



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

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

[northcoaststridersinfo@gmail.com](mailto:northcoaststridersinfo@gmail.com)



<https://northcoaststriders.com/>

# September

## 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  
[hollyzenzy@gmail.com](mailto:hollyzenzy@gmail.com) Or [gailleland@gmail.com](mailto:gailleland@gmail.com)  
Or join the Whatsapp conversation  
<https://chat.whatsapp.com/EwvWCc3XRQz4xWD7O8NmD>



Hosts needed. No experience necessary.  
You can host a one time activity. Send us an email.

Meeting

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

\$50 Sports Basement gift card will be raffled. Must be in attendance to win.

## MEMBERSHIP

Why become a member?  
Membership fees pay for chalk to mark trail runs, storage unit where we store our equipment, insurance, stickers, advertisements, swag, trail upkeep, our website, and helps us support local kids' running programs.

\$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>

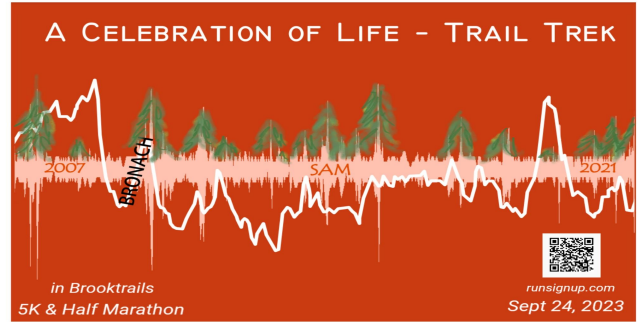
### Article of the month

**"Here's how running in the rain affects your performance"**

<https://www.livescience.com/how-running-in-the-rain-affects-performance>



Thank you  
Sports Basement  
for the discount  
See flier for details.



**September 24, 2023**

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



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



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

Discount codes for races (not NCS events)

**Cloverdale Race - October 22**

Discount code: BKRHXJ2Y

Team name: North Coast Striders of Ukiah

<https://cloverdalevineyardraces.org/>



Local races (not NCS event) without discount code



5K Fun Walk, 5K, 10K,  
Boston Qualifier Half Marathon,  
Boston Qualifier Marathon

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