



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET **13 April 2019**

The past week:

Other than the miles being put in by those taking part in an event on the 4 May (marathon day), plus the customary pack runs mid-week and Sunday there has been no formal club events this past week.

A number headed to Whakatane/Ohope on Saturday and took part in the inaugural Surf to Sun half marathon and associated events. Results can be found by visiting www.Suntosurf.co.nz

Membership Renewal for the 2019 - 2020 year

Information for the Renewal of membership has been emailed to all existing financial members and for those who have already renewed, - thank you, - please disregard this Membership content of the Guff Sheet.

For those who have not renewed - The current membership period ended on the 31 March 2019.

You are invited to renew your membership for the next financial year, commencing 1 April 2019 through to the 31 March 2020, and this can only be done "online"

To renew your membership please visit the Club's website www.lakecity.co.nz.

On the 'home page' follow the information under the Heading **"REGISTRATION"** through to the registration Portal to complete your registration.

With the Club and Athletics Waikato BOP marathon championships being held in conjunction with the Rotorua Marathon on 4 May it is necessary for you to be a current competitive financial member prior to the event if wishing to take a championship placing.

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

John Marten - Club Secretary/Treasurer
info@lakecity.co.nz

Volunteers from the Club are being sought:



The 3 and 4 May (Marathon weekend) club members are being called to assist with registration and other duties on Friday afternoon/evening and Saturday. All areas can be worked in shifts.

Next week the list will be at the Neil Hunt Park clubrooms to indicate when and where you can assist. Please make yourself familiar with the instructions on the list.

Should you not be able to get to the clubrooms please call Pam on 07 348 8448 after 7.00pm to discuss the times you are available.

This is a great way to become involved in the atmosphere of the two days, even if you are running or walking one of the events on offer.

'May the 4th be with You!'

The Great Annual Lake City Champagne Breakfast!

April 28, 8.00 am
Skyline Sky rides

Tickets: Adults \$25 - Kids \$12.50

For ticket confirmation:

Email: lakecitymarathonclinic@gmail.com
or message Annemarie on Facebook

To pay:

Bank Deposit: A Gallagher
02 0416 0286540 00
With YOUR FULL NAME AS REFERENCE
& number of attendee's.

CASH can be dropped to 4 Marguerita St,
Rotorua

**Event MUST BE PAID FOR BY 21st of
APRIL**

so final numbers can be confirmed

Upcoming distance events in Rotorua:

Saturday 4 May 2019 The 55th Rotorua Marathon
around Lake Rotorua. Associated with the main event

are half marathon, quarter marathon and 5km events. Visit www.rotoruaamarathon.co.nz for entry details etc

SUNDAYS

Distance athletes

Those that run -The Running Clinic various packs leave from the Neil Hunt Park clubrooms at varying times. Check out with your pack leader the start time and venue.

Other distance running groups also leave from the clubrooms. Some groups leave 7.00 am or later and sometimes from different venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 8.00am. Some groups leave earlier. Contacts are: Rob Colledge 07 348 7768: Marieke Wass 07 347 9885 ah or 027 462 8572: Sarah Wiwarena – Ph: 027 347 8115

TUESDAYS

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

Pm – Refer to the contacts listed in “Sunday”.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm. This includes those associated with the Running Clinic. Some clinic groups leave the clubrooms (unless advised otherwise) at 5.45pm others at 6.00pm. Check with your pack leader re times etc.

THURSDAYS

Walkers

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

Pm – Refer to the contacts listed in “Sunday”.

Distance athletes

Those that run –

Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm. This includes those associated with the Running Clinic. Some clinic groups leave the clubrooms (unless advised otherwise) at 5.45pm others at 6.00pm. Check with your pack leader re times etc.

The winter months:

What happens within the club during winter time? Plenty! Most weekends from the 27 April there is a club activity - run and walk events. Some just a social form of exercise: others with trophies: some on local reserves: others at out of the City: Some Saturday afternoons: some Sunday mornings.

The first event is **Saturday afternoon 27 April** so keep the afternoon free! We will be meeting at the Neil Hunt Park clubrooms prior to 2.00pm

(don't be late) for a dash over the summer series Trout Fly courses. More on what is happening just prior to 2.00pm

Bring the whole family along. We cater for kids, adults, walkers and runners of all abilities.

See you there with a friend or family members

The new look programme for this winter is being finalised.



If needed get that new pair of running / walking shoes sorted now so they are “run in” by the 4 May

Club uniforms

If you wish to purchase an item from the Club's wardrobe (Singlet, tee shirt, hoodie, track suit 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 12 \$30.00

Size 14 \$35.00

Supporting clothing

Zip hoodie \$55.00

Youth pullover hoodie \$15.00

Track suit \$90.00

Beanie \$15.00

Contacts are: **Sarah Wiwarena** - 027 347 8115

Annemarie Gallagher - Ph 027 6229688 (adults)

4 May participants

If you are requiring a club singlet now is the time to purchase. This so you can wash and wear it a few times before the big day.