



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

24 May 2014

The past week:

Thanks to all that attended and assisted with the family day at the clubrooms on Saturday. The treasure hunt was enjoyed by the large number of youngsters in attendance.

On the local scene:

SATURDAYS

This Saturday 24 May – Tauranga open cross-country events, Waipuna Park Tauranga. Event details are below. On the day entry for a small extra fee. Please support these out of town events or else they will "die".

Sunday 25 May – On the local scene is the Haggis Hustle. Meet 1 Haratua Place, Rotorua (off Utuhina Road) at 9.00am. A plate of goodies for brunch please. Please park in Utuhina Road.

We are going onto private farmland so follow the markers: leave gates as you found them: do not venture off the marked course. No dogs onto the farmland. Other words respect the privilege given to the Club. Duty officer is Lindsay Foster – Ph: 348 6818.

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, Rotorua

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, Rotorua

Club uniforms:

If you wish to purchase an item from the club's wardrobe (singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase.
Payment to be made at time of purchase

Nikki Mitchell - Ph: 349 2920 (evenings): Mobile 027 464 8546

Sarah Wiwarena – Ph: 348 7674 (evenings): Mobile 027 248 3874

Kerris Browne - Ph: 07 348 0790 (evenings): Mobile 021 753 691.

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or around 7.20am on a Sunday.

Registration/membership cards:

There is a slight delay in the production of cards for those that have registered in the last couple of weeks. They will be at the Neil Hunt clubrooms once they have been produced, which will hopefully be over this coming weekend. Please don't hassle the volunteers that are looking after the membership aspect of the Club.

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

Whaka Forest:

This is a must read for those that run or walk in the Forest. Please note as from Monday (26 May) the following applies:

For around six months sections of



The Redwoods Forest will be temporarily closed off to recreational forest users while harvesting of large stands of radiata pine is carried out.

Initially the Radio Hut loop area at the top of Nursery Hill will be closed from next week [from 26 May]. Later, tree felling work will move to the opposite side of Nursery Road through until the end of October.

This will result in a number of roads and mountain biking, walking and horse tracks being temporarily out of commission at various times during the harvesting period.

While Genesis and Exit mountain bike tracks will be out of use until they can be reinstated after works are completed, most other tracks will remain available for use throughout weekends, and before 7.00am and after 4.00pm weekdays.

It is vitally important that forest users adhere to restrictions on forest warning signs and comply with directions from forestry staff on-site. Logging trucks will be operating in the forest, along two main access roads. People using the forest will need to exercise extreme care as the area being harvested is quite unstable, and forestry staff will be operating potentially dangerous machinery and vehicles in places where sight lines are often compromised. Even travelling at reduced speed, big logging trucks can't react quickly and safely when carrying heavy loads.

Don't put yourself or forestry workers at any risk by ignoring the warning signs. So the message is 'stay informed, follow directions, be alert and be safe.'

Signs with maps and information are being placed at main entry points to the forest and additional information is also available on The Redwoods website redwoods.co.nz and Facebook page. Popularly known as The Redwoods, the Tokorangi Forest is bound by Tarawera, Long Mile, Radio Hut and Tokorangi Pa roads. The land is privately owned by iwi, through Central North Island Iwi Holdings Ltd, and managed on the company's behalf by Rotorua District Council

Champagne breakfast competition:

The finish order of the club members involved in the breakfast competition is:

1. Tracey Hay
2. Faith McGregor
3. Phil Gulbransen
4. Lindsay Foster
5. Kelly Mitchell
6. Chris Lord
7. Glennis Hennessey
8. Susan Timms

Well done to Erin Dender who put 6 out of 8 in order. She takes away the prize.

Club Trophies:

The matter of getting club trophies engraved has been visited again via a partition signed by some of those in attendance at the recent teens and senior track prize giving.

This matter was raised at the Executive meeting of March 2013 and it was agreed that the status quo would stand – i.e. Club trophies not be engraved but listed in a booklet and up dated each year as agreed to by the Executive at the time the Lake City Athletic Club was formed by the joining of the Rotorua Athletic Club, the Ngongotaha Track club and the Rotorua Joggers Club.

At the Executive meeting of 14 April 2014 it was agreed that the status quo remain. In due course the trophies and the winners over the years will be placed on the club's website as well as the booklet.

TAURANGA OPEN CROSSCOUNTRY RACES

This Saturday 24 May 2014

Waipuna Park, Kaitemako Road - off Welcome Bay Road

Approved by AWBOP and conducted under ANZ Rules

WBP sanctioned event - No 1409

PROGRAMME

Grade	Distance	Start time	Entry fee
Boys & Girls 10	1000m	12.30 pm	\$7.00
Boys & Girls 12	2000m	12.40 pm	\$7.00
Girls 14	3000m	12.55 pm	\$8.00
Boys 14	3000m	1.15 pm	\$8.00
Senior Women	4000m	1.30pm	\$15.00
Masters Women	4000m	1.30 pm	\$15.00
Junior Women U20	4000m	1.30 pm	\$12.00
Youth Women U18	4000m	1.30 pm	\$12.00
Junior Men U20	6000m	1.45 pm	\$12.00
Youth Men U18	6000m	1.45 pm	\$12.00
Senior & Masters men	8000m	2.15 pm	\$15.00

- Prize giving/afternoon tea will be held in the Waipuna Park Facilities.(inclusive in entry)
- Spectator-friendly course with ample parking.
- Prizes for first three place-getters plus spot prizes in each event. Age Group prizes at Organizer's discretion.
- The programme will proceed regardless of weather conditions. Please bring warm and weatherproof clothing (showers are available).
- Enter online
<http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=4954>
- Late entries will be accepted on race day with a \$2.00 Late Entry fee applying.
- Entries close on Tuesday 20th May 2014.
Website:www.taurangaramblers.co.nz
- Email entries to janmal@xtra.co.nz and post copy with payment

to: Tauranga Ramblers

P O Box 2376, Tauranga 3140

Or Fax Entries to 07 576 0000 after Hours

Include your name, Club (Lake City-Rotorua, Date of Birth, distance running and entry fee

Enquiries to Malcolm Taylor 027 292 4411 or 07 576 0000

Outside events course:

Heather O'Hagan, Athletics Waikato BOP official's education officer is looking at holding a course relating to the organization of road/cross-country events. Learn how to mark a course, finish area requirements, timekeeping, marshalling, traffic management requirements etc, etc.

The course maybe in Rotorua, Tauranga or Cambridge. The date and venue to be confirmed. At the moment she is seeking expressions of "Interest", so if you are interested contact Heather at email ohagan@visique.co.nz

This is also a good refresher course for those that have attended a similar course.

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