



JUNE

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

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

[STRAVA
https://strava.app.link/Yx0nntxEZCb](https://strava.app.link/Yx0nntxEZCb)

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

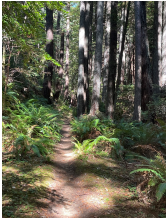
<https://northcoaststriders.com/>



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: Susie, Sara EM, Rodger



Black Oak and Run the Rail Trail
3-5 miles **Saturdays** **Morning**
Confirm start time
Join the Whatsapp conversation
<https://chat.whatsapp.com/EwyWCc3XRQz4xWD7O8NmmD>
Host: Holly, Gail, Eveline, Susie



Brooktrails Dyan Moon Solstice Run
4-6 miles **Saturday, June 21st** **7:30 pm**
Easy to Moderate (rough surfaces, uneven terrain)
We're on Strava
Parking @ Brooktrails Community Center
24850 Birch St, Willits, CA 95490
[Brooktrails Trails Google Map](#)
Interested in Brooktrails Trail Work: sign up at
[Willits Area Cyclists](#) for trail work days
Host: Crystal (916-764-1746)

Upcoming North Coast Strider Races

- Legends of the Redwoods: July 12th
- Celebration of Life-Trail Trek: Sept 27th
[Registration on RunSignUp opens June 1st](#)
- Turkey Trot: November 23rd
- Willits Classic: February 9th
- Boontling Classic: May

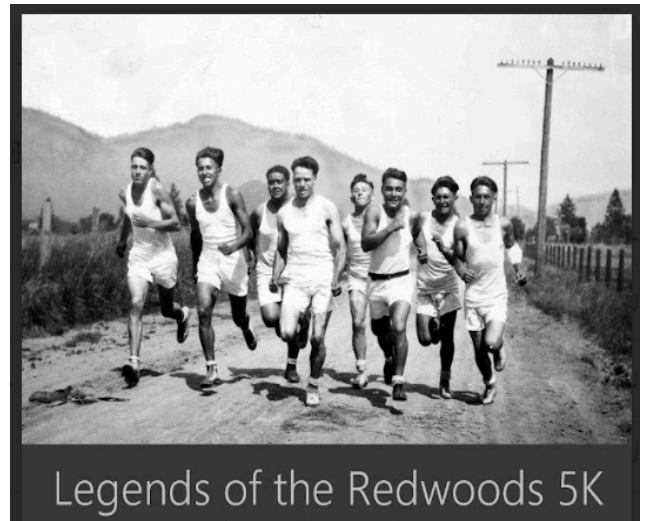


Next meeting
Thursday, July 31st at 6:30
Slam Dunk Pizza

Video of the month
[Jack Daniels Running Lectures](#)
#12 [Marathon Training Runs](#)

\$20 a year for an individual
\$30 for a family

Don't delay, become a member today
Support local high school running programs
Support NCS so we can continue to host events
<https://runsignup.com/Club/CA/Ukiah/NorthCoastStriders>



Legends of the Redwoods 5K

July 12

This event is in commemoration of the Historical Native American Ultramarathon Race that was held on the new Redwood Highway from San Francisco, California to Grants Pass, Oregon in 1927 & 1928.

<https://runsignup.com/Race/CA/Ukiah/LegendsoftheRedwoods5k>



10% off your order for runners
Saturday mornings
7-11am
if you mention North Coast Striders
(Ukiah store only)

Local but not NCS races

Noyo Headlands Race
Saturday, August 9

5K and 10K runs, a 5K fun walk, a half-mile kids' race
and the return of the half marathon!

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

Mendocino, CA

1/2 Marathon, 12hrs, 10K, 6hrs

Saturday, Sep 6, 2025

<https://ultrasignup.com/register.aspx?did=123679>
Running, Camping, Live Music & Fabulous Food!

In the ancient Redwoods of Woodlands State Park, Mendocino

