



Tamalpa Runners Club Mission Statement: To foster, promote and encourage running as a recreational activity and competitive sport to all our members, regardless of ability and provide social activities to build community, fellowship and friendship.

Calendar of Upcoming Events: March 2026

Sunday, March 15th - Dipsea Training Practice #2

Thursday, March 19th - Trail Running Film Festival, 6 - 9pm

Saturday, March 21 - Big Alta100K, Tamalpa Hosted Aid Station at Fox Hollow (near White Hill School, Fairfax).

Sunday, March 22nd - March TCRS - Gold Hill, San Rafael's Dominican Neighborhood

Ongoing Monthly Events

Track workout at San Rafael or Redwood High School: Tuesday evenings, 6:10pm (warm-up) 6:30pm workout. (unless otherwise noted on Tamalpa's Facebook page, or by e-mail).

Track workout, Novato High School, Saturdays, 8am.

Ross Commons Group Runs, Sunday's 8:30***

****note: These are informal group runs (that aren't always consistently meeting).**



TCRS #3
SUNDAY, MARCH 22nd
Gold Hill
Dominican Neighborhood, San Rafael
8:45 / 9:00am

What's the best way to kick start your Dipsea training? Conquer some of the toughest hills in the Open Space District behind Dominican University. Join your Tamalpa friends for our third TCRS race of the season on for

Sunday, March 22nd. Starting and finishing at Dominican University in San Rafael. Park in front of Bertrand Hall on Locust Ave. (Take Grand Ave. and right on Locust).

This one is always a favorite, so get there early, warm up, and stay for some coffee, bagels and other treats.

See you there!
Tamalpa TCRS Crew





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

Tamalpa's Dipsea training runs continue with our Ides Of March edition, (so be extra cautious running down Suicide, the Swoop and Steep Ravine) on Sunday, March 15th, beginning from Old Mill Park in Mill Valley at 9am. Stay in Stinson for the day or catch the West

Marin Stage Coach back to Mill Valley at 11:42am (exit Bayside avenue and Run back to Old Mill Park). Or just go to Cardiac and back for a beautiful 10 mile run.



**Tamalpa Aide Station
Looking for Volunteers**

Saturday, March 21st

(End of Glen Drive, Near White Hill School)

Tamalpa Runners will be hosting the Fox Hollow Aid Station for the inaugural 100k distance at the Big Alta on Saturday, March 21 (11:15am–8:15pm), and we'd love your help. Let's support our fellow Tamalpans running the race and show the trail running community how Tamalpa shows up to support runners on some of our favorite backyard trails. We'll load supplies at Marinwood Community Park, then head to Fox Hollow Aid Station to set up and serve runners as they pass through the ~50 mile mark of the race. Come out for a few hours or stay the whole time if your schedule allows. The station is located at the end of Glen Drive near White Hill Elementary in Fairfax, the same spot as the start line for our Loma Alta TCRS race. Our goal is to make this aid station a full-on Tamalpa party that sends runners into the final stretch with a burst of energy. Please sign up here: <https://ultrasignup.com/volunteer.aspx?dtid=63595> or email Andy at acmelton@gmail.com for more information.

P.S. Got a high school kid applying to colleges soon? Working at an aide station looks great on college application essays in the "What have you done for others, lately?" question. Then, if you really want adventure, volunteer at the Tamalpa Rucky Chucky aide station at the American River crossing at the Western States Endurance Run in June.





TRAIL RUNNING

FILM FESTIVAL

Thursday, March 19

6:00 PM – 9:00 PM

Vintage Ruse, 256 Shoreline Highway, Mill Valley ~
Boomerang Lounge ~

[The Trail Running Film Festival](#) makes a stop in Mill Valley on March 19th! Their mission is to celebrate running as a universal practice to explore our collective and individual potential and pursue our wildest dreams. They accomplish this by documenting the culture of trail running, supporting filmmakers and creatives, and hosting events that bring our community together.

Event schedule:

- 4-6:00 pm - Big Alta Bib Pickup Happy Hour @ SFRC Mill Valley
- 6:00 pm - Doors open at Vintage Ruse ~ Boomerang Lounge
- 6:30 pm - First 1/2 movies start
- 7:20 pm - Intermission w/ Q&A session with the Dipsea Generations creators
- 7:30 pm - Second 1/2 movies start
- 9:00 pm - Event wrap up

Important Information:

Parking is very limited at the location itself as well as in the broader Tam Junction area. Please carpool or ride bikes if possible.

There will be no food or drink available for purchase at the event but

please feel free to bring your own food in. We just ask that you are respectful of the venue and clean up when you leave.

Location:

For the fourth year in a row, the Trail Running Film Festival will be held at the [Boomerang Lounge @ Vintage Ruse](#) in Tam Junction. Vintage Ruse is a community hub for fashion, live music, and events! A combination of uniquely curated vintage gems & creative bohemian lounge offering live music, events & classes.



RUNNING GAIT ASSESSMENT

**MARCH 12 & 13
12:00 PM – 6:00 PM AT SFRC**

with Dr. Carolyn Latham, PT, DPT

BUILD RESILIENCE TO INJURY!

Identify your unique running mechanics and build resiliency in the tissues that need it most.

YOUR 30-MINUTE SESSION (\$40)

- Video Analysis of your running gait
 - Personal gait 'scorecard'
- Actionable items index → exercises to add to your routine to build resilience

THE DETAILS

MARCH 12 & 13 12:00 PM – 6:00 PM HERE AT SFRC

Scan to book your slot.

Walk-ins welcome as schedule allows.

Verity Physical Therapy & Wellness | veritypt.org



Longtime Tamalpa Club member, and all-around, super amazing nice person, on top of being a Western States Endurance Run belt buckle finisher, **Dr. Carolyn Latham**, pictured here with Dipsea celebrity finish line announcer, Barry Spitz (also, founder of Tamalpa's Couples Relays)



The 41st Tamalpa Couples Relays is a wrap!

Tamalpa Couples Relays! Well done and a big 'thank you' to our participants, volunteers and sponsors! And Congratulations to all involved on the successful 41st Running of the Tamalpa Couples Relays with a very special shout out to Race Co-Director Carol Presig, for all her hard efforts bringing this great Tamalpa tradition back to life.

It was a lot of fun to watch, especially with the chance to see each runner a few times during their leg. So many were smiling and talking about how much fun they had – it warms our hearts! Even those who didn't run were talking about participating next year!

We have received several compliments how well it all worked. Those compliments go directly to our volunteers! Without them, the event simply would not have happened. Please thank a volunteer!

Other 'volunteers' that figure prominently in a race like ours are our sponsors. Individual sponsors were **Barry Spitz, Edda Stickle, Bridie Dillon, Chris and Jeanette Horton, Jon Bretan and Bill Neer**. Please thank them for their generosity.

When you get a chance, please patronize our business sponsors and let them know how much they contributed to the success of the Relays. Here is the list (also available by clicking the 'Sponsor ' link at www.tamalparunners.org/couplesrelays); if there is more than one franchise, then it is the business actually located in the Vintage

Oaks/Rowland Way area unless indicated otherwise.)

Premier Sponsors: Sports Basement and F45 Novato

Active Culture Café	Matt and Jeff's Carwash and Detail
Chick-fil-A	Nick The Greek
Cinemark Century	NJ Nails Spa
Crumbl Cookies	Peet's Coffee&Tea (DeLong & Redwood Ave)
Dave's Hot Chicken	Pini Ace Hardware (S. Novato Blvd)
Extreme Pizza	Sports Basement
F45 Training	Starbucks Vintage Oaks
Fancy Nails	Tuttimelon Novato
In-and-Out Burger	Vintage Oaks Management
Marin IJ	



20% off
AT Sports Basement

FOR THE TAMALPA RUNNERS COMMUNITY!

BASEMENTEERS* SCORE
20% OFF:
FRIDAY, DECEMBER 5 to
SUNDAY, DECEMBER 14

OR SHOP ONLINE WITH YOUR DISCOUNT RIGHT NOW!

*NON-BASEMENTEERS STILL SAVE 11%!

*Even sale items! Coupon does not combine with specials, promotions or other coupons. Coupon not valid on trips, rentals, gift cards, taxes or services. See website for exclusions. POS: W347. ONLINE: TAMALPARUN
Valid from 12/05/25 to 12/14/25.

18947

The flyer is a green and white promotional card for Sports Basement. It features a large green Christmas tree graphic on the right side, with the Sports Basement logo at the top. The text '20% off AT Sports Basement' is written in a large, stylized font. Below this, it says 'FOR THE TAMALPA RUNNERS COMMUNITY!' and 'BASEMENTEERS* SCORE 20% OFF: FRIDAY, DECEMBER 5 to SUNDAY, DECEMBER 14'. There is a QR code and a link to 'OR SHOP ONLINE WITH YOUR DISCOUNT RIGHT NOW!'. At the bottom, it says '*NON-BASEMENTEERS STILL SAVE 11%!' and '*Even sale items! Coupon does not combine with specials, promotions or other coupons. Coupon not valid on trips, rentals, gift cards, taxes or services. See website for exclusions. POS: W347. ONLINE: TAMALPARUN Valid from 12/05/25 to 12/14/25.' There is also a barcode with the number 18947.



Congratulations to Tamalpais
(Yours truly) David Leipsic and Kim Levine

Successful Napa Valley Marathon Finishers!!

Well, there's a lot of water under that bridge (for me), after 30 marathons, and new marathon horizons for Kim, after her first marathon! It was indeed a grind the last few miles, as the infamous "Marathon Wall" really took its toll on us from mile 20 to the finish. But we persevered, and finished with smiles on our faces. What is so true, is the journey is the reward, and we greatly enjoyed our Saturday morning training runs from October to March in preparation of this event. Any marathon, at any age is a very challenging and daunting experience, full of an array of roller coaster feelings. It had been 16 years, and a full hour and a half-slower than my last marathon, which also happened to be Napa in 2010. It's a new ballgame to run a Marathon as a 61 year old, as compared to a 45 year old, or especially my 30 year old self, when I set my PR, for that matter. The training is more scientific today, while the recovery takes much longer. We had a lot fun training together, spanning Pt. Reyes at the Bandit run, to our San Rafael to San Francisco road run, working towards a goal and accomplishing it. What's next? Maybe Tamalpa's Headlands 50K in August!



Tamalpan David Leipsic and Sidney from 2010 (Time of 2:47) and 2026 (Time of 4:18)

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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