



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

GUFF SHEET

28 August 2021

The past week

Those of you that were observant will have noticed there was no Guff sheet last week. Why? The scribe spent a few days in hospital - not planned. To stop the rumor mongering on the hospital discharge sheet is the wording "infected singles on the face and scalp??"

Those that headed out to Lake Okaro last Saturday enjoyed themselves. This past weekend has become a wash out. no Park Run, no Athletics Waikato BOP Road Champs.

Activities

Because of our friend Covid returning to the country events have been turned upside down. Below are not in any order, so please read all.

No 1: Athletics Waikato BOP Road championships via Gate 2, 125 Mystery Creek Road, Ohaupo. These have been postponed from this past Sunday. Visit www.athleticswaikatobayofplenty.co.nz for updates. Decision is awaited.

No 2: The Club's Annual General Meeting that was scheduled for last Wednesday (18 August) has been postponed. The Club's constitution has a rule that needs to be followed re the rescheduling of and AGM meeting. Until, the future Covid situation is known a decision on the future meeting date cannot be set.

No 3: Access to Neil Hunt Park Clubrooms. The clubrooms are now in lockdown mode. **Please do not attempt to use your PIN Code for access** - John Marten, Secretary, 029 348 2849

No 4: The club's Road championships have now become a Virtual event. Details and rules are towards the bottom of this publication.

No 5:



Sunday - 12 September 2021

Required - Marshalling volunteers to help on 12 September for the Redwoods Forest Relay (Red Stag)

Volunteers are required to assist with marshalling for the event from 8.30am for about 4 hours. Please contact Phil Gulbransen on 027 382 8424 or email philgulbransen@gmail.com before 1 September if you can assist - thank you.
Phil Gulbransen

If you would like to participate, please read below

If you are a current financial member and would like to participate in a Lake City relay team, please indicate this by either filling in the form found at the club rooms (when they are open) or by emailing Sian at sianbremner@hotmail.com
Club selectors will place you into an appropriate team. Team lists will be available the week prior to the event on Facebook and in the Guff sheet.

Please print clearly

Age groups

Masters – 35 or over in the day (men and women)

Senior – Under 35 on the day (men and women)

Youth- Year 9 – 13 (school years)

Primary - Year 8 and under (school years)

Please email the following details

Full name

Age group

Walk/Run

Gender

Contact phone number

If you require more information on the event, please check the event out on our club web page.

Sian Twiddy

No 6: Athletics New Zealand Road championships, Sunday 5 September, via Gate 2, 125 Mystery Creek Road, Ohaupo. Note that entry cut off is 29 August at 11.59pm. No late entries are accepted. Visit Athletics NZ website for details etc.

No 7: Have you got LAZY SNEAKERS lying around at home? Gathering dust? Donate them!

Lazy Sneakers is a sneaker bank project collecting pre-loved, good conditioned sneakers from the community. These are then distributed for FREE so people can play, participate and reach their potential. Lazy Sneakers was created by Maia, who was only 12, when she noticed her friends couldn't participate in sport because they didn't have the right footwear. She started the sneaker bank in Wellington in 2018 and now there are sites and ambassadors popping up around the country. Lookout for the donation box at the club rooms (coming soon) and start gathering up your lazy sneakers! Keep an eye on the LCAC Website, Guff Sheet and Facebook for updates. For more info check out the Lazy Sneakers Website, or contact LCAC Member Amy on amy.victoria@outlook.com



Lazy Sneaker Collection sites now open! Drop off your Lazy Sneakers at the box inside the Lake City Athletic Club rooms or the blue bin in the St. Mary's School office (when both are open). Donated shoes can be of any size or type, they need to be:

1. Clean
2. In good condition
3. And have at least a year's worth of life left -

Amy McMahon

No 8: General - Club 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.

No 9: The Club Road championships. Because of the current Covid-19 lockdown, the Club Road Champs that were due to be held this Saturday (August 28) will not be going ahead. Instead, we will hold a Virtual Club Road Champs.

The time frame for this will be from Saturday 21st August till Wednesday September 1st. The weekend that has just been has been included, as some club members who were planning on racing in the Waikato-Bay of Plenty Road Champs may have already done a Time Trial effort.

To take part in this event, you will run or walk in your neighbourhood on a course of your choice, and use a GPS device (i.e., watch, smartphone) to measure your distance and time. You may also run or walk a known or measured distance (i.e., Trout Fly or Puarenga parkrun for 5km if this is in your neighbourhood, or the Ngongotaha Cycleway Time Trial course, which has been recently marked - contact Matt for further info on this).

If you don't have a GPS device, but would still like to take part, then contact Matt (0210586189) or matt1980@hotmail.co.nz and he will work something out for you.

Send your result to Matt with your name, time, distance and age group.

The distances for each age group are:

Under 12 Boys and Girls:	2km
Under 14 Boys and Girls:	2km
Under 16 Boys and Girls:	3km
Under 18 Men and Women:	5km
Under 20 Women:	5km
Under 20 Men:	8km
Senior Men and Women:	10km
Masters Women (35+):	5km
Masters Men (35-64):	10km
Masters Men (65+):	8km
Walkers (all age groups):	5km

These Virtual Club Road Champs will be used as a selection event for National Road Relay teams. Non-club members are welcome to take part and enter times.

Rules:

1. The course can be laps or point-to-point, but the start and end points should be a similar elevation (i.e., no big overall downhill - we want this to be fair).
2. You can choose to run up and age group if you wish, and do the longer distance (e.g., an under 20 Man can choose to run 10km instead of 8km, and enter as a Senior Man, or a Master Women could choose to run 10km instead of 5km, and enter as a Senior Woman).
3. Let Matt know your result by Friday September 3
4. Please abide by the current Government Covid-19 Alert Level restrictions, and maintain a minimum of 2 metres social distancing from anyone not in your bubble.

Matt Parsonage 021 0586