



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

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

[STRAVA](https://strava.app.link/Yx0nntxEZCb)
<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 so we can support you and the youth in our 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 **March 23** **9:00 am**

Moderate (uneven surfaces, elevation gain, wet)

Host: Crystal (916-764-1746)

Lake Emily, Thimbleberry, Gooseberry, Dutch Henry. Route depends on Willits Ck level.

Parking @ [Lake Emily Spillway](#)

[Brooktrails Trails Google Map](#)

Interested in Brooktrails Trail Work: sign up with [Willits Area Cyclists](#) for trail work days



Want to host?

Send us an email.

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.

Video of the month:
Home Workout Routine for Runners
Session 1

The Running Channel

https://youtu.be/dSEobUGK7U4?si=9nHiQV181y_pZc3V



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

<https://soroptimistfortbraggca.org/whalerun/>

NCS meeting March 13

Slam Dunk Pizza, Ukiah at 6:30pm



39th Annual Boontling Classic Sunday, May 5, 2024 5K

<https://runsignup.com/Race/CA/Boonville/BoontlingClassic>

Membership

\$15 a year for an individual

or

\$25 for a family

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

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>

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 5
- Legends of the Redwoods: July
- Celebration of Life - Trail Trek: Sept
- Turkey Trot: November
- Willits Classic: February

Nelson Family Vineyards

Wine Run 5k

Saturday, March 23, 2024

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

