

TAMALPA RUNNERS

December 31, 2025



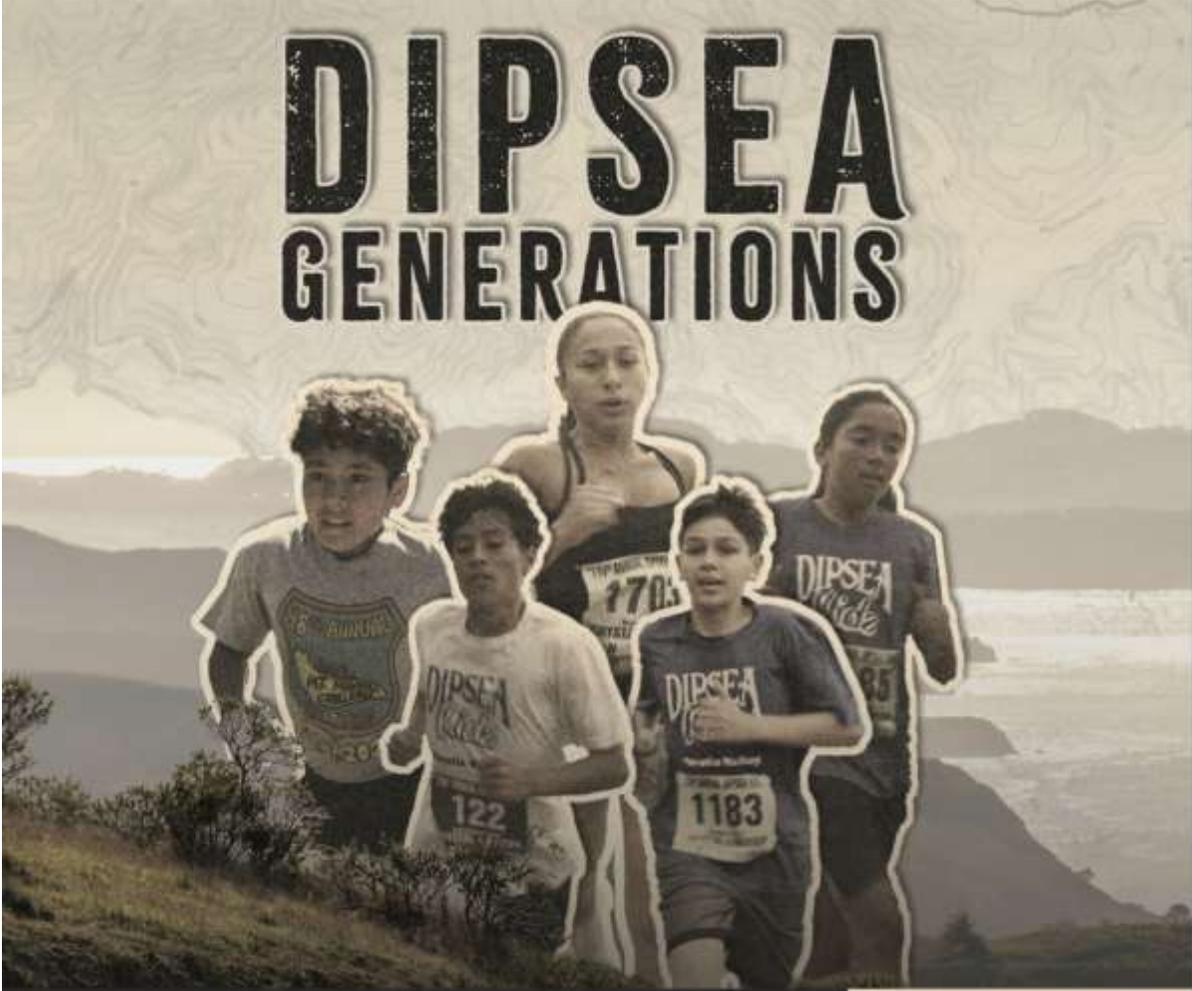
Wishing All Tamalpans a Joyous, Healthy and Happy 2026

Happy New Years to all our Tamalpa Running friends,

We are grateful for all the miles we have shared together this year—the early mornings, the TCRS races, the Johnny China Camp cross country race, The Headlands 50K, all the laughs, the tough track workouts, and all our social club events, Happy Hours and Anniversary and Holiday parties. We are grateful to our Tamalpa board who put in countless hours of volunteer dedication to ensure that our club is the best ever! Here's to new goals, healthy running, strong legs, and many more miles together in the year ahead.

See you on the trails, tracks, races and fun social gatherings! Read below for some upcoming fun Tamalpa and community running events you don't want to miss!

Your Tamalpa Board.



DIPSEA GENERATIONS

Friday, January 9th | 7pm
Mill Valley Public Library

Join us for the Marin premiere of *Dipsea Generations*, a documentary exploring the legendary Dipsea Race and five young runners as they take on the oldest, and perhaps most unique, trail race in America. Whether you've tackled the famous trail yourself or you're simply curious about what drives people to return to this punishing course every June, this is your chance to experience the race's rich history and culture and its next generation on the big screen.

The documentary screening will be followed by a Q&A with the filmmaking team: Paddy O'Leary, Nicole Amyx, Tony DiPasquale, and Ryan Scura.

REGISTRATION HIGHLY RECOMMENDED.



To register, visit millvalleylibrary.gov, scan the QR code, or call 425 <http://millvalleylibrary.gov>

Adults, high school students, and middle school students only. Free wine reception at 6:30pm for pre-registered guests. Waitlist line opens up at 6:45 on a first come, first served basis.



MILL VALLEY PUBLIC LIBRARY

MILL VALLEY PUBLIC LIBRARY | 375 THROCKMORTON AVE., MILL VALLEY, CA 94941 | (415) 389-4292 | MILLVALLEYLIBRARY.GOV

Friday, January 9th, 7pm

Screening at the Mill Valley Public Library
Friends of Dipsea Generations

Join your Tamalpa runners friends for the first Marin screening of the documentary film, *Dipsea Generations*. It will be at the Mill Valley Public Library on **Friday, January 9th at 6:30PM**. The **free tickets** will be available at the following link: (<https://millvalleylibrary.libcal.com/event/15836765>). The library has capacity for around 250 people but, as with all MVPL Friday night events, it will surely be a packed house with people grabbing their tickets early. So please forward this link to your friends, family and following on Monday so they can get their tickets in time. Join us for this fun event.



Who Wants to take Home one of these beautiful, Collector-edition 50th Anniversary Tamalpa Backacks?
Tamalpa Post-Holiday Party
Saturday, January 17th
San Rafael Yacht Club



That's right - Tamalpa continues the celebration of our founding, 50 years ago, in what seems now like the pre-historic, pre-internet era of the 1970's when men wore those skimpy Dolphin shorts and women were prohibited from running marathons (until 1972). Join your friends, old and new, make some new ones (or drop some old ones) at the San Rafael Yacht Club on Saturday, January 17th starting at 5pm. Enjoy a delicious dinner catered by Sol Food and one drink, compliments of your favorite bar tender (and Tamalpa hero), Rob Spinosa, for only a \$20 cover charge at the door. Then, take home one of these beautifully designed Tamalpa 50th Anniversary bags. Bring a dessert to share if you like (or maybe there'll be some birthday cake for someone who's birthday is the following day).



The Super Bowl Race is Back!

Sunday, Feb. 8, 2026

Mill Valley

Golf Club House

Well, our San Francisco 49ers are getting closer and have been looking good these past six games, but will it last for the next four? Can their Defense step it up? We will have to watch and see - but first we hope to see you on Sunday, February 8th for the return of a Tamalpa favorite - The Super Bowl race. Back by popular demand, and some whining. Thanks to Mark McMannus and Phoebe Markle, our new co-race directors, the race is returning to its one time location starting at the Mill Valley Golf Club House (who remembers that pouring, gusty, rainy day way back in 1998?) Planning is still underway, and we could always use more volunteers for the event. The start and finish are being moved back to Mill Valley, to the golf course Club house. Mark your calendars for Sunday, Feb. 8th for this really fun extravaganza race, with new handicaps by age and gender. Stay tuned for more details to come and start your hill training now! It's a great Dipsea training race.



January 2026 TCRS

Saturday, Jan. 10th Tennessee Valley- 8am Start for all!

Calling all Tamalpans, new and old – Lace up your racing shoes and bring the family, your friends, and spread the news. Our traditional Tennessee Valley TCRS kick-off is set for Saturday, January 10th at 8am. (The park service doesn't want us there on Sunday's because it's so busy).

- Starting times are 8am for everyone.
- 3.4 Miles- run to the beach and back
- Stay afterwards and enjoy some Coffee and bagels with your club.
- Get there early, the parking lot can fill up quickly



1st Dipsea Practice
Sunday, January 18, 2026 9am

Tamalpa and Dipsea legend, Russ Kiernan was famous for saying the first day to start training for the next Dipsea is the day after your last Dipsea. We'll if you haven't already begun, you can start cramming now, with the first official monthly practice planned for Sunday, January 18th (the morning after the post-Holiday party). Join us at Old Mill Park at 9am for the first run of the season. Turn around at your call (Cardiac and back) or run all the way and catch the West Marin Stagecoach back to Mill Valley. Dress warm - it's usually pretty chilly.

Celebrate Valentine's Day!



41st Tamalpa Couples Relays!

SAVE THE DATE:

Saturday, February 14th 2026 at 9 am

Marsh side of Vintage Oaks Shopping Center, Novato



**Bring a loved one & celebrate
your love of running**

All couples welcome!

All ages and genders, 10 and up
2 mile course, 2 runners per team, relay style

LOTS of PRIZES



Visit www.tamalparunners.org/couplesrelays
or scan to learn more!





**Jack Burns Annual
New Year's Celebration Run
Thursday, January 1, 2026
Deer Park School, Fairfax
9:45am (arrive on time for the photo at 10am)**

Join your Tamalpa friends for this year's New Year's run at Deer Park School in Fairfax, on Thursday, January 1st, starting at 10am. Arrive a little before soe we can take our traditional photo before heading up to Five Corners. Bring the kids (and grown-up kids, too), dogs, friends and more and join us for our hang-over, recovery first run of the New Year. Various distances and courses are offered from out and backs to five corners, to around Bon Tempe Lake, Pumpkin Ridge and Shaver Grade. Come on out and start the new year off right, or at least on the right foot.

Dr. Joan Steidinger, PhD

Working with elite athletes for over 30 years.

Specializing in performance and mental health challenges.

Award-winning author of books on female athletes.



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