

Welcome to the 2017 Tamalpa Bobcats Running Season.

We have two new changes this year.

1. Our location - we have moved from Marin Catholic track to the **College of Marin Track** in Kentfield across the street from Woodlands Market.

Time: Remains 4-5 pm. on Sundays

2. NEW PROGRAM: Senior Bobcats for young athletes who want to and can train for longer races such as 5k or just improve their aerobic base

At our first practice we will have a time trial for those students interested in the Senior Bobcats. For those students who are interested and able to run longer distances they will train with our coaches who will specifically work towards building an aerobic base, preparing for the Marin Memorial 5k, and run a few track races. *Any Bobcat who can run the full two miles without stopping at any point in the season can start training with the Senior Bobcats.*

For our newer runners and younger bobcats (ages 4-12 but some younger siblings join with families and some older siblings come as well) we will continue to have the introduction to track and field with the same format as last year:

1. 2 lap warm up, 1 lap warm up and 1 lap drills
2. Stretching
3. Stations which include long jump, throwing, hurdles, and sprints
4. 15-20 minutes of walking or jogging where runners earn 1 foot per mile and 1 gummy per mile. The purpose of this is to set goals, run/walk with your family and friends, encourage each other and go farther each week as a team

All Bobcat participants will get:

1. Bobcat T-shirt (yellow this year)
2. Necklace with 1 foot charm per week for participation and 1 foot charm per week for each mile run or walked
3. Ribbon and award at last track meet
4. Entry into youth TRACK races at Marin Memorial 5k
5. Senior bobcats will get entry into Marin Memorial 5k

Cost per season this year is \$100 per individual due to increase in rental cost of track and entry fee into Marin Memorial races.

Dates for the season are every Sunday between March 26th and May 21st from 4-5 p.m. at the college of Marin track excluding Easter Sunday April 16th. 8 practices plus the Marin Memorial Youth races or 5k for Senior Bobcat Racers.

Entry Link is found **HERE**

The senior Bobcats training program has a schedule that can be found below.

Please email questions to Mary Churchill: marymfagan@gmail.com

I will only email families who register to be part of the Bobcats track club. If you don't register this year you will not continue to get emails from me. I update the email list yearly based on who registers for the program.

If you have questions please email me back.

We can't wait for our 2017 season to begin!

Mary Churchill & the Bobcat Coaching Team

Liz Gottlieb, Mark Churchill, Tim & Diana Fitzpatrick, Tricia Wallace, Claire Bukata, Bridget Zapata

Senior Bobcats:

The Mission of the Senior Bobcats is to provide a program to help develop young Bobcats who already have a training base and are interested in training for and racing 5ks. Any Bobcat can qualify for the Senior Bobcats by running 2 miles without stopping. Bobcats can move into the Senior Bobcats at any point in the season IF they demonstrate they have run 8 continuous laps without stopping!

2017 Training Program

Sunday, March 26	Bobcats try out for Senior Bobcats by Running 8 continuous laps
Sunday, April 2	Run 2 miles bike path. 2 to 4 x 400s bike path. 800 cool down. Core/Strength circle
Sunday, April 9th	Run 2.5 miles bike path. 2 to 4 x 200s track. 800 cool down. Core/strength circle
Sunday, April 23	Time Trial! Option 1: Impala Stampede Golden Gate Park 5k @ 8:30 am (\$30 early reg/ \$40 race day), 1 mile @ 9:15 am (\$10) Option 2: Time trial at Bobcat practice. Time trial 1 mile or 2 mile Warm up as group! Time trial (reference). Cool down!
Sunday, April 30	Debrief Race / Time trials! Rose & Thorn about racing/time trialing? Goal for rest of season? / Run 2.5 miles bike path. in/outs 2 to 4 laps. 800 cool down. Core/strength circle
Sunday, May 7	Run 1 mile bike path, 8 x 400s on bike path (relays w/batons!), cool down! Core/strength circle
Sunday, May 14	Run 2.5 mile bike path run, 2 x 800s on bike path, cool down! Core/strength circle
Sunday, May 21	Bobcat Track Meet! Senior Bobcats strive to run 800, 1600!
Monday, May 29	Marin Memorial 5k @ 8 am