



# Energy City Harriers NEWSLETTER

Issue 1

April 2008

## Welcome

As the new president I would like to welcome everyone to the new harrier season of 2008. It was great to see so many new faces at our opening run on Saturday morning. I hope that you enjoy meeting and spending time with the positive and friendly people that belong to our club.

My advice to you would be to set a goal for the season, pick out an event or challenge that will help encourage you through the cold wet months of winter. This has been the main way that I have motivated myself. Feel free to see me if you require assistance in setting goals or training advice, as I will be happy to point you in the right direction or guide you towards another club member who could help.

This will be my 47<sup>th</sup> year of continuous running with New Plymouth Harriers. As you can imagine I have seen many changes over the years. One of the major things that we will be doing differently this year is that all runners will pay one fee. This will mean that everyone will be fully registered and can run in all events. The other change is that more runs and walks will be held Saturday morning, a trend that started last year and appears to encourage greater participation. However as the morning does not suit everyone I am very keen that the club rooms and full points will be available to all members that would rather run at 1.30 pm on Saturdays.

I am very fortunate that we have a strong and enthusiastic committee to run the club this year and by spreading the workload we will all have time to get fit and run well. I wish you all a good season with plenty of personal bests!

Yours in running

**Max Dravitzki**  
President

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## BE SAFE, BE SEEN

Please wear your reflective belts or tops when running at night, and adhere to all road rules. Remember cars have right of way.



[www.thefrontrunner.co.nz](http://www.thefrontrunner.co.nz)

25 Devon Street East  
06 758 1590

The Frontrunner New Plymouth is the stockist of our official club singlets, and the new club shorts. They currently have a full range of sizes in stock, so please get along as soon as possible to avoid disappointment. Please note The Frontrunner is not making any profit for providing this service.

## Upcoming Events

### Saturday, 5 April

PACK RUN Points = 5

Clubrooms 7.30am - Barretts Lagoon & Ratapihipihi Reserve.

### Saturday, 12 April

PACK RUN Points = 5

Clubrooms 7.30am - Back Beach via Herekawe Walkway (low tide 8.34am).

DR DAVIE Race points

Interclub event. Off road 4km (3 x 1.33km circuit) handicap race at St Josephs/Devon Intermediate school grounds.

M Dr Davie Cup

W Body & Sole Cup

Walkers Peter & Pat Clark Cup

Afternoon tea and prizegiving - *please bring a plate*

### Saturday, 19 April

PACK RUN Points = 5

Clubrooms 7.30am - Coastal walkways.

TARANAKI MOUNTAIN RUNNING CHAMPS

Points = 5

Pukeiti. Full details advised closer to day.

### Saturday, 26 April

PACK RUN Points = 5

Clubrooms 7.30am - Huatoki Walkway.

WAITARA INVITATION Points = 5

Full details advised closer to day.

### Saturday, 3 May

PACK RUN Points = 5

Clubrooms 8am - Te Henui Walkway.

HAWERA BEACH RELAYS Points = 5

Full details advised closer to day.

LION FOUNDATION ROTORUA MARATHON

Points = 5

### Saturday, 10 May

PACK RUN Points = 5

Clubrooms 8am - Back Beach via Herekawe Walkway (low tide 7.23am).

MOUNTAIN RUN Points = 10

Meet at Ihaia Track 9am - Ihaia Track to Waiau Gorge Hut.

*Lunch - Butler's Reef*

### Saturday, 17 May

BRENDA BALLINGER MEMORIAL AND GRAHAM CUP Race points

Clubrooms - off road 4km (2 x 2km circuit) cross countryrace on St Josephs/Devon Intermediate school grounds.

*Brenda Ballinger Trophies:*

M Brenda Ballinger Memorial Cup

W Brenda Ballinger Memorial Cup

Walker Brenda Ballinger Memorial Cup

Yrs 7 & 8 Brenda Ballinger Inter-School Challenge Cup

*Graham Cup Trophies (sealed handicap - club members only)*

M Graham Cup W Elder Cup

Walker awarded miniature cup

Afternoon tea and prizegiving - *please bring a plate*

### Saturday, 24 May

SCHI ZENHAUSER TROPHY Points = 10

Meet clubrooms 8am - forest novelty relay Pembroke St (2 x 1.3km circuit race). Run to Pembroke St for relay and back to clubrooms after relay.

Morning tea and prizegiving - *please bring a plate*

### Saturday, 31 May

PACK RUN Points = 5

Clubrooms 8am - various reserves to Waiwakaiho river valley and return via Coastal Walkway.

HUGHES MEMORIAL Points = 10

Interclub event. Cross country event at AMP

Showgrounds, Hawera. Full details advised closer to day.

Afternoon tea and prizegiving at Hawera

Clubrooms

### Saturday, 7 June

PACK RUN Points = 5

Clubrooms 8am - Coastal Walkway.

MOUNTAIN RUN Points = 10

Meet at Stratford Mountain House at 9am.

Waingongoro Track.

*Lunch at McFarlanes Inglewood*



CITY NEW WORLD  
NEW PLYMOUTH

**Saturday, 14 June**

PACK RUN

Points = 5

Clubrooms 8am – Back Beach via Herekawe Walkway (low tide 10am).

TOM VERNEY

Points = 10

Interclub event. Cross country event at Stratford Racecourse.

Scratch starts. Full details advised closer to day.

Afternoon tea and prizegiving at Stratford

Clubrooms

**Saturday, 21 June**

PACK RUN

Points = 5

Meet at Lake Mangamahoe 8.30am. Run from Lake Mangamahoe back to clubrooms. Full details advised closer to day.

NZ SECONDARY SCHOOLS CROSS COUNTRY CHAMPS

Francis Douglas Memorial College. Full details advised closer to day.

**Saturday, 28 June**

PACK RUN

Points = 5

Clubrooms 8am – Te Henui Walkway.

NORTH ISLAND CROSS COUNTRY

CHAMPIONSHIPS

Points = 5

Taupo. Full details advised closer to day.



80's, 90's and Now!

## Gold Coast Airport Marathon

More than 16,000 people from around the world are set to *'Embrace The Next Step'* and participate in the 30<sup>th</sup> annual Gold Coast Airport Marathon on **Sunday 6 July 2008**. There is an event for all ages and fitness levels including the 42.2km Marathon, 21.1km Half Marathon, 10km Run, 7.5km Walk and Junior Dash races for the kids over 2.25km and 4km.

Regarded as the premier marathon in Australia, the Gold Coast Airport Marathon is also recognised worldwide for its fast, flat and scenic course and technical excellence. The marathon course is one of the most picturesque in the world - it runs alongside the magnificent Broadwater, sparkling Pacific Ocean surf beaches and past the multitude of high rises with the hinterland mountains as a glorious backdrop.

Tens of thousands of spectators line the scenic course along with roving musicians and entertainers, creating an amazing atmosphere to help inspire and motivate the 16,000 participants. This entertainment and atmosphere along with other social events including the Asics Sport & Leisure Expo and Legends Motivational Carbo Lunch ensure participants and supporters maximise their Gold Coast Airport Marathon experience.

Visitors to the Gold Coast for the event can enjoy direct flights into Gold Coast Airport, a huge range of accommodation, dining, public transportation and leisure activity options. The Gold Coast Airport Marathon is nationally accredited by Athletics Australia and internationally by the International Association of Athletics Federations (IAAF) and Association of International Marathons and Distance Races (AIMS).

For further information

visit: [www.goldcoastmarathon.com.au](http://www.goldcoastmarathon.com.au)

## Tuesday Night Pack Runs/Walks

A few reminders for our pack run/walk on Tuesday nights.

- Please wear something reflective, ie belt or top
- Where possible run on the left hand side of the road, no more than two abreast or preferably on the footpath.
- Don't forget to keep an eye on everyone in your group.

### Pack Run/Walk etiquette:

- They are not races
- Keep behind the pack leader.
- Stick together for at least the first half of the run. If you get ahead of other runners do a loop to enable them to catch up.
- Split up by arrangement between the leader and pack members rather than by dropping off a trail of stragglers.
- It is the responsibility of all members to ensure that individual runners do not have to struggle home by themselves. Take your turn at accompanying slower runners home.

These guidelines ensure pack runs/walks are enjoyable for everyone



*Someone's enjoying their day*

## Past Events

### Brooklands Road Race 2007

There was an excellent turnout for the last race of the season held at Kaimata Street on a warm Spring afternoon. It appears that a lot of our runners are fine judges of pace as the top 3 competitors were within 3 seconds of their predicted times. Ross Bowling was the winner & was only 0,6 seconds from predicted time! Keith Dye & Karen kindly hosted afternoon tea but they were forced to evict some late stayers who were drinking beer in the afternoon sun. Many thanks to Tony Vaughan for setting up the course as well as to the other helpers.

Robin Grant

### Redwood Forest Relay Run Rotorua

This event was held on the 15<sup>th</sup> of September 2007 in perfect weather conditions despite a poor forecast.

The Youth team from Energy City Harriers was up early for breakfast and watched the Boks destroy the Poms at 7 in the morning.

The Youth team was Nathan Coombes, Tyler Griffins, Jason and Cameron Holden.

I was to leave to get the starter pack at about 9 o'clock but the team wanted to come with me.

It proved to be a great move by the Team. Being early, they checked out the course, chatted to friends like ex. club member Davis Sutcliffe and felt the atmosphere as other teams and friends arrived for the start at 10:02 am. Warm-ups were done and instructions given for the start / finish line. First off for us was Nathan. He timed the start like a professional athlete, running down the finish chute and turning on the start line in front of every other team. Nathan came across the finish line in third place.

The team which was leading by about 20 seconds did not have its second runner ready so they lost 20 seconds. Tyler started his lap with only

seconds difference between the top three teams. Tyler started his sprint early after coming down the hill. It is a long tar sealed road to the finish line. As he finished he had nothing left in the tank. As the P.A. person said, "The Energy City man has used all his energy." Tyler showed me what a great team person he is, giving everything to get to the line.

Jason got away quickly. I am not sure where the team was placed (still only seconds between the teams). Jason must have put the team in the lead when he changed over with Cameron. Jason's finish was one of the gutsiest I have witnessed. He gave his all for the team.

Cameron ran like a real winner to hold off a very strong challenge from the second placed team (Whakatane). We won by 10 seconds, to give Energy City Harriers 1<sup>st</sup> place. Top of the pool, champion winners, number one. I could go on but was rapped for the guys as everyone put in a top team effort.

A little history:

- 4 years ago we placed 4<sup>th</sup>
- 3 years ago we placed 3<sup>rd</sup>
- 2 years ago we placed 2<sup>nd</sup>

But this year we were 1<sup>st</sup> out of 18 teams.

On a personal note:

The guys performed and acted like true athletes all weekend. I didn't have to baby sit them, unlike other sports team with older members. It was a privilege to take a top team of young men trained by Taranaki I con Gerald Dravitzki to win against most of the North Island strong Secondary Schools and running clubs.

I know it has been a bloody hard few months for each of the team members to perform to a top level each weekend for the club, schools and province. Thanks for a great weekend Cameron, Jason, Tyler and Nathan.

Keith Goodwin

# TIMBERCO

Results are on the net for the 2007

**NEW YORK marathon:**

**Congratulations to:**

Max Dravitzki

Time: 2:58:44

Half marathon time: 1:25:06

Age group place: 2nd

Cheryl Leuthart

Time: 3:08:27

Half marathon time: 1:30:22

Age group place: 12th

Robin Grant

Time: 2:43:16

Half marathon time: 1:19:23

Age group place: 2nd

WELL DONE!!

**MAX'S 50<sup>TH</sup> MARATHON**

It all began shortly after the Mountain to Surf marathon when Max let slip that his next marathon would be his 50<sup>th</sup>. I reckoned that we had better make it a special one and so the idea of running the New York marathon was born. The invite went out. Murray Hodson & Keith Dye were tempted but declined. Cheryl simply said yes and so the three of us started making plans and started training. The training tempo picked up from August. It was the hardest training that Cheryl & I have ever done and we were ever vigilant for that fine line between optimal training and overtraining leading to injuries. Max did give us an injury scare but bounced back like a true veteran. He and Cheryl also had to fend off the dreaded BOT. This is when I learned the wonders of colostrum. Suddenly it was time to leave. Our first 3 nights were in San Francisco & our first activity there was a sunset run over the Golden Gate Bridge – spectacular. While in San Francisco, Max & I felt we needed to demonstrate how progressive & free thinking we were so we shared a bed while Cheryl slept on the couch. Then off to the Big Apple. Two highlights were a low level flight around Manhattan in a 4 seater plane & watching the US Olympic men's marathon trials around Central Park. And then it was race day. This was the biggest marathon ever run with nearly 39 000 finishers. Max had a sub-elite start so could sleep in & was escorted by a police convoy to the start. Cheryl & I lined up with the masses. This involved leaving our hotel 4 hours before the

marathon – a total contrast to the Mountain to Surf. Weather conditions were perfect & the race began. The first 10k involved a lot of traffic dodging but I forced myself to look out from the bridges at the Statue of Liberty & the Empire State building. Two million spectators lined the course which ran through all 4 boroughs of New York. At mile 16 we entered Manhattan on First Ave which was lined with half a million people who all seemed to be cheering for me. That in itself was a once in a lifetime experience. Cheryl had singlets made for us with our names on the front & the crowds loved to call out our names - “go Cheryl you are my favourite” was heard at least once. And then came the inevitable withdrawal from the surrounding environment as the suffering set in. Well we did it – the Taranaki trio from Energy City Harriers kicked some Yankee butt. Cheryl finished in the top 1% of woman runners & Max & I came second in our age groups. Max’s age adjusted time would have placed him 20<sup>th</sup> overall & that is out of 40 000 starters. What a way to celebrate your 50<sup>th</sup> marathon. From start to finish, it was a fantastic experience. I could not have had two better people to share it with.

Robin Grant

## Reminder – Club Fees

Membership fees should be paid to Brian Hall, Subscriptions Secretary. Please assist the club by paying your membership fees promptly.

Senior/Masters Men & Women	\$60.00
M19, W19, M16 & W16	\$40.00
B13 & G13	\$20.00
Walkers	\$30.00
Social Members	\$10.00

## Energy City Harriers Committee

<b>President:</b>	Max Davitzki	753 4745
<b>Club Captain:</b>	Steve Grant	751 3259
<b>Vice Captain:</b>	Keith Goodwin	753 6894
<b>Secretary:</b>	Sharon Edmunds	758 1235
<b>Treasurer:</b>	Cheryl Leuthart	753 2144
<b>Handicapper:</b>	Brian Hall	752 7590
<b>Subscriptions Secretary:</b>	Brian Hall	752 7590
<b>Committee:</b>	Gerald Dravitzki	
Mike Ingram	Robin Grant	
Jane Elder	Jo Parker	
Michelle Coulton	Denise Jordan	



**ENERGY CITY  
HARRIERS**

P O Box 683, New Plymouth  
Clubrooms  
Calvert Rd, New Plymouth Ph 06-758 8714