

Winter Cross Country & Road



FREE Open Day at Clubrooms Neil Hunt Park

Sat 2nd April 1:45pm

All beginners & walkers welcome

Winter Cross Country & Harriers Road Running

Start Here!

- ✓ Can jog or walk, so even the very unfit & overweight can easily complete it.
- ✓ Enjoyable exercise on fun outings with your mates and family members.
- ✓ Normally 1:45pm on a Saturday, so plenty of time for your morning sports first.
- ✓ Helps get you fit for your other activities, sports, and summer events.
- ✓ Start now, so you are ready to join the Half Marathon/Marathon clinic next year.
- ✓ There's always somewhere different to go - farmland, reserves, forests etc.
- ✓ Some races are handicapped, so slow ones get an equal chance of winning.
- ✓ There's often hot drinks and food for the whole family to eat afterwards.
- ✓ You'll see your progress and improvement in the weekly Guff Sheet.
- ✓ Prizes for Most Improved Newbie Lady and Man at the end of the season.
- ✓ The one minimal yearly sub covers *both* Winter and Summer Programs.



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

- All you need is a comfortable pair of jogging shoes, shorts or leggings, a tee shirt, and a warm jersey for afterwards.
- Distances vary between 2.5km and 10km, with the shorter distances for kids and beginner adults and walkers.
- Remember, the **WHOLE FAMILY** can do this! Bring your Cousins, Kids, even the mates from work, who can all walk or jog together.

Ph [Kerris Browne 021 753691](tel:021753691), or email swingmills@extra.co.nz for more info, or just show up at the Club Rooms on the day!



Keeping Rotorua running
www.lakecity.co.nz