



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

For Adults and Youths aged from 12 years plus

Wednesday evening's 6.00pm, starting 7 November 2018

These evenings are held at the Rotorua International Stadium's field No 2, Devon Street West – the same ground as the Tuesday evening children's athletics – and are the Lake City Athletic Clubs 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. Those that walk are also catered for.

The month of November will see weekly skills and training sessions, with some events being contested. These evenings 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.

From December onwards to mid-March a more formal programme of events will be held.

Here's your chance to enjoy the Club's Wednesday evening 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. 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.

The popular 1 mile series will be back. This distance is manageable by all and regular participation in the event is a great way to see how your fitness is progressing.

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.

As we have done in previous years 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 free.

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

For more information:

- message us on Facebook (Lake City Athletic Club)
- email: info@lakecity.co.nz or 07 345 9362

Access to the venue is off Devon Street West, with parking at the rear of the Stadium's main grandstand via the Papawaka Gate. Once parked walk up the small hill to Field 2.

