



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 20 April 2019

### The past week:

The renewal and new memberships of the Club are rolling in with well in excess of 130 now signed up for the next financial year.

### Good luck:

We wish Hayden Chapman, Lillian Muir and Bella Wyatt all the best when they take part in the Grade 12/13 track and field Inter provincial contest in Christchurch over Easter weekend. They are three of the 40 Athletics Waikato BOP athletes taking part in this annual teams contest.

### The winter months:

What happens within the Club during winter time? Plenty!

Most weekends from the 27 April (next weekend) there are club run and walk events. Some just a social form of exercise: others with trophies: some on local reserves: others 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

Below is what is scheduled for the first two weeks of May.

**Saturday 4** - Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. Incorporates the Club, and Athletics Waikato-BOP marathon championships

**Sunday 12** - *Event 1* of the Sunday cross-country series at Hannahs Bay reserve. Start time is 10.30 am. You will note that this is on a Sunday morning so that youngsters involved in Saturday sports can take part as well as their mums, dads, grandparents

etc. Distances will be varied, and all will be catered for.

Kids don't let that Mini Marathon training you have done at school go to waste. Come along and join us after a Sunday morning sleep in.

### 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.

The list is now 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. Please note the first timeframe 1.30pm to 3.00pm is filled.

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. This is a great way to thank those from the club the principal organisers of the weekend.

### 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.rotoruumarathon.co.nz](http://www.rotoruumarathon.co.nz) for entry details etc. Not running or walking become involved as a volunteer – see above under “request for volunteers”

#### 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:

## 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.

## 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.

## ‘May the 4<sup>th</sup> 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.

**Event MUST BE PAID FOR BY 21<sup>st</sup> of  
APRIL  
so final numbers can be confirmed**



Race day is not the day to try new shoes, eat new foods or wear brand new unwashed clothing