



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

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

northcoaststridersinfo@gmail.com

<https://northcoaststriders.com/>



Upcoming Events:

Reminder; you must be a member in good standing to attend an activity (other than a race)

Please note that some days and times have changed.



Great Redwood Trail walks
Wednesdays
6:30 pm
Park at Clara and Mason
Walkers, beginners, dogs, kids
Host: Rebekah



Track Practice
Thursdays
5:00 pm (If you can't make it at 5:00, feel free to come when you can.)
Mendocino College Track
For all ages and abilities
Host: Alex, Rodger, Sara, Travis



Black Oak and run the Rail Trail
Saturdays
8:00 am
4-5 mile easy pace
Walkers and all abilities welcome
Host: Holly
For info or to confirm contact hollyzenzy@gmail.com
Or join the Whatsapp conversation
<https://chat.whatsapp.com/EwyWCc3XRQz4xWD7O8NmmD>



Trail 5K, Sunday, June 25th
8:00 am
Moderate ((rough surfaces, elevation gain)
Brooktrails at Lower Rockefeller Trail on Buckeye Ct
[Click Here for Location Map](#)
Host: Crystal

Here is a link to [Brooktrails Trails Google Map](#), showing trails and access locations.

If you would like to host an activity, please send an email to us. No experience necessary

Thank you for the donation
Dottie Deerwester & Gordon Elton

Thank you Angie Setzer and Zane Colfax for organizing The Boontling Classic



Legends of the Redwoods July 8th

<https://runsignup.com/Race/CA/Ukiah/LegendsoftheRedwoods5k>

BECOME A MEMBER

\$15 a year for an individual

or

\$25 for a family

(membership fees are prorated for the year)

<https://runsignup.com/Club/CA/Ukiah/NorthCoastStriders>

Why become a member?

Membership fees pay for chalk to mark trail runs, storage unit where we store our equipment, insurance, stickers, advertisements, swag, trail upkeep, our website, and helps us support local kids running programs.



10% off coffee
Saturday mornings
7-11am
if you mention
North Coast Striders

Podcast to listen to this month
[Healthy Runner Podcast](#)

[How to Train Hills with Coach Elisabeth Scott](#)

JESSE PITTMAN FUND
5K RUN/WALK



July 22

<https://runsignup.com/Race/CA/Willits/JessePittmanFund5K>

Cloverdale Race-October 22

Discount code: BKRHJX2Y

team name-North Coast Striders of Ukiah

Prices go up June 1st

<https://cloverdalevineyardraces.org/>