



<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
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/EwyWCc3XRQz4xWD7O8NmmD>



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](#)



How to Host

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>

