



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

23 April 2020

### The past few weeks

We have been through testing times over the past weeks battling our way through the Covid-19 pandemic. There's a glimmer of light at the end of the tunnel, but it may be some time before life comes back to "normality", whatever that maybe. Even though we are moving back to Level 3 and then hopefully to Level 2 etc it will take some time before we become "normal" with our lives.



### Club activities

This is the time of the year is when the winter activities of our sport commence. The seasons programme etc. is virtually finalized so that it can start up when deemed appropriate to do so. Unfortunately, some of the early scheduled events have been cancelled. You will be advised in due course via facebook, guff sheet etc. when things are "All Go".

### Kia Tu, Kia Ora Wellness Clinic

Being half way through the build up to an event on Marathon day (2 May) it was gutting for those in the Clinic to have to disband their activities. The message is that many are still exercising and wish to pick up from where they left off in their build up when the time comes. A number have made themselves financial with the Club.

### What have club members been up to during the Lockdown?

One of the club's walkers came up with a challenge for those walking. This to count their steps or distance until the end of the 4 weeks lock-down period. This was won by the President and his partner Evelyn.

The Tihi-o-Tonga Covid-19 Exercise report: During the lock-down some Lake City members that live in Tihi-o-tonga have been keeping active with some running and walking activities. There is a relatively flat and fast street loop of approximately 800 metres that has been measured out with start and finish marks by Chris Corney for doing 5km and 10km time trials. It has been of good value for those who wanted to enter the Athletics NZ Virtual 5km Champs. Over the Easter weekend Siobhan Griffiths set a challenge in the Tihi-o-Tonga residents facebook which involved turning left at every intersection until you got back to where you started; about 3.5km with a variety of uphill, downhill and flat running/walking.... *Adrian Lysaght*

Others have been out in their local areas walking, running, biking and making themselves familiar with their neighborhood. Some finding streets, walkways that they didn't know existed. Caregivers have come up with many ways to keep the littlies amused. Many of them out on their bikes.

### Club membership

Subscriptions for the financial year commencing 1 April 2020 can now be paid and will cover the period 1 April 2020 to 31 March 2021.

Over seventy have renewed their membership. When in a position to do so it would be appreciated those that have not done so, do so - thank you.

Registrations can only be accepted "online" through the Club Registration Website Portal. To access this Portal please go to Club Website - [www.lakecity.co.nz](http://www.lakecity.co.nz) and click the link [Lake City Registration](#)

If you are an **existing member** click on "login" (on menu bar), and select "Renew". Check that your current details are correct and update if necessary and then complete with a Credit Card Payment. If you have forgotten your password, please select "Forgotten my password" from the Login page, and follow instructions to reset it.

If you are a **new member** Click "Registration" and fill out the form. Complete the registration with a Credit Card Payment.

## Other notices



Visit [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) for details of this challenge "Lockdown 100"

The challenge - Run or walk 100k in two weeks – between Wednesday 29 April and Tuesday 12 May 2020

Entry fee \$20.00 plus \$3.00 processing fee

Entry opens 9.00am 24 April – closes 9.00am Tuesday 12 May 2020.

All competitors will receive a finisher medal. Any questions to [info@eventpromotions.co.nz](mailto:info@eventpromotions.co.nz)



*"Please, please, someone take me for walkies like you have these past few weeks. I don't want to stay home by myself"*

Stay safe in your bubble, be it a single one, a double or a family Also remember social distancing

**Take Care**



P O Box 2136, Rotorua

### Neil Hunt Park Clubrooms Closed

The restrictions implemented by the Government relating to Covid-19 impose many restrictions for the next month.

The Clubrooms will therefore be closed until further notice

Please do not use your keypad access to enter the building

John Marten  
Secretary