



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,
Rotorua

GUFF SHEET

10 May 2014

The past week:

The big 50 event - the 50th Rotorua Marathon. What a great event and weekend. Great atmosphere: Great weather: great support from the public and participant supporters.

The 50 gold balloons let off pre event by 50 invited people set the tone for the day.

Congratulations to all who took part in the full marathon or one of the associated events on Saturday. Some were a virgin, others a race car: while others will have to wear blue for a while. Hopefully there is not too many wearing purple. Also a number featured in the various prize lists and the New Zealand Marathon championships.

A special thanks goes to those who fall into the yellow/orange category – that is volunteered their time in some way to make the event happen. You all know who you are. This volunteering commenced on Tuesday afternoon with the goodie bag setup through to Sunday morning with the unloading of the two large Main freight trucks at the clubrooms and the post event shuffle in the Redwoods.

Results are available from the Rotorua Marathon website – just google Rotorua Marathon. Photos are on the club's Facebook page and individual photos on www.marathon-photos.com.

The Marathon will be televised on Sky Sport. Broadcast times are: **Tuesday 13th May 9.30pm** **Wednesday 14th May 7.00am & 5.00pm** **Thursday 15th May 3.00pm**

On the local scene:

SATURDAYS

This Saturday 10 May

- **In the afternoon** - the first out of town event - the Cambridge cross-country relay. The event headquarters are at the Cambridge Athletic club track on the outskirts of Cambridge – just off the Hamilton Highway. The teams have been selected. The first runner leaves the start line at 1.00pm. Please wear your club uniform. Contact person is Adrian Lysaght – Ph: 027 615 3496.

- **In the evening from 7.30pm -**

To celebrate our successes, share our achievements, catch-up with everyone, look back at how far we have come, and plan the next big thing to tick off - we have a Saturday night

social function at the clubrooms for everyone!! Like previous years there is a dress theme (so you can start planning your outfit now):

Virgin - If this was your first attempt at this distance, wear **WHITE**.

Race Car - If you got a PB this year (faster time), wear **RED**.

Downhill - If you were slower this year, wear **BLUE**.

Damaged - If you did not run or had to pull out due to injury, wear **PURPLE**.

Hi Vis - If you are family/friends/supporters, wear **YELLOW** or **ORANGE**.

It is BYO; the bar will not be open. Please also bring a plate of finger food

Saturday 17 May - Family event for running and walking clinic and other club members. Meet 1.45pm at the Neil Hunt Park clubrooms for a 2.00pm start. Pack runs for adults and a treasure hunt for the children. A plate for afternoon tea please. Contact person Adrian Lysaght – Ph: 027 615 3496

Saturday 24 May – Tauranga open cross-country events, Waipuna Park Tauranga. No event details to hand.

Sunday 25 May – On the local scene the Haggis Hustle. More on this in due course.

Note that all the club winter events are open to runners and walkers, the fast and the slow, the young and the old! Come along and keep your fitness base up over the winter months.

SUNDAYS

Distance athletes

Those that run - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, other at varying times.

Those that walk – Meet just prior to 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

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

Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

Walkers

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

Pm - Meet 5.30pm at the City Focus, Tutanekai Street

WEDNESDAYS

Am

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

THURSDAYS

Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road.

Walkers

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

Pm – Meet 5.30pm at the City Focus, Tutanekai Street

Club uniforms:

The Club now has Club sweatshirts and beanies available to try-on and order. Stocks are not being kept of these items, so if you would like one please come and order one - Payment when ordering please. (Please bring along the correct money as we do not always have change.) Sweatshirt - \$50.00: Beanie - \$17.00.

Please arrange a time to meet Nikki Mitchell Ph: 349 2920: Mobile 027 464 8546 or Sarah Wiwarena 348 7674: Mobile 027 248 3874 at the clubrooms. Note they both live on the opposite side of the city from the clubrooms.

Renewal of club membership:

If your membership dues are still outstanding it would be appreciated payment could be attended to as soon as possible so that you maintain your membership for the coming year - 1 April 2014 to 31 March 2015. Membership forms are available from the Neil Hunt Park club rooms or from the club's website www.lakecity.co.nz

You can either pay by internet banking or by posting a cheque to Lake City Athletic Club PO Box 2136, Rotorua 3040. No matter which method of payment you use the **completed form (both sides) must** be posted back to the club (PO Box 2136) or scanned and e-mailed to lakecity@xtra.co.nz. If paying by internet it is most important that you use your name as a reference so payments can be tracked. If paying for two or more people via internet please put all names in the reference i.e. X Smith, Y Smith, and Z Smith. This is extremely important when a 3rd party is paying on your behalf. Also all members listed on the form **aged 16 years plus** must sign the declaration on the reverse. Please fill in **neatly** all required details – there's two sides of the form that need to be completed.

Those that have paid your blue membership card is on the table at the Neil Hunt Park clubrooms. Please up lift it.

Supplement your outdoor training by doing indoor work at Go360 Gym, 1070 Eruera Street, Rotorua

Take your Club membership card to obtain the 20% discount off full prices. Note the 20% discount does **not** apply to any discounted prices or specials that may be running

Check out www.go360.co.nz for prices, classes, opening times etc.

For your massage needs contact Toni of Touch Massage (1317 Eruera Street) 07 349 6621 or 021 2971002

Take your Lake City membership card to obtain the discount on offer

For your physio needs contact The Physiotherapy Clinic inquiry@physiotherapyclinic.co.nz Or 07 347 8380

On Mondays they have a free sports injury drop in clinic between 4.00pm and 5.00pm at their Eruera Street clinic