



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

GUFF SHEET

1 May 2021

The past week

Like last week the customary pack runs were the only club activities for members this past week, other than the Saturday morning Park Run.

Club activities

Saturdays

In the main Saturdays are where the club's winter season activities happen, with most of them scheduled for the afternoon. There are occasions when an event is held on a Sunday morning or on a week day evening.

To kick off the 2021 season the first event is this coming Saturday (1 May) and is being held on the Trout Fly course that was used the last few weeks this summer.

Pick a distance – 3km or 4km which is raced alongside Te Ngae and then turns into the Forest just before the Te Ngae/Sala Street bridge to return back in the opposite direction to finish opposite the Ngapuna shops, Te Ngae Road.

Register between 1.30pm and 1.50pm at the Neil Hunt Park clubrooms for a 2.00pm start. Youngsters are to be accompanied by an adult. No entry fee payable – just front up!

Afternoon tea provided courtesy of the Club. Duty Officers: the winter season sub-committee.

Now, let's take a look at what's on the calendar the next few Saturdays!

Saturday 8 May - Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. Incorporates the Club, Athletics Waikato-BOP and New Zealand Master grade marathon championships. No Club event this day. For those still to enter note that online entry closes Thursday 6 May 12.00pm.

Saturday 15 May - A romp out at the Hannahs Bay Reserve. Meet 1.45pm at the reserve at the end of Willow Ave for event briefing with a 2.00pm start. This is a great event to get rid of those "marathon legs" and is suitable for all; runners, shufflers, walkers, the young, the in between and those getting on in years. Duty officer: Matt Parsonage 021 0586189.

The winter months are most enjoyable. Don't be afraid to come and give some or all of the events a go. The programme has got to the printing stage and will be on the club's website in due course.

Mid-week / Sunday activities

Distance 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. Sunday mornings meeting times and venue vary so please keep in touch with your pack leader.

Walkers

Mid-week there is two meeting times: Tuesdays; 8.00am at Neil Hunt Park clubrooms, 5.30pm meet by 1231 Hinemoa Street (toilets). If not a regular with this group and wishing to join them contact Marieke - 027 4628572. Thursday; 8.00am by Planet Bike, Waipa Bypass Road, 5.30pm See Tuesday details above.

The Kia Tu, Kia Ora Marathon Running/Walking Clinic

Not all groups (packs) are meeting at the Neil Hunt Park clubrooms so keep in touch with your pack leader re meeting places. Any queries can be directed to Paul Wollaston the 2021 clinic convenor. lakecitymarathonclinic@gmail.com or Ph 021 299 8488. You are now on the late entry fee for events on 8 May – the Rotorua marathon and associated events. Online entry closes 6 May but you can enter at the Energy Events Centre -2.00pm to 9.00pm Friday (7 May) or event day from 6.30am to 8.00am. Naturally for a substantial fee.

2021 New Zealand Road Relays



This event will be held on Saturday October 2 from Christchurch on the iconic Takahe to Akaroa course. Lake City Athletic Club is looking to send up to six teams to this event. It is open to all club members aged over 14 years old. To be eligible for a team a club member will need to:

- Register as a club member (at least social membership) by 31/05/21.
- Pay a \$200 deposit to the club by 31/05/21 (refer to DEPOSIT INSTRUCTIONS below).
- Compete in selection races during the cross-country and road season (these races have yet to be decided).

First of all, though, we need to confirm what grades we will have teams competing in (JM, JW, SM, SW, MM35, MW35, MO50, MO60, and/or Social). To do this we need club members to volunteer as team organisers. If you would like to organise a team for a grade, can you contact Adrian Lysaght ASAP (adrian.lysaght@xtra.co.nz or 027 6153496). If no one puts their hand up to organise a team for a grade then we won't be sending a team in that grade.

DEPOSIT INSTRUCTIONS

The \$200 deposit needs to be paid by 31/05/21 into the Lake City bank account 03-1552-0095487-000 and must include the following details:

- Particulars: your first name
- Code: your surname
- Reference: NZRELAY

It is important to note that this \$200 deposit will not cover the full cost. Therefore, when selection is confirmed (late August/early September) individuals will be required to pay the difference. Depending on whether or not funding applications are successful or not, this could be as much as an additional \$100.

Daylight Savings

Daylight savings left us a number of weeks ago, but a number of evening runner/walkers (and even early morning ones) are seen not wearing some form of high vis clothing. They are not necessarily club members, but please note for your own safety and the public whether they are a motorist, cyclist or pedestrian they need to see you. It is strongly recommended that some form of Hi Vis vest is worn when out on the streets etc. Also, note that on evenings there is a high volume of traffic in and out of the Neil Hunt Park cul-du-sac so take care in this area - run/walk single file. Some of the traffic travels far faster than what they should in this area!



The traditional Champagne Breakfast

Those that are attending the breakfast on Sunday 2 May and have paid to attend, below is the time table. Sorry bookings have closed.

The package is:

- Assemble at bottom of gondola at 8am so seated by 8.30am, depart no later than 10.30am
- On arrival at Skyline guests receive 1 drink ticket and wrist band.
- Dress-up theme for the morning is "Tokyo Olympics"

Coach development workshop

This workshop is being held on 23 May 2021 (9.00am to 5.00pm) at Cambridge – venue to be advise. If interested please contact Louise Young, Athletics Waikato BOP Development officer on 021 1254 228 or email louisey@athleticswbop.org.nz

Registration

Subscriptions for the Club's financial year commencing 1 April 2021 can now be paid and will cover the period April 2021 to 31 March 2022. These are rolling in – thank you.

Registrations can only be accepted "online" through the Club Registration Website Portal. To access this Portal please click the link below

[Lake City Registration](#)

- If you are an **Existing member**, click on "login" (on menu bar) and select "Renew".

Check 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



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 - 021 0586 189

For children's singlets

Kelly Albrecht (027 882 6484)

Payment to be made at the time of purchase.
Please bring the correct change or proof that you have made the payment

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