



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore – Rotorua

**GUFF SHEET**  
**9 April 2016**

## The past week:

There has been little activity on the club scene this past week other than those preparing for an event on marathon day – 30 April. Many are putting considerable time on their feet, whether it's running or walking.

But, in Auckland last Wednesday Michael Voss chasing a World Junior Championships 10,000m qualifying performance came within just over a second of the IAAF standard with a time of 31:11.39 (PB). Great running Michael!



## Be safe be seen:

Now that daylight saving has left us care is needed when out running or walking on the footpaths and crossing roads. If you don't own a Hi Vis vest please purchase one. Don't wear dark clothing: don't run or walk all over the roads - face traffic: Just be sensible and responsible.

## Renewal of club membership:

By now most of you should have received your instructions on how to make yourself financial online for the next year.

Some will not have received their individual email which has been caused by more than one person having the same email address. To overcome this problem a second email was sent out on 4 April to all members who were financial for the year ending 31 March 2016. If you have not received the email please either email the club - [info@lakecity.co.nz](mailto:info@lakecity.co.nz) or call John on 029 348 2849.

Provision has been made for those that do not have access to the online registration system. Refer to the clubs website [www.lakecity.co.nz](http://www.lakecity.co.nz) for the "manual form" or uplift one from the clubrooms.

Please note those of you that have joined the Club in January/February as a new member via the Running Clinic no action is required to be taken by you. You have paid your membership as a Social Member for the forthcoming financial year.

*John Marten – Club secretary/treasurer*

## Forth coming events:

### **In the City**

#### Distance events

**Saturday 30 April** - The 52nd Rotorua Marathon around Lake Rotorua Visit [www.rotoruumarathon.co.nz](http://www.rotoruumarathon.co.nz) Entry forms available at the clubrooms. You are now on the late entry fee.

### **SATURDAYS**

The winter season programme kicks off next Saturday 16 April. Meet at 1.45pm at the Neil Hunt Park club rooms.



- The event will be a free Trout Fly event with afternoon tea provided by the Club.
- The winter season events cater for everyone - youngsters - older generations – the fast-slow - runners - walkers - joggers.
- Events are over varied terrain and distances - some short (1km) some up to 10km – some on farm paddocks - some in park like areas - some in the Forest - some on footpaths.
- A new event has been included in the programme this winter. This is the Mokopuna Dash in the Forest between Tarawera a Long Mile Roads. Distance is around 2km for the youngsters and longer for adults if they want.
- The full seasons programme is at the print stage.  
As can see there's something for everyone. Come along and check out the Club's winter activities.

### **SUNDAYS**

#### Distance athletes

Groups including the running clinic members leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. . The 10km clinic group met at the clubrooms 7.30is unless advised otherwise.

**Those that walk** – Meet at the Neil Hunt Park clubrooms just prior to 7.00am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

## MONDAYS

**Yoga for runners and walkers** – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

## TUESDAYS

### Walkers

**Am** - Meet at 8.00am at the Neil Hunt Park clubrooms

**Pm** - Meet 5.30pm at the Neil Hunt Park clubrooms.

### Distance athletes

Groups including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm.

## WEDNESDAYS

**Am** - For those over 15 years is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

## THURSDAYS

### Walkers

**Am** – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road

**Pm** – Meet 5.30pm at the Neil Hunt Park clubrooms.

### Distance athletes

Groups including running clinic members leave from the Neil Hunt Park clubrooms at 5.30pm.

## Tree felling in Whaka Forest:

Tree felling is happening along Hill and Pipeline Roads. Road closures week days include Hill, Pipeline, Reservoir, Nice, Chestnut and Moerangi Roads. Please adhere to safety notices, road closures and directions of the security people that maybe on site.



It is understood that there has been sign vandalism and security persons subjected to abuse. Remember we have access to a working Forest. Some Forests get closed all together when milling is happening. How lucky we are that it's not the one we use.

## Marathon Volunteers:

Volunteers from the club will be sought to assist with various areas of the marathon (Friday 29- pre event -

and Saturday 30 April - event day) within the next few weeks. Areas you can volunteer are: goodie bag filling; registration: and course marshalling to name a few. In due course a list will be at the Neil Hunt Park clubrooms to indicate your involvement

## Club uniforms:

If you have not purchased a club singlet to wear on the 30 April don't leave it too much longer. It is recommended that it is washed before wearing, and that you wear it a couple of times before the big day. See below for purchase details.

By being in the club colours you will get more cheers and encouragement from the local public than those not.

## Another volunteer request:

Sorry this one is short notice. The annual primary schools mini marathon is on **next Thursday 14 April** and volunteers from the club are being sought to assist from 9.00am to around 11.30am this day. Duties in the main are marshaling around the start finish area in the Government Gardens. Please email [kennys@xtra.co.nz](mailto:kennys@xtra.co.nz) or call 07 348 8448 asap if you can assist.

## Club uniforms

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase

Payment to be made at time of purchase - please bring along the correct change

**Costs:** Adults running singlets: \$35.00  
Adults short sleeve walker's tees: \$35.00  
Junior (children) singlets (size 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Contacts are:

**Denise Caudwell** - Ph 346 8431 (evenings)

**Nikki Mitchell** - Ph: 349 2920 (evenings):  
Mobile 027 464 8546

**Sarah Wiwarena** – Ph: 346 3289 (evenings):  
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase