

Winter Family Cross Country



- ✓ Normally 1:45pm on a Saturday, so plenty of time for morning sports first.
- ✓ GREAT training for the kids' school cross country with mum or dad!
- ✓ Jog or walk shorter routes (1.5-5km), so the unfit & overweight can do it too.
- ✓ Perfect opportunity for mates, family and grandparents to join in.
- ✓ A Pack Leader or Volunteer will help mentor those at the very back.
- ✓ Helps get you fit for your other activities, sports, and summer events.
- ✓ Start now, so you are ready to join the 10km or Marathon clinics next year.
- ✓ There's always somewhere different to go - farmland, reserves, forests etc.
- ✓ Some runs are handicapped, so slow ones get an equal chance of winning.
- ✓ There's often hot drinks and food for the whole family to eat afterwards.
- ✓ You'll see your progress and improvement in the weekly Guff Sheet.
- ✓ Prizes for Most Improved Newbie Lady and Man at the end of the season.
- ✓ The one yearly sub covers *both* Winter and Summer Athletics Seasons.
- ✓ No flash gear or expensive gym memberships - just you, your shoes & a smile!

FREE Family Open Day

Clubrooms Neil Hunt Park, Tarawera Rd

Saturday 14th April 1:45pm

Kids, walkers & beginners welcome

----- TEAR OFF AND HAND IN BOTTOM SECTION -----

YES I am interested in the Winter Family Cross Country. Please email me the weekly Guff Sheet info:

Name: _____ Age(s) of children: _____

Email Address: _____

Phone Numbers: _____

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