



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

19 April 2014

The past week:

The final long runs and walks have been completed for those in the club's running/walking clinics preparing for an event on 3 May. Thanks are extended to those that have helped in on recent Sundays with the drink stations.

Renewal of club membership:

If you are a member of this year's marathon clinic and have paid your membership please disregard below.

The club's 2014/2015 membership form was attached to the Guff sheet email sent out last week to those on the club's email membership list as at 31 March. Those not on the email list will be posted a membership form.

You need to complete and return this form to maintain your membership for the coming year - 1 April 2014 to 31 March 2015. To do this please print off the form attached to the email and correctly fill in **neatly** all required details.

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.

Footnote: It is vital that all those who wish to be eligible for Athletics Waikato BOP championship titles on Marathon day (3 May) renew their membership promptly so it can be processed in time. It takes 3 to 4 weeks for this to happen.



What exercise happens over the winter months? It's called Harriers or cross-country and road running and walking

Keep the afternoon of Saturday 26 April free for the first event of this winter!

Meet 1.45pm at the Neil Hunt Park clubrooms for a 3km or 5km run or walk, plus a 1.4km option for children. 2.00pm event start. Afternoon tea is courtesy of the Club. Duty officer is Chris Corney – 348 8775 plus the winter season committee.

There is an extensive winter season programme being prepared. Events are in the main held on a Saturday afternoon in and out of town. In the early months they are forest or countryside based, and the latter months from late July to October they are out on the streets. Distances range from around 2km thru to 10 to 15 km plus some half marathons.

There's something for all abilities: the young and old; runners and walkers; the fast and slow, some team events; some individual events.

As well as the Saturday events, the weekly Tuesday, Thursday and Sunday morning pack runs continue.

The big 50 event – the 50th Rotorua Marathon - volunteers

There are a number of areas that club members, their family or friends can be involved with at this special event. Those pounding the pavement can be involved pre event.

Goodie Bag filling

Goodie bags have to be filled – one for each entrant and there's currently 7000 plus entrants. This number will grow. Details of when the bag filling is happening will be advised but it will be the week off the Marathon, and likely to be Wednesday 30 April.

Friday 2 May

Friday, even if you are taking part you can help. Volunteers are wanted for things like registration, being a general goffer etc. As registration starts 9.00am on Friday and goes through to 9.00pm you are not expected to be there all day. Shifts can be worked so when the list is at the clubrooms put your name on it and get into the spirit of the weekend.

Saturday 3 May

Saturday is the day where friends and family can help. Marshalls (adults) are required from 6.00am through to around 5.30pm on this day. Most of the areas to be marshalled are out on the early or the latter part of the course (2 to 3 km from the Government Gardens). This is a great job, as you can see all your mates, friends etc taking part. Like Friday shifts can be worked.

If you've had the misfortune to have to withdraw from an event be involved as a volunteer. There will be lists at the Neil Hunt Park clubrooms to indicate your availability.

Marathon pacers:

Marathon pacers are still being sought. They are looking for people capable of running sub 2:50 (3:00 pacer), sub 3:00 (for 3:15), sub 3:30 (for 3:45), and sub 4:00 (for 4:15), and meet the other requirements. Even if there's no-one in the club,

members may know of others outside of Rotorua who may be interested.

Phil Kerrison is happy to answer any questions and provide the info Simon's already sent to all the pacers before people contact Simon. Phil can be contacted on kerrisone@gmail.com or 345 5709 evening

Champagne breakfast - Sunday 27 April - 'Lake City hasn't got talent':

The clubs tradition of the champagne breakfast the week before the marathon is still going strong. Again due to the numbers in the running clinic, other club members, walkers and those helping with the event, this year it will be held at Skyline Skyrides!!

For a cost of \$20 per head (adult and child price) you get a gondola ride up, fruit and cereals, cooked breakfast, glass of bubbles and even a gondola ride back down!! It is a bargain! For the entertainment, Tamati Coffey and Rachel Hunter (aka Chris Comey and Tony 'da Pony') will be hosting the champagne breakfast.

Each group gets a chance to dress up and win a prize. Also every group will have 2 minutes to get up and talk about what they have dressed up as, or sing, do a skit or whatever (groups don't have to get up if they don't want to). There will also be a sweepstake with about 8 runners, like last year.

Siobhan Griffiths will be taking names and payment for the champagne breakfast on these dates from the clubrooms:

- Thursday 17th April from 4.45pm to 5.30pm

So bring along your \$20 - Skyline can only hold up to 300 people maximum, so if you get in too late, you may miss out! If you cannot make the above times at the clubrooms, then contact Siobhan on 021 1289925 or 07 349 1379 (hm) or email brad.siobhan@xtra.co.nz

Club uniforms:

The club singlets have arrived. Nikki Mitchell will be at the club rooms Tuesday and Thursday evenings from around 5.15pm (upstairs) until just before 5.30pm. Please bring the correct amount of cash or cheque if wanting to purchase on the day. Singlets and tee shirts are \$35.00. If you don't have them purchase black shorts in the style you desire from a retail outlet.

Rotorua Marathon entries:

If you want to avoid paying a late entry fee get your entry in by Monday 21 April. Enter online at www.rotoruarunners.co.nz or grab an entry form from the Neil Hunt Park clubrooms.

On the local scene:

SUNDAYS

Distance athletes
The running clinic –

- **Marathoners and half marathoners** meet at the Neil Hunt Park clubrooms at 6.50am leaving at 7.00am.

- **10kers** – meet 7.25am at the Neil Hunt Park clubrooms leaving 7.30am unless advised otherwise
For further information on the Clinic call Jodie 021 970 482 or email lakecitymarathonclinic@gmail.com

Others 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 (the marathon walking clinic) – Meet just prior to 7.00am 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 – As Sarah Lei is away for the next 3 weeks there will be no Yoga classes on Monday evenings. The classes will resume again Monday 5 May, just in time for a good stretch out after the marathon. The classes run from 7.30pm to 9.00pm with no run beforehand.

TUESDAYS

Distance athletes

Running clinic – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving 5.30pm

Other runners – 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 Neil Hunt Park clubrooms.

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

Running clinic – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving 5.30pm

Other runners – 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 the Neil Hunt Park clubrooms

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

Around the Lake.....The Story of the Rotorua Marathon

Readers of the recent Weekender publication will have noted that there is a book being written on the history of the Rotorua Marathon. Author, Simon Earle, has detailed the events history, interviewed winners etc, to make what is a great read. The book will be available on marathon weekend or can be ordered through www.rotoruarunners.co.nz – click on merchandise
Cost \$40.00

Club Sweatshirts and Beanies

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

Nikki Mitchell will try to be at the club rooms around 5.00pm Tuesdays and Thursdays, or phone her and arrange another day / time that suits. Ph: 349 2920: Mobile 027 464 8546

Remember Nikki also likes to run so no orders after 5.25pm please



Members of the Rotorua Athletic Club team that won the men's Rotorua Marathon teams race in 1973 Jocelyn Wanklyn (Fletchers), Jack Foster (2.18.09), Ray Boord (Mayor), Phil Andrews (2.47.56), Stan Gawler (2.40.41), and Colin Smyth (3.03.17)

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

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.

