



Lake City Kids

KIDS Winter Cross Country



FREE OPEN DAY

Traipse & Treasure Hunt

To introduce our winter Cross Country and Road Season for kids

Children of all ages, your mates, parents, nana's and koro's, put on your shoes and come for a ramble in the Redwoods with us. Help the kids find their treasure and head back to the finish line first!

Meet at the Lake City Clubrooms, Neil Hunt Park off Tarawera Rd
(behind the Outdoorsman)

1:45pm Sat 2nd April

Bring warm clothes for afterwards. Afternoon tea provided.

Childrens' Winter Cross Country & Road Running

Awesome Benefits:

- ✓ Can jog or walk, so even the very unfit & overweight can easily complete it.
- ✓ Enjoy a fun outing with your mates and family members, all together in the one place.
- ✓ It's usually at 1:45pm on a Saturday, so plenty of time for your morning sports first.
- ✓ Helps get you fit for your other activities and summer athletics.



- ✓ Great training for your school cross country!
- ✓ There's always somewhere different to go and see, so you won't get bored.
- ✓ Some races are handicapped, which means slow ones go first & get an equal chance of winning.
- ✓ There's sometimes yummy food to eat afterwards!
- ✓ You'll get your name in the weekly Guff Sheet, so you can see your progress and improvement.
- ✓ Prizes for Most Improved Girl and Boy at the end of the season.
- ✓ The one yearly sub covers *both* Winter Running and Summer Athletics - no extra registration.

- All you need is a comfortable pair of shoes suitable for running/walking, shorts and a tee shirt, and a warm jersey for afterwards.
- Distances vary between 1.5km and 6km, with the shorter distances for kids and beginner adults and walkers.
- Remember, the **WHOLE FAMILY** can do this together. So it's great for Mum and Dad and Grand's to come along and walk with the kids too.

The full Winter Schedule will be handed out at the Open Day.

Ph Kerris Browne 021 753691, or email swingmills@xtra.co.nz for more info,
or just show up at the Club Rooms on the day!