



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

Saturday, May 9th – Sevnth Annual Venetia Valley 5K. Click [here](#) for more info & to register.

Sunday, May 17: Loma Alta TCRS #5. Meet at White Hill Middle School in Fairfax (8:45 Seniors / 9:00 am all others)

Sunday, May 24th: Tilden Tough 10 – Registration Now Open. Let's get a Tamalpa Team and score for this event. Click [here](#) to register.

Monday, May 25th (Memorial Day): Tamalpa Marin Memorial Day 5 mile race. To register, click [here](#).

Sunday, June 14th – 115th Annual Dipsea Race

Sunday, July 12th – Crown Road TCRS, 8:45 / 9:00 am

Sunday, August 16th – McInnis Park TCRS & TGA Golf Tournament

Ongoing Monthly Events

**Track workout at San Rafael High School: Tuesday evenings, 6:10pm (warm-up)
6:30pm workout (unless otherwise posted in Jonathan's e-mail).**

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

Mountain Home Group Run, Saturdays, 9am

Ross Commons Group Run, Sunday's 8:30

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



Seventh Annual Venetia Valley Falcon 5K Saturday, May 9

It's time to proudly soar through the fields! It's time for our Seventh Annual Venetia Valley Falcon 5k – a fun run that takes place in our beautiful community of San Rafael. To register, click [here](#)

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

- 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*.
- Pre-race activities led by our MC to warm you up!
- 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.

*After the initial 5K, we will offer a shorter run for younger kids around the field at Venetia Valley School, so everyone can be a part of the fun!

***We will also have additional food, provided by community vendors, for sale as well.**

Schedule:

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

8:45: Official warm-up starts

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

10:00: Kids race



Final Dipsea Tune-Up

Tamalpa Runners TCRS # 5 Loma Alta Preserve 6.3 (Very Hilly) Miles

Sunday, May 17th

8:45 / 9:00 am

With only 3 weeks to go until D-Day (Dipsea Day) it's your last opportunity to fine-tune your hill running with some monster hills in the Loma Alta preserve. Join your Tamalpa friends and some of the famed Dipsea Kidz for our longest course of the season on this beautiful loop course starting near White Hill Middle School in Fairfax. The course is 5.7 miles with one long, steep climb from the start, followed by a quad burning giant downhill and finishing on a (what seems endless) long, flat two-mile fire road to the finish.

There's plenty of parking at White Hill school, 101 Glen Drive in Fairfax, or on the street up to the Cul de Sac. Members and guests are invited to the race which starts at 8:45 for our Super Seniors and Veterans (60 and over crowd) and 9:00 am for the rest of the participants. We will have coffee and bagels after the run so come join us for another exciting TCRS run.

Race Course directions: From Gate, go Up Glen Fire Road, around water tanks, Up Smith Fire Road (past Sunrise Trail junction) and touch the Gate at the 680 trail. Turn around and run back down to the Sunrise Fire Road junction (right turn). Follow Sunrise down to Old White Hill Grade. Turn left, and follow Old White Hill Grade to Fox Hollow trail and back to start.





**Tamalpa Memorial 5 Mile
Monday, May 25, 2025**

The revival of a classic

Be 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. The race will NOT be part of the PA Series in 2026 but plans are to provide a preview for 2027. Rest assured, this is a very fast course and WILL BE a certified distance.

All runners and walkers are welcome to participate!! We'll have food and activities for kids at the finish. Additionally, all registered runners will receive a custom logo BOCO hat.

TAMALPA MEMBER DISCOUNT: All Active Tamalpa Runners are eligible for a \$15 discount, please email andrew.krone@gmail.com for code.

USATF REGISTERED RUNNER DISCOUNT: All Active USATF Runners receive a \$15 discount, please email andrew.krone@gmail.com for code.

PRIZE MONEY!

Mens / Womens Overall:

1st \$250

2nd: \$150

3rd: \$100

Teams Competition (Must have 5 runners):

1st: \$150

2nd: \$75

3rd: \$25

Registration: <https://runsignup.com/Race/CA/Novato/MarinMemorial5Mile>

Timing: Provided by [Urban Coyote](#)

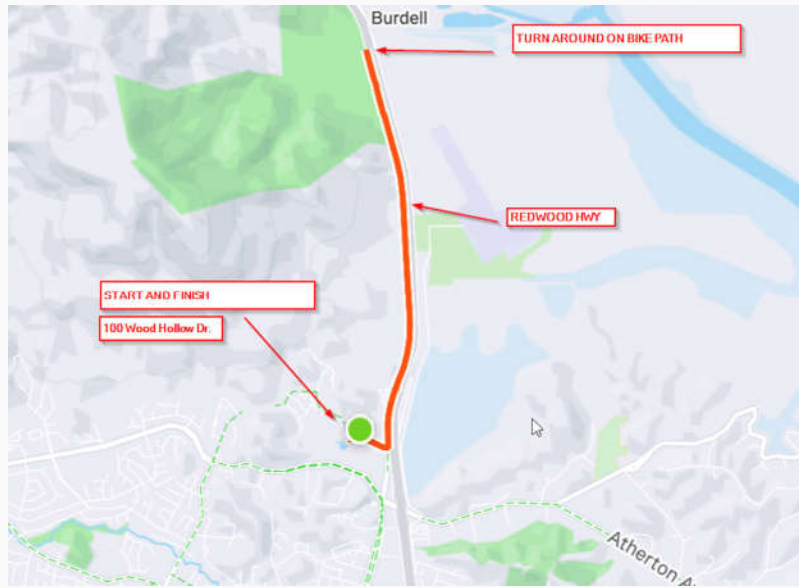
When: Monday, May 25, 2026.

Start time 9am.

Day of registration start 7:30am. Day of Registration adds \$10.

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





**August TCRS / TGA Biathlon
McInnis Park Golf Course
Race: Sunday, August 16, 2026
followed by Golf at 11am**

It's almost that time again for the Tamalpa TCRS / TGA (Tamalpa Golfer's Association) biathlon! Who will dethrone the green shirt champion, John Lundy this year? Time to start sharpening your drives and fine-tuning your putts. Like last year, our golf match will follow the TCRS Race on Sunday, August 16th. We are going to play golf right after the TCRS and awards – so you can join us for an outdoor breakfast burrito first, after the race. If you're interested in playing golf, please send me a message -davidleipsic@gmail.com and let me know you're in and who you want - (or don't want to play with). We can't promise anything right now.

Tee groups and times will be announced day of the event. We will have the usual, debatable formula to calculate your finishing place (age, race time, golf score, astrology sign, winner's handicap, bribes, etc.) to score your place. Join us for this fun event! More info to follow closer to the date.



**Looking for Adventure??!!
Join Tamalpa at our Rucky Chucky
Western States Aide Station
June 27th / 28th 2026**

Tamalpa Runners, friends, and families, have an incredible opportunity to support and be a part of the Western States Endurance Run at the Tamalpa Sponsored 'Rucky Chucky Aide Station', for the 2026 Western States 100 Mile Endurance Run, on the weekend of June 27th / 28th.. This is a weekend volunteer opportunity like no other. For further information and to join the excitement, contact Carolyn Latham at carol.joann13@gmail.com to take part in this incredible and inspirational opportunity. Let's show Western States what Tamalpa can do for all those amazing ultra-runner athletes, including many of our own. This is an amazing, inspirational opportunity to join a team of dedicated runners on an all-night adventure supporting the Western States Endurance Run! Contact Carolyn Latham at carol.joann13@gmail.com





**27th Annual
Tamalpa Headlands 50K
Register Here & Volunteers Needed!
Saturday, August 15th**

Presented by Arc'teryx and Tamalpa Runners

USATF PA Grand Prix Event

Total Purse \$10,000

1st M/F: \$2,500 - 2nd M/F: \$1,500 - 3rd M/F: \$1,000

Featuring many of Marin County's most famous trails — Coastal, Miwok, Steep Ravine, Matt Davis and Dipsea — the 26th annual the Tamalpa Headlands 50k presented by Arc'teryx and Tamalpa Runners provides a spectacular setting for this classic, single-loop ultramarathon that was founded in 1998. The event has the full support of Marin's largest running club, the Tamalpa Runners as well as UltraRunning Magazine.

Just a hop and a skip from downtown San Francisco, the Tamalpa Headlands 50k is a demanding ultramarathon with approximately 6,500-feet of elevation gain featuring fast fire road running, steep climbs, flowy singletrack, technical sections and stunning views of the Bay Area, Pacific Ocean and beyond. The race starts and finishes at the idyllic and the beloved Santos Meadow in Muir Woods as the staging area for the start and finish line after-party.

Please join us on Saturday, August 15th, 2026, to enjoy all the splendor that the Marin Headlands and Mount Tamalpais has to offer in one of the country's most stunning places to celebrate the sport of ultrarunning.







Renew Your Membership or Join Us Today!

Whether you're a seasoned runner or just starting out, Tamalpa Runners has something for everyone.

Join the nearly 300 members of our vibrant community and experience the joy of running in Marin County.

Why Join Tamalpa Runners?

- **Community Spirit:**

Our members value the friendships and sense of community they experience here. With 76% of our members joining for the community, you'll find a welcoming and supportive environment.

- **Locally Organized Races:**

Participate in our popular TCRS monthly races, which are the most attended events in our club. These races are a great way to challenge yourself and connect with fellow runners.

- **Annual Social Events:**

Enjoy our annual social events, where you can relax and have fun with your running buddies. These events are a highlight for many of our members.

- **Structured Workouts:**

Benefit from our regular track workouts and exercise sessions, designed to help you improve your running skills and stay fit.

Not sure if your membership is current, e-mail Andrew Melton at acmelton@gmail.com

Click [here](#) to renew / join today!

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