



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

7 April 2012

What we do over the winter months:

We move into the Club's winter activities – that is Harriers, (or to use the modern terminology – cross-country and road) activities.

The Club's winter activities take place on Saturday afternoons. This is to allow time for the kids to play team sport in the morning, grab some lunch and come with the rest of the family to our afternoon events.

The earlier winter months is our cross country time with events taking place on farmland, reserves, and the Redwoods. The latter months are the road season to help get us ready for Relay events. The Relay events are a great way for all Club members to be part of a team, and are ideal for building Club spirit.

During the season there are many events out of town. These are great for all abilities whether you are the faster runners in the club, or take things slower. We encourage you all to go try these this year; you never know how you will go until you've tried them. This year we would like to see more participation by our Club at these events. They culminate with the New Zealand Road Relay Championships in Nelson in October.

Remember we are all members of a club and you only get out of it what you are prepared to put in yourself. Participate and have fun.

Details of the first event on the 14 April are over – see the advert. It tells you what to bring, the time and where to meet etc. etc. See you all on 14/4!

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.

Whakarewarewa Forest: (logging)

There are still a number of tracks, especially mountain bike ones that are closed due logging operations. These are mainly in the region of Bakers Hollow and Kotare Road areas. 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. Log removal is continuing via Kotare and Nursery Roads. 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 and 10k'ers

Sunday saw us running out Ngakuru in fine, hot weather, a contrast to the weekend before. Those training for the marathon did 31kms and those training for the 1/2 ran the shorter options of 21 or 27kms. Everyone did really well and am sure the legs were feeling tired for the rest of the day - training on the road certainly is harder than the forest! It was an eventful morning for a few, a couple did some road diving, a flat tyre and a lost pack leader, but all happy faces at the end - check out the photos on Facebook.

The 10km group are certainly seeing a lot of the Forest, starting in different locations. This week they were in the region of Poplar Avenue, Fern and Long Drives, 8 Mile Gate etc. Well done everyone!

Any clinic queries can be sent to lakecitymarathonclinic@gmail.com.

Jodie Hickson

Walkers

This weekend the marathon walkers did their last long walk of 6 hours which included the circumference of the forest. One group of half marathoners started with the group and turned back when we reached the Blue Lake whilst another group met the walkers at the end of the Blue Lake and walked the rest of the way back.

The Green Lake was picture perfect, as of course was the weather.

The long walks are now over and we look forward to the shorter speed work to come.

Marieke Wass

Weekly / fortnightly events on the local scene:

SATURDAY

14 April - 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.



www.lakecity.co.nz

Winter Running

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

OPEN DAY

1:45pm 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 sportsHelp 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

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)

Children - depending on numbers leaders will be allocated on the day