

MEMBER PROFILE

Name:	Peter Quax	
Age:	50's	
Marital Status:	Married to Jude	
Profession and/or place of work:	Retail Manager Waikato/BOP, Bridgestone	
Qualifications & Experience: (Especially if you are a Coach or Committee Member)	Dev L2 Coach, been running for 40 or so years. Been on various club committees in a range of different roles	
Events/Disciplines:	Track – Middle Distance esp 800m	
Motivation to do it:	Used to be good!! Love running and the people I have met over the years.	
Own training or Coach:	Own with some assistance at various times	
Favorite training route:	A 400m track and the forest	
Training, work, family - How do fit it all in? :	If you want to do it, you make time not excuses. Having a sports minded wife certainly helps	
Favourite Pastime:	Cycling, golf, reading, time with friends	
What bits are wearing down. How many ACC visits:	Plenty, but not too bad, the forest roads are pretty forgiving. Too many ACC visits to count	
How do you handle injuries:	Get them treated asap. Leaving them is asking for more serious problems. The older you get the longer it takes to recover	
Secret recovery recipes:	Nothing secret – rest, eat properly and rehydrate	
Pre-Event Meal:	Spaghetti Bolognese with a red wine	
Event gear you use:	Generally Nike, been using it since 1976	
Best sporting achievement:	NZ Masters 800m record. NZ, Aust and Oceania titles	
Most embarrassing or disastrous moment:	Easing up before the finish line in an 800m race and getting beaten	
Event you'd really like to do:	Nothing springs to mind, just want to stay injury free for now	
Athlete you admire/why:	Had a number, but probably Big Brother. Dedicated, tenacious and achieved results despite continual injuries. He was definitely under rated by NZ public	
Best advice to newbies:	Try all aspects of the sport, they all help you improve in some way. Enjoy yourself, and don't be afraid to ask for advise	
Time with Lake City:	2 years – third time around	
Volunteer work for the Club:	Exec 2011-2012	
Suggestions for the club:	Encourage more participation in out of town events Improve the social aspect of the Club	