



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

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

<https://strava.app.link/Yx0nntxEZCb>

northcoaststridersinfo@gmail.com

<https://northcoaststriders.com/>



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



UC Hopland Research and Extension Center (HREC) (no dogs)
Trail 6 miles October 1 8:00 am

Moderate (1,400 ft of elevation, dirt roads) Coffee, soft drinks, and baked goods will be provided after the run

Host: Hannah
Must sign a liability waiver on arrival
Please register here: <https://bit.ly/ncsrun>



Mendocino College Track
Track Thursdays 5:00 pm

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



Black Oak and run the Rail Trail
5-10 miles Saturdays Morning

Host: Holly, Gail, Dylan
Confirm for start time
hollyzenzy@gmail.com Or gailleland@gmail.com
Or join the Whatsapp conversation
<https://chat.whatsapp.com/EwyWCc3XRQz4xWD7O8NmmD>



Ridgewood Ranch Trail Run
Trail 10K October 8 9:00am

Mod-Diff (Group dependent) (Pavement, dirt, single- and double-track and some elevation gain)
Host: Dylan
[La Vida Charter School Parking Lot](http://LaVidaCharterSchoolParkingLot)



Brooktrails
Trail 5K October 29 9:00 am

Mod-Diff (uneven surfaces, significant elevation gain)
In the spirit of Halloween, it's gonna be the death of us...
Host: Crystal
Thimbleberry, Gooseberry, & Robie Trails, roads. **Parking @ Dutch Henry trailhead** on Poppy or [Thimbleberry trailhead](#)
[Brooktrails Trails Google Map](#)

December 9th

Holiday Run Meeting Sneaker Donation

Bring your old running shoes with you to donate to [Sneakers4Good](#). It keeps running shoes out of the land fill, they go to a good cause, and NCS receives a donation.

TURKEY TROT



STROLLER FRIENDLY 5K!

FAMILY FRIENDLY EVENT! WALKERS WELCOME

Saturday, November 18th

5K-10K Prediction Runs | JOE RILEY PICNIC AREA
Lake Mendocino Drive | Ukiah, CA

Registration 5K \$25 | 10K \$35 | Kids 5K \$15

Search "Ukiah Turkey Trot" at Runsignup.com or scan QR code

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



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>

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



Upcoming North Coast Strider event dates

- Willits Classic - Sunday, February 11
- Boontling Classic: May
- Legends of the Redwoods: July
- Celebration of Life - Trail Trek: Sept

Local races with Discount codes (not NCS events)

Cloverdale - October 22

Discount code: BKRHJX2Y

Team name: North Coast Striders of Ukiah

<https://cloverdalevineyardraces.org/>



Local races without discount codes (not NCS event)



Fort Bragg, October 28

<https://runsignup.com/Race/CA/FortBragg/NovoHeadlandsRace>

Article of the month: [STRUCTURING YOUR TRAINING SEASON FOR RUNNERS](#)

