

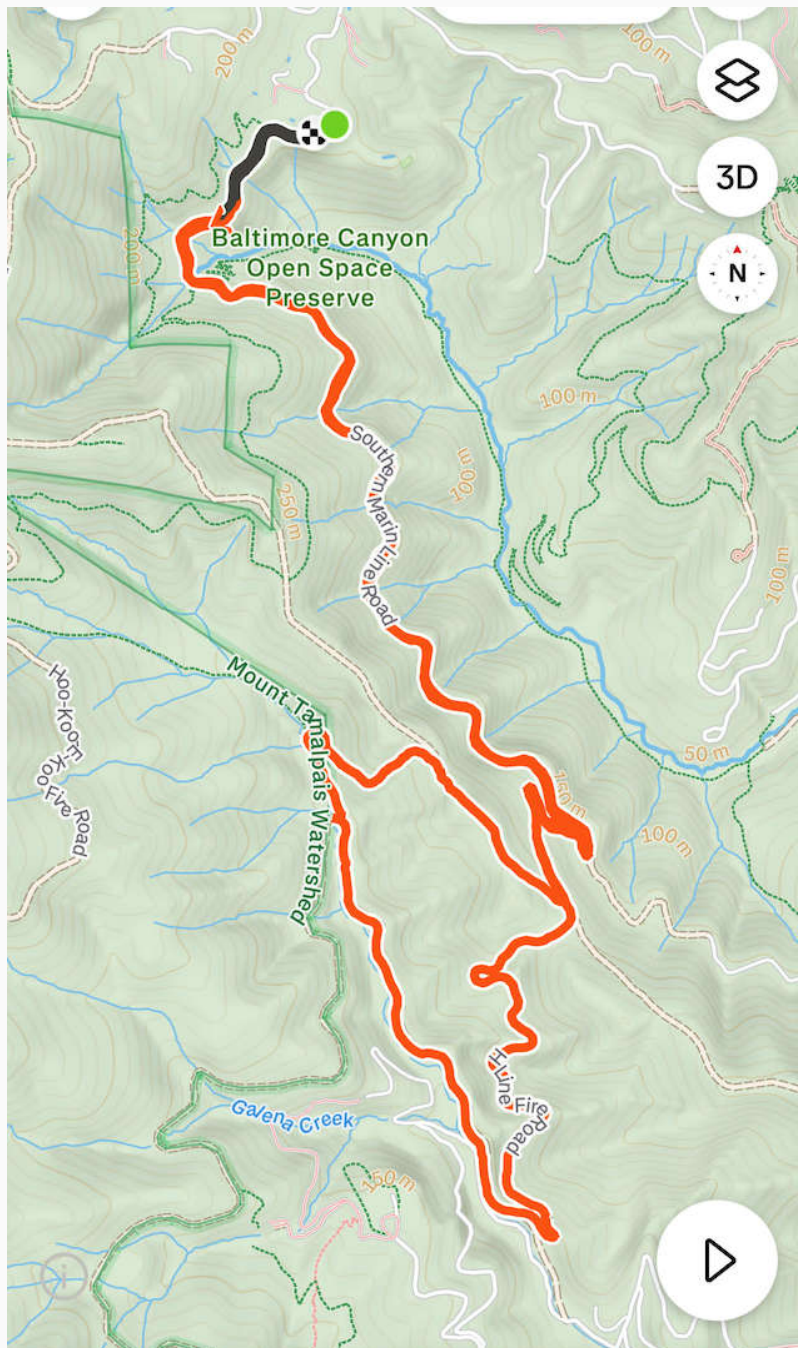


Tamalpa Runners Summer TCRS
Flat Crown Road
(aka Southern Marin Line Fire Road)
4.7 miles
(new course)

This Sunday
July 12th 8:45 / 9:00 am

Join your Tamalpa Runner friends for this summer's July TCRS at the top of Crown Road in Kentfield (if you need an address to Google, use 415 Crown Road, Kentfield). We heard from you, and have altered the course a bit so it's not so technical (and long). We start on the Southern Marin Line Fire Road, (aka Flat Crown Rd.), and have eliminated Huckleberry. Now, we climb up the H-Line fire road at the pump station and descend it on the other side to Rail Road Grade, and climb the short, steep Horseshoe Fire Road and return via Southern Marin Line Fire Road back to the start. The race starts at 8:45 for our seniors, and 9:00 am for

everyone else. If you have a well-behaved dog, you can bring it.



Directions to start: Take Woodland Road in Kentfield to Evergreen (left turn) and follow it up to the top. Veer left

on Crown Road and park. Get there early because this trailhead has become overly discovered, and the limited road side parking fills up on a Sunday morning like Disneyland's parking lot on a holiday weekend.



August TCRS / TGA Biathlon

McInnis Park, San Rafael

Race: Sunday August 16, 2026

8:45 / 9:00am

Followed by Golf

Okay, time to tighten your laces, and sharpen your golf swing. Who will be crowned this year's TCRS / TGA champion and take home the Tamalpa Golf Association's perpetual Golden Shoes trophy?

August brings us back to McInnis Park for the lovely Poop Ponds TCRS, a fast, flat, 3.4 mile race from the softball field (by the bathrooms in the parking lot) through the lovely water treatment Poop Ponds open space. Race begins at 8:45 for our seniors and 9:00am for all others.

Like the Dipsea, this year we are incorporated a winner's penalty to give some of our lesser hackers and slower runners a chance at fame (but not fortune). The Tamalpa Golfer's Association tournament will follow the

TCRS Race on Sunday, August 16th. We are going to play golf right after the banquet following the TCRS. Stick around and join us for lunch from the restaurant and listen to all the excuses from the non-winners.

If you're interested in playing golf send an email or contact davidleipsic@gmail.com. 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, bribes to the judges, past winner's penalties, etc.) to score your place.

FALL SEASON 2026 • MARIN COUNTY, CA

TAMALPA BOBCATS YOUTH RUNNING PROGRAM



Five weeks of running, jumping, and throwing for young athletes — with **coaching, games, and gear** at every practice.



PRACTICE DATES

All sessions 5:00–6:00 p.m.

AUG
23

Sinaloa Middle School

AUG
30

San Jose Middle School

SEP
13

San Jose Middle School

SEP
20

San Jose Middle School

SEP
27

San Jose Middle School



PERKS & HIGHLIGHTS



Weekly coaching

From adult coaches & high school volunteers



Collectible charms

A chain & foot charm at every practice



Free team t-shirt

Every athlete reps the Bobcats green



A PRACTICE

5:00-5:15

Warm Up

Get loose and ready to roll

5:15-5:45

Skill Stations

Hurdles, throwing & relays

5:45-6:00

Endurance Run

Build the engine, finish strong

SPOTS ARE LIMITED

READY, SET, REGISTER!



SCAN TO SIGN UP

Tamalpa Bobcats Back in Action Fall Registration Now Open

Tamalpa Runners now is offering Bobcats training for the Fall for young athletes, Elementary through Middle School. Sign up here:

Registration Link: <https://formsmarts.com/form/2gbf> or through the QR code above. Ready, Set....Register!!!



Tamalpa Runners Club Summer BBQ

Sunday, August 23, 2026

3- 6pm

It's that time of year again....join your Tamalpa friends for our annual summer picnic BBQ at McNear's Beach on Sunday, August 23rd from 3 - 6pm. Bring something to share and enjoy some delicious BBQ burgers, compliments of Tamalpa. Run the PA-USATF cross country race in Santa Cruz first, and bring your race stories to share.



PA USATF XC Schedule 2026

Date	Day	Race	Location
08/23/26	Sun	25th Annual SCTC XC Challenge	Santa Cruz
08/30/26	Sun	33rd Annual Phil Widener Empire Open	Santa Rosa
09/13/26	Sun	40th Annual GGP Open	San Francisco
09/19/26	Sat	15th Annual Rebels XC Challenge	Carmichael
10/03/26	Sat	21st Annual Garin Park XC Challenge	Hayward
10/11/26	Sun	30th Annual John Lawson Tamalpa Challenge	China Camp
10/17/26	Sat	17th Annual Willow Hills XC Open	Folsom
10/24/26	Sat	28th Annual Matt Yeo Aggies XC Open	Martinez
11/15/26	Sun	40th Annual PA XC Championships	San Francisco

It's That Time of Year Again....

Fall Means Cross Country Racing Season

Calling all Tamalpans with a love for Cross Country racing..... Yes, that's right, Fall means Cross Country season is underway again. If you truly love a good challenge, come out for one, or all of these cross country races. Make a commitment to race at least three, especially our 30th Annual Johnny Lawson Tamalpa Challenge on October 11th.

Be sure to update your USATF membership. You can register or renew through this link: Click [Here](#).

Come one, come all...Tamalpa has historically fielded championship teams in these series of races. They're fun, competitive, exciting and a great challenge. We need you. Contact our race captain liaison Sheila O'Neill at sheilatara@hotmail.com if interested in joining a team.

This email was sent to 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