#### Lake City Walkers, Newsletter No 4, 2014

Hi again. A lot of action has happened since our last newsletter and a lot more is just around the corner. First of all a quick look back over the last week or so.

## April 5<sup>th -</sup> Rotorua /Taupo Flyer (Bike Ride)

2 Teams from the Walking Group became bikies for the day and entered in this ride. Pat Smyth and Jan Adolph in one team and Marieke Wass and Diana van den Akker in the other team. Pat and Marieke rode the first leg of 48 kms to Reporoa and enjoyed the uphill and some flat riding, with a head wind in places. Jan and Diana had a strong headwind all the way to Taupo to complete their leg of 52kms. The ride didn't seem to take too much out of them for they all completed the 32km walk around the Lake the next morning in good time.

## April 6<sup>th</sup> - 32km Around the Lake. Ngongotaha to Clubrooms via Sala St Bridge.

A great turnout with 13 walkers doing the loop on Saturday and another 42 finishing on Sunday. A few hiccups with starting times (something to do with daylight saving). A lot of blisters were picked up on this walk, some because of new shoes but most because of the tarseal being so rough from Mourea to the Airport, but this shouldn't happen on race day for we will have more room on the road, (there will be cones out to the white line and the road will be swept for the race). On the Saturday one of our walkers was hit by a car when the driver swerved into the group deliberately. This matter is now before the Courts.

#### April 13<sup>th -</sup> 6hr walk around the Forest, taking in the Okeraka Loop Rd

All of the walking groups had most of their walkers for this long walk, (the  $2^{nd}$  in a week over 5½ hours). The blisters seemed to have been looked after and everyone really enjoyed this long walk (or was it the delicious pot luck lunch that awaited us at the clubrooms). I could have covered my group of 12 with a blanket coming along the long mile at the end of the walk (starting and finishing together). The only hiccup on this day was "My Wife – Pat" falling off her bike and breaking a bone in her left arm. (Rule One: Keep off bikes and horses etc after Xmas).

#### Up Coming Events

Saturday April 26<sup>th</sup> 1<sup>1</sup>/<sub>2</sub> - 2 hours walk from Clubrooms at 7.00am for all groups.

### Sunday 27<sup>th -</sup> Champagne Breakfast at Skyline Skyrides.

Groups to meet at the bottom of the Gondolas at 7.00am Breakfast starts at 7.30am. All should be booked by now, if not ring Siobhan Griffiths on 3491379 (only a few seats left).

### Tuesday 29<sup>th</sup> April - Fish & Chip night at the Clubrooms.

Meet at clubrooms at 5.30pm or earlier if you can and give your order and pay Pat. \$5 gives you 1 piece of fish and half a scoop of chips. Then we go for a 1 hour walk and

return to Clubrooms for our fish and chips followed by a talk on the Marathon Day, what happens before the start etc. Then 6 walkers who have completed 150 marathons around the lake between them will tell everyone a few shortcuts they have learnt over the years that will help you on the day.

## Wednesday 30<sup>th</sup> April - Goodie Bag Filling

From 9.00am any Club Members who can help during the day (at any time of the day for as long as you can) will have the job of filling the goodie bags for Marathon Day (10,000 bags). If you are able to stay most of the day please bring your lunch etc, all help with this job will be greatly appreciated. This job raises money for the Club to enable members to travel to events such as relays etc. If the bags don't get finished we will carry on Thursday, although if everyone does their bit this should not happen.

# Sunday 4<sup>th</sup> May - Walkers Post Marathon Lunch.

The lunch this year will be held at Holiday Inn at Whaka at 12noon. Most of you have paid your money in full, but those who have only paid a deposit can you please pay the rest by Sunday (27<sup>th</sup> April) so pat can finalise everthing. This lunch is open to Walkers and their families. Cost is \$45pp with children half price. Compulsory dress for the day, Finishers shirt and medal.

Happy walking and please take care of each other (only 10 days to go)

Colin & Pat