







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



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.)



Slam Dunk Pizza, Ukiah at 6:30pm





Mendocino College Track

Thursdays 4:30 pm Track

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

Host: Alex K, Dylan, Rodger, Sara EM, Travis

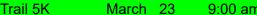
Black Oak and run the Rail Trail

Host: Eveline, Holly, Gail, Dylan, Susie

https://chat.whatsapp.com/EwyWCc3XRQz4xWD7O8NmmD







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



- 1. Pick a route, date, and time.
- Be the point person for people to gather at the start.
- 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/

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

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

Membership

\$15 a year for an individual

\$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/NelsonFamilyVi neyardsWineRun5k?raceRefCode=IUuoh0IR