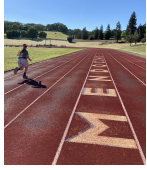




Reminder; you must be a member in good standing to attend an activity (other than a race)
(Support your running community)



Mendocino College Track
Track **Thursdays** **4:30 pm**
(Can't make it at 4:30? Come when you can.)
For all ages and abilities
This month we are working on mile times
Host: Alex K, Dylan, Rodger, Sara EM, Travis



Black Oak and run the Rail Trail
5-10 miles **Saturdays** **Morning**
Host: Eveline, Holly, Gail, Dylan, Susie
Confirm start time
Join the Whatsapp conversation
<https://chat.whatsapp.com/EwyWCc3XRQz4xWD7O8NmmD>



Ridgeview Ranch Trail Run
Trail 10K **December 9** **8:30 am**
Mod-Diff (Pavement, dirt, single- and double-track and some elevation gain)
Pancake Breakfast to follow 9 AM to 11 AM,
Suggested Donation of \$5 for the Breakfast.
Host: Dylan
[La Vida Charter School Parking Lot](#)



Brooktrails
Trail 5K **December 17** **9:00 am**
Easy-Mod (uneven surfaces, some elevation gain)
Host: Crystal
Ohl, Le Brun, Jurassic, Mike's, Anchorage, Nutmeg, and roads. **Parking @ [Brooktrails Community Center](#)**
[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.

Thank you to everyone who braved the rain for this year's Turkey Trot, volunteers and runners alike! You make our club great.



Thank you to Black Oak Coffee Roasters for the coffee.

December 10th 10am
(please note date change) (must be a member to attend)



Members' Holiday 5K Run, Meeting, & Potluck
Sneaker Donation
Vote for board members
1200 Orr Springs Rd, Ukiah
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. Sneakers must be clean, dry, wearable, and free of holes.

Renewal of membership is due January 1st, be on the lookout for the email from runsignup.com \$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 for runners
Saturday mornings
7-11am
if you mention
North Coast Striders
(Ukiah store only)



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
- Turkey Trot: November

Article/Podcast of the month:
YOUR COMPLETE GUIDE TO RUNNING IN THE DARK
<https://www.hoka.com/en/gb/guide-to-running-in-the-dark/>

To get to the article, when asked IN UNITED STATES? Click no thanks.

