



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz
Clubrooms: Neil Hunt Park,
(off Tarawera Road) Lynmore,
ROTORUA
07 345 9362

GUFF SHEET

26 September 2020

The past week

This past week and the balance of this week are where people have been and will be tapering for their event this coming Saturday. That is cutting back on the time on one's feet and letting the body freshen up.

At Tauranga Domain on Saturday Hannah Gapes ran a personal best 3000 metres (9.55.02) in a 3000 metres challenge promoted by Tauranga Ramblers. Another great effort Hannah.

Neil Hunt Park clubrooms

Now that the we are back in Level One the above clubrooms can be accessed by club members.

Rotorua Marathon and associated events

Those that have volunteered their help over the weekend will or have been contacted regarding the duties assigned to them. Thank you for making yourself available.

After a very prolonged wait Marathon Weekend is with us even though it is without Aucklanders. For many training over the winter months has been something new, but some have found out they prefer running in the winter than summer. All the best to all taking part on Saturday. Below are a few notes relating to the event etc.

Registration – this is in the Energy Event Centre in the Government Gardens between 2.00pm and 9.00pm on Friday, and from 6.00am Saturday morning. If you have an e-ticket bring it with you. It will make the process quicker. If possible, register on Friday afternoon /evening.

Race number - this will have your timing chip (transponder) built into it. Please do not bend the number or put the pins through the actual transponder on the back of the number. Pin the number to the front of your singlet (club uniform).

Toilets – There are toilets on the course. There are also plenty of toilets in the Energy Events Centre.

Gear drop - The Club has a named room upstairs in the Energy Events Centre where you can leave your gear etc. Access to this is via a set of stairs to your left as you enter the EEC foyer - head around behind the food kiosk to find the stairs. Try and not leave valuables there. What type of gear – change of clothing for afterwards: some eats (banana/muesli bars) drink. There are showers in the Energy Events Centre.

Parking - Make sure you give yourself plenty of time as traffic could be heavy. There will be a huge number of people heading to the same venue. Don't park on a parking meter. If you can, use a work park.

The start - There will be a **huge** number of people milling around the Energy Events Centre on Saturday morning. Participants across all the events plus their hangers-on, buggies, dogs, kids, bikes etc – try and not be phased by this. Allow plenty of time to get there and get yourself organised.

Club activities

Sunday / Mid-week activities

Runners

On Sunday mornings, running groups (7.00am – some later) leave from the Neil Hunt Park clubrooms. Midweek informal running groups leave the clubrooms between 5.00pm and 5.30pm on Tuesdays and Thursdays.

Note: As not all runs leave from the Neil Hunt Park clubrooms your pack leader(s) will advise your meeting point.

Walkers

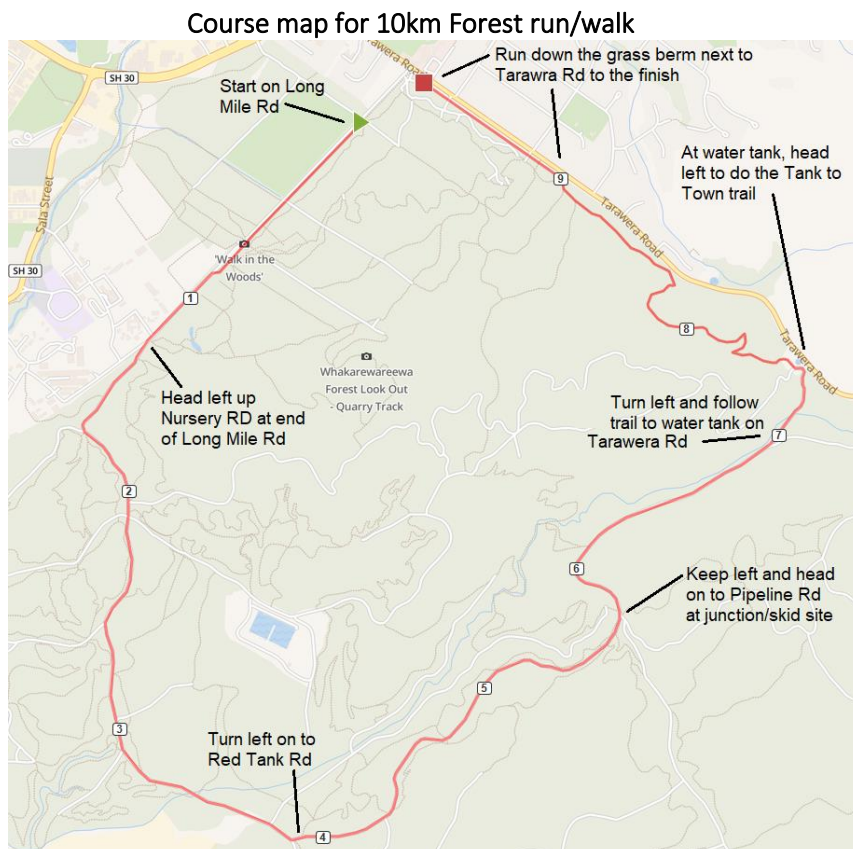
Sunday mornings meeting times and venue vary so please keep in touch with your pack leader. Mid-week there is two meeting times: *Tuesdays*; 8.00am at Neil Hunt Park clubrooms, 5.30pm by the old Post Office building, Hinemoa Street. *Thursday*; 8.00am by Planet Bike, Waipa Mill Bypass Road. 5.30pm by the old Post Office building, Hinemoa Street.

The Club's winter programme

Saturday 3 October – Athletics New Zealand road relay championships - Fielding. Club teams are in the process of being selected

Saturday 10 October - The Forest 10km Handicap run or walk, including the Steph McHale trophy for females. This is a virtual event to be done between 8 –18 October. Start point is at the Pram Track off Long Mile Road with finish at bus shelter on Tarawera Road. From the start head along Long Mile Road, up Nursery Road Hill: Then follow Nursery Road to Red Tank Road. Work your way along Red Tank until the junction of Pipeline Road, then down Pipeline, along the flat and part way up the hill the drop down on your left and over the bridge: then up the other side via Lynmore Link bearing left past the water Reservoir, and the head up through Tank to Town and the down thru the Wattles, (keeping close to the Forest edge): over the bar gate and down the berm road side to finish at the bus shelter near the corner of Long Mile and Tarawera Roads. See map below.

One you have completed the event please email to Matt at matt1980@hotmail.co.nz your time and whether you ran or walked the event. Results will be published in due course.



Saturday 24 October - Winter Season's prize giving and social function. Details to be advised

Juniors summer athletics – at Field 2 of the Rotorua Stadium, Devon Street West



LAKE CITY
Athletic Club INC

Athletics - Monday Clubnights

Running, jumping and throwing for ages 2-14 year olds.
This is fun, entry-level based training for everyone,
and includes lots of practical co-ordination skills.

We have a few different age group sessions:
(Which are based on the age they will be on 31st December 2020)

Pēpi/Tiny Tots: ages 2-4
4.45pm-5.30pm

Tēina/Juniors: ages 5-9
4.45pm-5.45pm

Rangatahi/Youth: ages 10-14+
6pm-7.15pm

Summer athletics runs through term 4 and term 1
and the following fees are the total cost for registering
ages 2-6 year olds - \$25
ages 7-14 year olds - \$57

Registrations are ONLINE ONLY through the membership portal at
www.lakecity.co.nz

All registrations must be done by Friday 9th October,
prior to the start date of 12th October

Please join the Lake City Children's Athletics Facebook page
for updates, information and communication

Feel free to email lakecitychildrensathletics@gmail.com
If your child is wanting to compete, they will require a club singlet which is \$35

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.

Registrations can only be accepted “online” through the Club Registration Website Portal. To access this Portal please visit the club’s website – www.lakecity.co.nz and click on 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.

Neil Hunt Park clubroom access

There are a number of people that have access to the above clubrooms that are no longer financial with the Club. Those that fall into this category will have their access number removed in the forthcoming days.

Film Evening

Want to get inspired for your run/walk this Saturday then you may care to attend the under mentioned film evening.

Trails in Motion 8 Film Tour, is bringing a collection of the finest trail and ultra-running films to Rotorua. With 4 inspiring trail and ultramarathon films from across the world (**including a film on NZ ultra-runner Anna 'Frosty' Frost**), just under 2 hours of trail stoke and a number of Spot Prizes drawn on the night (valued over \$350) from their partners (Led Lenser, Radix Nutrition, and Hoka One One) it's going to be a pretty fun night out for running enthusiasts.

Date: Thursday 24 September, 7.00pm at Harvest Centre Auditorium, Rotorua

Tickets are \$25.00 for adults and \$17.50 for under 17-year old's

Ticket booking link <https://www.trybooking.co.nz/EOR>

Facebook event page <https://www.facebook.com/events/299885851062443/>

U tube promo trailer <https://youtu.be/GcV6uS2zfVE>



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

For adults

Sarah Wiwarena 027 347 8115
Pam Kenny (when she is on site)
Matt Parsonage (0210586 189)

For children's singlets

Kelly Albrecht (027 882 6484)

Payment to be made at the time of purchase.
Please bring the correct change

Costs

Adults running singlet	\$35.00
Adults short sleeve walker's tee	\$35.00
Junior (children) singlets	
Size 2 to 12	\$30.00
Size 14 plus	\$35.00
Supporting clothing	
Zip hoodie	\$55.00
Track suit	\$90.00
Beanie	\$18.00
Youth pullover hoodie	\$15.00