



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore - Rotorua

GUFF SHEET
8 April 2017

The past week:

The miles and times for those in the running and walking clinics are gradually increasing as their respective programmes are worked through. Time is going very quickly and it will soon be into the "taper mode" and the big day with us.

Club membership renewal:

Those of you that were financial club members for the last 12 months should have received over the weekend, an email from the Club with details of how to renew your club membership for the next 12 months. It would be appreciated if the renewal could be done by 1 May 2017.

Those of you that have joined the club between January and March of this year no action is required if by chance you have received an email.

Forth coming events:

SATURDAYS

The Club's Winter season activities over cross-county, in the Forest and on the road are commencing Saturday 22 April. Meet 1.45pm at the Neil Hunt Park and then head off for some fun in the Forest. Afternoon tea is being provided by the Club this day.



- The winter season events cater for everyone - youngsters - older generations - the fast-slow - runners - walkers - joggers.
- Events are over varied terrain and distances - some short (1km) some up to 10km - some on farm paddocks - some in park like areas - some in the Forest - some on footpaths.

- The Mokopuna Dash in the Forest between Tarawera a Long Mile Roads is continuing. Distance is just under 2km for the youngsters and longer for adults if they want.
- The full seasons programme is at the print stage.

As can see there's something for everyone. Come along and check out the Club's winter activities.

Winter season convener:

Email: adrian.lysaght@xtra.co.nz Mobile: 027 6153496

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

Running clinic - Full and half marathoners also leave 7.00am at the Neil Hunt Park clubrooms. 10kers meet at 7.30am at venues advised in their newsletter.

Those that walk - Meet at the Neil Hunt Park clubrooms just prior to 7.00am. Contacts are Pat Smyth 027 334 1425 - Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena - Ph: 346 3289 (evenings) Mobile 027 347 8115.

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 groups leave from the Neil Hunt Park clubrooms at 5.30pm. This includes all sections of the Running clinic.

THURSDAYS

Walkers

Am - Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

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

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm. This includes all sections of the Running clinic.

Champagne Breakfast:

At Skyline Sky rides - Sunday

30th April

8am - 10.30am

The clubs tradition of the champagne breakfast the week before the marathon is still going strong.



Theme: Lake City Halberg Awards 2017

Come dressed as your favourite Sports person or Sports Team

Cost is \$25 per adult, \$12.50 per child and under 5's are free. Included in the price is the gondola ride up, glass of bubbles, fruit, cereals, full cooked breakfast and gondola ride back down!

All welcome - whether you are running, walking, injured or none of those! You don't need to belong to a group to come along and enjoy the fun. There will be prizes up for grabs!

The social club (Jodie Hickson, Chris Lord, and Kelly Mitchell) will be at the clubrooms on the following days to take names, and collect money (cash only) between 5pm - 5.30pm:
Tuesday 11th April
Thursday 13th April
Tuesday 18th April
Thursday 20th April

On the day you will need to be seated by 8.00am, so plan to arrive from 7.30am. The room needs to be vacated by 10.30am, but you are most welcome to stay and utilise other areas of Skyline.

Don't miss out on a great morning of eats and entertainment

Certificates at clubrooms:

The following have certificates at the Neil Hunt Park clubrooms. These relate to the recent track and field championships. They are on the foyer table on your left as you enter the building. Please uplift them.

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|--------------------|-----------------|
| Stephen Bjarnesen | Mark Geddes (2) |
| Max Bragg | Tracey Hay |
| Tony Broadhead (2) | Bryn Hoffman |
| Chris Bycroft (2) | Kaye King |
| Jason Cameron | Hannah Muir |
| Wayne Cameron | Gaine Petterson |
| Russell Clarke | Art Pingol |
| Megan Grant | Louise Rickard |

2017 Distance event in Rotorua:

Saturday 6 May - The 53rd Lion Foundation Rotorua Marathon and associated events (half marathon, Quarter marathon and 5.5km fun run). This event doubles as the club's marathon championship. Entry forms are the club rooms or visit

www.rotoruaramarathon.co.nz you are now on the late entry fee.

This event incorporates the Athletics Waikato BOP and club marathon championships

Be safe be seen:

Now that daylight saving has left us care is needed when out running or walking on the footpaths and crossing roads. If you don't own a Hi Vis vest it is suggested you purchase one. Don't wear dark clothing: Don't run or walk all over the roads - face traffic: Respect other users of the roads and footpaths: Just be sensible and take care.



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) - \$20.00

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

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

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

Sarah Wiwarena - Ph: 346 3289 (evenings):
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase