



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

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

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

[northcoaststridersinfo@gmail.com](mailto: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  
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/EwWCC3XRQz4xWD7O8NmD>



**Ridgewood Ranch Trail Run**  
**Trail 10K**      **January 13**      **8:30 am**

**Mod-Diff** (Mixed surfaces, water crossings, and ~1500 feet of elevation gain)  
Pancake Breakfast following the run.  
Suggested Donation of \$5 for the Breakfast.  
Host: Dylan  
[La Vida Charter School Parking Lot](#)



**Brooktrails**  
**Trail 5K**      **January 28**      **9:00 am**

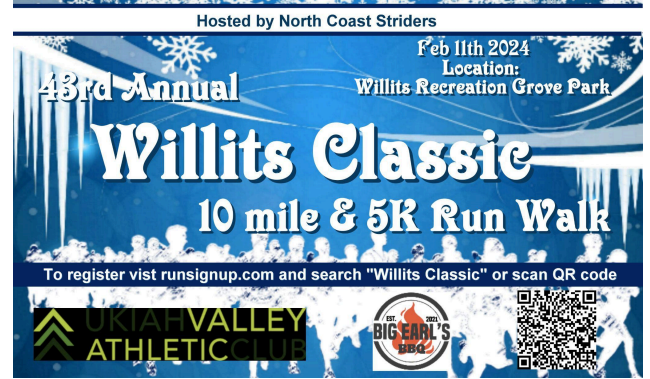
**Easy-Mod** (uneven surfaces, some elevation gain)  
Host: Crystal  
Ohl, Le Brun, Jurassic, Mike's, Anchorage, Nutmeg, and roads. **Parking @ [Brooktrails Community Center](#)**  
[Brooktrails Trails Google Map](#)



Next meeting March 13

Congratulations to our board members that were voted in at the December run, shoe drive, meeting, and potluck.

President: Travis Brakeman  
Vice-President: Dylan Jones  
Treasurer: Remie Scott  
Secretary: Sara Esserman Melville  
Board members at large: Alexander Kramer  
Gina Henebury



**Renewal of membership is due January 1st**  
\$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

- Boontling Classic: May
- Legends of the Redwoods: July
- Celebration of Life - Trail Trek: Sept
- Turkey Trot: November
- Willits Classic: February

Article/Podcast of the month:

**Cold Weather Running Tips**

<https://www.rei.com/learn/expert-advice/winter-running-tips.html>

Thank you to Ukiah Valley Athletic Club for the use of their timing system and to John for running the equipment for the Turkey Trot.

Thank you Holly for hosting the Members' Holiday 5K Run, Meeting, Potluck, Sneaker Donation, & Vote for board members.

Thank you to everyone that donated shoes!

