







northcoaststridersinfo@gmail.com



https://northcoaststriders.com/



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

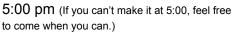
Please note that some days and times have changed.



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



Track Practice Thursdays

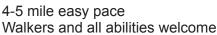


Mendocino College Track For all ages and abilities

Host: Alex, Rodger, Sara, Travis



Black Oak and run the Rail Trail Saturday, July 1, 15, 29 only 8:00 am



Host: Holly and Gail

For info or to confirm contacthollyenzy@gmail.com
Or join the Whatsapp conversation
https://chat.whatsapp.com/EwyWCc3XRQz4xWD7
O8NmmD



Trail 5K,
Sunday, July 23rd
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 <u>Brooktrails Trails Google Map</u>, showing trails and access locations.

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

North Coast Striders meeting Wednesday, September 6, 6:30



Legends of the Redwoods 5K

July 8th

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

MEMBERSHIP

Why become a member? To build community. \$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



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

Article of the month How to Stand Running in the Heat



https://www.runnersworld.com/beginner/a20794427/running-in-the-heat/



Charge 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/