

JULY



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
Saturday, July 1, 15, 29 only
8:00 am
4-5 mile easy pace
Walkers and all abilities welcome
Host: Holly and Gail
For info or to confirm contact hollyzenzy@gmail.com
Or join the Whatsapp conversation
<https://chat.whatsapp.com/EwyWCc3XRQz4xWD7O8Nmmd>



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 [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

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/>

JESSE PITTMAN FUND
5K RUN/WALK



Don't Run, 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/>