

Member Profile

Name:	Ray Lichtwark	
Age:	66	
Marital Status:	Divorced	
Profession and/or place of work:	Property inspector	
Qualifications & Experience: (Especially if you are a Coach or Committee Member)	I have competed in a number of sports since teenage years, including surf life saving, swimming, cycling, triathlons and harriers	
Events/Disciplines:	Cross country and Triathlons including some endurance events. 14 Rotorua marathons.	
Motivation to do it:	I enjoy the races.	
Own training or Coach:	Own training. I have sought advice from Jon Ackland and John Hellemans. I have been to a number of coaching courses.	
Favorite training route:	Anywhere in the forest.	
Training, work, family - How do fit it all in? :	I did by getting up early and also trained in my lunch hour	
Favourite Pastime:	Running or MTB in the forest.	
What bits are wearing down. How many ACC visits:	Legs, a couple of ACC visits in the last few years.	
How do you handle injuries:	Rest/ physio/massage. Exercise and stretching in the warm pools at Aquatic center.	
Secret recovery recipes:	Low alcohol beer	
Pre-Event Meal:	Rice, vegetables and chicken	
Event gear you use:	Least possible.	
Best sporting achievement:	Finishing a race when everything went to plan.	
Most embarrassing or disastrous moment:	Being interviewed by French journalist who can't speak English and I couldn't speak French. I thought he was asking about the race, he was asking Kiwi girls	
Event you'd really like to do:	The next one	
Athlete you admire/why:	I knew Jack Foster and as a teenager swam in a surf team with Reg Harker (a surf swimming). Both would give all help advice, till the gun went	
Best advice to newbies:	Take it slowly and enjoy it	
Time with Lake City:	Since Rotorua and Ngongotaha joined.	
Volunteer work for the Club:	Helped on marathon day when not running	
Suggestions for the club:	Keep up the good work, look to the future	