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Clubrooms: Neil Hunt Park,
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ROTORUA
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GUFF SHEET

12 June 2021

The past week

With the dismal weather over the weekend many took a “rain check” for their exercise. Some ventured out to the Saturday Park Run or into the Forest on Saturday or Sunday. Week days, evenings for many it was out onto the streets. With the shortest day of the year only a couple of weeks away, hopefully the weather will improve – maybe wishful thinking!

Friday evening was an enjoyable run/walk out in the Redwoods, followed by social time at the clubrooms. A big thanks to those who handled the behind-the-scenes aspect of the event.

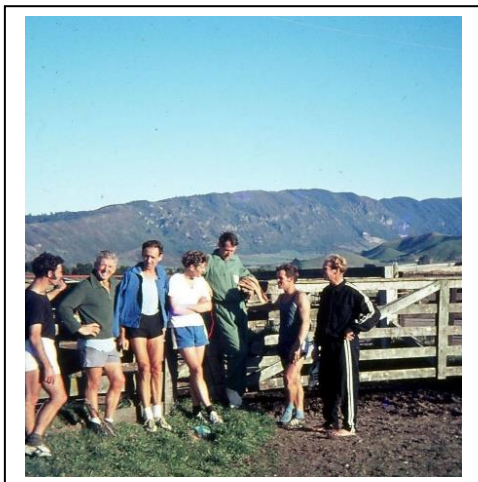
Club activities

Next weekend – Saturday 12 June. This is double event day. One in the afternoon and another in the evening. First up in the afternoon is the Foster, Smyth, Lamason cross-country event which is being held on the Paiaka Trust farmland at the top of Uthina Road. The event is a mass start, (sealed handicap) approx. 10km over the fabulous farmland that has been made available to us. This is a great chance to have a run or walk over true cross-country that takes in a great view of the city and its surrounds.

The event has three trophies at stake for pre-event financial members. They are the Foster Shield for males: The Smyth Trophy for females and the Lamason Trophy for walkers. Pre event the club handicapper will do his sums and arrive at handicap for each participant in the 10km event that the trophies are attached to. He will then deduct this from the finish times recorded to get the respective winners.

Please make yourself familiar with the dos and don'ts relating to the event - see below. Sorry the list is rather long but all are necessary. Those doing the 10km please check in with Moustache on arrival to make sure you are on his handicap list. The event start is 2.00pm for all.

Please call Matt on 021 0586 189 if you can help with course marking (this likely to be Thursday or Friday afternoon or Saturday morning), marshalling, recording etc. on the day.



Who are these guys? They are some of the participants in a very early Foster Shield event, which was held out at Waikite Valley – 1968 or 1969.

The course was said to be a killer over rugged countryside.

L-R: Tom Lamason, Tom McQueen, Jack Foster, Dave Ferguson, Dennis Kenny. Colin Smyth and Derek Wilson.

See below for the dos and don'ts relating to this year's event.

The Foster, Smyth, Lamason dos and don'ts

The event start location: The event start is approx. 1km from the top of Utuhina Road up a drive able farm track. Extreme care is to be taken when driving up past the water tower and the farm track. No speeding or hooning to be done. Obey the speed signs – 20km maximum. Yes, you can drive thru the gateway at the top end of Utuhina Road to get to the start.

Parking: Please, park in the designated parking areas when the start/finish area is reached.

Rules: The following need to be taken into account when participating:

The course: Follow the marked course which will be marked with cones, tape and arrows. Where there are double cones or arrows run/walk between them: where there is a single cone/arrow you can run/walk 5 metres either side of them. Do not deviate off the marked course

Stock: Do not upset any stock (cows, sheep, horses etc) that maybe in the vicinity of the course. Keep away from any water sources - drains, troughs, ponds etc.

Care givers: Your children are your responsibly. No climbing fences, running around buildings and playing in the stock yards etc. Sorry the terrain is not suitable for buggies

Dogs: No dogs to come onto the farm property – thank you

Respect: Please respect the privilege we have of being allowed on the property.



Now to the events: The approx. 10km event is a mass start sealed handicap event. The shorter event will be around 3km for those 14 and under and those that wish to run/walk a shorter distance.

Events start time: Is 2.00pm for all events. The event briefing will be at 1.50pm

The course: This will similar to last year and is a lap course of undulating, challenging countryside. Plenty of ups and downs. Even the 3km is a toughie.

Financial: There are three trophies at stake this day and to be a winner you are to be a fully paid-up financial member of the club prior to the event.

Now to the evening event at the Neil Hunt Park club rooms.



EVENING - 12 June

Sorry no tables left. Updates will be on the Lake City Facebook page

When - Saturday June 12

Time – From 6.30pm, but Quiz will begin at 7pm.

Theme – Christmas: **Cost** – FREE but please bring a plate of food along for a shared supper.

Location – Lake City Athletic Clubrooms, Neil Hunt Park, Lynmore

Teams - to be made up of 6 members - sorry no tables left.

Present swapping - If you would like to be involved in present swapping at the end of the evening, please bring a gift of up to \$5 to be placed anonymously under the tree.

Bar - There will be a cash bar available.

If need be, please contact Chris Lord to secure your spot - 021994214 (please leave a message) or chris.lord@dulux.co.nz

Sunday morning 20 June – Yes, it's a Sunday morn so come and have your Sunday exercise at this event, which is the annual club cross-country champs at Boord Park, Devon Street West. Now, don't be put off by the word champs! All abilities and ages are catered for - runners and walkers. More details in next week – programme etc.

Saturday 26 June - To round off the month of June, there is the Jackson Park/Tihi reserve cross-country relay with a 1.45pm meeting time at Jackson Park, Springfield Road.

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. Keep in touch with them.

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 town 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 Marathon Running/Walking Clinic

The various groups or packs are meeting at various times and days – some maybe just the weekend. Check out times, places etc with who was your clinic leader for details. Don't waste the fitness you have built up over the past weeks. Come and join the club activities especially the Saturday ones.

Club 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.

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

Clubrooms key pad holders

Please note the following:

Each holder's use of their keypad number is reviewed annually to ensure compliance with the rules and conditions. These can be found by going to the club's website and logging into Documentation which is on the tab About Us

Once a keypad number holder becomes nonfinancial in excess of two (2) months from 1 April of each year, or has not met the participation and volunteering requirements access to the clubrooms may be removed.

Now that 2 months has passed key pad holders that have access to the club room will be reviewed.