



Tamalpa Runners Presents
The Inaugural Tamalpa Memorial Day 5 Miler
Monday, May 25, 2026

Be a part of history - or at least start a new running tradition this Memorial Day. Tamalpa Runners is bringing back our historic memorial day race with a 5 mile road race this Memorial Day, as part of the PA USATF road racing series. This all road course promises to be very fast and a final speed tune-up before the Dipsea.

All runners and walkers are welcome to participate!!! We will have food at the finish and will provide activities for kids. This race is part of the Road Runner PA Series. All registered runners will receive a custom logo runners hat by "East Peak".

When: Monday, May 25, 2026. Start time 9am. Day of registration start 7:30am. Day of Registration adds \$10.

Registration: [Click here.](#)

Timing: Provided by Urban Coyote
Parking: Please park near the start/finish and avoid parking along Redwood Blvd.

Course: Start and Finish at "100 Wood Hollow Drive" Novato CA 94945.



**Tamalpa Runners
Spring Happy Hour
Friday, April 3rd
5pm - 8pm**

Andy's Market, Loch Lomond, San Rafael

Attention all club members, and wanna be club members.....Happy hour alert! Come on out on Friday, April 3rd to Andy's Market Loch Lomond (75

Loch Lomond Dr. San Rafael) from 5:00-8:00ish. Have a beer and take in some great views of the bay! First Beer is on the club, after that, find yourself a designated driver or Uber if you're going to have more. Food is available on your own dime, too. Come out and enjoy a toast to Spring Training, the Dipsea and good health with your Tamalpa friends.

If you want to go for a run first, along the shoreline trail and levee, meet at 4:30. Cheers!



Tamalpa's Aide Station at Mile 50 at the Big Alta 100K

Saturday, March 21

A Big Alta Thank you to Andrew Melton for your stewardship of the Tamalpa aide station at the Big Alta 100K on Saturday, March 21st and huge Congratulations to Jonathan Bretan and Danielle Herrerias for your amazing, awe-inspiring achievement, completing the Big Alta 100K and 28K (respectively), and respectively!





Tamalpa Runners bite back at Rattlesnake Dick!

Awesome feat, and feet (sorry for all the crazy puns in the newsletter today) to Tamalpa teammates [Megan Hansen](#), [Steve Jaber](#), [Carol Preisig](#), and [Paul Herrerias](#) for great races and scoring in the M.U.T. series for Tamalpa at the Rattlesnake Dick 30K on Saturday, March 21.

Our mixed teams placed either first or second in each of our age/gender groups to put on a hot show in hot Auburn.

Congrats to each runner and to [Tamalpa Runners](#).





Next Up TCRS: Indian Valley, Novato
Sunday, April 19th
5.2 Miles

Next up on the TCRS circuit: Indian Valley, Novato. We promise this one won't be too taxing (now that your taxes are filed). This rolling hills TCRS offers a bit of everything, some road, some trail, some hills, some technical switchbacks, some climbs, and some gentle downhill. Join your Tamalpa friends for another, and a favorite, TCRS at Indian Valley College (park outside near San Jose Middle School), for April's TCRS. Seniors and Vets will get underway at 8:45 and all others at 9am. Stay for coffee and bagels and help clean up afterwards. See you there!



Seventh Annual Venetia Valley Falcon 5K

Saturday, May 9, 2026

It's time to proudly soar through the fields for the Seventh Annual Falcon 5k at Venetia Valley School - a fun run that takes place in the beautiful community of San Rafael.

Here's What You Get for \$20 registration:

- A fully supported 5k that is fun for all levels of runners*. All runners will have a bib, access to water stations, and friendly volunteers to guide you.
- Charming views of the Marin Civic Center and the surrounding Santa Venetia community.

- A run that accommodates all skill levels*.
- An amazing medal featuring our mascot, Falco Blue.
- Post-run snacks and water that are a perfect treat for recovery. It will be a great time with friends, both new and old.

*The path is flat, mostly paved, and includes a double loop, so you can shorten your run if needed.

Schedule:

8:00 a.m.: Check-In Begins

8:45: Official warm-up starts

9:00: Race Begins! Set off and soar, falcons!

[Sign up here](#)

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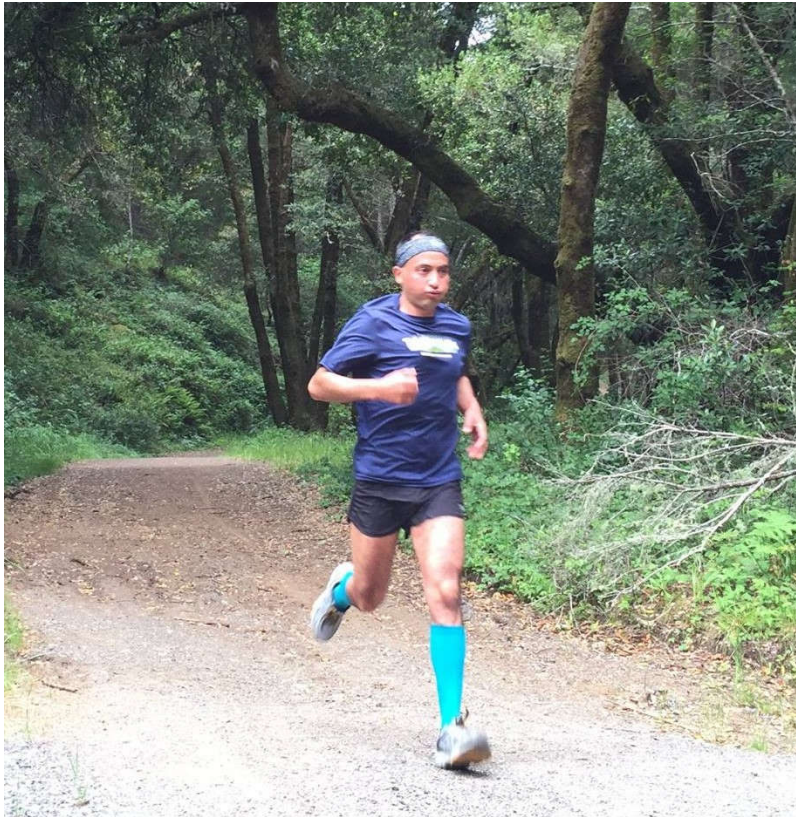
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Need Garden, Landscaping or Maintenance work?

Contact Pedro

One of Tamalpa's Finest!

How can you thank Pedro for all his dedication to Tamalpa, especially for his course markings at TCRS races? Need garden, landscaping or maintenance work? Give Pedro a call and you can thank him, personally. Bonded, licensed and insured, he'll get the job done right, the first time, and keep your garden looking beautiful and all your plants healthy and happy.



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