



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

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

northcoaststridersinfo@gmail.com

<https://northcoaststriders.com/>



Events

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



Track Practice
Thursdays 5:00 pm
(Can't make it at 5:00? Come when you can.)
Mendocino College Track
For all ages and abilities
Host: Alex K, Rodger, Sara EM, Travis



Black Oak and run the Rail Trail
Saturday mornings
5-10 miles
Host: Holly and Gail
Confirm for start time
hollyzeny@gmail.com Or gailleland@gmail.com
Or join the Whatsapp conversation
<https://chat.whatsapp.com/EwyWCc3XRQz4xWD7O8NmmD>



Trail 5K Aug 20 8:00 am
Thimbleberry and Huckleberry Trails.
[Parking at Dutch Henry trailhead](#) on Poppy or limited [Parking at Thimbleberry](#)
Moderate (rough surfaces, elevation gain)
Host: Crystal
[Brooktrails Trails Google Map](#)

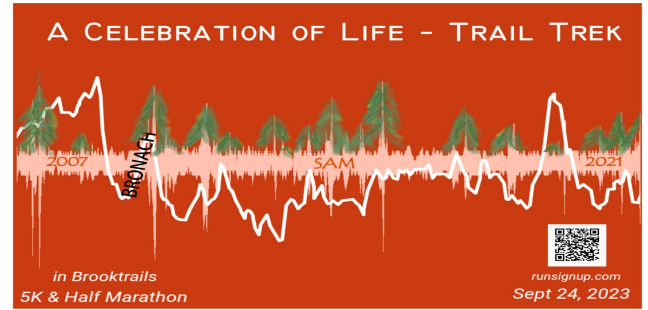


If you would like to host an activity, please send an email to us. No experience necessary.
You can host a one time activity.

North Coast Striders meeting
Wednesday, September 6, 6:30
Slam Dunk Pizza



Thank you
Black Oak Coffee Roasters
for the coffee donation at
Legends of the Redwoods



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

MEMBERSHIP

\$15 a year for an individual
or
\$25 for a family
(membership fees are prorated for the year when you sign up online)
<https://runsignup.com/Club/CA/Ukiah/NorthCoastStriders>
Welcome to all of our new members.



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

Article of the month

Road Races Look Different From the Back of the Pack
<https://www.nytimes.com/2023/05/13/sports/running-races-back-of-the-pack-slowest.html>

Upcoming North Coast Strider event dates

- TurkeyTrot - Saturday, November 18
- Willits Classic - Sunday, February 11

Discount codes for other races (not NCS events)

Cloverdale Race - October 22
Discount code: BKRHJX2Y
Team name: North Coast Striders of Ukiah
<https://cloverdalevineyardraces.org/>



Local races (not NCS events) without discount code



Fort Bragg - October 28
5K Fun Walk, 5K, 10K,
Boston Qualifier Half Marathon,
Boston Qualifier Marathon
<https://runsignup.com/Race/CA/FortBragg/NoyoHeadlandsRace>