



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

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

[STRAVA  
https://strava.app.link/Yx0nntxEZCb](https://strava.app.link/Yx0nntxEZCb)

[M 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)

Mendocino College Track  
Thursdays Spring Training 4 weeks  
April 4-25 come between 4:30&6:30 pm

Plan to attend all four days  
\*One on one consultation  
\*Set goals  
\*Learn realistic plan to reach goals  
Plus free "Running Formula" book  
For all ages and abilities  
Host: Rodger



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>



Spring is a great time to host a run. Send us an email.

Possible run in April  
Hendy Woods State Park in Philo  
May 25th  
Check May's newsletter for details



Video of the month:  
Home Workout Routine for Runners  
Session 2  
The Running Channel  
<https://www.youtube.com/watch?v=5y7i0IFGzGE>

Thank you Remie for your service.

Thank you Susie for stepping in as club treasurer.



## 39th Annual Boontling Classic Sunday, May 5 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)  
<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 events

- Boontling Classic: May 5
- Legends of the Redwoods: July 13
- Celebration of Life - Trail Trek: Sept
- Turkey Trot: November
- Willits Classic: February

**PVYCC's 15th Annual  
5K/10K Walk Run!  
Sunday, April 14th  
Potter Valley Firehouse  
10521 Main Street**



<http://www.pyvcc.org/walkrun.html>

Next NCS meeting  
May 29 at 6:30

