



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 7 May 2016

The past week:

The big event of the year, the Lion Foundation Rotorua Marathon and associated events is now over.

Congratulations to all that took part from the Club: the runners: the walkers: the volunteers. Well done all.

Many club members made it onto the prize giving list and the stage. Actually The Lake City name was very prominent. Also the Club was not short on members winning spot winners – some of them the major ones.

One of the team's race trophies has made itself back to its rightful home to sit proudly in the club's trophy cabinet, this being the women's trophy. The men had to let their trophy out of town again as they placed third.

Results of all events can be viewed on the Rotorua Marathon website.

TRENZ volunteer runners needed

Lake City will be leading delegates from NZ's premiere tourism conference TRENZ through the forest on pre-breakfast runs next week. We need volunteers to help lead 20 delegates from as far afield as Amsterdam, Sao Paulo and Beijing around the main Redwoods area for a 6:15am run on Wednesday 11th and Thursday 12th May. What better way to showcase our stunning slice of NZ?

If you are available, please contact Teresa Martin on 0210428759 or email Teresa@egsolutions.co.nz by Sunday 8th May. Thanks!

Forth coming events:

SATURDAYS

This Saturday 7 May

Keep this Saturday afternoon free for a new event on the winter season programme. Details of event are below.



Mokopuna Dash - Meet 1.45pm at the clubrooms Neil Hunt Park for 2.00pm start in the Redwoods. You will need to register at the clubrooms and then walk about 10 minutes to the start point. Please don't be late. Event distance options start from 2km. Bring a plate for afternoon tea, please.

Duty Officers: Winter season sub-committee.

Saturday 14 May – the first of the winter seasons trophy events, the Novice, Veteran and Costello Cup races are on this afternoon.

Meet 379A Old Taupo Road at 1.30pm with event starting 2.00pm. For adults there is a sealed handicap race of about 7km on mainly reserve/park like areas. There will be a shorter distance event for younger grades and those not wishing to tackle the longer distance. Bring a plate for afternoon tea, please.

Duty officers: Steven O'Callaghan 07 347 6758 and Peter Vyver 07 348 8456

Saturday 21 May – the Cambridge cross-country relay has been replaced by a new cross-country relay event. Hamilton City Hawks are hosting a 4 person team 3.3km (per lap) event at the Narrows Tamahere (where last year's AWBOP cross-country champs were held) for those over grade 12. There is an individual 1.65km event for boys and girls grade 10 and 12

Indicate your availability to be a team member on the list at the Neil Hunt Park clubrooms. Grade 10/12 individuals please also put your name on the list.

Names to be on the list no later than Saturday 14 May – runners and walkers.

Just a reminder that:

- The winter season events cater for everyone - youngsters - older generations – the fast-slow - runners - walkers - joggers.
- Events are over varied terrain and distances - some short (1km) some up to 10km – some on farm paddocks - some in park like areas - some in the Forest - some on footpaths.
- The full seasons programme is at the clubrooms are can be downloaded from the club's website.

As can see there's something for everyone so come along and check out the Club's winter activities.

SUNDAYS

Distance athletes

Groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.30am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

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

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the old City Focus, Tutaneikai Street.

Distance athletes

Groups leave from the Neil Hunt Park clubrooms at 5.30pm.

WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

THURSDAYS

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

Pm – Meet 5.30pm at the old City Focus, Tutaneikai Street.

Distance athletes

Groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Tree felling in Whaka Forest:

Tree felling operations have moved across to the Moerangi and Sandy Skid road areas. Please adhere to safety notices, road closures and directions of the security people that maybe on site.



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 - please bring along the correct change

Costs: Adults running singlets: \$35.00
Adults short sleeve walker's tees: \$35.00
Junior (children) singlets (size 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

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

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase