



**Tamalpa Runners Presents**

# **Loma Alta Preserve TCRS #5**

## **5.7 (Very Hilly) Miles**

**Sunday, May 17th**  
**8:45 / 9:00 am**

With only 3 weeks to go until the Dipsea this is 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 and Pinnacle Running Club kids for our longest course of the season on this beautiful loop course starting near White Hill 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.





## **PRESIDENT'S MESSAGE- 2026-MAY**

**Greetings! Or should I say... “On your Left!”**

It is that time of year again, when races of all sizes and distances are happening around us. The famed Dipsea Race will feature many Tamalpais again this year, its 115th running.

What's new with me you ask? Well, allow me to share what is on my mind...your might find solace or inspiration, or both!

### **PA-MUT-Short:**

Carl Jacob recruited me to run in Pacific Association's MUT-Short series for 2026. Mountain, Ultra, and Trail (MUT) is trail running over hills, in distances between a Half and a Full marathon. Did I mention hills? Rocks, trees, streams, heat, gopher holes? “It will be fun and you are guaranteed a

medal!” he says. So far, I’m leading the 2026 series in my (advanced) age group after four races, with three more to go in the Fall. Steve Jaber is looking over my shoulder, so I cannot slack off! Thanks, Carl, for the good push to get out of my comfort zone. You were right. It is fun!

### **Dipsea Race:**

I will miss the Dipsea Race this year after running about 10 recently. Though I’ve requalified each year to run invitational, and last year was my best showing, my family booked a reunion the first two weeks of June in Southern France. “Hmmm...Provance and the French Riviera or the Dipsea?” I tried to get my family to change the date, but to no avail. They just don’t appreciate the great Dipsea Race like us Tamalpans do! Hopefully all you readers can give me your race report!

### **Tamalpa Board:**

You have a fantastic board, who are dedicated volunteers who ensure the Tamalpa’s next 50 years are as fruitful and exciting as our first 50. Thank all your volunteers, who put on the monthly club runs, weekly track workouts, fun runs, community races, coaching at high schools and prisons, sponsor Tamalpa parties, assemble teams so we can race in Pacific Association and USA Track & Field races, and support many other community activities for youth and adults. At about \$50 a year, or \$80 for a whole family, Tamalpa remains your best investment in yourself ever!

### **Scholarships:**

Check out the Dipsea Foundation’s scholarship program for high school seniors. Find more information on our website and our Facebook page. \$20,000 is given out annually. Thank you, Dipsea Foundation, and Tamalpan Stephen Tracy!

### **Marin Memorial Day Race is back!!!**

Danielle and I have run many of Tamalpa’s Marin Memorial Day races (Tamalpa promoted over 40!) Thanks to a handful of volunteers who have worked tirelessly to bring back this race, and especially Andy Krone, Race Director. Now it is your turn to get involved...by running our first Tamalpa Memorial Day 5-Mile Race! See website and Facebook page for details and

registration. Andy asks for your sign-up by May 24th so he knows how much food and fun to order for you! [www.TamalpaRunners.org](http://www.TamalpaRunners.org)

### **Healthy Running:**

Did I mention racing over hill and dale for Tamalpa's MUT series? Well, I fell on one race and earned a bruised rib and torn bicep tendon. Two weeks ago I underwent surgery to re-attach that tendon, and am out of the running business for another month. Hoping to get back to training and in shape for the remaining MUT-Short races starting in August. One never knows what life will throw at us, but I'm grateful for running as my doctor says I'm healing quickly due to being in "good shape!"

Here is wishing good health and adventure to you and your families as we shift into summer!

Your president,

Paul Herrerias



TAMALPA RUNNERS:

<https://www.tamalparunners.org/>

(CLICK on this link at least weekly for mission, events, news, friendship, and inspiration!)

“Located in beautiful Marin County, CA, our club is dedicated to bringing together runners of all levels to socialize and enjoy the benefits of running.”



**Tamalpa Memorial Day 5 Miler  
& Kids 1 Mile Race  
Fast and Flat  
Monday, May 25, 2025 9am  
Novato (San Marin Dr. Exit)**

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](mailto:andrew.krone@gmail.com) for code.

## **PRIZE MONEY!**

### **Mens / Womens Overall :**

1st \$250

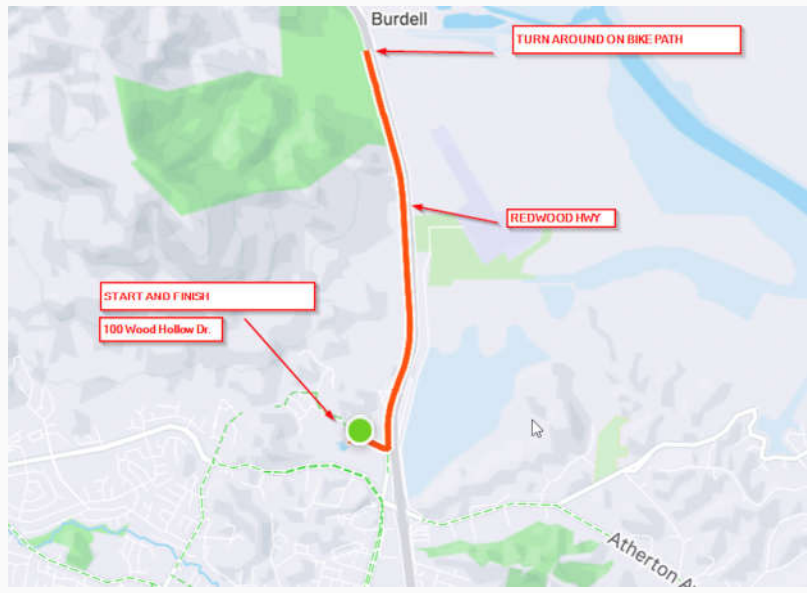
2nd: \$150

3rd: \$100

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

**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





COLLEGE OF  
**MARIN**



# HISTORY OF THE DIPSEA

**MARIN'S ICONIC DIPSEA RACE AND  
ITS PIONEERING WOMEN**

WEDNESDAY, MAY 27  
6:30 - 8 PM

PRESENTATION BY  
RENOWNED DIPSEA  
HISTORIAN BARRY SPITZ

CENTER FOR STUDENT  
SUCCESS, ROOM 200  
(ACROSS FROM PINK OWL  
COFFEE)



**FREE!**

RSVP AT [MARINHISTORY.ORG](http://MARINHISTORY.ORG) OR EMAIL  
[INFO@MARINHISTORY.ORG](mailto:INFO@MARINHISTORY.ORG) FOR MORE  
INFORMATION

**Tamalpa Exclusive: Barry Spitz gives an engaging journey through the history of the legendary Dipsea Race.**

**Wednesday, May 27th 6:30 - 8:00pm**  
**College of Marin, Kentfield**

**Join renowned Dipsea historian Barry Spitz for an engaging journey through the history of the legendary Dipsea Race. From its early years on Marin's rugged trails to the traditions that define it today, this talk explores the colorful characters and enduring spirit of the Dipsea, with a special focus on the pioneering women whose participation helped transform the race.**

**Schedule**

6:30 to 7:00 PM Reception

7:00 to 8:00 PM Welcome by College of Marin President Jonathan Eldridge, followed by presentation by historian Barry Spitz

Presented by the Marin History Museum, College of Marin, and the Marin County Commission on Women.

The event is free and open to all. Flyer and image for social media attached.

**Parking Information**

Parking is \$4.00 Monday through Saturday.

Parking machines are available in each lot, or permits may be purchased online at:

<https://marin.thepermitstore.com/purchase.php>

Please park in marked stalls only. The parking closest to the Center for Student Success is Lot 6, accessible from College Avenue.

## **Barry Spitz Bio**

Barry Spitz has been the Dipsea Race finish line and awards ceremony announcer since 1982. He is the author of the book, *Dipsea, The Greatest Race*.

Spitz has also written: *Tamalpais Trails, Mill Valley, The Early Years, San Anselmo, A Pictorial History, Open Spaces, Lands of the Marin County Open Space District, Marin, A History, and To Save A Mountain, The 100-Year Battle for Mount Tamalpais*.

He has lived in San Anselmo since 1975. With his wife Pam, Spitz has two daughters, Sally and Lily.

Spitz has long been an avid runner; he completed three Quadruple Dipsea Races and the Empire State Building Runup. He has been leading hikes throughout Marin for decades.



**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](mailto: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](mailto: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](mailto: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





## **Attention Tamalpa Parents and High School Seniors.....**

**The Dipsea Scholarship application period is now open. Applications and related materials must be post marked by May 29, 2026. Learn more about this college scholarship opportunity and download the application here: [dipseafoundation.org/scholarships/](https://dipseafoundation.org/scholarships/)**

**College Scholarships for Dipsea Community High School Seniors**  
**The Dipsea Race Foundation awards scholarships in the amount of \$5,000 each to college bound high school seniors who have participated or volunteered in the Dipsea race in addition to those with a strong affiliation with the Dipsea Trail through other volunteer activities.**

**The Dipsea Race Foundation sponsors these scholarships awards primarily to encourage local youth to participate in the Dipsea Race as runners or volunteers because we believe the self-discipline required to train for a difficult cross country-race and/or the sense of community service demonstrated by volunteering are valuable traits that can be carried over to many other aspects of life.**

**The Scholarship Committee of the Dipsea Race Foundation awards scholarships based on a variety of criteria, including**

- Applicant's financial need;**
- Performance of community service;**
- Academic and athletic performance;**
- Dipsea Race or Dipsea Trail involvement as a race participant or volunteer;**
- Sincerity and quality of the personal essay.**



## Global Running Day at Sports Basement Novato Wednesday, June 3, 2026 5 - 7pm

Part of the [Global Running Day](#) collection

[Sports Basement Novato](#) Novato, CA

Wednesday, June 3 • 5 PM - 7 PM

Overview

Celebrate Global Running Day with Sports Basement and your favorite fitness groups in Novato!

Ready for an evening of run and fun?? Join us to celebrate our running community and fundraise for **Tamalpa Runners!** Here's what we've got planned so far:

- Warmup led by **Renew Physical Therapy**
- 3 mile group run from the store, out and back (Strava route [here](#))
- Post run **BBQ!** Refuel with burgers, hot dogs, and nutrition samples

- Did we mention **BEER??**
- **Giveaways** from Sports Basement and more!

ALL LEVELS ARE WELCOME! From sprinters to joggers to "I just started yesterday," there's a spot for everyone.

Bring a friend or roll solo—we'll have the good times ready either way!

# 20% OFF **AT** SPORTS BASEMENT

Sports Basement

FOR THE FALCON 5K RUNNERS!

BASEMENTEERS\* SCORE  
20% OFF:  
SATURDAY, MAY 9 to  
SUNDAY, MAY 17



OR SHOP ONLINE WITH YOUR DISCOUNT RIGHT NOW!



**\*NON-BASEMENTEERS STILL SAVE 11%!**

\*Coupon does not combine with specials, promotions or other coupons. Coupon not valid on trips, rentals, gift cards, bikes or services. See website for exclusions. POS: 11978. ONLINE: FALCON5K. Valid from 5/9/26 to 5/17/26.





**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](mailto:acmelton@gmail.com)

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

---

This email was sent to [kenswebdesign@gmail.com](mailto:kenswebdesign@gmail.com)  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
Tamalpa Runners Inc · P.O. Box 4132 · San Rafael, CA 94913 · USA