



LAKE CITY

Athletic Club INC

Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

7 June 2014

The past week:

Very quiet on the local running/walking scene this past week.

On the local scene:

SATURDAYS

New venue
New course

This Saturday 7 June – the annual Foster, Smyth,
Lamason open handicap 10km approx. cross-country event.

Note the following about the new venue and how to get to it.
Please allow yourself extra travel time.

The event is based out of town with a drive of 40/45 minutes to
a club member's farm at 157 Dudley Road, Kaharoa, which is
off State Highway 36, the back road to Tauranga. Dudley Road
is on your right about 2km after the narrow one way bridge.

The first person(s) who the club handicapper considers will take
the longest time to complete the course will leave the start line
at 1.15pm, with others leaving at his predetermined time. If you
are walker and likely to break into a trot for some the course
please class yourself as a runner.

Those wishing to run/walk the shorter distance (3km) will be
getting away at 1.45pm.

What do you do on arrival at the venue? Check the list on
display to establish your start time: if you have 30 minutes
beside your name, you leave the start line 30 minutes after the
first person(s) have left the start line: First away will be leaving
the start line at 1.15pm. If you name is not listed then see Pam
Kenny or Moustache if he is on site.

Two of the trophies are for those running (the Foster Shield for
the first male runner across the line: the Smyth Trophy for the
first female runner to finish: and the Lamason Trophy for the first
walker. Trophies will only be awarded to current financial
members.

Not walking or running then put your hand up to help with
marshalling, recording etc.

A plate for afternoon tea at the venue will be appreciated.

As this is a working farm please respect the property. Children
are to be kept under control and not be allowed to play in the
woolshed or on farm equipment.

No dogs to come onto the property

Duty officers: Colin Smyth 027 4999 471: Lindsay Foster 348
6818

Saturday 14 June – Meet 1.45pm for the 3km Sala Street dash
on the grass area south of Palmers Garden Centre. There a
1km event for the littlies. Again volunteers are required to make
the event happen: Duty officer Pam Kenny - 07 348 448. A
cuppa back at the clubrooms follows.

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

Whaka Forest:

Below is a must read for those that
run or walk in the Forest. Please
note the following applies:



And read this

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. 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

Lake City Runners Wanted:

2014 Athletics NZ National Road Relay Championships

This year the national road relay championships are again being held on the historic Takahe to Akaroa course, near Christchurch, on Saturday 4th October. This is a great club event and a highlight of the season.

Depending on interest from YOU, the club members, Lake City will consider sending teams in the following grades: Senior Men, Senior Women, Masters Men (40+), Masters Women (35+), Open Masters 50+, Open Masters 60+.

Each team will consist of eight runners (five for 60+), each running a different leg. Legs range in distance from 6.8km to 10.7km on roads with varying terrain.

Club members interested in competing must put their name on the noticeboard lists at the clubrooms. Alternatively contact Adrian Lysaght (email: adrian.lysaght@xtra.co.nz or phone/text: 027 6153496.

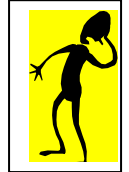
To be selected in a team, club members must meet the following criteria:

- be Athletics New Zealand Registered and a financial member of the Lake City Athletic Club.
- pay a \$200 deposit by 31/07/2014. Lake City contributes a significant amount towards the team costs (flights, accommodation, and van hire and entry fees) but club

members are expected to pay a share which will probably be about \$250 per person. Club members that miss selection will have their deposit refunded.

- demonstrate fitness to the club selectors by competing in at least 4 of the 8 events indicated in the [winter programme \(click here to follow link to it\)](#). If unable to compete in these events contact a club selector as good results in other events may be considered.

If you require further information or have any question, please contact Adrian Lysaght (email: adrian.lysaght@xtra.co.nz or phone/text: 027 6153496.



Think Tank:

At the direction of the Club's Executive a "Think Tank evening" focusing on the future of the Club's summer Teens and Adults track and field activities is to be held on Wednesday evening 9 July 2014, 7.30pm at the Neil Hunt Park clubrooms – off Tarawera Road

Ideas have been bandied around on how to increase participation etc., but the Executive wish to hear member's ideas/thoughts before the future of this side of the Club is decided upon.

Note the above date in your diary and come along and share your ideas.

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 from 7.00am to 7.20am on a Sunday.

Membership cards:

There is a huge pile of membership cards at the Neil Hunt Park clubrooms, some of them being there since late January. If you have paid this year's membership fee and don't have your card this is where it is. Please up lift it from the table on your left just inside the door.