats can move into the Senior Bobcats at any point in the season IF they demonstrate they have run 8 continuous laps without stopping!

2017 Training Program

Sunday, April 30	Debrief Race / Time trials! Rose & Thorn about racing/time trialing? Goal for rest of season? / Run 2.5 miles bike path. in/outs 2 to 4 laps. 800 cool down. Core/strength circle
Sunday, May 7	Run 1 mile bike path, 8 x 400s on bike path (relays w/batons!), cool down! Core/strength circle
Sunday, May 14	Run 2.5 mile bike path run, 2 x 800s on bike path, cool down! Core/strength circle
Sunday, May 21	Bobcat Track Meet! Senior Bobcats strive to run 800, 1600!
Monday, May 29	Marin Memorial 5k @ 8 am

7. Dear Tamalpa Runners Team,

I must apologize for bombarding you with this. I'm sure you must receive a thousand blurbs about crowd-funding campaigns, including one from our team a few days ago.

I'd be grateful if you could consider sharing this new documentary, though, called "3100: Run and Become", which is in its final stage of post-production. We travelled the world to document amazing stories of self-transcendence and the spiritual dimensions of running. We asked, "What if the simple act of running could lead to profound enlightenment?" And what we found out proved to be life-changing.

3100: Run and Become follows an unassuming Finnish paperboy, Ashprihanal Aalto, in his attempt to complete the Self-Transcendence 3100 Miler a record 14th time – that's the world's longest race in which he must run at least 60 miles per day for 52 days around a 1/2 mile sidewalk loop in New York City. We also follow Shamita Achenbach-Konig from Austria. She's attempting the race for the first time.

Their quest will take viewers not only to the heart of this astonishing event but around the globe to the ancient cultures that have held running sacred for millennia.

We were granted unprecedented access to the famed Thousand Day Monks of Japan (known in the west as the Marathon Monks), to incredible Navajo runners, and to the now-persecuted Kalahari Bushmen of Botswana. These runners represent the ancient core of running - that running, specifically long distance running, can reveal to us the secrets of the universe. Check out the teaser and campaign here: <http://kck.st/2oFJEA7>. As you know Kickstarter campaigns are all-or-nothing. If the film doesn't raise its goal amount in the next 30 days, we don't receive the money (nor are people's cards charged).

We would love if you could share our story, through email or social media, with your followers or give whatever you can to our Kickstarter page. We've attached a sample email for your consideration. Every method of support makes a difference!

Thanks so much for your time. Please feel free to contact us with any comments or questions. Best,
Sneha & the 3100: Run & Become Team

Follow our film at <https://www.facebook.com/3100film/>

8. 2017 Tamalpa Bobcats Running Session, Sunday, April 30, 2017 - 4-5 pm. College of Marin Track in Kentfield across the street from Woodlands Market. <https://formsmarts.com/form/1jen>

9. 2017 Youth Dipsea Training Run, April 30, 2017 - 10:00AM Mountain Home Inn, Top Of Tam, 5-6 Miles Very Hilly <https://marinyouthtrailruns.com/2017-youth-dipsea-training-schedule/>

10. 20th Annual Miwok 100K, Saturday, May 6, 2017- 5:00 am Stinson Beach, California
PAUSATF Ultra Grand Prix Championship Race 100K <http://miwok100k.com/site/>

11. CVNL Bay Area Human 5K Race, Saturday, May 6, 2017 - @ 8:00 am Marin County
Fairgrounds, Avenue Of The Flags, San Rafael, 94903 <http://cvnl.org/bayareahumanrace/>

12. Sonoma County Human 3K & 10K Race, Saturday, May 6, 2017 - @ 8:00 am Herbert
Slater Middle School, 3500 Sonoma Avenue, Santa Rosa, CA <http://www.humanracenow.org/>

13. 3rd annual Cinco 5K & 10K Fiesta, Saturday, May 6, 2017 - @ 9:00 am Anheuser-Busch
Visitors Center • 3101 Busch Drive Fairfield, CA 94534 <https://www.active.com/fairfield-ca/running/distance-running-races/cinco-k-fiesta-2017?int=>

14. Folsom Lake Falcon Crest ½ Marathon, 8 Miles, 10K & 5K Trail Run, Saturday, May 6, 2017 - @ 7:30 am Falcon Crest parking lot, El Dorado Hills, CA <http://www.tctrans.com/>

15. LINCOLN 5K & 10K PACE RACE, Saturday, May 6, 2017 - @ 8:15 am 965 Orchard Creek
Ln, Lincoln, CA 95648 <http://www.lincolnpacerace.org/>

16. The 5K & 10K Can Run, Saturday, May 6, 2017 - @ 8:00 am J Street at Covell Blvd, Davis, CA
US 95616 <https://runsignup.com/Race/CA/Davis/TheCanRun>

17. OC Half Marathon, USATF Masters Half Marathon Championships, Sunday, May 7, 2017 - 6:15 a.m. This exceptional Half-Marathon starts on Newport Center Drive loop in front of our Official Start Line Hotel, the Newport Beach Marriott Hotel & Spa just south of Santa Barbara Drive, Newport Beach, CA
<http://www.ocmarathon.com/races/marathon/oc-half-marathon.aspx>

18. May Loma Alta TCRS, Sunday, May 7, 2017 - @ 9:00 am 6.8 Mi Course:
<https://www.strava.com/activities/306648916> Directions/Parking: White Hill Middle School, 101 Glen Dr, Fairfax Nearest
Bathroom: Downtown Fairfax <http://www.tamalparunners.org/2017tcrsschedule.php>

19. 2017 Tamalpa Bobcats Running Session, Sunday, May 7, 2017 - 4-5 pm. College of
Marin Track in Kentfield across the street from Woodlands Market. <https://formsmarts.com/form/1jen>

20. 46'th Annual Avenue of the Giants Marathon, ½ Marathon & 10K Run, Sunday, May 7, 2017 - @ 7:45 am Start where Bull Creek Flats Road meets Hwy 101 and the Avenue of the Giants, Weott, CA
<http://theave.org/index.html>

21. Stern Grove 4M, Sunday, May 7, 2017 @ 9:00 am 33 Ave & Wawona St., San Francisco, CA 94116
http://dserunners.com/ai1ec_event/stern-grove-4m-4/?instance_id=1098

22. 26th annual Jackrabbit 3-mile Derby & 1K Bunny Hop, Sunday, May 7, 2017 - @ 8:15 am Jackrabbit Picnic Area (near boat launch), Spring Lake Regional Park, Santa Rosa, CA
<http://www.empirerunners.org/event-2302626>

23. The Fair Oaks 5-mile & 2-mile Sun Run, Sunday, May 7, 2017 - @ 8:30 am Fair Oaks
Community Clubhouse in the Old Fair Oaks Village (7997 California Avenue, Fair Oaks, CA, 95628) at Village Park in Old Fair
Oaks. <http://www.fairoaksfiestarun.com/>

24. Celebration of Life 5k Walk/Run, Sunday, May 7, 2017 - @ 9:00 am Bidwell Park, 1 Mile
Picnic Area (Across from Soft Ball Field), Chico, CA <http://www.intrepidadventuresevents.com/celebration-of-life-5k>

- 25. Quicksilver 50K & 100K, Saturday, MAY 13, 2017** - @ 4:30 am Hacienda Entrance to Almaden Quicksilver Park, 21785 Almaden Road, San Jose, CA 95120. <http://ultrasignup.com/register.aspx?did=41176> **PAUSATF Ultra Grand Prix Championship Race 50K & 100K**
- 26. China Camp 5K, 10K & 1/2 Marathon Trail Run, Saturday, MAY 13, 2017** - @ 8:30 am China Camp State Park, Miwok Meadows Picnic Area, 800 North San Pedro Road, San Rafael, CA 94901 <https://ultrasignup.com/register.aspx?did=42368>
- 27. 28th Annual 2017 Muir Woods Marathon, Half Marathon & 7 Mile, Saturday, MAY 13, 2017** - @ 8:30 am Stinson Beach Parking Lot, Stinson Beach, CA <https://raceroster.com/events/2017/9078/2017-muir-woods-marathon-half-marathon-7-mile>
- 28. 2016 West Coast Last Chance Track Meet, Saturday, May 13, 2017** - 10:00AM Cox Stadium on the San Francisco State campus, San Francisco, CA The meet, a one day event, is open to all college, junior college, unattached, and club athletes registered with USATF. http://www.usfdons.com/news/2016/1/20/MTRACK_USF-Track-Last_Chance_Meet-NCAA-San_Francisco.aspx
- 29. 5th Annual Mother's Day Half Marathon, 5 Mile, and 5K Run, Saturday, MAY 13, 2017** - @ 8:00 am 7301 San Pablo Dam Road, El Sobrante, CA <http://wolfpackevents.com/calendar/169>
- 30. Gold Rush 50k & Relay, Saturday, MAY 13, 2017** - @ 6:30 am Salmon Falls Boat Launch, Folsom Lake State Recreation Area, 7755 Folsom-Auburn Road, Folsom, CA 95630 <https://runsra.org/gold-rush-50k/>
- 31. Santa Barbara Wine Country Half Marathon, Saturday, MAY 13, 2017** - @ 7:00 am Sagunto St., Santa Ynez, CA <http://destinationraces.com/runsb/registration>
- 32. 50K, 20 Miles, 1/2 Marathon, 10 Miles & 5K Trail Run at Sly Park, Saturday, MAY 13, 2017** - @ 8:00 am Sly Park Recreation Center Area Event Center, Pollock Pines, CA <http://www.tctrans.com/>
- 33. 23rd Annual Paiute Meadows 50K, 1/2 Marathon & 4.5 Miler Trail Run, Saturday, MAY 13, 2017** - @ 7:00 am Lakewood Way, Susanville CA <https://ultrasignup.com/register.aspx?did=39753>
- 34. Brocchini Farm's 10th Annual RINA'S HALF MARATHON, 10K & 5K RUN, Saturday, 05.13.2017** - @ 6:45 am Ripon High School, 301 N Acacia Ave, Ripon, CA 95366 <http://www.rinasrun.com/>
- 35. 2017 Tamalpa Bobcats Running Session, Sunday, May 14, 2017** - 4-5 pm. College of Marin Track in Kentfield across the street from Woodlands Market. <https://formsnarts.com/form/1jen>
- 36. 2017 Youth Dipsea Training Run, May 14, 2017** - 10:00AM Pantoll, Dipsea – Steep Ravine, 5-6 Very Hilly <https://marinyouthtrailruns.com/2017-youth-dipsea-training-schedule/>
- 37. Mother's Day Marina Green 5K & Kids Run, Sunday, May 14, 2017** @ 9:00 am Little Marina Green, Yacht Harbor parking lot, San Francisco, CA http://dserunners.com/ai1ec_event/mothers-day-marina-green-5k-kids-run/?instance_id=1100
- 38. 4th Annual PACIFIC GROVE DOUBLE RUN, Sunday, May 14, 2017** - @ 7:30 am Lover's Point, Pacific Grove, CA <https://www.doubleroadrace.com/run/pg/>

39. Tamalpa May Track Meet, Tuesday, May 16, 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 2-Mile & 5K. Contact-Frank Ruona, fdruona@comcast.net, (415) 760-8992. Volunteers are needed and will be welcomed.

40. 32nd running of the Silver State ½ Marathon, 50K & 50 Mile, Saturday, MAY 20, 2017 - @ 6:00 am Rancho San Rafael Park in northwest Reno, NV <http://ultrasignup.com/register.aspx?did=42588>
PAUSATF Ultra Grand Prix Championship Race 50K & 50 Mile

41. Sierra Gold Masters Track and Field Festival, Saturday, May 20, 2017 - 5:00 PM.
11761 Ridge Rd, Nevada City, CA 95959 <http://sgmtff.org/>

42. Ohlone 50K, Sunday, May 21, 2017 - @ 8:00 am Mission Peak Regional Preserve, Stanford Ave. and Vinehill Terrace, Fremont, CA. <http://ohlone50k.com/> **PAUSATF Ultra Grand Prix Championship Race 50K**

43. 2017 Tamalpa Bobcats Running Session, Sunday, May 21, 2017 - 4-5 pm. College of Marin Track in Kentfield across the street from Woodlands Market. <https://formsmarts.com/form/1jen>

44. 2017 Youth Dipsea Training Run, May 21, 2017 - 10:00AM Tennessee Valley, Wolf Ridge – Marincello, 6-7 Very Hilly <https://marinyouthtrailruns.com/2017-youth-dipsea-training-schedule/>

45. Bank Of Marin Running Festival Half Marathon, 10K, 5K & Run Like a Girl 1 Mile, SUNDAY, MAY 21, 2017 - @ 7:00 am All races Start / Finish: Indian Valley College, 1800 Ignacio Blvd Novato, CA 94949 <http://www.bankofmarinrunfest.com/>

46. 106th Annual Bay to Breakers, Sunday, May 21, 2017 - @ 8:00 am Howard St & Main St, San Francisco, CA <http://baytobreakers.com/>

47. Windsor Green Half Marathon, 5K & 10K, Sunday, May 21st, 2017 - @ 7:30 am Windsor Town Green, Windsor, CA <http://www.runwinecountry.com/>

48. Surfer's Path Marathon, Capitola Half Marathon & Relay, May 21, 2017 - @ 7:00 am On Beach St. and the corner of Cliff St. across from the Santa Cruz Beach Boardwalk Arcade located at 400 Beach St, Santa Cruz, CA 95060. <http://www.runsurferspath.com/marathon/>

49. Capital City 5K, 10K & 10 Mile Classic, Sunday, May 21, 2017 - @ 8:00 am Crocker Park, 211 O Street, Sacramento, CA 95814 <http://changeofpace.com/>

50. Buzz Oates No Excuses 5K, Sunday, May 21, 2017 - @ 8:35 am William Land Park Village Green (corner of Freeport Blvd. and Sutterville Rd.), Sacramento, California <http://noexcuses5k.org/>