



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

21 April 2012

The past week:

The first event of this winter was held on Saturday with around 40 in attendance from the very young to the other end of the age scale. Thanks to those that took the packs and organized the afternoon tea etc.

3 of our young teen members took part in the annual Interprovincial 12/13 year teams contest in Auckland at Easter. Representing Athletics Waikato BOP their team was 4th overall in the competition, with Paige Satchell being the 2nd place overall point's earner in her Grade 13 section. Congratulations to all that took part.

Renewal of club membership:

If you are a member of this year's marathon clinic and have paid your membership please disregard below.

In the last few days an email with the club's 2012/2013 membership form attached has been forwarded to those on the club's email membership list as at 31 March. Those not on email will be posted a membership form. This may take a few days to collate.

You need to complete and return this form to maintain your membership for the coming year - 1 April 2012 to 31 March 2013. To do this please print off the form attached to the email and correctly fill in all required details.

You can either pay by internet banking or by posting a cheque to Lake City Athletic Club PO Box 2136, Rotorua 3040. No matter which method of payment you use the **completed form must** be posted back to the club (PO Box 2136) or scanned and e-mailed to lakecity@xtra.co.nz. If paying by internet please use your name as a reference so payments can be tracked. If paying for two or more people via internet please put all names in the reference i.e. X Smith, Y Smith, and Z Smith. This is extremely important when 3rd party is paying on your behalf.

Also all members listed on the form 16 years plus must sign the declaration on the reverse.

Footnote: It is vital that all those who wish to be eligible for Athletics Waikato BOP champs on Marathon day renew their membership quickly so it can be processed in time.

Champagne Breakfast:

If you have not already pre booked and paid, note there are no door sales on the day.

Club Singlets:

Adults and children's sizes of club singlets and walkers tees have now arrived! Kerris will have them at the clubrooms next Tuesday at 5:15pm. Please bring the correct change or cheque - payable to Lake City Athletic Club Inc. Children's are \$15.00, Adults only \$35.00 each.

Rotorua Marathon -Volunteers required from the Club:

There are still a number of areas that volunteers from the club are required for on the day of the marathons. These are in the main goodie bag filling from 5.00pm on Thursday (26/4) evening and marshaling throughout Saturday (28/4). 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. Family or friends are welcome to come and assist.

Be safe – be seen:

With the dwindling light in the evenings it would be wise to wear reflective clothing or at least light or bright coloured clothing. If venturing into the Forest the wearing of head torches, if you have them, is recommended. Take care if out on the streets.

Crossing Tarawera Road:

Extreme care needs to be taken when crossing Tarawera Road, whether it's Sunday morning or mid-week. Head up past Long Mile Road and then cross, watching for traffic turning right out of Long Mile Road as well vehicles going up and down Tarawera Road. You are in a 70km area and you are a pedestrian. Don't straggle across the road.

Athletics New Zealand 2012 Marathon championships:

Entries for the adidas Auckland Marathon, which is hosting the 2012 Athletics New Zealand Marathon Championships, have opened and are selling faster than last year. If you are intending to enter the NZ Marathon Champs in Auckland on 28 October 2012 please enter as soon as possible to secure a spot in the race. We advise them to enter online as soon as possible so they are not disappointed.

Check out www.aucklandmarathon.co.nz to enter

Whakarewarewa Forest:

There is still logging operations in the Forest. 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. 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

With all the long runs done, we are now tapering. It was nice to be back in the forest after a few weekends on the road, and again it was great weather. Who would have thought a two hour run as being short!! We had a great talk from Chris after the run about marathon day and his experiences. Phil then took us through a few tips on planning for the day, hydrating, pace groups etc.

Remember to take it easy over the next week and a half - watch where you put your feet when out running, we don't need any injuries now! See you all at the breakfast! Any clinic queries can be sent to lakecitymarathonclinic@gmail.com

Jodie Hickson

Walkers

24 of the Walking Group had our last long walk on Sunday. We did 3 hours (not long compared to what we have done) out to lake Tarawera from Lake Okeraka, through Playne's farm over the boardwalk and back to the cars. This has a few hills but once off the road is a nice walk through the boardwalk and birdlife. The residents of Lake Okeraka have done a great job here. Everyone ready now for the big day in two weeks' time. We have 16 doing the marathon, 8 doing the half and 2 doing 10km. A great effort from a great group.

Pat and Colin Smyth

Weekly events on the local scene:

SATURDAYS

This Saturday 21 April - Meet 1.45pm at clubrooms, Neil Hunt Park for a 3km or 5km run or walk on the Trout Fly course - 2.00pm start. **Please bring a plate for afternoon tea.**

Duty officer: Chris Corney - Ph. 348 8775.

Saturday 28 April - No local club event this day. You will be either taking part or being a volunteer on at the Lion Foundation Rotorua Marathon and associated events.

Saturday 5 May - Meet 1.45pm at the Neil Hunt Park clubrooms: Pack run/walks for adults and events for children. Please bring a plate for afternoon tea. Duty

officers: Adults: Peter Quax - Ph. 345 4033 - Children: Siobhan Griffiths - Ph. 349 1379.

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.

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

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