

Trout Fly



Walker's and Jogger's Summer Series 2012-13

Casual "drop-in" event every 2nd Thurs

- Your choice of 3km or 5km 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 afterwards – yaay no cooking tonight!
- Great family event [young children must be accompanied though]
- Good starting point towards January's ½ or Marathon Clinics
- BEGINNER THURSDAYS pack runs on middle weeks 5:25pm
- Find new motivation with us – stop trudging the footpath by yourself!
- **FREE CLUB MEMBERSHIP*** if you complete 9 out of 10 events

STARTING

Thurs 1st 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;

2012

Nov 1st
Nov 15th
Nov 29th
Dec 13th

2013

Jan 10th
Jan 24th
Feb 7th
Feb 21st
Mar 7th
Mar 21st

On middle Thursdays, meet at
5:25pm for slower Pack Runs.

For further details: Chris Corney - 021 770 366, email chris-donna@xtra.co.nz

* Eligibility – only if you have never been a Lake City Member. Membership covers club-only and Marathon Clinic.



Keeping Rotorua running
www.lakecity.co.nz