



**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: April 2026**

**Sunday, April 19th - TCRS - Indian Valley College, Ignacio, Novato**

**Sunday, April 26th - Dipsea Training Practice #3.  
9am - Old Mill Park, Mill Valley**

## **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).**



**This Weekend: Indian Valley TCRS**  
**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](#)



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.

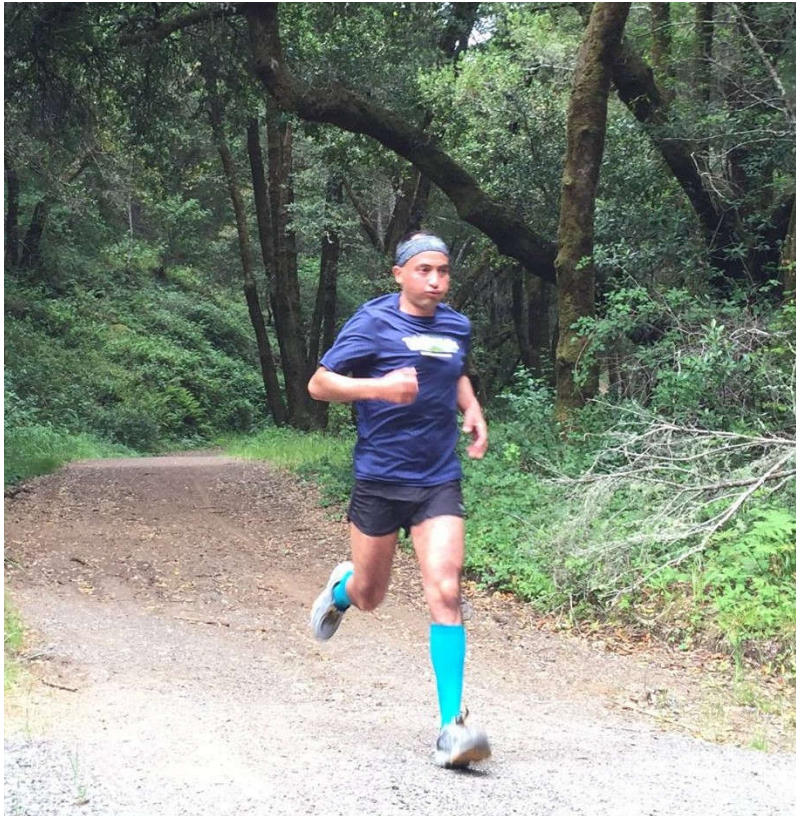


**Need Garden, Landscaping or Maintenance work?**

**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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