

Member Profile

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| Name: | Duncan Smith |  |
| Age: | 47 | |
| Marital Status: | Single | |
| Occupation | Forest Nurseryman | |
| Qualifications & Experience: (Especially if you are a Coach or Committee Member) | First ran the Rotorua Marathon in 1990. I have been involved in running & organizing for 20yrs. | |
| Events/Disciplines: | I have competed in all events from 5 km up to the marathon, and I have dabbled with track events. | |
| Motivation to do it: | I started running as it was a cheap form of exercise when I had a young family. | |
| Own training or Coach: | Most of my training has been self taught through reading books and rubbing shoulders with club members of experience | |
| Favorite training route: | Whole circuit of Whaka forest out to green lake blue lake and back to club. | |
| Training, work, family - How do fit it all in? : | If you have a passion for something, then fitting it in is never a problem. Remember any form of intense exercise always clears the head. | |
| Favourite Pastime: | Gardening, I love to grow things. It feeds the soul. | |
| What bits are wearing down. How many ACC visits: | Had a knee operation in September 2011. Removed some cartilage. Other than that, I've just had a few niggles over the years. | |
| How do you handle injuries: | Rest...medical intervention sometimes run through.. | |
| Secret recovery recipes: | Rest is always the best form of recovery, just drink plenty of fluids and always have light run next day. | |
| Pre-Event Meal: | The night before a marathon I always have fish, snapper if possible. Race morning I eat hot dogs. | |
| Event gear you use: | Well worn racing flats and favorite thorlo socks | |
| Best sporting achievement: | Would have to be my first marathon | |
| Most embarrassing or disastrous moment: | Throwing women's javelin at an athletics meet in the North Shore when I should have been throwing in the mens | |
| Event you'd really like to do: | London marathon – because it is my home city | |
| Athlete you admire/why: | Tiger Woods – I think Golf is the hardest game to master | |
| Best advice to newbies: | Train to time never to distance | |
| Time with Lake City: | 20 yrs | |
| Volunteer work for the Club: | Always available. Many years with Rotorua marathon. | |