

Tamalpa This & That

1. **PA Grand Prix Racing for 2022 continues on 04/24/22, 04/30/22 & 08/20/22-** The fifth Tamalpa TCRS Race of 2022 will be run on Saturday, 5/14/22 at Rush Creek (Bahia), Novato! Tamalpa Team Racing for 2022 on the PA/USATF Road Racing, Cross Country & MUT Circuits is scheduled to run from 1/29/22 through 12/18/22. Tamalpa tries to field scoring teams in the PA/USATF Races whenever possible. The next Scheduled Road Racing Grand Prix Race is the San Jose Race to the Row 8k on this Sunday, 04/24/22. The next race on the MUT Grand Prix is the Folsom Lake Trail Half Marathon in Folsom on a week from Saturday, April 30, 2022. The Cross-Country Grand Prix will start on Saturday, August 20,2022 with the 21st Annual SCTC XC Challenge in Santa Cruz. To score for your Tamalpa racing team, you will need to have a 2022 USATF card. We currently have 92 Tamalpa Members who have their 2022 USATF Card (see attachment with Tamalpans with their 2022 USATF Cards) Make sure that you have your 2022 USATF card and run some PA/USATF Races for your Tamalpa racing team. Make sure you wear a Tamalpa white uniform top in all of the PA races.

Month				Location				Distance				Details & Results				
January 23, 2022 Sunday-9:00 AM				Hamilton Levees, Novato				4.5 miles				Starting time is 8:45 for seniors (60+) and 9am for all others.				
February 27, 2022 Sunday -9:00 AM				King Mountain Loop, Larkspur				3.25 miles				Starting time is 9am for all Runners, there will be no early starters.				
March 27, 2022 Sunday - 10:00 AM				Gold Hill (Dominican University), San Rafael				3.1 Miles				Park at Dominican 's Bertrand Hall on Locust Ave. Start & finish-101 Magnolia San Rafael, CA 94901.				
April 10, 2022 -Sunday, 9:00 AM				Loma Alta TCRS White Hill School, Fairfax				6.7 miles				Start/Finish/Parking - Whitehill Elementary School, 101 Glen Drive, Fairfax Nearest bathroom - Downtown Fairfax				
May 14, 2022 -Saturday, 9:00 AM		Loma Alta TCRS White Hill School, Fairfax		6.7 miles		Start/Finish/Parking - Whitehill Elementary School, 101 Glen Drive, Fairfax Nearest bathroom - Downtown Fairfax		Rush Creek (Bahia), Novato		Loma Alta TCRS White Hill School, Fairfax		6.7 miles		Start/Finish/Parking - Whitehill Elementary School, 101 Glen Drive, Fairfax Nearest bathroom - Downtown Fairfax		We will run for a short time up Bahia Dr., just about a 1/2 mile climb to the open space entry to the Rush Creek Bahia Trail. Start & Finish at Bahia Ave & Topaz Dr.
July 29, 2022- Friday Evening								McMinis Park Golf Center Golf Tournament								
July 30, 2022- Saturday, 9:00 AM								TCRS Saturday with a banquet to follow at 10:00 am. We will reserve the patio for the banquet.								
September TCRS												Tennessee Valley TCRS				

3. 2022 USATF Pacific Road Racing Grand Prix Schedule

Date	Race	Location	Points	Series
Sat., March 5	NorCal John Frank Memorial 10-Mile Redding	1	Long	
Sun., March 20 Short	Oakland Running Festival 10K	Oakland	1	
Sun., April 3 Long	Credit Union SACTOWN Ten Mile	Sacramento	1	
Sun., April 24	San Jose Race to the Row 8k	San Jose	1	Short

Sun., May 1	The Great Race 4.0 mi	Saratoga	1	Short	Morgan Hill	1	All
Sun., May 22	Stow Lake Stampede 5K	San Francisco	1	Short			
Mon., July 4	Morgan Hill Freedom Fest 5K	Morgan Hill	1	Short			
Sun., October 2	Urban Cow Half Marathon	Sacramento	1	Long			
Sun., Nov 13	Clarksburg Half Marathon	Clarksburg	1	Long			
Sun., Dec 4	California International Marathon	Folsom	1	Long			
Sun., Dec 18 None	Christmas Relays	San Francisco	1				

4. 2022 MUT Grand Prix Schedule

Date	Day	Event (click for website link)	Location	Mountain/Ultra/Trail
Jan. 29	Sat.	<a href="#">Mount Diablo Trail 10K</a>	Clayton, CA	Mountain (Trail)
Feb. 5	Sat.	<a href="#">Jed Smith 50K</a>	Sacramento, CA	Ultra (Road)
Mar. 26	Sat.	** CANCELLED ** <a href="#">No to mom 100K</a>	Sacramento, CA	Ultra (Road)
Apr. 30	Sat.	<a href="#">Folsom Lake Trail Half Marathon</a>	Folsom, CA	Trail
May 14	Sat.	<a href="#">Quicksilver 50K or 100K (no team scoring)</a>	San Jose, CA	Ultra (Trail)
May 21	Sat.	<a href="#">Silver State 50M</a>	Reno, NV	Ultra (Trail)
Jun. 4	Sat.	<a href="#">Trail Marathon (TBD)</a>	Santa Cruz/Monterey Area, CA	Trail
Aug. 7	Sun.	<a href="#">Skyline 50K</a>	Castro Valley, CA	Ultra (Trail)
Aug. 20	Sat.	<a href="#">Headlands Hundred 100M</a>	Sausalito, CA	Ultra (Trail)
Date TBD	Sun.	Star City Trail Half Marathon (date TBD)	Brisbane, CA	Trail
Date TBD	Sat.	Tamalpa 50K	Sausalito, CA	Ultra (Trail)
Sept. 10	Sat	<a href="#">Stevens Creek Striders Reservoir Trail Half Marathon</a>	Cupertino, CA	Trail
Sept. 25	Sat.	<a href="#">Dick Collins Firetrails 50M</a>	Castro Valley, CA	Ultra (Trail)
Oct. 8	Sat.	<a href="#">Ruth Anderson 50K and 50M</a>	San Francisco, CA	Ultra (Road)

5. 2022 PAUSATF Cross Country Grand Prix

Date	Day	Race	Location
08/20/22	Sat	21st Annual SCTC XC Challenge	Santa Cruz

08/27/22	Sat	29th Annual Phil Widener Empire Open	Santa Rosa
09/04/22	Sun	3rd Annual GVH Lagoon Valley XC Challenge	Vacaville
09/11/22	Sun	36th Annual Golden Gate Park Open	San Francisco
09/17/22	Sat	11th Annual Rebels XC Challenge	Carmichael
09/24/22	Sat	17th Annual Garin Park XC Challenge	Hayward
10/9/22	Sun	26th Annual John Lawson Tamalpa Challenge	China Camp
10/15/22	Sat	13th Annual Willow Hills XC Open	Folsom
10/29/22	Sat	24th Annual Matt Yeo Aggies XC Open	Martinez
11/20/22	Sun	36th Annual PA XC Championships	San Francisco

6. The Third Annual Falcon 5K - Saturday, April 23, 2022 - @ 9:00 am Venetia Valley School, 177 N. San Pedro Road, San Rafael, CA 94903 <https://www.eventbrite.com/e/the-third-annual-falcon-5k-tickets-267994538377>
7. California Gold Rush 5K - 10K - 15K & Half Marathon Run - Saturday, April 23, 2022 - @ 8:30 am Marshall Gold Discovery State Historic Park, 110 Rock Street, Coloma, CA 95613 <https://crrams.com/2021/09/02/64232/>
8. Canyons 100K - 50K & 25K Endurance Runs - Saturday, April 23, 2022 - @ 5:00 am High St. in Historic Downtown Ashland, CA <https://canyons.com/canyons> <https://www.ranapalms.com/event/17507/the-canyons-endurance-runs>
9. James Joyce Rumble - USATF Masters 10K Championship - Sunday, April 24, 2022 - @ 11:00 am Edinport Estate, 656 East St., Dedham, MA 02026 <https://www.rumble.org/> <https://www.usatf.org/events/2022/2022-usatf-masters-10-10k-championship>
10. SAN JOSE 8K & HALF Marathon - Sunday, April 24, 2022 - @ 8:00 am St. John & Antuna St., San Jose, CA <https://www.sjccr.com/content/2022/50577/san-jose-8k-and-half-marathon> **PAUSATF Road Racing Road 8K Championship Race**
11. San Bruno Mountain 5K (Off-Road) - Sunday, April 24, 2022 - @ 9:00 am Gualdipe Canyon Pkwy, South San Francisco, CA 94065 <http://sfarrunners.com/virtual-race-schedule/>
12. Big Sur International Marathon - Sunday, April 24, 2022 - @ 6:45 am Big Sur Station in Big Sur, CA <https://www.bigsurmarathon.org/>
13. Folsom Lake 10K - Half Marathon - 35K & 50K Trail Run - Saturday, April 30, 2022 - @ 8:30 am Folsom Pr Rd, Folsom, CA 95690 <https://folsomraces.com/register.aspx?cid=58122> **PAUSATF MUT Trail Half Marathon Championship Race**
14. Sierra Azul 5K - 7 Mile - Half Marathon - 20 Mile - Trail Marathon & 50K Trail Challenge - Saturday, April 30, 2022 - @ 8:00 am Almaden Quicksilver County Park, Hacienda Entrance, 21785 Almaden Rd., San Jose, CA 95120 <https://www.crrams.com/2021/10/12/64802/>
15. T9 Mermald 5K - 10K - Half Marathon & Sirena 18 Mile Run East Bay - Saturday, April 30, 2022 - @ 8:00 am Quarry Lakes Regional Park, Fremont, CA <https://www.merraldseries.com/merrald-east-bay-2022>
16. IPA 10K/2K - Beer Mile - Saturday, April 30, 2022 - @ 8:00 am The Barlow, 6670 McKinley St., Schenectady, CA 95472 <https://www.ipa10k.com/>
17. LOS GATOS GREAT RACE 4.0 mi - Sunday, May 1, 2022 - @ 8:00 am Hey 9, Saratoga to Los Gatos <https://thegreatrace.org/saratoga-the-great-race> **PAUSATF Road Racing Road 4 Mile Championship Race**
18. The 50th Avenue of the Giants Marathon - Half Marathon & 10K - Sunday, May 1, 2022 - @ 7:45 AM Dyerville Bridge overlook on east side of Hwy 101, Weott, CA <http://www.theave.org/>
19. Horseshoe Lake 5 Mile - Half Marathon - 30K - Marathon & 50K Trail Run - Sunday, May 1, 2022 - @ 6:00 am Skyline Ridge Open Space Preserve, 21198 Skyline Blvd., Los Gatos, CA US 95033 [http://www.countrailraces.com/51\\_horseshoe-lake.html](http://www.countrailraces.com/51_horseshoe-lake.html)
20. 25th Anniversary Mtwok 100K - Saturday, MAY 7, 2022 - @ 3:00 am STinson BEACH, CALIFORNIA <https://mtwok100k.com/>
21. Hacienda Hills 5K - 10K - 9M - Half Marathon - 30K - Trail Marathon & 50K Run - Saturday, MAY 7, 2022 - @ 8:00 am Almaden Quicksilver County Park, Hacienda Entrance, 21785 Almaden Rd., San Jose, CA 95120 <https://crrams.com/2021/09/01/63077/>
22. Crissy Field Mother's Day 5K - Sunday, May 8, 2022 - @ 9:00 AM Little Marina Green/Yacht Harbor Road, San Francisco, CA [http://sfarrunners.com/events/crissy-field-mothers-day-5k/?instance\\_id=1301](http://sfarrunners.com/events/crissy-field-mothers-day-5k/?instance_id=1301)
23. QUICKSILVER 100K & 50K ENDURANCE RUNS - Saturday, MAY 14, 2022 - @ 4:30 am Hacienda Entrance, 21785 Almaden Rd., San Jose, CA 95120 <https://quicksilver.com/register.aspx?cid=35176> **PAUSATF MUT Ultra Trail 50K & 100K Championship Race**
24. May 16th Bush Creek Baby - Saturday, MAY 14, 2022 - @ 9:00 am Bush Creek & Tropic Dr., Napa, CA <https://www.napavalleyraces.org/>
25. 27th Annual Palouto Meadows 50K - 30K - Half Marathon & 4.5 Mile Trail Run - Saturday, MAY 14, 2022 - @ 6:30 am Sausalito Ranch Park, 707 Nevada St., Sausalito, CA 94960 <http://www.paloutameadowsraces.com/>
26. The Grizzly Peak 10K - Half Marathon - 30K - Marathon & 50K Trail Run - Saturday, MAY 14, 2022 - @ 8:00 am Lake Arco - Tilden Regional Park, Lake Arco Rd, Berkeley, CA US 94708 [http://www.countrailraces.com/51\\_grizzly-peak.html](http://www.countrailraces.com/51_grizzly-peak.html)
27. 5K - 10K - 8.5 Mile - Half Marathon - 18 Mile - Trail Marathon & 50K Trail Run at Sly Park - Saturday, MAY 14, 2022 - @ 8:00 am Sly Park Recreation Area, 4771 Sly Park Rd., Palmdale, CA <https://crrams.com/2021/09/01/60142/>
28. Bay to Breakers 12k - Sunday, May 15, 2022 - @ 8:00 am Main Street & Howard Street, San Francisco, CA 94105 <https://baytobreakers.com/bay-to-breakers-12k>
29. 34th Running of the Tilden Tough Ten - Sunday, May 15, 2022 - @ 8:00 am Inspiration Point, Tilden Regional Park <https://tjrr.org/Tilden-Tough-Ten>
30. Windsor Run & Wine 13.1 Mile - 10K & 5K - Sunday, May 15, 2022 - @ 7:30 am Windsor Town Green, Windsor, CA <https://www.runwindsor.com/race-schedule-1>
31. Tamalpa May Track Meet - Tuesday, May 17, 2022 - @ 8:30 pm San Rafael High School, 150 Third St., San Rafael, Ca <https://www.tamalparunners.org/>
32. 37th Annual Silver State - 50K | 50M & 14th Annual - Trail Half Marathon - Saturday, May 21, 2022 - @ 6:00 am Rancho San Rafael Park, Reno <http://silverstateraces.com/news/silver-state-50k/> **PAUSATF MUT Trail 50 Mile Championship Race**
33. Rochester Mile - 2022 USATF Masters One Mile Championship - Saturday, May 21, 2022 - @ 7:40 PM 115 South Ave., Rochester, NY 14604 <https://usafing.com/RaceNY/Rochester-Rochester1Mile> <https://usafmaster.org/road-race/>
34. Tamalpa Practice Dipsea Run - Saturday, May 21, 2022 - @ 8:00 am Old Mill Park in Mill Valley, CA <https://www.tamalparunners.org/> ==
35. San Francisco 50m/50K Endurance Run - Saturday, May 21, 2022 - @ 7:00 am Redwood Beach, Golden Gate National Recreation Area, CA <http://www.ccsouthbayraces.com/50.html>
36. 2022 Race to Cure Sarcoma San Francisco - Saturday, May 21, 2022 - @ 7:30 am Golden Gate Park (Music Concourse - Bandshell), San Francisco, CA <http://2022cancer.com/sanfranciscoschallenge>
37. Stow Lake Stampede 5K - Sunday, May 22, 2022 - @ 8:30 am JFK @ Peacock Meadows, Golden Gate Park, San Francisco, CA <https://stampede.org/races/stow-lake-stampede> **PAUSATF Road Racing Road 5K Championship Race**
38. CARLSBAD 5000 - Sunday, May 22, 2022 - @ Grand Ave., Carlsbad, CA 92013 6:35am - Race 1: Masters Men Age 40 & Over; 7:55am - Race 2: Masters Women Age 40 & Over; 9:00am - Race 3: Men Open (39 and under); 9:45am - Race 4: Women Open (39 and under) + Party People; 12:00pm - Race 5: Elite Women; 12:25pm - Race 6: Elite Men <https://carlsbad5000.com>
39. Lake Sonoma 100K & 50K - Saturday, MAY 28, 2022 - @ 5:00 am 3333 Skaggs Spring Road, Geyserville, CA 95441 <https://www.lake-sonoma.com/lake-sonoma-100k>
40. Armed Forces Half Marathon - Saturday, MAY 28, 2022 - @ 6:30 am 2175 Willow Pass Rd, Concord, CA 94520, USA <http://armedforceshalf.com/>
41. Placerville Path 5K - 10K - 15K & Half Marathon Memorial Day Run - Saturday, MAY 28, 2022 - @ 8:00 am Placerville Station, 2984 Mosquito Road Placerville, CA 95667 <https://crrams.com/2021/12/26/63282/>
42. Great Highway Lands End 10K - Sunday, May 29, 2022 - @ 9:00 am Tannal Street near the Great Highway, San Francisco, CA [http://sfarrunners.com/event/sf-great-highway-lands-end-10k/?instance\\_id=1318](http://sfarrunners.com/event/sf-great-highway-lands-end-10k/?instance_id=1318)
43. Trail Marathon - Saturday, June 4, 2022 - @ To be determined Santa Cruz/Monterey Area, CA **PAUSATF MUT Marathon Championship Race**
44. 62nd Annual Golden West Track & Field Invitational - Saturday, June 4, 2022 & Sunday, June 5, 2022 - @ 7:00 am Cordova High School Track, 2239 Chase Dr., Rancho Cordova, CA 95670 <https://goldenwestathletics.com/>
45. Calero 5K - 10K - 15K - Half Marathon - 25K & 50K Trail Run - Saturday, June 4, 2022 - @ 8:00 am Calero County Park, 23205 McKeon Rd San Jose, CA 95120 <https://crrams.com/2021/09/01/60642/>
46. Loco Go Big or Go Home 100M - 100K - 50K - 13.1M & 10K Challenge - Saturday, June 4, 2022 - @ 5:30am Butte Meadows, CA <https://www.internationalracesevents.com/100-mile-info>
47. Lake Chabot Half Marathon & 5K Trail Challenge - Sunday, June 5, 2022 - @ 8:00 am 17404 Lake Chabot Rd, Castro Valley, CA 94546 <https://tamaparraces.com/Race-CA/CastroValley-LakeChabotTrailChallenge>
48. The 101st Statuto 8K Race - Sunday, June 5, 2022 - @ 9:00 am SF Italian Athletic Club, 1630 Stockton Street, San Francisco, CA <https://www.statutoevent.com/>
49. Sonoma County Wine Country Games - Saturday, June 11, 2022 - @ 8:00 am Team Meet for 50+ Athletes, Santa Rosa High School, Santa Rosa, CA <https://sfmccountygames.com/sonomacountywinecountrygames/>
50. Cinderella 5 Mile - Half Marathon - 30K - Marathon & 50K Trail Run - Saturday, June 11, 2022 - @ 8:00 am Chabot Space & Science Center, 10000 Skyline Blvd, Oakland, CA 94619 <http://www.countrailraces.com/cin-cinderella.html>
51. Mt. Umunhum 100K - 50 Mile - 50K - Trail Marathon - 30K - Half Marathon - 9 Mile - 10K & 5K Ultras - Saturday, June 11, 2022 - @ 4:30 am Almaden-Quicksilver County Park, Mockingbird Hill Entrance, 19535 Mockingbird Hill Lane, San Jose, CA 95120 <https://crrams.com/2022/01/06/66172/>
52. The 111<sup>th</sup> Annual Dipsea - Sunday, June 12, 2022 - @ 6:00 am Downtown, Mill Valley, CA <https://www.dipsea.org/>
53. Tamalpa June Track Meet - Tuesday, June 14, 2022 - @ 6:30 pm San Rafael High School, 150 Third St., San Rafael, Ca <https://www.tamalparunners.org/>
54. Bob Shor Summer Track Series - Meet 1 - Tuesday, June 14, 2022 - @ 5:45 pm Montgomery High School @ 1250 Hahman Drive, Santa Rosa CA <https://www.empirerunners.org/event/4730518?CalendarViewType=0&SelectedDate=3/10/2022>
55. China Camp HALF MARATHON - 10K & 5K Trail Run - Saturday, June 18, 2022 - @ 8:30 am China Camp State Park, Miwok Meadows Picnic Area, 800 North San Pedro Road, San Rafael, CA 94901 <https://insiderail.com/calendar/china-camp-race.html>
56. San Lorenzo River 50K - Marathon - 30K - Half Marathon & 10K - Saturday, June 18, 2022 - @ 8:00 am Harvey West Park, Harvey West Blvd & Daboti St, Santa Cruz, CA 95060 <http://www.countrailraces.com/cfr-san-lorenzo-river.html>
57. Father's Day Rainbow Falls 5K - Sunday, June 19, 2022 - @ 9:00 am JFK Drive & Transverse Drive, San Francisco, CA [http://sfarrunners.com/virtual-race-schedule/action-agenda?page\\_offset=1&page\\_from=page](http://sfarrunners.com/virtual-race-schedule/action-agenda?page_offset=1&page_from=page)
58. Western States 100 Mile Endurance Run - Saturday, June 25, 2022 - @ 5:00 a.m. Olympic Valley, California <https://www.wsr.org/>
59. Angel Island 5 Mile and Half Marathon - Saturday, June 25, 2022 - @ 8:00 am 21 Main Street, Belvedere Tiburon, Tiburon, CA <http://www.urbansportscenter.com/angel-island.html>
60. Presidio Wall Cross Country 5K - Sunday, June 26, 2022 - @ 9:00 am Grass lawn adjacent to Presidio Wall Playground (near Pacific and Spruce Avenue) San Francisco, CA [http://sfarrunners.com/virtual-race-schedule/action-agenda?page\\_offset=1&page\\_from=page](http://sfarrunners.com/virtual-race-schedule/action-agenda?page_offset=1&page_from=page)
61. Bob Shor Summer Track Series (Meet 2) - Tuesday, June 28, 2022 - @ 5:45 pm Montgomery High School @ 1250 Hahman Drive, Santa Rosa CA <https://www.empirerunners.org/event/4730518?CalendarViewType=0&SelectedDate=3/10/2022>
62. WORLD MASTERS ATHLETICS TAMPERE 2022 - Wednesday, June 29 to Sunday, July 10, 2022 - Tampere, Finland <https://www.tampere2022.org/>
63. Zoom Firecracker Half Marathon - 10K & 5K - Saturday, July 2, 2022 - @ 8:30 am Quarry Lakes Regional Recreation area, 2100 Interwood Way, Fremont, CA 94536 <http://www.countrailraces.com/cfr-zoom-firecracker.html>
64. Morgan Hill Freedom Fest 5K - Monday, July 4, 2022 - @ 8:00 am West Duane & Peak Ave, Morgan Hill, Ca <https://morganhillfreedomfest.com/freedom-run> **PAUSATF Road Racing Road 5K Championship Race**
65. The 49th Kenwood 3K & 10K Footrace - Monday, July 4, 2022 - @ 7:30 am Kenwood Plaza Park, 170 Warm Springs Rd., Kenwood, CA 95452 <https://www.kenwoodfootrace.com/race-info>
66. Golden Gate (Summer) 50K - Marathon - 30K - Half Marathon & 8K Trail Runs - Saturday, July 9, 2022 - @ 7:00 am Rodeo Beach, 1033 Fort Cronkite, Sausalito, CA US 94965 <http://www.countrailraces.com/cfr-gg-golden-gate.html>
67. Davis 5K - 10K and Half Marathon Moonlight Race - Saturday, July 9, 2022 - @ 7:30 PM 201 Coastview Place, 201 Coastview Place, Davis, CA 95618 <https://davisfootrace.com/event/moonlight-race/>
68. Rancho Hills 5K - 10K - 10 Mile - Half Marathon - 30K - Trail Marathon & 50K Trail Run - Saturday, July 9, 2022 - @ 8:00 AM Rancho Canada del Oro Open Space Preserve, 4289 Casa Loma Road, Morgan Hill, CA 95037 <https://crrams.com/2021/10/10/60782/>
69. THE ROCK THE LOCH HALF MARATHON - 10K & 5K - Sunday, July 10, 2022 - @ 9:15 am Castro Valley, CA 94546 <https://tamaparraces.com/Race-CA/CastroValley-RocktheLoch>
70. Tamalpa July Track Meet - Tuesday, July 12, 2022 - @ 6:30 pm San Rafael High School, 150 Third St., San Rafael, Ca <https://www.tamalparunners.org/>
71. Bob Shor Summer Track Series (Meet 3) - Tuesday, July 12, 2022 - @ 5:45 pm Montgomery High School @ 1250 Hahman Drive, Santa Rosa CA <https://www.empirerunners.org/event/4730518?CalendarViewType=0&SelectedDate=3/10/2022>
72. THE INAUGURAL WINESHINE HALF MARATHON & 3.9 MILLER - Saturday, July 16, 2022 - @ 7:00 am Silverado Resort & Spa, Napa, Ca <https://wineshinehalfmarathon.org/> **Please share a discount code with your club as a token of our appreciation for spreading the word about us. Your club code is good for \$25 off the half marathon (with wine festival) and is used during the checkout process. Club Code: TAMALPA**
73. Oakland Redwoods 5K/10K/Half Marathon - Saturday, July 16, 2022 - @ 9:00 am 7867 Redwood Rd, Oakland, California 94619 <http://www.urbansportscenter.com/oakland-redwoods.html>
74. Napa to Sonoma Wine Country Half Marathon - Sunday, July 17, 2022 - @ 7:00 am Cavatoni Carriers Winery - 1221 Dubig Rd, Napa, CA 94559 <https://www.rampapatonsonoma.com/>
75. San Francisco Marathon - Half Marathon - 10K - 5K & Ultra Marathon - Saturday & Sunday, July 23 & 24, 2022 - Sausalito 5K - 9:00 am @ Presidio, Crissy Field, Sports Basement, 610 Old Mason Street, San Francisco; Sunday 5K - 7:45am @ Mission Street and The Embarcadero, San Francisco, California 94105; Sunday 10K - 7:30am @ The Embarcadero near Mission Street; Sunday First Half Marathon - 6:30am @ Embarcadero between Washington and Broadway; Sunday Second Half Marathon - 8:45am in the Presidio, 610 Old Mason Street @ Sports Basement; Sunday Full Marathon - 7:45am @ Embarcadero @ Mission St.; Sunday 52 Miles Ultra Marathon - 11:00 pm @ Mission Street and The Embarcadero. <https://www.sfmarathon.com/>
76. Kirkwood Thunder Mountain 50K - 30K - Half Marathon - 8 Mile - 10K & 5K Trail Challenge - Saturday, July 23, 2022 - @ 7:00 am Kirkwood Mountain Ski Resort, Red Cliffs Day Lodge, 1501 Kirkwood Meadows Drive, Kirkwood, CA 95646 <https://crrams.com/2018/09/24/kirkwood-thunder-mountain-trail-challenge/>
77. TABLE ROCK 10K - Half Marathon & 30K - Saturday, July 23, 2022 - @ 7:30 am Sitton Beach Park, Golden Gate National Recreation Area, 1545 Shoreline Hwy, Sitton Beach, CA 94970 <https://insiderail.com/calendar/table-rock-trail-race/>
78. 50<sup>th</sup> Annual Wharf to Wharf 6 Mile Race - Sunday, July 24, 2022 - @ 8:30 am Shuttles run to the Start Line at the corner of River St & Water St., Santa Cruz; FROM the Santa Cruz County Building on Ocean St., Santa Cruz, California <http://www.wharftowharf.com/>
79. Crystal Springs (Summer) 50K - Marathon - 35K - Half Marathon & 8K - Saturday, July 30, 2022 - @ 8:00 am Huddart Park, 1100 Kings Mountain Road, Woodside, CA 94062 <http://www.countrailraces.com/cfr-crystal-springs.html>
80. Kirkwood's 50K - 46 Mile & 100K Ultras - Saturday, August 6, 2022 - @ 6:30 am Kirkwood Mountain Ski Resort, Red Cliffs Day Lodge, 1501 Kirkwood Meadows Drive, Kirkwood, CA 95646 <https://crrams.com/2022/01/07/66430-ultras/>
81. RODEO VALLEY 8K - Half Marathon - 30K & 50K TRAIL RUN - Saturday, August 6, 2022 - @ 7:00 am Marin Headlands, Sausalito, CA <https://insiderail.com/calendar/rodeo-valley-trail-run/>
82. Redwood Marathon - 30K - Half Marathon & 5 Mile Trail Run - Saturday, August 6, 2022 - @ 8:00 am Chabot Space & Science Center, 10000 Skyline Blvd., Oakland, CA US 94619 <http://www.countrailraces.com/cfr-san-jose-redwood.html>
83. Skyline 50K Endurance Run - Sunday, August 7, 2022 - @ 7:00 am Lake Chabot Marina, Castro Valley, CA <http://www.counperformance.com/events/skyline-50k/> **PAUSATF MUT 50K Championship Race**

84.	BEAR CREEK HALF MARATHON 10K & 5K SATURDAY AUGUST 13, 2022 @ 8:00 am	16 Bear Creek Rd, Lafayette, CA 94540	<a href="https://thecrossings.com/bearcreek/">https://thecrossings.com/bearcreek/</a>		
85.	Tamalpa August Track Meet, Tuesday, August 16, 2022 @ 6:30 pm	San Rafael High School 150 Third St., San Rafael, CA	<a href="https://www.tamalpacrossing.com/">https://www.tamalpacrossing.com/</a>		
86.	Headlands 150M-100M-10K-50M & 26.2M Thursday to Sunday, August 18-22, 2022 @ 150 Mile starts at 5:00 pm on 8/18/22	Rodas Lagoons, Marin Headlands, Sausalito, CA	<a href="https://theadlands.com/register.aspx?tbl=85571">https://theadlands.com/register.aspx?tbl=85571</a>	PAUSAFE MUT 100 Mile Trail Ultra Championship Race	
87.	21st Annual Scitc XC Challenge, Saturday, August 20, 2022 @ 9:00am	11 miles; Master Men's Race: 9.45am/11 miles; Open Men's Race: 10:30am/11 miles	<a href="https://www.scitc.org">https://www.scitc.org</a>	2022 PA USATF XC Grand Prix Cross Country Race	
88.	5K, 10K, 8.5 Mile, Half Marathon, 18 Mile, Trail Marathon & 50K Trail Run at Sly Park, Saturday, August 20, 2022 @ 8:00am	Sly Park Recreation Area, 4771 Sly Park Rd., Pollock Pines, CA	<a href="https://strans.com/2021/08/01/082022/">https://strans.com/2021/08/01/082022/</a>		
89.	29 <sup>th</sup> Annual Phil Widener Empire Open 3.4 miles XC, Saturday, August 27, 2022 @ 9:00am	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	<a href="http://www.empirecrossing.org">http://www.empirecrossing.org</a>	2022 PA USATF XC Grand Prix Cross Country Race	
90.	Alameda 10-Miler, Saturday, August 27, 2022 @ 7:00 am	2100 Ferry Point Alameda 94501	<a href="https://tamalpac.com/Race/Alameda/10Miler/2022/Pages/10K">https://tamalpac.com/Race/Alameda/10Miler/2022/Pages/10K</a>		
91.	Almaden Hills 5K, 10K, 8M, Half Marathon, 30K, Trail Marathon & 50K Trail Run, Saturday, August 27, 2022 @ 8:00 am	Almaden Quicksilver Park - Mockingbird Hill Entrance, 19535 Mockingbird Hill Ln, San Jose, CA 95120	<a href="https://strans.com/2021/08/28/082722/">https://strans.com/2021/08/28/082722/</a>		
92.	SANTA CRUZ 10K, Half Marathon & 30K TRAIL RUN, Saturday, August 27, 2022 @ 8:30 am	Henry Covell Redwoods State Park, 101 North Big Trees Park Road, Felton, CA 95018	<a href="https://insiderail.com/calendar/santa-cruz-race-runs/">https://insiderail.com/calendar/santa-cruz-race-runs/</a>		
93.	The 52 <sup>nd</sup> Annual Walt Stack DSE Runners Double Diposea, Saturday, August 27, 2022 @ 7:00 am	Stinson Beach parking lot on Marine Way, Stinson Beach, CA 94970	<a href="https://thecrossings.com/doublestack/">https://thecrossings.com/doublestack/</a>		
94.	The Santa Rosa Marathon & Half Marathon, Sunday, August 28, 2022 @ 6:30 am	4 <sup>th</sup> St. & Mendocino Ave, Santa Rosa, CA	<a href="https://santarosamarathon.com/">https://santarosamarathon.com/</a>		
95.	The 39th Across the Bay 12K & 5K, Sunday, August 28, 2022 @ 8:00 am	Fort Cronkite, Sausalito, CA	<a href="https://acrossthebay21.com/">https://acrossthebay21.com/</a>		
96.	2022 DC Super Hero Run San Francisco, Sunday, August 28, 2022 @ 7:30 am	SIX FLAGS DISCOVERY KINGDOM, 1001 FAIRGROUNDS DR, VALLEJO, CA 94589	<a href="https://dcsuperherorun.com/location/san-francisco/">https://dcsuperherorun.com/location/san-francisco/</a>		
97.	Bizz Johnson 50K, Marathon, Half Marathon & 10K, Saturday, September 3, 2022 @ 8:00 am	Seaville Railroad Depot & Visitor Center, 601 Richmond Rd., Seaville, CA 96130	<a href="https://www.seavillebizzjohnson.com/bizz-johnson-biz/">https://www.seavillebizzjohnson.com/bizz-johnson-biz/</a>		
98.	3rd Annual GVH Lagoon Valley 3 Mile XC Challenge, Sunday, September 4, 2022	Master's Men: 8:00am/3 miles NOTE EARLY-BIRD START TIME; Women: 8:45am/3 miles; Open Men: 9:30am/3 miles	<a href="https://www.gvidenallchallenges.org/gvh-lagoon-valley-xc-challenge">https://www.gvidenallchallenges.org/gvh-lagoon-valley-xc-challenge</a>	2022 PAUSAFE Cross Country Grand Prix Race	
99.	Stevens Creek Striders Half Marathon & 10K Reservoir Run, Saturday, September 10, 2022 @ 9:00 am	Stevens Creek County Park, 11401 Stevens Canyon Rd, Cupertino, CA 95014	<a href="https://www.stevenscreekstriders.com/register.aspx?tbl=90244">https://www.stevenscreekstriders.com/register.aspx?tbl=90244</a>	PAUSAFE MUT Half Marathon Championship Race	
100.	Oaktown Half Marathon & 5K, Saturday, September 10, 2022 @ 7:00 am	Oakland City Hall, 1 Found If Opened Park, Oakland, CA US 94612	<a href="https://www.oaktownhalf.com">https://www.oaktownhalf.com</a>		
101.	36th Annual Golden Gate Park Open, Sunday, September 11, 2022 @ 9:00am	Women's Race @ 9:00am/4 miles; Master Men's Race @ 9:45am/4 miles; Open Men's Race @ 10:30am/4 miles	<a href="https://www.ggpaa.org/">https://www.ggpaa.org/</a>	2022 PA USATF Grand Prix Cross Country Race	
102.	Run Tiburon 5K & 10K, Sunday, September 11, 2022 @ 7:30 am	1550 Tiburon Blvd, Tiburon, CA 94920	<a href="https://www.runpdx.com/event/75965/tam-phibion-5k-10k">https://www.runpdx.com/event/75965/tam-phibion-5k-10k</a>		
103.	Tamalpa September Track Meet, Tuesday, September 13, 2022 @ 6:30 pm	San Rafael High School 150 Third St., San Rafael, Ca	<a href="https://www.tamalpacrossing.com/">https://www.tamalpacrossing.com/</a>		
104.	11th Annual Rebel 6 Km XC Challenge, Saturday, September 17, 2022 @ 9:00am	Women's Race: 9:00am/6 km; Master Men's Race: 10:30am/6 km; Open Men's Race: 9:45am/6 km	<a href="https://rebelathletics.com/rebel-xc-challenge/">https://rebelathletics.com/rebel-xc-challenge/</a>	2022 PA USATF XC Grand Prix Cross Country Race	
105.	Pacificia Summit Run 10K/Half Marathon/30K, Saturday, September 17, 2022 @ 9:00am	San Pedro Valley State Park, Pacifica, CA	<a href="https://www.urbancrossing.com/pacificia-summit-run.html">https://www.urbancrossing.com/pacificia-summit-run.html</a>		
106.	South Hills Single Track 5K 10K 9 Mile, Half Marathon, 16 Mile, Trail Marathon & 50K Trail Run, Saturday, September 17, 2022 @ 8:00am	Calero County Park, 23205 McKeon Rd, San Jose, CA 95120	<a href="https://strans.com/2022/01/01/091722-2/">https://strans.com/2022/01/01/091722-2/</a>		
107.	BERKELEY 10K, Half Marathon, 35K & 50K TRAIL ADVENTURE, Saturday, September 17, 2022 @ 8:00am	Lake Area, Tilden Regional Park, Lake Area Road, Berkeley, CA 94708	<a href="https://insiderail.com/calendar/berkeley-trail-adventure-run/">https://insiderail.com/calendar/berkeley-trail-adventure-run/</a>		
108.	Hook Or By Crook USATF Masters 12K Championship, Sunday, September 18, 2022 @ 9:00am	Historic Sandy Hook National Park, Highlands NJ 07732	<a href="https://usafmasters.org/grand-prize/">https://usafmasters.org/grand-prize/</a>		
109.	Diablo 50K, Marathon, Half Marathon, 10 mi & 4 mi, Sunday, September 18, 2022 @ 8:00am	Mitchell Canyon Trailhead, 50 Mitchell Canyon Rd, Clayton, CA 94517	<a href="https://www.countrysidehills.com/diablo.html">https://www.countrysidehills.com/diablo.html</a>		
110.	The 10th annual Richmond District Jog in the Fog 5K, Sunday, September 18, 2022 @ 8:00am	Mountain Lake Park, 98 Fontaine Ave, San Francisco, CA 94118	<a href="https://www.joginthefog.com/">https://www.joginthefog.com/</a>		
111.	17th Annual Garin Park 5K XC Challenge, Saturday, September 24, 2022 @ 9:00 AM	Women's: 9:45 AM; Open Men: 10:30 AM; Masters Men: 10:20 Garin Ave Garin Regional Park, Hayward, CA	<a href="http://www.seavillebizzjohnson.com/garin-park-xc-challenge">http://www.seavillebizzjohnson.com/garin-park-xc-challenge</a>	PAUSAFE Cross Country Grand Prix Race	
112.	Dick Collins Firetrails 50 Mile Race, Saturday, September 24, 2022 @ 6:00 AM	Call Canyon Regional Park, 18890 Call Canyon Rd, Castro Valley, CA 94552	<a href="https://www.firetrails.com/events/dick-collins-firetrails/">https://www.firetrails.com/events/dick-collins-firetrails/</a>	PAUSAFE MUT Trail 50 Mile Championship Race	
113.	Zoom San Francisco Half Marathon, 10K & 5K, Saturday, September 24, 2022 @ 8:00am	1199 East Beach, Presidio of San Francisco, CA 94129	<a href="https://www.zoomtrailraces.com/?gl_zoom_san_francisco.html">https://www.zoomtrailraces.com/?gl_zoom_san_francisco.html</a>		
114.	Rocky Ridge Half Marathon, 10K & 5K, Saturday, September 24, 2022 @ 8:00am	18012 Bollinger Canyon Road, San Ramon, CA 94583	<a href="https://therunningproject.com/rockyridge/">https://therunningproject.com/rockyridge/</a>		
115.	The Honey Badger Half Marathon, 10K & 5K, Sunday, September 25, 2022 @ 8:00am	China Camp State Park, San Rafael, CA	<a href="http://www.sagehoneybadger.com/">http://www.sagehoneybadger.com/</a>		
116.	Urban Cow Half Marathon, Sunday, October 2, 2022 @ 7:30am	William Land Park, Freerport Blvd & 14th Ave, Sacramento, CA	<a href="https://www.urbandcowhalf.com/">https://www.urbandcowhalf.com/</a>	PAUSAFE Road Racing Half Marathon Championship Race	
117.	HEART OF COOL Half Marathon, 10K & 5K, Sunday, October 2, 2022 @ 7:30am	Northside School, 880 Cone Valley Rd., Cool, CA US 95614	<a href="https://www.heartofcool.com/heart-of-cool-half-marathon/">https://www.heartofcool.com/heart-of-cool-half-marathon/</a>		
118.	The Napa Half Marathon, Sunday, October 2, 2022 @ 7:30am	Skyline Park on 4th Avenue			
119.	35th Annual Ruth Anderson Memorial 50K & 50 Mile Endurance Run, Saturday, October 8, 2022 @ 8:30 am	Lake Merced Blvd. & Sunset Blvd., San Francisco, CA	<a href="http://www.run100.com/na-km">http://www.run100.com/na-km</a>	<a href="https://ultrasignup.com/register.aspx?tbl=85889">https://ultrasignup.com/register.aspx?tbl=85889</a>	PAUSAFE MUT Road 50K & 50 Mile Championship Race
120.	Marin Moonlight Run 5K/10K, Saturday, October 8, 2022 @ 8:00 pm	Hamilton Landing, Napa, CA	<a href="https://www.urbancrossing.com/marin-moonlight-run.html">https://www.urbancrossing.com/marin-moonlight-run.html</a>		
121.	Rancho Canada del Oro 5K, 10K, 8 Mile, Half Marathon & 30K Trail Challenge, Saturday, October 8, 2022 @ 8:00am	Rancho Canada del Oro Open Space Preserve, 4289 Costa Loma Road, Morgan Hill, CA 95037	<a href="https://strans.com/2021/10/12/100822/">https://strans.com/2021/10/12/100822/</a>		
122.	26th Annual John Lawson Tamalpa Challenge, Sunday, October 9, 2022 @ 9:00 AM	Women: 9:00 AM; Master Men: 10:00 AM; 4.2 Miles; Open Men: 11:00 AM; 4.2 Miles	<a href="https://www.sandpawson.org/glb-ghu">https://www.sandpawson.org/glb-ghu</a>	PAUSAFE Cross Country Grand Prix Race	
123.	Humboldt Redwoods Marathon, 1/2 Marathon & 5K, Sunday, October 9, 2022 @ 9:00 am	Dyersville Bridge overlook on east side of Hwy 101, Humboldt Redwoods State Park	<a href="http://www.redwoodsmarathon.org">http://www.redwoodsmarathon.org</a>		
124.	13th Annual Willow Hills XC Open, Saturday, October 15, 2022 @ 9:00am	Women's 5K Race: 9:00am; Masters Men's 5K Race: 9:45am; Open Men's 5K Race: 10:30am	<a href="https://www.hillsidehills.com">https://www.hillsidehills.com</a>	PAUSAFE Cross Country Grand Prix Race	
125.	Mt. Umunhum 5K, 7 Mile, Half Marathon, 30K, Marathon & 50K Trail Conquest (Fall), Saturday, October 15, 2022 @ 8:00 am	Almaden Quicksilver County Park, Hacienda Entrance, 21785 Almaden Rd, San Jose, CA 95120	<a href="https://strans.com/str-umunhum-trail-conquest-fall/">https://strans.com/str-umunhum-trail-conquest-fall/</a>		
126.	Spooner's Cove 50K, 37K, 25K 13K & 8K, Sunday, October 16, 2022 @ 8:00am	Montaña de Oro State Park, Spooner's Cove, 3550 Pecho Valley Rd, Los Osos, CA 93402	<a href="https://www.countrysidehills.com/">https://www.countrysidehills.com/</a>		
127.	2022 USATF MASTERS 5 KM CROSS COUNTRY CHAMPIONSHIPS, Saturday, October 22, 2022 @ 10:00 AM	Harlow Platts Community Park, 1360 Gillespie Drive, Boulder, CO 80305	<a href="https://www.usatf.org/events/7022/2022-usatf-masters-5-km-cross-country-championships">https://www.usatf.org/events/7022/2022-usatf-masters-5-km-cross-country-championships</a>		
128.	Tilden Trail 10K and Half Marathon, Saturday, October 22, 2022 @ 8:30 am	Spillway Picnic Area, Tilden Regional Park, Berkeley, CA	<a href="http://www.urbancrossing.com/tilden.html">http://www.urbancrossing.com/tilden.html</a>		
129.	California Gold Rush 5K, 10K, 15K & Half Marathon Trail Run, Saturday, October 22, 2022 @ 8:30am	Marshall Gold Discovery State Historic Park, 310 Back Street, Coloma, CA 95613	<a href="https://strans.com/2021/10/24/10222/">https://strans.com/2021/10/24/10222/</a>		
130.	24th Annual Malt Yeo Aggies 4.2 Mile XC Open, Saturday, October 29, 2022 @ 9:00am	Women's 9:00am/4.2 miles; Masters Men's 9:45am/4.2 miles; Open Men's 10:30am/4.2 miles	<a href="https://www.aggiesrunning.com/">https://www.aggiesrunning.com/</a>	PAUSAFE Cross Country Grand Prix Race	
131.	OAKLAND HILLS 10K, Half Marathon & 35K Trail Run, Saturday, October 29, 2022 @ 8:30am	Chabot Space and Science Center, Oakland Hills, 9725 Skyline Blvd., Oakland, CA 94611	<a href="https://insiderail.com/calendar/oakland-hills-trail-run/">https://insiderail.com/calendar/oakland-hills-trail-run/</a>		
132.	Marin County Half Marathon 10K & 5K, Sunday, October 30, 2022 @ 9:00 am	McNeary Beach County Park, 201 Cannon Way, San Rafael, CA US 94901	<a href="http://www.marincountymarathon.com">http://www.marincountymarathon.com</a>		
133.	Zombie Runner Halloween Marathon, Half Marathon, 10K & 5K, Sunday, October 30, 2022 @ 8:30am	Hellyer County Park, 985 Hellyer Ave, San Jose, CA 95111	<a href="https://www.countrysidehills.com/zrk-halloween.html">https://www.countrysidehills.com/zrk-halloween.html</a>		
134.	Almaden Hills 5K, 10K, 8M, Half Marathon, 30K, Trail Marathon & 50K Trail Run, Saturday, November 5, 2022 @ 8:00am	Almaden Quicksilver Park - Mockingbird Hill Entrance, 19535 Mockingbird Hill Ln, San Jose, CA 95120	<a href="https://strans.com/2021/11/05/110522/">https://strans.com/2021/11/05/110522/</a>		
135.	Lake Chabot 50K, Marathon, 30K, Half Marathon & 8K, Saturday, November 5, 2022 @ 8:30am	Lake Chabot Regional Park, 17600 Lake Chabot Road, Castro Valley, CA 94546	<a href="http://www.countrysidehills.com/lake-chabot.html">http://www.countrysidehills.com/lake-chabot.html</a>		
136.	Golden Gate Half Marathon & 5K, Sunday, November 6, 2022 @ 7:00am	Van Ness Avenue/Alameda Park, San Francisco, CA	<a href="https://www.runpdx.com/">https://www.runpdx.com/</a>		
137.	Two Cities Marathon, Half Marathon & 10K, Sunday, November 6, 2022 @ 6:30 am	Civic Community College, 10809 N Willow Ave, Fresno, CA US 93730	<a href="https://tamalpac.com/Race/CA/Two-Cities-Marathon-Half/">https://tamalpac.com/Race/CA/Two-Cities-Marathon-Half/</a>		
138.	MT. TAM 10K, Half Marathon, 30K & 50K TRAIL RUN, Saturday, November 12, 2022 @ 7:30am	Stinson Beach Park, Golden Gate National Recreation Area, 3545 Shoreline Hwy, Stinson Beach, CA 94970	<a href="https://insiderail.com/calendar/mt-tam-trail-run/">https://insiderail.com/calendar/mt-tam-trail-run/</a>		
139.	Clarksburg Half Marathon, Sunday, November 13, 2022 @ 9:30 am	2310 Northlands Road, Clarksburg, CA 96121	<a href="https://www.clarksburgcrossing.com/">https://www.clarksburgcrossing.com/</a>		
140.	Sly Park Lake 5K, 10K, 8.5 Mile, Half Marathon, 18 Mile, Trail Marathon & 50K Trail Run, Saturday, November 19, 2022 @ 8:00am	Sly Park Recreation Area - Event Center, 4771 Sly Park Rd., Pollock Pines, CA	<a href="https://strans.com/2021/11/27/112022/">https://strans.com/2021/11/27/112022/</a>		
141.	36th Annual PA XC Championships, Sunday, November 20, 2022 @ 9:00am	Women 9:00am/4.0 miles; Master Men 9:45am/5 miles; Open Men 11:00am/4.0 miles	<a href="https://www.paevent.com">https://www.paevent.com</a>	PAUSAFE Cross Country Grand Prix Race	
142.	Zoom Half Marathon, 10K & 5K Turkey Trot, Thursday, November 24, 2022 @ 8:30 am	Hellyer County Park 996 Hellyer Ave, San Jose, CA 95111	<a href="https://www.countrysidehills.com/zoom-half-marathon.html">https://www.countrysidehills.com/zoom-half-marathon.html</a>		
143.	PEACOCK GAP 5K, 10K, HALF MARATHON & 30K TRAIL RUN, Saturday, December 3, 2022 @ 9:30am	Almaden Quicksilver County Park, 21785 Almaden Rd, San Jose, CA 95120	<a href="https://insiderail.com/calendar/peacock-gap-race/">https://insiderail.com/calendar/peacock-gap-race/</a>		
144.	Calero 5K, 10K, 15K, Half Marathon, 25K, Trail Marathon & 50K Trail Run, Saturday, December 3, 2022 @ 8:00am	Calero County Park, 23205 McKeon Rd San Jose, CA 95120	<a href="https://strans.com/2021/12/01/2022/">https://strans.com/2021/12/01/2022/</a>		
145.	2022 CALIFORNIA INTERNATIONAL MARATHON, Sunday, December 4, 2022 @ 7:00 am	Folsom to Sacramento for the State Capital finish	<a href="https://strans.org/california-international-marathon/">https://strans.org/california-international-marathon/</a>		
146.	USATF National Club Cross Country Championships, Saturday, DECEMBER 10, 2022 @ 7:00 am	Golden Gate Park, San Francisco, CA			
147.	Walnut Creek Running Festival 5K, 10K & Half Marathon, Saturday, DECEMBER 10, 2022 @ 7:00 am	Civic Park, Walnut Creek, CA	<a href="http://www.runultracreek.com/">http://www.runultracreek.com/</a>		
148.	Zombie Runner Quarry Lakes Marathon, 30K, Half Marathon 10K & 5K, Sunday, December 11, 2022 @ 8:30 am	Quarry Lakes Regional Recreation Area, 2100 Interwood Way, Fremont, CA 94536	<a href="https://www.countrysidehills.com/?gl_zombie-runner-quarry-lakes.html">https://www.countrysidehills.com/?gl_zombie-runner-quarry-lakes.html</a>		
149.	The Christmas Relays, Sunday, December 16, 2022 @ 9:00 am	Lake Merced, San Francisco, CA	<a href="https://www.runultracreek.com/the-christmas-relays">https://www.runultracreek.com/the-christmas-relays</a>	PAUSAFE Road Race Championship Race	
150.	Placerville's Holiday Jingle & Mingle 5K, 10K, 15K & Half Marathon Run, Saturday, December 24, 2022 @ 9:00am	Placerville Station, 2084 Mosquito Road, Placerville, CA 95667	<a href="https://strans.com/2021/12/26/122422/">https://strans.com/2021/12/26/122422/</a>		
151.	Hacienda Hills 5K, 10K, 9M, Half Marathon, 30K, Trail Marathon & 50K Run, Saturday, January 7, 2023 @ 8:00am	Almaden Quicksilver County Park, Hacienda Entrance, 21785 Almaden Rd, San Jose, CA 95120	<a href="https://strans.com/2021/01/04/hacienda-hills-run-winter/">https://strans.com/2021/01/04/hacienda-hills-run-winter/</a>		
152.	Folsom Lake Sweetwater 5K, 10K, 9 Mile, Half Marathon, 30K, Marathon & 50K Trail Run, Saturday, January 28, 2023 @ 8:00am	Folsom Lake State Recreation Area, Salmon Falls Parking Lot, El Dorado Hills, CA	<a href="https://strans.com/folsom-lake-sweetwater-trail-run/">https://strans.com/folsom-lake-sweetwater-trail-run/</a>		
153.	Mt. Umunhum 5K, 7 Mile, Half Marathon, 30K, Marathon & 50K Trail Conquest (Winter), Saturday, February 4, 2023 @ 8:00am	Almaden Quicksilver County Park Hacienda Entrance, 21785 Almaden Rd, San Jose, CA 95120	<a href="https://strans.com/str-umunhum-trail-conquest-winter/">https://strans.com/str-umunhum-trail-conquest-winter/</a>		