



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**  
**28 April 2018**

## The past week:

The first event of the club's winter season was held on Saturday. Would you believe there were about 20 in attendance? Thanks to Matt and others that marked the course, came up with the afternoon's format etc.

All those taking part in an event on 5 May are moving into taper mode.

## Champagne breakfast:

- Those going to the champagne breakfast this Sunday (29 April) please note the following
- Meet at the Gondola at 7.30am to be seated by 8am @ Skyline Stratosphere Restaurant for Breakfast. You will need to check in at the bottom reception prior to getting on the Gondola

## Survey:

Your executive committee has chosen to effect a survey of club members to ascertain how we are doing as a Club and to discover what, if anything, you might like to see improved, changed, introduced or dropped by the Club.

During the past week you will have received an email with the survey on it for your response.

It would be appreciated if all could take a few minutes to complete the survey as the responses will give guidance to the Executive of what members want from their Club. Please respond prior to 7 May.

## Local regular events:

### **SATURDAYS**

**This Saturday 28 April** - is a trot of either 2550 metres or 5km on the Trout Fly course. There will be a shorter event for the very young. This is a great

chance to put the final touches to your 5 May preparations.

Meet 1.45pm at the Neil Hunt Park clubrooms for a briefing and then head to the event start.

Not taking part, then here's a chance to volunteer at a club event.

Bring the whole family along. Kids, adults, walkers and runners – the fast, the slow and the in between are catered for. See you there!

There is no club activity on Saturday 5 May. Why? Because large number of club members will be involved with the Rotorua Marathon as a participant or a volunteer.

Saturday 12 May is the first of the Mokopuna Dash series. Visit the clubs website and click on cross-country on the side bar to find the season's programme.

### **SUNDAYS**

#### **Distance athletes**

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

This includes those that are running with the clinic. Some groups leave a bit latter and sometimes from different venues. Clinic members please keep in touch with your "pack leader" for any changes.

**Those that walk** – Meet at the Neil Hunt Park clubrooms just prior to **8.00am**.

Contacts are: Rob Colledge 07 348 7768; Marieke Wass 07 347 9885 ah or 027 462 8572; Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

### **TUESDAYS**

#### **Walkers**

**Am** - Meet 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 between 5.00pm with the last groups leaving at 5.30pm. This includes those associated with the Running Clinic.

### **THURSDAYS**

#### **Walkers**

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

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

### Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm. This includes those associated with the Running Clinic.

### **Volunteers: needed for the Rotorua marathon and associated events.**

There are two lists (one for Friday and the other for Saturday) at the Neil Hunt Park clubrooms calling for volunteers from the Club to assist with various duties on the weekend of the 4/5 May. Duties include assisting at registration, marshalling etc. This is a great way to be involved with Rotorua's iconic event. You can assist on Friday afternoon/evening even if a participant.



### **Neil Hunt Park clubrooms:**

The Club Executive has given our kindred body, Athletics New Zealand permission to use the Neil Hunt Park clubrooms for a High Performance Distance Running Camp being conducted by a number of their coaches.

This will be from Wednesday 25/4 – Friday 27/4. They will not be using the clubrooms full time, but only for some of their sessions. Club members can still access the premises.

### **Membership Renewal: for the 2018-2019 year**

Over recent weeks the Guff sheet has had details of renewing your membership for year commencing 1 April 2018 to the 31 March 2019. This is now to be done online by visiting the Club's website ([www.lakecity.co.nz](http://www.lakecity.co.nz)). On the home page see the Membership/Registration heading and then "click" where indicated. This will take you to the "Welcome" page. As an existing member click on "Login" on menu bar and then complete details to renew your membership. If you have forgotten your password, please select "Forgotten my password" from the Log-in page to reset it.

With the Athletics New Zealand and Athletics Waikato BOP marathon championship being held in within the Rotorua Marathon on 5 May it is necessary for you to be a current competitive financial member prior to the event, if wishing to be eligible for a championship placing. Also note the Rotorua Marathon doubles as the club marathon championships.

Should you have joined the club in January/February as a new member via the Running Clinic **no** action to be taken.

Junior/children members should also consider renewing their membership now."

*John Marten - Club Secretary/Treasurer*

### **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 2 to 8 - \$25.00  
Size 10 to 12 - \$30.00  
Size 14 - \$35.00

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)

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

**Annemarie Gallagher** – Ph 027 6229688 (adults)

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

