NORTH COAST STRIDERS
RUNNING CLUB

PUT THIS on YOUR CALENDAR!

May

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

Great Redwood Trail walks
Tuesdays in May
6:15 pm
Park at Clara and Mason
Walkers, beginners, dogs, kids
Host: Rebekah

Track Practice
Thursdays in May
4:30 pm (If you can't make it at 4:30, feel free to come when you can.)
Mendocino College Track
For all ages and abilities
Host: Rodger, Alex, Travis, Sara

Black Oak and run the Rail Trail
Saturdays in April
8:30 am
4-5 mile easy pace
Walkers and all abilities welcome
Host: Holly, Gail
For info or to confirm contact
hollyenzy@gmail.com

Trail 5K
Sunday, May 14th
8:00 am
Moderate
(rough surfaces, elevation gain, creek crossings)
Brooktrails Par Course parking lot
Click Here for Map
Host: Crystal

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

We are halfway through Spring Training but it isn't too late to join.
https://runsignup.com/Race/CA/Ukiah/KidsRun

Article of the month
Make 2023 Your Best Running Year
#1 on the list is Community
Come join us for one of our many activities
https://www.asics.com/za/en-za/frontrunner/articles/make-2023-your-best-running-year

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May 7th

BOONTLING CLASSIC 5K FOOTRACE

https://runsignup.com/Race/CA/Boonville/BoontlingClassic

Legends of the Redwoods July 8th

North Coast Striders meeting
All welcome
Come share your ideas.
Wednesday, May 10th
6:30
Slam Dunk

BLACK OAK COFFEE ROASTERS

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

$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

MEMBERSHIP

SONOMA WINE COUNTRY Games
Competitions for athletes 50+
Presented By
council on aging

Men's & Women's Track and Field
Ages 50+
Sunday, June 4th

ttps://www.councilonaging.com/track-field-2023

*** If you know of an upcoming event in which our members would be interested in participating, please send an email to us so that we can let everyone know. ***