

1. A BIG Thank You to all those who volunteered, participated, ran and enjoyed the 18th Annual John Lawson Tamalpa Challenge - "The Johnny". We are full of gratitude to have this race each year in John's memory as it is cherished for many reasons, especially reminding us of great friendships, the fun we have around running and coming together!

Happy Trails to All!

Blessings and love,

Kelly, John and Summer Lawson

2. PA Grand Prix Racing for 2017 continues on 11/19/17, 11/25/17 & 12/3/17-

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 and final Ultra Grand Prix race of 2017 is the Quadruple Dipsea on 11/25/17. The next Road Racing Grand Prix race will be the California International Marathon on 12/3/17. The next Cross Country Grand Prix Race and final Cross Country Grand Prix race of 2017 is the 32nd Annual PA Cross Country Championships on 11/19/17. The next subsequent Road Race is the Christmas Relays on 12/17/17. 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 or 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. If you sign up for your 2018 USATF card before the end of 2017 it will be good for the rest of 2017 and all of 2018. Make sure you have your 2017 or 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.

3. 2017 USATF Pacific Road Racing Grand Prix Schedule

Date	Race	Location	Points	Scoring	Team	Series	
				Divisions	Scoring		
Sun., Dec. 3	California International Marathon-	Sacramento	2	All	All	Yes	Long
Sun., Dec. 17	Christmas Relays	San Francisco	2	All	All	Only	None

4. 2017 USATF Pacific - Tentative Ultra Running Grand Prix Event Schedule

DATE	EVENT/DISTANCE	LOCATION
Nov. 25	Quadruple Dipsea (28.4M)	Mill Valley

5. 2017 PA Cross Country Schedule

11/19/17 Sun 32nd Annual PA Cross Country Championships San Francisco (Golden Gate Park)

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>

If you wish to take advantage of this reimbursement program, contact Frank Ruona, Tamalpa Racing Team Coordinator, at 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. Sunset Marathon SAN FRANCISCO, Friday, November 17, 2017 - 5:00 pm Crissy Field • 1199 East Beach San Francisco, CA 94129 <https://www.sunsetmarathon.com/>

8. 30th Annual Davis 5K, 10K & Half-Marathon Turkey Trot, Saturday, November 18, 2017 - 8:00 am Civic Center Field, Davis, CA 95616 <http://changeofpace.com/event/davis-turkey-trot/>

9. 25th running of the Woodside 50K, 35K, 17K & 10K Trail Run, Saturday, November 18, 2017 - 8:00 am Huddart County Park, Woodside CA <http://ultrasignup.com/register.aspx?did=44871>

10. 5th annual Holiday Hustle 2M/10K/Half Marathon/Full Marathon Trail Run, Saturday, November 18, 2017 - 8:00 am Coyote Lake-Harvey Bear Ranch Park, 1940 E. San Martin Ave. in San Martin, California <http://westcoasttrailruns.com/>

11. Salomon San Francisco 5 Km, 10 Km & Half Marathon, Saturday, November 18, 2017 - 9:00 am 1199 East Beach, Presidio of San Francisco, CA 94129 http://www.coastaltrailruns.com/ssf_salomon_san_francisco.html

12. 4th Annual Holiday Hustle 2 Mi, 10k, 1/2 Marathon & Marathon Trail Run, Saturday, 11/18/2017 - 8:00 am Coyote Lake-Harvey Bear Ranch Park, 1940 E. San Martin Ave, San Martin, CA <https://sites.google.com/site/holidayhustletrailrun/>

13. 32nd Annual PA Cross Country Championship, Sunday, Nov 19, 2017- Women's 4 Mile Race-9:00am; Master Men's 6 Mile Race-9:45 AM; OPEN Men's 6 Mile Race-11:00am. Lindley Meadow, 30th Ave and JFK Dr., Golden Gate Park, San Francisco. A 2017 PAUSATF Cross Country Grand Prix Event. <https://www.pausatf.org/data/2017/XC2017Sched.htm>

14. The Berkeley Half Marathon, Sunday, November 19th, 2017 - 8:00 am Milvia St. at 50. Kittredge St., Berkeley, California 94704 <http://berkeleyhalfmarathon.com/the-races/half-marathon/>

15. Coastal Trail Challenge 10K, Sunday, Nov 19, 2017- 9:00am East Beach at Crissy Field, San Francisco, CA http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf

16. Whole Foods Marin 1Mile, 5k, & 10k Gobble Wobble Turkey Trot, Thursday, 11/23/2017 - @ 9:00 am 1800 Ignacio Blvd., Novato, CA, 94949 <http://www.marinturkeytrot.com/>

17. Pacific Gas and Electric Company Men's 5K and El Camino Hospital Women's 5K, Thursday, November 23, 2017 - @ 7:30 am Santa Clara Street at First Street, San Jose, CA <http://svturkeytrot.com/>

18. 24th annual 5K & 10K Run to Feed the Hungry, Thursday, November 23, 2017 -

@ 8:15 am J Street just west of the entrance to the Sacramento State campus, Sacramento, CA
<http://www.runtofeedthehungry.com/>

19. Nitro Turkey 5K & 10K Run, Thursday, November 23, 2017 - @ 8:45 am Point Pinole

50. Regional Shoreline, 5551 Giant Highway, San Pablo, CA 94806 <https://brazenracing.com/r/nitroturkey.html>

20. Zoom 5 Km, 10 Km & Half Marathon Turkey Trot, Thursday, November 23,

2017 - @ 9:00 am Hellyer County Park (Buena Vista Pavilion). 996 Hellyer Ave., San Jose, CA 95111.

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

21. The Thanksgiving Gobble Wobble 5K & 10K, November. 23, 2017 - 8:00 AM 7301

San Pablo Dam Rd, El Sobrante, CA <http://wolfpackevents.com/calendar/185>

22. 2017 Quad Dipsea, Saturday, November 25, 2017 - 8:00 a.m. Old Mill Park, Mill Valley, CA

Pacific Association USA Track and Field Ultra Grand Prix Series <http://quad-dipsea.com/index.html>

23. Quarry Turkey Half Marathon, 10K & 5K, Saturday, November 25, 2017 - 7:40 a.m.

Quarry Lakes Recreational Area, 2100 Isherwood Way, Fremont, CA 94536 <https://brazenracing.com/r/quarryturkey.html>

24. Peacock Gap 5K, 10K, ½ Marathon & 30K Trail Run, Saturday – December 2,

2017 - 8:30 AM China Camp State Park, Miwok Meadows Picnic Area, 800 North San Pedro Road, San Rafael, CA 94901

<http://insidetrail.com/calendar/peacock-gap-trail-run/>

25. Calero Park 5K, 10K, 15K, ½ Marathon, 25K & 50K Run, San Jose, CA,

December 2, 2017 - @ 8:00 am Park at Calero Parking Lot on McKean Road, 23205 McKean Rd, San Jose, CA

95120 <http://www.tctrans.com/>

26. California International Marathon, Sunday, Dec. 3, 2017 - @ 7:00 am 7550 Folsom-

Auburn Rd, Folsom <https://runsra.org/california-international-marathon/> **2017 PAUSATF Marathon Championship Grand Prix Event**

27. 2017 Girls on the Run 5K, Sunday, December 3, 2017 @ 9:00 am Golden Gate Park - Music

Concourse Bandshell, San Francisco, CA We would appreciate the opportunity to invite a group of your Tamalpa Runners to volunteer at the Girls on the Run 5K run. Please feel free to contact Michelle O'Hara, Course Volunteer Coordinator, michellelohara@yahoo.com, (707)318-1256. <http://www.gotrbayarea.org/race/51-2017-girls-on-the-run-5k>

28. Waterfront 5K, Sunday, Dec. 3, 2017 - @ 9:00 am Sierra Point Marina, Brisbane, CA

http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf

29. Vista Verde Skyline 10K | Half | Marathon | 50K Run, Sunday, December 3,

2017 @ 8:00 am Skyline Ridge Preserve, Palo Alto, CA <http://ultrasignup.com/register.aspx?did=49510>

30. USATF National Club Cross Country Championships, Saturday, December 9,

2017 - Lexington, KY <http://www.usatf.org/Events---Calendar/2017/USATF-National-Club-Cross-Country.aspx>

31. 13th Annual Rodeo Beach 8km, 20km, 30km & 50km Trail Run, Saturday, 9

December 2017 - 8:00 a.m. 1049 Mitchell Rd, Sausalito CA <https://ultrasignup.com/register.aspx?did=44935>

32. Summit Rock ½ Marathon, 10K & 5K, Saturday, December 9, 2017 - 8:30am

Sanborn County Park, 16055 Sanborn Rd, Saratoga, CA 95070 <https://brazenracing.com/r/summitrock.html>

33. Hunter S Thompson Fear and Loathing 50 Kilos / 50 Miles, Saturday, 9

December 2017 - 8:00 a.m. Twin Peaks, San Francisco, CA <http://ultrasignup.com/register.aspx?did=50979>

34. Golden Gate Bridge Vista 10K, Sunday, December 10, 2017 - 9:00am USSSF Monument,

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

35. Spooner's Cove 5 mi, 8 mi, 25 Km & 50 Km Trail Run, Sunday, December 10,

2017 - 8:00am Montaña de Oro State Park, the park is six miles southwest of Morro bay and seven miles south of Los Osos on Pecho Road. http://www.coastaltrailruns.com/sc_spooners_cove.html

36. The Firehouse 5K & 10K Run, Sunday, December 10, 2017 - 8:30 AM Stevens Stadium,

El Camino Real, Santa Clara, CA <http://www.thefirehouserun.com/>

37. The Great Santa 5K Run San Francisco, SUNDAY, DECEMBER 10, 2017 - 8:30am

Races Start/Finish at Crissy Field across from Sports Basement Presidio

http://www.greatsantarunssf.com/?utm_source=Titanium+Master+List&utm_campaign=f28ebac283-

[EMAIL_CAMPAIGN_2017_07_21&utm_medium=email&utm_term=0_321a958d42-f28ebac283-352826205](http://www.greatsantarunssf.com/?utm_source=Titanium+Master+List&utm_campaign=f28ebac283-EMAIL_CAMPAIGN_2017_07_21&utm_medium=email&utm_term=0_321a958d42-f28ebac283-352826205)

38. 7th Annual Jingle Bell 5K / 10K, December 16, 2017 - 9:00 AM 500 San Pablo Dam Road,

Orinda, CA <http://wolfpackevents.com/calendar/142>

39. 6th Annual Christmas Double Road Race, Saturday, December 16, 2017 - 9:00 AM

The new Double Road Race course in San Juan starts at the Mission San Juan Bautista.

<https://www.doubleroadrace.com/run/christmas/home>

40. Woodside 10K, ½ Marathon, 35K & 50K Ramble, Saturday, 12/16/2017 - 8:00 AM

Huddart County Park, 1100 Kings Mountain Road, Redwood City, CA 94062 <http://insidetrail.com/calendar/woodside-ramble-trail-run-winter/>

41. Elf on the Run 5k & 10k, Saturday, December 16, 2017 - 9:00 AM Meet inside the Sports

Basement in the Presidio located at 610 Old Mason St, San Francisco, CA 94129 <http://elfontherun.com/>

42. 4th ANNUAL FOLSOM CHRISTMAS CLASSIC 5k and 10k RUN, Saturday,

December 16, 2017 - 8:00 AM Vista del Lago High School, 1970 Broadstone Pkwy, Folsom,

CA <https://www.runningguru.com/E1.asp?eID=28158&SourceCode=>

43. 44th ANNUAL Christmas Relays, Sunday, December 17, 2017 - 9:00am Start/Finish in

Parking lot at North end of Lake Merced in San Francisco. 4-person teams run four 4.464-mile laps around Lake Merced.

PAUSATF Road Racing Championship Race <http://www.westvalleytc.com/christmas-relays>

44. Presidio Cross Country 5K, Sunday, December 17, 2017 - 9:00am Julius Kahn Park, West

Pacific & Spruce, San Francisco, CA http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf

45. ZombieRunner Quarry Lakes 5 Km, 10 Km, Half Marathon & Marathon,

Sunday, December 17, 2017 - 9:00am Quarry Lakes Regional Recreation Area. 2100 Isherwood Way, Fremont,

CA 94536 http://www.coastaltrailruns.com/ql_fall_quarry_lakes.html

46. Rainbow Falls Holiday 5K, Sunday, December 24, 2017 - 9:00am Kennedy & Transverse Drive, Golden Gate Park, San Francisco, CA http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf

47. Kennedy Drive 8K, Sunday, December 31, 2017 - 9:00am South side of Polo Field, Golden Gate Park, San Francisco, CA http://www.dserunners.com/Club_Documents/2017RaceSchedule_v7.pdf

48. New Year's One Day 6hr, 12hr & 24hr, Sunday, December 31, 2017 - 9:00am Crissy Field. 1199 East Beach, Presidio of San Francisco CA 94129 http://www.coastaltrailruns.com/nyod_new_year_one_day.html

49. BRAZEN RACING New Year's Day 5K, 10K & 1/2 Marathon, Monday, January 1, 2018 - 8:30 a.m. Lake Chabot Marina, Castro Valley, CA <https://brazenracing.com/newyearsday/>

50. Hacienda Hills 1.5 miles - 5K - 10K - Half Marathon /Almaden Quicksilver County Park/New Almaden, Saturday, January 6, 2018 - 9:00am New Almaden Entrance • 21785 Almaden Road San Jose, CA 95120 <http://www.tctrans.com/>