





TCRS #2 Sunday, Feb. 22, 2026
O'Hair/Verissimo Park, Novato.
8:45am Seniors / 9:00am

Well, we probably should expect swampy trails, muddy footing, and lots of puddles, but that's what makes trail running so fun this time

of year. Join your Tamalpa friends this coming Sunday, Feb. 22nd for this 4.4 mile race through open space. 8:45 start for over 60, and 9am for all others. Come early for coffee, stay late for bagels and fruit. Bring your rain gear, a towel for your car and your great running attitude. See you Sunday!

Directions to start: Take Atherton / San Marin Drive Exit. Follow San Marin Drive all to San Marin High School. Go straight at the four way intersection and park along the side of the road near the start.

TAMALPA BOBCATS YOUTH RUNNING PROGRAM



Practice Dates:

- Sun 4/5 @ San Jose Middle School 5-6 p.m.
- Sun 4/12 @ San Jose Middle School 5-6 p.m.
- Sun 4/19 @ San Jose Middle School 5-6 p.m.
- Sun 4/26 @ San Jose Middle School 5-6 p.m.
- Sun 5/3 @ Civic Center Pond (Near Playground)
- Sat 5/9 Falcon 5k @ Venitia Valley

Benefits and Highlights:

- Coaching from adults and high school volunteers each week
- Chain and foot charm each practice
- Free entry into Falcon 5k
- Team t-shirt!!!

Practice Schedule:

- 5:00-5:15 Warm Up
- 5:15-5:45 Stations (hurdles, sprinting, throwing)
- 5:45-6:00 Endurance running



Register here:



For questions contact:
akegley@srcs.org

The Tamalpa Bobcats will RUN a 6 week track series for youth runners ages 6 to 14. Practices will be held at San Jose Middle School on Sundays from 5:00pm-6:00pm, April 5th, April 12th, April 19th, April 26th, and Sunday May 3rd, at the civic center pond path. Athletes will practice different track and field events. On Saturday, May 9th, athletes will run the Falcon 5K (or 1.2 mile loop) at Venetia Valley at 9:00am. Race entry is included! For questions contact Allie Kegley
akegley@srcs.org

\$100 per athlete. Register using the QR code above. Tamalpa Runners members can also sponsor a kid for \$50. We have a discounted rate for scholarships, Contact Allie for more info



Tamalpa's Dipsea Practice Training Run #2
The Ides of March
Sunday, March 15th 9am

Tamalpa's Dipsea training runs continue with our Ides Of March edition, (so be extra cautious running down Steep Ravine) on Sunday, March 15th, beginning from Old Mill Park in Mill Valley at 9am. Catch the West Marin Stage Coach back to Mill Valley at 11:42 (exit Bayside avenue). Run the whole way, or go to Cardiac and back for a 10 mile run.



Is Your Tamalpa Membership Still Current?

Do you enjoy reading these great monthly e-newsletters? Is this the first e-mail you open when you check your messages? How would you feel about missing out on some of Tamalpa's great community building events like our TCRS monthly races, Saturday and Tuesday track work outs, Dipsea training runs, social events, or listening to Mark Stevens or Mike Holland's diatribes about the current state of our government? Do you love volunteering at Tamalpa events like the Rucky Chucky Western States Aide

station, The Johnny Tamalpa Challenge, Headlands 50K, Couples Relays, Super Bowl race, and more? Are you a card-carrying member of USATF and want to enhance your running with racing in the PA USATF Grand Prix circuit of road, cross country or Ultra racing? Well, if yes to all of the above, make sure your Tamalpa membership is current and renewed. You can check your membership by clicking [here](#) or e-mail David Leipsic at davidleipsic@gmail.com and I'll check for you. Support your Tamalpa Club and join us for our fun running events.



Marin fitness studios F45 Training Novato and F45 Training San Rafael share Tamalpa Running Club's passion for fitness and community. In this spirit, they are offering our community a complimentary week to experience their workouts. F45 Training combines high-intensity interval training and circuit training, using

functional movements. The 45 minute group workouts are fast, fun, and effective! At F45 Training San Rafael and F45 Training Novato, you will find welcoming communities of members and an incredible team of certified trainers that provide exceptional service, delivering you the coaching and motivation of personal training in a group-setting. Their diverse communities include people of all fitness levels training together with a Team Training, Life Changing culture.

Use promo code: TAMALPA at checkout to redeem your free week (new clients only)

<https://f45training.com/studio/sanrafael/>

<https://f45training.com/studio/novato/>

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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