



## Athletics (track & field) one of the Club's summer activities

**For Adults and Youths aged from 12  
years plus**

### Summer fitness

#### Wednesday evening's 6.00pm, starting 1 November

At the Rotorua International Stadium's No 2 Ground, Devon Street West – the same ground as the Tuesday evening children's athletics.

This is the Lake City Athletic Club Track and Field (athletics) summer activities for adults and teens aged 12 and above. Now that we are moving into the summer months come and try something different for exercise and fitness - sprinting, running middle distance or longer distances. Maybe it's throws or jumps.

This summer there is two different evenings of activities starting at 6.00pm. The two types of programmes will alternate, week to week.

One programme will be the customary sprints, middle and longer distance running and walking, plus throws and jump events.

The other evening will be set up with a variety of activities based around skills and fitness and are designed to get the legs turning over quicker whether a runner, walker, a thrower or jumper. The throws and jumps skills aspect of athletics will also be covered on these evenings. Even if it's something you've never tried before have a go. You can pick and choose which events you do or don't do. Who knows there maybe another Valerie Adams in our City?

The second evening ends with teams competing in a "relay challenge" and will have teams racing over 1000 metres with each participant running/walking a different distance in the "challenge". Are you and your mates up for the challenge?

The popular 1 mile series is back with prizes for the most improved over the series.

As we did last year the Club is continuing its "Pay and Play" system for non-club members, with just \$2 to be paid for each evening in attendance. This allows people from other sporting codes or casual exercisers to pop in on an evening when convenient to them. For paid up club members the evenings are always free.

Here's your chance to enjoy the Club's Wednesday evening track and field activities. By taking part each week you can judge how your fitness levels are coming along, challenge a running or walking colleague, learn pace judgment, increase your speed base, your throwing distance, or jumping height or distance.

The great thing about track and field (athletics) is that it doesn't matter that there's a difference in abilities: everyone is working towards a common goal, and encouraging each other to achieve this.

All welcome! Come along and exercise in the company of others and enjoy an evening of fun! It's never too late to have a go!

For more information:

- go to the website: [www.lakecity.co.nz](http://www.lakecity.co.nz)
- message us on Facebook (Lake City Athletic Club)
- email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz) 07 345 9362 - Venue location below



