



# Energy City Harriers NEWSLETTER

Issue 2

June 2008

## Welcome

Hi all

The Clubroom buzz of chat/anticipation/excitement these days is evidence of its new life as we are having a wonderful season and all the smiles of the new members attest that they are enjoying their voyage of discovery with Energy City Harriers- Keep it up!

Any observer would, I think, be most impressed with the unity, energy and ability of your well lead committee in that everyone is making a huge contribution, building on what has been established but also adding a new flavor-so watch out for another fun (?) relay and mid-winter dinner and other programme changes

The confidence to schedule regular Saturday morning pack runs has been rewarded with excellent turnouts BUT Cheryl & Tony V do need some company for their Sat pm runs so keep those communication lines open please

With the club championships just around the corner and age group records up for grabs it is something to look forward to but a word of caution to those who like myself in the twilight of their careers-don't get too grumpy when you find that you can't do it as well anymore, remember in a couple of years the times you're running now will look fairly sharp-believe me!

Good running

Gerald Dravitzki

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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 stockists of our official club singlets, and the new range of 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 July

PACK RUN Points = 5

Robertson Shield. Meet at clubrooms at 8am.  
Novelty relay Rosendale Ave/Ngamotu Rd (2 x 1.2km circuit race). Run to Rosendale Ave for relay and back to clubrooms after relay for prizegiving. Please bring a plate.

NORTH ISLAND CROSS COUNTRY  
CHAMPIONSHIPS

Taupo. Full details advised closer to day. Points = 5

Mid Winter Social Event at Crowed House see page 6 of this newsletter for details

### Saturday, 12 July

PACK RUN Points = 5

Clubrooms 8am - Coastal walkways.  
DRAVITZKI INVITATION Points = 10  
Meet at Max and Carolyn Dravitzki's, Carrington Rd, New Plymouth at 1pm. Run across farmland. Wear old shoes!

Afternoon tea - *please bring a plate*

### Saturday, 19 July

PACK RUN Points = 5

Clubrooms 8am - various reserves to Waiwakaiho river valley and return via coastal walkway.  
TARANAKI CROSS COUNTRY CHAMPIONSHIPS  
Full details advised closer to day. Points = 10



80's, 90's and Now!

### Saturday, 26 July

PACK RUN Points = 5

Clubrooms 8am - Back Beach via Herekawe Walkway (low tide 9.10am).

MCINTYRE'S INVITATION Points = 10

Meet at Rimutauteka Rd 1.30pm. Run across farmland. Wear old shoes!

Afternoon tea - *please bring a plate*

### Saturday, 2 August

PACK RUN Points = 5

Clubrooms 8am - Te Henui Walkway.  
NZ CROSS COUNTRY CHAMPIONSHIPS Points = 5  
Wellington. Full details advised closer to day.

### Sunday, 3 August

TAUPO HALF MARATHON Points = 5

### Saturday, 9 August

PACK RUN Points = 5

Clubrooms 8am - Coastal Walkway.  
PACK RUN Points = 10  
Meet at Patuha Lodge 1pm.  
Afternoon tea at Patuha

### Saturday, 16 August

CLUB ROAD CHAMPIONSHIPS Race points

Sealed handicap races at Kaimata St, New Plymouth.

5 x 1km circuit. Start times to be advised.

M Ballinger Cup

W Ballinger Cup

MM NPHC Vet Man Trophy

MW NPHC Vet Woman Trophy

M19 Anniversary Cup

W19 NPHC U20 Woman Trophy

M16 Ballinger Cup

W16 Sonia Barry Trophy

B13 Ballinger Trophy

G13 Ballinger Trophy

Walker awarded miniature cup

Afternoon tea and prizegiving clubrooms - *please bring a plate*

### Saturday, 23 August

PACK RUN Points = 5

Clubrooms 8am - Barretts Lagoon/Ratapihipihi Reserve.

TARANAKI ROAD CHAMPIONSHIPS Points = 10  
Full details advised closer to day.

### Saturday, 30 August

PACK RUN Points = 5  
Clubrooms 8am – Te Henui Walkway.  
WHI TECLIFFS Points = 10  
Pukearuhe at 1pm. Beach and track run. Low tide  
3.21pm.

### Saturday, 6 September

PACK RUN Points = 10  
Meet at NPOB Surf Club, Oakura at 8am (low tide  
7.31am)  
Brunch at 193 Surrey Hill Rd, Oakura  
NZ ROAD CHAMPIONSHIPS Points = 10  
Waikato, Bay of Plenty. Full details advised closer  
to day.

### Saturday, 13 September

PACK RUN Points = 5  
Clubrooms 8am – Coastal Walkway.

### Sunday, 14 September

TARANAKI SCHOOLS ROAD RELAYS

### Saturday, 20 September

HUTCHINSON CUP Race points  
Hickford Park, Bell Block. 5km (2 x 2.5km circuit)  
handicapped road race. Start times to be advised.  
M Hutchinson Cup  
W Hurworth Cup  
M19 & under K Green Trophy  
W19 & under O'Rourke Cup  
Walker awarded miniature cup.  
Afternoon tea and prizegiving clubrooms - *please  
bring a plate*  
STRATFORD TEAMS ROAD RELAYS Points = 5  
Full details advised closer to day.

### Saturday, 27 September

BROOKLANDS CIRCUIT RACE Race points  
Kaimata St, New Plymouth. 6.4km (4 x 1.6km  
circuit)  
estimated time race. No watches. Start times to  
be advised.  
Afternoon tea and prizegiving - *please bring a  
plate*

### Saturday, 4 October

PACK RUN  
Meet Bellringer Pavilion, Pukekura Park 8am.

### Sunday, 5 October

DAILY NEWS HALF MARATHON  
NZ ROAD RELAY CHAMPIONSHIPS  
Otago. Full details advised closer to day.

### Saturday, 11 October

MARATHON CLINIC  
Meet Bellringer Pavilion, Pukekura Park at 8am.

## 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



CITY NEW WORLD  
NEW PLYMOUTH

## Reminder – Club Fees

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

## Past Events

### Dr Davie 12 April 2008

It was a beautiful sunny day...I got brave and decided to do my first event with the club. A 4km handicapped cross country event for the Dr Davie Cup. After realising I needed the club singlet for a start, Steve suggested approaching Karen Fabish who had just finished the walking event. She happily stripped off (thanks Karen!) and I was ready for action ... more than slightly apprehensive! The line up for the start came round and suddenly I heard the gun...we were off! Being my first event I managed to get a good handicap and started off near the front. Feeling like the rabbit that the greyhounds were chasing, I went as quick as my legs and lungs were happy with. First lap felt great and I wondered why it had taken me so long to do the club events. Second lap I started wondering why exactly I was doing it and how long I could be anaerobic for! Is it ok to feel nauseous?! I figured I better pull back a little and let my lungs regroup! I caught sight of Renee and Danielle racing along, how do they make it look so easy?! By now the end was getting near and 500m before the finish I ran past Max Dravitzski doing his cool down with the other men. A loud 'Come on Jane, dig it in!' yelled by Max as I went past gave me both a heck of a fright and the burst of adrenaline I needed to change gear and head in to the finish line....yahooo! What a great afternoon....a fast trot to get the blood pumping, great atmosphere, fantastic people to catch up with (once I could talk again), followed up by a huge afternoon tea. If anyone out there is thinking about doing an event...I'd highly recommend it!!!

Jane Elder

### Tom Verney Stratford 14 June 2008

Whenever we go to Stratford to run an event, inevitably the discussion turns to the weather. More particularly, the wind. You see, at Stratford racecourse, where Stratford Runners and Walkers hold their events, there is always wind. And it always seems to be in your face for the longest part of the race. So it was that we drove to Stratford on Saturday 14 June discussing the

wind. When we arrived we were pleasantly surprised at the lack of wind, until we stepped out in front of the grandstand, that was. The sun was hinting at peaking through the clouds, so it was generally quite pleasant. It was good to see John Henwood there to give moral support. Luckily he had brought his trusty deck chair, because the grandstand seating was not suitable for a bloke in his condition. It was really "the return of the John's" because John Middleton had chosen this event to signal his comeback from injury. And so the athletes gathered - young ones, older ones, serious-looking ones, casual ones from the usual clubs that frequent this event. For my part, I was not going to take this too seriously. I had come to run and as long as I didn't get lapped, that would be good enough for me. My lack of training was going to tell, I thought. That certainly proved to be true. There were walking races and women's races and then it was our turn. I was coaxed out (well really went because I felt I should) for a warm-up, but the wind was cool and the bladder was reminding me who is boss so the warm-up was short. There were the usual jokes at the start line in response to the starter's instructions and we were off. I thought that I ran quite well in the early stages, even passing a few guys in red singlets, but by the start of the third lap (we ran 9km) I was starting to wilt - it's that lack of training I was talking about coupled with the head wind. Those same red guys passed me and headed off into the distance. It was not until after the race that one of them said that I had messed up his plans. He was going to sit behind me all the way, but when I waved him through, he said he didn't know what to do. I guess the nearest competitor ahead of him was probably out of sight, so he was afraid of getting lost. Anyway, a good afternoon tea, a catch up with a few folks from other clubs, the announcement of the North Island cross country team for Taupo (5 July) and we are in the car and heading home. Summary: for me, it was a good day and a satisfying run that met with expectations. I'll be back next year.

Mike Ingram

# TIMBERCO

# Energy City Harriers Mid Winter Social

**Crowded House**

**5th July 2008**

**Pre-dinner drinks 6pm**

**Dinner 6.30 sharp**

**7.30 All Blacks vs South Africa**

Time to put the running shoes down for a couple of hours! Join us for dinner

and/or a drink and watch the game

Menu options

Naki Burger	\$17.50
Fettucine	\$18.00
Thai Beef Salad	\$17.50
Chicken Curry	\$18.50

Under 18 to be accompanied by parent or guardian

## Energy City Harriers Committee

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



**ENERGY CITY  
HARRIERS**

P O Box 683, New Plymouth

Clubrooms

Calvert Rd, New Plymouth Ph 06-758 8714