







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

STRAVA

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)



#### Mendocino College Track

Track Thursdays 4:30 pm

(Can't make it at 4:30? Come when you can.) For all ages and abilities

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/EwyWCc3XRQz4xWD708NmmD



#### **Brooktrails**

Trail 5K February 18th 9:00 am

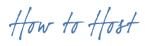
Easy-Mod (uneven surfaces, some elevation gain)

Guest Host: Dylan

Ohl, Mike's, Moss Rock, Rockefeller, Gnomer, Inlet, Jurassic, and Le Brun.

Parking @ Brooktrails Community Center

Brooktrails Trails Google Map



- 1. Pick a route, date, and time.
- 2. Be the point person for people to gather at the start.
- 3. Check in with people at the end.

## Next meeting March 13



### Article of the month:

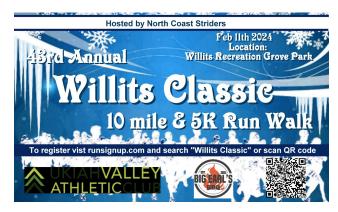
The Secret to Better Running? Try Distraction

https://www.nytimes.com/2021/10/14/well/move/running-exercise-focus.html



2024 Whale Run & Walk Saturday, March 16, 2024 on the Fort Bragg Coastal Trail

https://soroptimistfortbraggca.org/whalerun/



https://runsignup.com/Race/CA/Willits/AnnualWillitsClassic



# \$15 a year for an individual

or \$25 for a family

(membership fees are prorated for the year when you sign up online) 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.

https://runsignup.com/Club/CA/Ukiah/NorthCoastStriders

If you are having difficulty renewing your membership, please send an email to us so we can help.



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

**Upcoming North Coast Strider events** 

Boontling Classic: May

Legends of the Redwoods: July

• Celebration of Life - Trail Trek: Sept

Turkey Trot: November

Willits Classic: February

Nelson Family Vineyards Wine Run 5k

Sat March 23, 2024



https://runsignup.com/Race/CA/Ukiah/NelsonFamilyVineyardsWineRun5k?raceRefCode=IUuoh0IR