



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

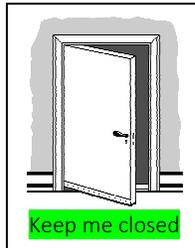
**GUFF SHEET**  
**22 April 2017**

**The past week:**

It was the case of dodging the rain and wind this past week. Most came home from their run or walk with wet shoes and damp clothing.

**Clubrooms access:**

The front door to the clubrooms is currently being propped open with a cone, and on occasions, is being left open when the building is unattended. The building is therefore vulnerable to access by unauthorized people.



The matter was discussed at the Clubs recent Executive meeting and it was agreed that the door **must not** be propped open in the future and a sign to the effect that the “door must be closed at all times” be placed in a prominent position.

This applies even if you have ducked into the kitchen, using the gym or having a shower.

Also when leaving the building please ensure all lights are turned off.

**Forth coming events:**

**SATURDAYS**



This Saturday 22 April is the first event of the Club’s wintercross-country and road season. Wear your running or walking gear and 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.

**What has Adrian and his committee got in store for us?  
Come along and see!**

Email: [adrian.lysaght@xtra.co.nz](mailto: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 Sportsperson 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:

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.**

### Club membership renewal:

Those of you that were financial club members for the last 12 months should have received recently 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.

### Be safe be seen:

Now that daylight has 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: Watch out for other footpath users - pedestrians and cyclist - especially cyclist that don't have a light on their bike: Just be sensible and take care.

### 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.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz) **you are now on the late entry fee.**

**This event incorporates the Athletics Waikato BOP and club marathon championships**



### Team Selection policy

The Club's policy for selection of teams to participate in the Athletics New Zealand National Road Relays is outlined below.

1. Be a financial competitive member of Lake City Athletic Club since 1<sup>st</sup> June of the current season. Any athlete transferring from another Club / Centre to the Lake City Athletic Club is to ensure the transfer is carried out by 1<sup>st</sup> August.

2. "Expression of interest" by athletes to participate in the event as a team member to be made by 1<sup>st</sup> July in writing: i.e.

(a). Name onto the list at the Neil Hunt Park clubrooms

or

(b). Email to the Club's convener of selectors – Kim at [kss77@xnet.co.nz](mailto:kss77@xnet.co.nz) with a copy to [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

3. Selection for a Road Relay team will be based purely on "Current Fitness" and participation in the following events:

(a). the Athletics Waikato/BOP Road Race Championships

(b). the Lake City Athletic club Road Race Championships

(c). the Red Stag Redwoods Forest Relay

Any Club members who are competing overseas at a high level and have stated an "Expression of Interest" by the due date and have submitted results to the Convener of Selectors will be considered. They are to be a current competitive financial member of the Lake City Athletic Club as at 1<sup>st</sup> June.

Team(s) selection will be complied by the Lake City Athletic club selectors and will be final. In the event of injury/withdrawal to a team member the Club selectors will re-evaluate the composition of the team(s).

Approved by the Lake City Athletic Club Inc Executive - 10 April 2017

**In due course a sheet will be at the Neil Hunt Park for you to indicate to the Club selectors your availability**

## Marathon Volunteers:

Volunteers are being sought for the **53rd Rotorua Marathon** - pre marathon day as well as on the day – Saturday 6 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 - Wednesday – 3 May**

Goodie bags have to be filled – one for each entrant – something like 3000 bags. This will be **from 5.00pm at the Energy Events Centre, Government Gardens.**

**Just rock up from 5.00pm**

### **Friday 5 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 1.30pm on Friday and goes through to 9.00pm but you are not expected to be there all that time. Shifts can be worked.

### **Saturday 6 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, friend's etc taking part. Like Friday shifts can be worked

**For Friday and Saturday there is a sheet at the Neil Hunt Park clubrooms to indicate the time frame(s) you can assist in.**

**PLEASE NOTE THAT NO MORE THAN 10 ARE REQUIRED IN EACH TIME FRAME on FRIDAY AFTERNOON**

## Pruning to take place in Whaka Forest:

There may be a pruning crew working in the forest from next week depending on access and conditions. They will be working in the area at the top of Kotare road between Kotare and Tokorangi PA roads. So in the area of Tokorangi, Corridor tracks etc. This area was replanted in 2012.

The operation is 1st lift pruning so no chainsaws or heavy equipment will be used. Notices will be in place.

### **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