

# Trout Fly



## Walker's and Jogger's Summer Series 2011-12 Casual "drop-in" event, every 2<sup>nd</sup> Thurs

- Your choice of 3km or 5.4km RUN, JOG, or WALK (or both)
- Course winds through the picturesque Sulphur Flats area
- \$5 for adults, \$3 for children – you don't need to be a member
- Includes a free wine/beer for adults, soft drink for kids
- BBQ sausages at the clubrooms – yaay no cooking tonight!
- Great family event [young children to be accompanied though]
- Good starting point towards January's Distance Clinics
- BEGINNER THURSDAYS pack runs on middle weeks 5:25pm
- Find new motivation with us – stop trudging the footpath by yourself!

**STARTING**

**Thurs 3<sup>RD</sup> Nov**

Registration at Club **5:45pm**

**Event starts 6:15 on the dot**

Drinks and BBQ at the  
Clubrooms afterwards



Meet at the LAKE CITY  
ATHLETIC CLUB ROOMS,  
Neil Hunt Park (off Tarawera  
Rd) on the following  
Thursdays at **5:45pm**;

**2011**

Nov 3<sup>rd</sup>  
Nov 17<sup>th</sup>  
Dec 1<sup>st</sup>  
Dec 15<sup>th</sup>

**2012**

Jan 12<sup>th</sup>  
Jan 26<sup>th</sup>  
Feb 9<sup>th</sup>  
Feb 23<sup>rd</sup>  
Mar 8<sup>th</sup>  
Mar 22<sup>nd</sup>

For further details contact Chris Corney - 021 770 366  
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Keeping Rotorua running  
[www.lakecity.co.nz](http://www.lakecity.co.nz)