



LAKE CITY Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

12 May 2012

The past week:

Saturday a large number attended the Clubs group runs and walks. Siobhan headed off into the Forest looking like the Pied Piper when she had a number of youngsters following her. On return to the clubrooms, she then took them to the adjacent playground where they had afternoon.

The adults also headed off into the Forest, many to stretch their legs after taking part in one of the events held the previous Saturday.

Thanks Peter and Siobhan, who acted as duty officers for the afternoon.

Weekly events on the local scene:

SATURDAYS

This Saturday 12 May – No event locally.

Out of town is the Cambridge cross-country Relay, into which the club has entered a number of teams

See you all next Saturday at 1 Haratua Place, just before 2.00pm. Further details are below.

Saturday 19 May - This is the day of the Haggis Hustle which is a 6km or 3km approx. cross-country run or walk over farmland at top Utuhina Road, leaving 1 Haratua Place, at 2.00pm sharp. Please bring a plate for afternoon tea. Duty officer: Lindsay Foster - Ph. 348 6818.

Yes, there are some hills (and they are hills) but the climb is well worth it, when you turn to view the City and the Lake – that is providing it's a sunny day. Come and run or walk over countryside that we can use only once a year and enjoy the hospitality of our Scottish host and his partner.

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. The first group heads off at 7.00am.

Those that walk – Meet 7.30am 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 for this group is John Harvey – 027 2727599. Or meet at 5.25pm leaving at 5.30pm

Walkers - Meet 5.30pm opposite the Meat Shoppe in Tutanekai Street

THURSDAYS - weekly

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person for this group is John Harvey – 027 2727599. Or meet at 5.25pm leaving at 5.30pm.

Walkers - Meet 5.30pm opposite the Meat Shoppe in Tutanekai Street

Other Events out of Rotorua:

Sunday 20 May – Huntly Half Marathon, which incorporates the Athletics Waikato BOP half marathon championships. Entry forms are at the clubrooms or visit [www. HuntlyHalf.co.nz](http://www.HuntlyHalf.co.nz)

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