



<https://www.facebook.com/groups/375605335826481/>

<https://www.instagram.com/northcoaststriders/>

[STRAVA  
https://strava.app.link/Yx0nntxEZCb](https://strava.app.link/Yx0nntxEZCb)

[M northcoaststridersinfo@gmail.com](mailto:northcoaststridersinfo@gmail.com)

<https://northcoaststriders.com/>



### Mendocino College Track

**Track**      **Thursdays**      **4:30 pm**

(Can't make it at 4:30? Come when you can.)

For all ages and abilities

Host: Susie, Sara EM, Rodger



### Black Oak and Run the Rail Trail

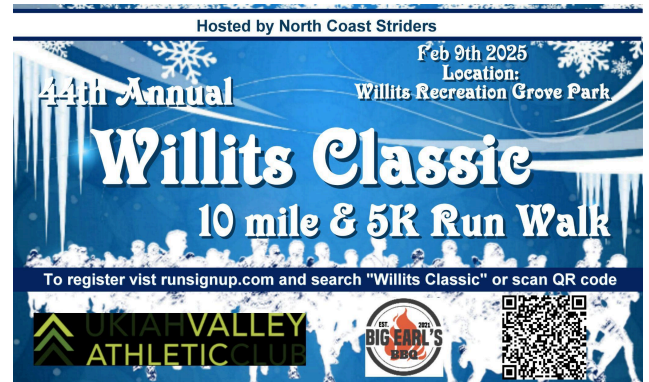
**5-10 miles**      **Saturdays**      **Morning**

Confirm start time

Join the Whatsapp conversation

<https://chat.whatsapp.com/EwyWCc3XRQz4xWD7O8NmmD>

Host: Holly, Gail, Dylan, Eveline, Susie



<https://runsignup.com/Race/CA/Willits/AnnualWillitsClassic>



Hosts needed: If you would like to host an event or activity, please send an email to [northcoaststridersinfo@gmail.com](mailto:northcoaststridersinfo@gmail.com)

## Upcoming North Coast Strider Races

- Willits Classic: February 9th
- Boontling Classic: May 4th
- Legends of the Redwoods: July 12th
- Celebration of Life-Trail Trek: Sept
- Turkey Trot: November 23rd



January 8th

6:30

Slam Dunk

## Mendocino County Sports Academy



Presents

First Steps to Finish Lines:

Cross Country & Track with Coach T

<https://mendocinosports.com/cross-country-%26-track>

Practices will be M, W (6-7:30p) and

Sat 9-11a

1st practice 2/24 6-7:30p

Season ends May 31

Registration will open Wednesday

January 8th



10% off your order for runners

Saturday mornings

7-11am

if you mention North Coast Striders

(Ukiah store only)

Video of the month

[Jack Daniels Running Lectures](#)

[Can Easy Days Be Too Easy? #7](#)



Board members were voted in:

President- Dylan Jones

Vise President - OPEN

Treasurer - Susie Madison

Secretary - Sara Esserman Melville

At large positions - OPEN



If you would like to be on the board

please email [northcoaststridersinfo@gmail.com](mailto:northcoaststridersinfo@gmail.com)