



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz)

Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,  
Rotorua

## GUFF SHEET

26 April 2014

### The past week:

Those training for an event on 3 May are now heading into taper mode – that is spending less time on their feet, and allowing the body to freshen up.

### Champagne breakfast – This Sunday 27 April:

Just an update with where we're at with the champagne breakfast.

There are only 40 places left and people should contact Siobhan urgently at [brad.siobhan@xtra.co.nz](mailto:brad.siobhan@xtra.co.nz) or 349 1379 evenings if they want to confirm a place for the breakfast. Cost 420.00 pp.

On the morning people should start arriving at 7.15am as we need to be seated and starting at 8.00 am.

3 helpers are required on the morning to help give out tickets that will cover entry and a free drink. Again contact Siobhan – see above.

On arrival please check in and get your ticket – this is most important.

Club members need to be aware that issuing tickets will cease at 7.55am so all can head up to the breakfast.

### On the local scene:

#### SATURDAYS

**This Saturday 26 April** – The first event of the winter programme. Meet. 1.45pm at the Neil Hunt Park clubrooms and then head to the Trout Fly start for a pre-marathon blow out over 5km, 3.00km or 1.4km for the youngsters. No fee payable. Just rock up, and then stay for afternoon tea. Duty officer: Chris Corney – Ph: 348 8775

**Saturday 3 May** - The Rotorua Marathon which incorporates the Club and Athletics Waikato BOP marathon championships  
**Saturday 10 May** - the first out of town event - the Cambridge cross-country relay. This is a team event raced over 3km on flat-park like cross-country. Place your name on the list at the clubrooms should you wish to be part of a run or walk team. This needs to be done by Sunday 4 May. Contact person Adrian Lysaght – Ph: 027 615 3496.

See below for the social function at the clubroom on this evening.

**Saturday 17 May** - Family event for running and walking clinic and other club members. Meet 1.45pm at the Neil Hunt Park clubrooms for a 2.00pm start. Pack runs for adults and a treasure hunt for the children. A plate for afternoon tea please. Contact person Adrian Lysaght – Ph: 027 615 3496

#### SUNDAYS

##### Distance athletes

##### The running clinic –

- **Marathoners and half marathoners** meet at the Neil Hunt Park clubrooms at 6.50am leaving at 7.00am.
  - **10kers** – meet 7.25am at the Neil Hunt Park clubrooms leaving 7.30am unless advised otherwise
- For further information on the Clinic call Jodie 021 970 482 or email [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

**Others that run** - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, other at varying times.

**Those that walk** (the marathon walking clinic) – Meet just prior to 7.00am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

#### MONDAYS

**Yoga for runners and walkers** – As Sarah Lei is away for the next 3 weeks there will be no Yoga classes on Monday evenings. The classes will resume again Monday 5 May, just in time for a good stretch out after the marathon. The classes run from 7.30pm to 9.00pm with no run beforehand.

#### TUESDAYS

##### Distance athletes

**Running clinic** – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving 5.30pm

**Other runners** – some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

##### Walkers

**Am** - Meet at 8.00am at the Neil Hunt Park clubrooms

**Pm** - Meet 5.30pm at the Neil Hunt Park clubrooms.

#### WEDNESDAYS

##### Am

**All athletes** – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496. Sarah is away until 5 May.

#### THURSDAYS

##### Distance athletes

**Running clinic** – Meet 5.25pm at the Neil Hunt Park clubrooms, leaving 5.30pm

**Other runners** – Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road.

##### Walkers

**Am** - Meet at 8.00am at the Neil Hunt Park clubrooms

**Pm** - Meet 5.30pm at the Neil Hunt Park clubrooms.

## The big 50 event – the 50th Rotorua Marathon - volunteers

There are a number of areas that club members, their family or friends can be involved with at this special event. Those pounding the pavement can be involved pre event.

### Goodie Bag filling – Wednesday 30 April

Goodie bags have to be filled - there are 10000 to be filled. Bag filling is happening from 9.00am and into the evening at the Government Gardens Energy Event Centre on the 30 April. If you wish bring your lunch.

### Saturday 3 May

Saturday is the day where friends and family can help. Marshalls (adults) are required from 6.00am through to around 5.30pm on this day. Most of the areas to be marshalled are out on the early or the latter part of the course (2 to 3 km from the Government Gardens). This is a great job, as you can see all your mates, friends etc taking part. Like Friday shifts can be worked.

Sunday Morning 4 May - In the Redwoods, starting 8.00am is a "Post race marathon shuffle". Should you be interested in "hosting" visitors to Rotorua around the Redwoods, please place your name on the list at the clubrooms. The marathoners won't be moving very fast – some may even elect to walk. A chance to sell Rotorua and the fabulous areas we have to run in.

Also on this morning is a big cleanup of the drink station gear, 8.30am at the clubrooms.

If you've had the misfortune to have to withdraw from an event be involved as a volunteer. There will be lists at the Neil Hunt Park clubrooms to indicate your availability.

## Post marathon social event - Saturday 10 May from 7.30pm

To celebrate our successes, share our achievements, catch-up with everyone, look back at how far we have come, and plan the next big thing to tick off - we have a Saturday night social function at the clubrooms for everyone!! Like previous years there is a dress theme (so you can start planning your outfit now):

Virgin - If this was your first attempt at this distance, wear WHITE.

Race Car - If you got a PB this year (faster time), wear RED.

Downhill - If you were slower this year, wear BLUE.

Damaged - If you did not run or had to pull out due to injury, wear PURPLE.

Hi Vis - If you are family/friends/supporters, wear YELLOW or ORANGE.

It is BYO; the bar will not be open. Please also bring a plate of finger food.

## Club uniforms:

Singlets and tee shirts are now available - \$35.00 per article. If you don't have them purchase black shorts in the style you desire from a retail outlet.

The Club now has Club sweatshirts and beanies available to try-on and order. Stocks are not being kept of these items, so if you would like one please come and order one - Payment when ordering please. (Please bring along the correct money

as we do not always have change.) Sweatshirt - \$50.00: Beanie - \$17.00.

Nikki Mitchell will try to be at the club rooms around 5.00pm Tuesdays and Thursdays, or phone her and arrange another day / time that suits. Ph: 349 2920: Mobile 027 464 8546 Remember Nikki also likes to run so no orders after 5.25pm please.

## Renewal of club membership:

**If you are a member of this year's marathon clinic and have paid your membership please disregard below.**

The club's 2014/2015 membership form was attached to the Guff sheet email sent out last week to those on the club's email membership list as at 31 March. Those not on the email list will be posted a membership form.

You need to complete and return this form to maintain your membership for the coming year - 1 April 2014 to 31 March 2015. To do this please print off the form attached to the email and correctly fill in **neatly** all required details.

You can either pay by internet banking or by posting a cheque to Lake City Athletic Club PO Box 2136, Rotorua 3040. No matter which method of payment you use the **completed form (both sides) must** be posted back to the club (PO Box 2136) or scanned and e-mailed to [lakecity@xtra.co.nz](mailto:lakecity@xtra.co.nz). If paying by internet it is most important that you use your name as a reference so payments can be tracked. If paying for two or more people via internet please put all names in the reference i.e. X Smith, Y Smith, and Z Smith. This is extremely important when a 3rd party is paying on your behalf. Also all members listed on the form **aged 16 years plus** must sign the declaration on the reverse.

### *Around the Lake.....The Story of the Rotorua Marathon*

Readers of the recent Weekender publication will have noted that there is a book being written on the history of the Rotorua Marathon. Author, Simon Earle, has detailed the events history, interviewed winners etc, to make what is a great read. The book will be available on marathon weekend or can be ordered through [www.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz) – click on merchandise Cost \$40.00

There is a list at the Neil Hunt Park clubrooms for you to indicate your desire to purchase a copy



Start of the 18th (1982) Fletcher Marathon

For your massage needs contact  
Toni of Touch Massage  
(1317 Eruera Street)  
07 349 6621 or 021 2971002

Take your Lake City membership card to  
obtain the discount on offer

For your physio needs contact  
The Physiotherapy Clinic  
[inquiry@physiotheraphyclinic.co.nz](mailto:inquiry@physiotheraphyclinic.co.nz)  
Or 07 347 8380

On Mondays they have a free sports injury  
drop in clinic between 4.00pm and 5.00pm at  
their Eruera Street clinic

Supplement you outdoor training by doing  
indoor work at  
Go360 Gym, 1070 Eruera Street, Rotorua

Take your Club membership card to obtain the  
20% discount off full prices. Note the 20%  
discount does **not** apply to any discounted  
prices or specials that may be running

Check out [www.go360.co.nz](http://www.go360.co.nz) for prices,  
classes, opening times etc.