



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

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

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

northcoaststridersinfo@gmail.com

<https://northcoaststriders.com/>



UPCOMING EVENTS!

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



Mendocino College Track **Note time change**
Track **Thursdays** **4:30 pm**

(Can't make it at 4:30? Come when you can.)

For all ages and abilities

Host: Alex K, Rodger, Sara EM, Travis, Dylan



Black Oak and run the Rail Trail
5-10 miles **Saturdays** **Morning**
EXCEPT November 18th

Host: Holly, Gail, Dylan, Eveline
Confirm start time

Join the Whatsapp conversation

<https://chat.whatsapp.com/EwyWCc3XRQz4xWPD7O8NmmD>



If you would like to host an activity, please send an email to us. No experience necessary. You can host a one time activity.

Article/Podcast of the month: How to Recover and Train Between Races



<https://runnersconnect.net/running-interviews/how-to-recover-and-train-between-races/>



If you have an article or podcast that you would like to share please send an email and we will put it in the next newsletter.

TURKEY TROT



STROLLER FRIENDLY 5K!

FAMILY FRIENDLY EVENT! WALKERS WELCOME



Saturday, November 18th

5K-10K Prediction Runs | JOE RILEY PICNIC AREA
Lake Mendocino Drive 1 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

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.

Sneakers must be clean, dry, wearable, and free of holes.

