



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
 Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
 Clubrooms: Neil Hunt Park off Tarawera Road  
 Lynmore – Rotorua

**GUFF SHEET**  
**11 April 2015**

**The past week:**

There were no club organized events this past week, but plenty of mileage and time being put in by those members preparing for an event on the 2 May – Marathon day.

**The winter months:**

Have you wondered what the Lake City Athletic Club has to offer in the way of exercise during the winter months? The Club's activities don't hibernate. The Tuesday/Thursday evening and Sunday morning distance activities continue.

There's even events on Saturday afternoons. These events are for all abilities and are varied in distance and terrain.

The winter season programme is currently being put together but to wet your appetite details of the first few weeks activities are below.

We look forward to your company over the winter months whether you are young, old, in between, fast, slow, in between, a runner or a walker!

Don't waste any fitness you may have gained over the summer months. Continue on with it with the Lake City Athletic Club.

**APRIL**

Sat 25: Meet 1.45pm at clubrooms, Neil Hunt Park for a 2.55km or 5km run or walk plus 1.4km option for children - 2.00pm start. Afternoon tea provided courtesy of the Club. Duty officer: Chris Corney (Ph. 348 8775), assisted by the winter Season Sub-Committee.

**MAY**

Sat 2: Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. The marathon event incorporates the Club and Athletics Waikato-BoP Marathon Championships.

Sun 10: Cambridge Cross-Country Relays, Cambridge. Teams of all abilities taking part from the Waikato-BoP region. Perfect event for first timers to cross country especially as it's a team event.

Sat 16: A Family Day. Events for all club members – children/running/walking clinics, etc. Meet 1.45pm for 2.00pm start in the Redwoods for pack runs/walks and

children's treasure hunt. Bring a plate for afternoon tea, please. Duty Officer: Adrian Lysaght (Ph. 027 615 3496).

**Whaka Forest - logging operations:**

Logging operations are continuing in the Forest so take care. These are weekdays between 7.00am and 4.00pm. Log haulage trucks will make use of Pipeline, Direct, Red Tank and Nursery Roads and could be operating at any time day or night. Security will be on site to manage the road safety closures. Please respect their instructions.



**Volunteers:**

Volunteers are being sought for the **51st Rotorua Marathon** - pre marathon weeked as well as on the day – Saturday 2 May.



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**

Goodie bags have to be filled – one for each entrant – something like 4000/5000 bags. Details of when the bag filling is happening will be advised but it will be the week off the Marathon, and **likely to be Wednesday 29 April from mid-afternoon until the job is completed.**

**Friday 1 May**

Friday, even if you are taking part you can help. Volunteers are wanted for things like registration, being a general goffer etc. Registration starts 2.00pm on Friday and goes through to 9.00pm but you are not expected to be there all that time. Shifts can be worked so when the list is at the clubrooms put your name on it and get into the spirit of the weekend.

**Saturday 2 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.

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 – days and times available.

**Events on the local scene:**

**SUNDAYS**

**Distance athletes**

**Running clinic** - Marathoners and Half marathoners meet 6.50am at the Neil Hunt Park clubrooms to head into the Forest

and other regions: 10kers meet at 7.25am at a venue to be advised.

Clinic Co-Conveners are: Jodie Hickson (021 970482) and Teresa Martin (021 0428759): Email [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

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

**Those that walk** – 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** – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

## TUESDAYS

### Walkers

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

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

### Distance athletes

**Running clinic** – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

**Others that run distance** - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

## WEDNESDAYS

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

## THURSDAYS

### Walkers

**Am** – Meet at 8.00am at Planet Bike, Waipa By Pass Road

**Pm** – Meet 5.30pm at the Neil Hunt Park clubrooms

### Distance athletes

**Running clinic** – All sections meet 5.20pm at the Neil Hunt Park clubrooms leaving at 5.30pm

**Others that run distance** - Groups leave from the Neil Hunt Park Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

## Upcoming distance events:

### Out of the city

**This Saturday 11 April** - Te Awamutu Athletic Club Fun Run/walk on the Te Awamutu Golf course. It's rare to be able to run on a golf course this day and age, so take up the opportunity.

Visit [www.sportsground.co.nz/teawamutuathletics](http://www.sportsground.co.nz/teawamutuathletics) for event details etc. Start time is 9.30am. Distances range from 3k to 12km

## In our City

**Saturday 2 May** - the 51st Rotorua Marathon around Lake Rotorua and the supporting events: ½ marathon: ¼ marathon or 5km. Entry forms are at the Neil Hunt park clubrooms or entry can be made via [www.rotoruumarathon.co.nz](http://www.rotoruumarathon.co.nz)

## Champagne Breakfast

### SUNDAY 26TH APRIL - 'Lake City hasn't got talent'



The clubs tradition of the champagne breakfast the week before the marathon is still going strong. It's again at Skyline with a similar look and feel to last year with 'Lake City Hasn't Got Talent' including some special guests.

For a cost of \$22 per head (adult and child price) you get a gondola ride up, fruit and cereals, cooked breakfast, glass of bubbles and even a gondola ride back down!! It is a bargain!

Teresa or Jodie will be taking names and payment for the champagne breakfast on the following dates from the clubrooms:

- This Thursday 9th April from 5pm to 5.30pm
- Tuesday 14th April from 5pm to 5.30pm
- Thursday 16th April from 5pm to 5.30pm

So bring along your \$22 and get in before it's too late - you may miss out! If you cannot make the above times at the clubrooms, then contact us - Jodie 021970482 or Teresa 0210428759.

## Club uniforms:

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase.

Payment to be made at time of purchase - please bring along the correct change

**Costs:** Adults running singlets: \$35.00  
Adults short sleeve walker's tees: \$35.00  
Junior (children) singlets (size 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

**Sarah Wiwarena** – Ph: 348 7674 (evenings):  
Mobile 027 248 3874

**Denise Caudwell** - Ph 346 8431 (evenings)

**Nikki Mitchell** - Ph: 349 2920 (evenings):  
Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.