



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera
Road, Lynmore, Rotorua

QUFF SHEET 2 April 2011

The week that was:

Great weekend in Dunedin for the three club members who wore Athletics Waikato BOP colours at the Athletics New Zealand track and field championships.

These are Ryan Howe, Liam Walsh and Joseph Millar. Ryan came back with gold from his Men's 19 100-metre (11.20) plus silver in the Men's 4 x 100-metre relay. Liam added the Men's 19 3000 metre steeplechase (9.58.15) title to the M16 2000 metre title won last year while Joseph Millar, who is an associate member of the club, (parent club Athletics Tauranga) placed 3rd in Ryan's 100 metres in 11.34. Ryan was also 6th in the senior long jump with a leap of 7.04. Joseph was 4th in his 200 metre final. Wearing the club's colours Nick Portas completed his senior 1500 metres in 4.15.17 finishing out of the top places.

Congratulations and well done guys.

Forth coming events in Rotorua:

This SATURDAY 2 APRIL - *the first event of what we do over the winter months. That is running and walking over cross-country, on the road and in the Forest.*

Tony Broadhead – Convenor of the winter season activities says -

A course has been measured for this Saturday, which is our first run, walk of the winter season. The course is in the beautiful Redwood Forest with two distances of either 3.4km or 6.4km to choose from.

All welcome, from the unfit beginner, to those of you training for the marathon, come along run, walk at your own pace and make some new friends. A 2.00pm start.

The children's course will be 1.2km for the real littlies and grans, to 3km for the older kids and dads etc. Newbie parents are welcome to

walk/jog along with their kids and help them find their markers for a faster return to the start.

Where's the meeting place – the Lake City Athletic Club, Neil Hunt Park, off Tarawera Road. Be there by 1.45pm

All you need –

- ◆ Is a comfortable pair of jogging shoes, shorts or leggings, a tee shirt, and warm clothes for afterwards. Bring a towel etc if you wish to shower.
- ◆ Remember that the whole family is welcome. Bring your cousins, kids, even mates from work, and walk or jog together.

SATURDAY 9 APRIL

Cross-cross-country running and walking – meet 1.45pm at the Neil Hunt Park clubrooms for a series of runs or walks.

SATURDAY 30 APRIL

The 47th Lion Foundation Rotorua Marathon around the shores of Lake Rotorua. Not up to the full marathon, then there's either a ½ marathon or a 5 or 10km fun run / walk for you. Enter on line at www.eventpromotions.co.nz. Early entry closes 17 April.

Events on the local scene:

SUNDAYS

Those that run -

Marathon clinic – meets at 7.00am at the Neil Hunt Park clubrooms (off Tarawera Road). Don't be late, the groups leave on time.

Non clinic runners also meet 7.00am at the clubrooms, many joining a clinic group.

Those that walk –

The walkers marathon clinic group meet 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are: Colin Smyth 027 499 9471 – Pat Smyth 027 3341425 - Sarah Wiwarena 027 248 3874 (348 7674 home)

TUESDAYS

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599

Marathon clinic runners – those involved with the clinic meet 5.25pm at the clubrooms, leaving at 5.30pm

Marathon clinic walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

THURSDAYS

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

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Marathon clinic walkers - Meet 5.30pm at the Neil Hunt Park clubrooms

Whaka Forest:

Tree felling etc is still happening in the Forest. Don't enter the work areas, and watch for trucks etc. moving around the Forest.

New club competition uniforms:

The new club uniforms have arrived, but we are keen to sell what old style stock we have. This old stock is now selling for \$20.00 per garment. Want a cheap singlet then contact (some sizes are sold out) Kerris on 021 753691 or e-mail swingmills@xtra.co.nz

Prices for the new garments are - Singlets \$45.00, Walkers T-shirts \$35.00. These singlets are sublimated - i.e. there will be no seams between different colours. Likewise contact Kerris at - swingmills@xtra.co.nz or phone 021 753691 if you are in the market for a new style singlet.

Payment to be made at time of uplifting either garment.

Be Safe BE seen:

If running or walking at night or early morning, have reflective material on shoes, parka or sweatshirt. Wear light coloured or white clothing or better still a yellow fluoro vest.

There are now a variety of visibility aids for runners and walkers - reflective belts, anklets, small lightweight flashing lights that can be attached to a belt, vests and even whole tracksuits that glow in a car's headlights.

Even when wearing safety gear you must still follow the basic road safety rules like any other pedestrians.

Be courteous to other road users - you will help promote a good image for the sport.

Look Listen:

It is important to be aware of your surroundings when running or walking, and for this reason we strongly recommend against the wearing of iPods.

Look and listen especially when out on the roads and streets and even in the Forest.

Renewal of Club membership:

During the next fortnight or so current club members will receive in the mail a membership renewal form to renew their yearly membership with the Lake City Athletic Club.

This year the club portion of the subs are being raised for the first time since 1996 (15 years). Athletics New Zealand has also increased their subs.

The new subscription fees from 1st April 2011 - 31st March 2012 are as follows: -

Club membership only (associate member)
\$50.00

Club membership plus Athletics New Zealand

5-6 years	\$25.00
7-8 years	\$25.00
9-13 years	\$30.00
14 years	\$30.00
15-16 years	\$50.00
17-19 years	\$65.00
20+ 34 years	\$100.00
35+ years	\$100.00

Events out of Rotorua:

SATURDAY 16 APRIL

Want to run or walk an event with a difference then head to Te Awamutu for a fun run/walk based on the Te Awamutu golf course. Entries close Wednesday 13 April. Visit www.athletics.org.nz/waikato for details.

The same day is the Athletics New Zealand Mountain running championships at Porirua, Wellington. As entries close midnight this Sunday (3 April) you will need to get your entry sorted promptly if you are going to take part in the event. Visit www.athletics.org.nz for entry details etc.

**For your physio needs contact
The Physiotherapy Clinic –**

**inquiry@physiotherapyclinic.co.nz
or 07 347 8380**

A reminder:

Daylight savings end this Sunday (3rd April), so don't forget to put the clock back on Saturday evening.

