



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

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

## **GUFF SHEET**

**14 April 2012**

### **What we do over the winter months:**

This Saturday we move into the Club's winter activities – that is Harriers - or to use the modern terminology – cross-country and road.

Details of the first event are over – see the advert. It tells you what to bring, the time and where to meet etc. See you this Saturday at the Neil Hunt Park Clubrooms – off Tarawera Road – at 1.45pm.

### **Champagne Breakfast:**

The traditional Champagne Breakfast is happening on Sunday 22nd April, from 9.00am, at the Neil Hunt Park clubrooms - \$10.00 per person prepaid charge for the breakfast. Money and names to your pack leader this Saturday (the first day of winter season), this Sunday, or Tuesday or, Thursday of next week. There will be no door sales.

### **Club Singlets:**

Adults and children's sizes of club singlets have now arrived! Kerris will have them at the clubrooms next Tuesday at 5:15pm. Please bring the correct change or cheque - payable to Lake City Athletic Club Inc. Children's are \$15.00, Adults only \$35.00 each.

### **Rotorua Marathon and associated events- Volunteers required from the Club:**

Time has come to call for volunteers from the Club to assist with a number of duties over the Marathon Weekend. The various time frames, duties etc are now on display at the clubrooms. Place your name and phone number on the list in the area where you can assist. There are a number of tasks that those taking part in an event on Saturday can assist with i.e. the filling of goodie bags on Thursday evening etc. Family or friends are welcome to come and assist.

### **Be safe – be seen:**

With the dwindling light in the evenings it would be wise to wear reflective clothing or at least light or bright coloured clothing. If venturing into the Forest

the wearing of head torches, if you have them, is recommended. Take care if out on the streets.

### **Crossing Tarawera Road:**

Extreme care needs to be taken when crossing Tarawera Road, whether it's Sunday morning or mid-week. Head up past Long Mile Road and then cross, watching for traffic turning right out of Long Mile Road as well vehicles going up and down Tarawera Road. You are in a 70km area and you are a pedestrian. Don't straggle across the road.

### **Winter season trophies:**

This Saturday the 2011 winter season trophies will be presented to the respective winners. Bring a camera - or phone – to make record the presentation. Sorry the trophies do not leave the clubrooms.

### **Whakarewarewa Forest:**

There is still logging operations in the Forest. Do not go past road closed signs, banners or tapes. No public access will be permitted through or near the hazard areas until signage is removed. Be aware of logging trucks and machinery - even on the weekends. Give way to trucks and get off the roadway quickly.

### **The Marathon Clinic:**

#### **Runners**

Sunday was our longest training run for the marathon, Groups ran from 32 - 35km around Lake Rotorua, finishing at the clubrooms. Everyone did really well, and we all know what the head wind is like past the airport now!! Though running in a group certainly has its drafting advantages! We had five drink stops, and a big thank you goes out to Christine, Mere, Laura, Viv's Mum, Teresa's family, Pip, Tony, and the Easter bunny out there delivering Easter eggs on the way round. It was great to see smiling faces at the stops, and the lollies and bananas too; we all really appreciated it!!

Now we taper. Hard to believe that most of the training and longs kms are out of the way. And most of us are glad to be back training in the forest.

Any clinic queries can be sent to [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com). Jodie Hickson

#### **Walkers**

Great to be back with the group after our nearly three weeks of baby/house sitting in Hamilton. Thanks to Marieke, Jan and Sarah for babysitting the group. Amazing what a little speed work does. After the months of buildup and the lung stretching hill work everyone is starting to jump out of their skin. This is the danger period for some of you who may think you haven't done enough, and will go and try to do more

like some did last year. **Don't.** Our program is designed to build you up not to break you down. Please keep off your bikes, skate boards, horses, ladders, etc for you can't do a marathon with bones sticking out of your skin.

Easter Sunday saw 15 of the group walk some of the Eastern Walkway at Lake Okataina and next Sunday will be our last 3 hour walk which will be the Okeraka/Tarawera loop, then we can back off.

Pat and Colin Smyth

## Weekly events on the local scene:

### SATURDAY

**14 April (this Saturday)** - Opening Day of this winter's Harrier season. Meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start. Afternoon tea courtesy of the Club. Duty officer: Peter Quax - Ph. 345 4033 - assisted by the subcommittee members.

**21 April** - Meet 1.45pm at clubrooms, Neil Hunt Park for a 3km or 5km run or walk - 2.00pm start. Please bring a plate for afternoon tea. Duty officer: Chris Corney - Ph. 348 8775.

### SUNDAYS

**Those that run distance** - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Find a group that is compatible with your fitness and head off into the Forest.

**Marathon Clinic** - Meet at the Neil Hunt Park clubrooms at 6.55am, leaving at 7.00am.

**Clinic 10k'ers** - Meeting time and venue will vary, but you will be advised the times and venue via email.

**Those that walk** - Meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 - Pat Smyth 027 334 1425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

### TUESDAYS

**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.

#### Distance athletes

**Runners** - Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey - 027 2727599.

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

**Marathon Clinic** - Meet 5.25pm at the Neil Hunt Park clubrooms, leaving at 5.30pm.

**Clinic 10k'ers** - Meet at the Neil Hunt Park clubrooms 5.25pm leaving at 5.30pm.

### THURSDAYS - weekly

#### Distance athletes

**Runners** - Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey - 027 2727599.

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

**Marathon Clinic** - Meet at the Neil Hunt Park clubrooms at 5.25pm, leaving at 5.30pm, or meet 5.30pm at Smallbone Park (Devon Street West) for a warm up before moving to the Stadiums No 2 ground for speed work.

**Clinic 10k'ers** - Meet at the Neil Hunt Park clubrooms 5.25pm leaving at 5.30pm.



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Winter Running

(Running and walking over cross-country, in the Forest and on the road)

**OPEN DAY**

**1:45pm - This Saturday 14 April**

Lake City Clubrooms, Neil Hunt Park (off Tarawera Rd)

Start with us now..... for a short walk or jog with club members

Bring your running/ walking shoes plus a warm jersey for afterwards.

**Groups for Kids, Walkers, Joggers and Runners**  
**All abilities catered for**

**Don't hibernate over the winter months!**

Get fitter for your other sports .....Help the kids for school cross country and athletics

**Winter athletics is for everyone**

Complimentary afternoon tea afterwards

Come to our Neil Hunt Park clubrooms on Saturday 14 April at 1.45pm  
or

Ph. Siobhan Griffiths 021 1289925 for more information or email [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz)

Duty officer Pete Quax has suggested the following packs and pack leaders for the 14 April

Pack leader - Steve O'Callaghan - 4min/km pace +/-

Pack leader - Siobhan Griffiths - 5min/km pace +/-

Pack leader - John Harvey - 6min/km pace +/-

Pack leader - Kerris Browne - 7-8 min/km pace +/-

Pack leaders - Pat and Colin Smyth (walkers)

Leaders will be allocated on the day for children and beginners