



Energy City Harriers NEWSLETTER

Issue 3

September 2006

Welcome

It is hard to believe the season is rapidly coming to a close. It has been jammed pack with a diverse range of choices which I trust club members have enjoyed (some, if not all). It has certainly been a busy one. Many thanks to Max and Carolyn Dravitzki and Neale and Fiona Parkinson for holding invitation runs from their homes.

It was good to see our youth participate in the annual Red Stag Forest relays held in Rotorua. The team of Nathan Coombes, Davis Sutcliffe, Tyler Griffin, aided also by Hawera harrier Dougan Butler, finished second in their grade. Well done boys. The master men's team consisting of Steve Grant, Ross Bowling, Keith Goodwin and Barry Dravitzki came a creditable sixth. Many thanks to Steve Grant for organising this event.

The club is likely to be well represented at this year's New Plymouth half marathon. Good luck to all those planning to participate.

On Saturday, 7 October we have two teams competing at the NZ Road Relay Champs in Feilding. Good luck guys.

Our end of year dinner and prizegiving is on Saturday, 28 October. Mark your diaries now. Apologies for this event clashing with the Auckland half marathon and marathon but unfortunately was difficult to find a free weekend to hold the event.

While the season is officially coming to an end, in reality we have evolved into a year-round organisation. If you haven't been before, our summer BBQ series of pack runs/walks are highly recommended and a great opportunity to experience areas of the city or country you never knew existed. Thanks to Jeni Gilbert for taking over from Peter Larsen in organising hosts for these runs/walks.

The marathon clinic has become a huge part of aspiring half/full marathon runners/walkers summer as both novice and seasoned campaigners meet on Saturday mornings to share a run/walk around the area.

Neale Parkinson has again kindly offered to run (excuse the pun) the clinic with the first Saturday morning run commencing on 28 October. A registration evening will be organised prior to this date.



Other choices include participating in the Olex fun run/walk series that is run over the summer months throughout Taranaki (see information sheet attached) or heading out to the TET track at Inglewood on a Tuesday night.

There is no excuse to break the winter's exercise habits.

Yours in running and walking.

Helen Begg
President

The **FRONTRUNNER**

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Upcoming Events

Saturday, 30 September

Pack run/walk from the Bellringer Pavilion, Pukekura Park at 1.30pm.

Sunday, 1 October

TNL Daily News half marathon. (Note points for either Saturday or Sunday but not both.)

Saturday 7 October

Whitecliffs walkway. Commences at Pukearuhe at 1pm. This is a beach and track run. Meet outside Bell Block School at 12.30pm to arrange transport. Afternoon tea at Urenui on way home.

NZ Road Relay Champs, Feilding

Saturday 14 October

Brookland Road Race, Kaimata St, New Plymouth. This is a 6.4km (4 x 1.6km circuit) estimated time race. No watches. This is the final points race in the club programme which will decide the most sought after points trophies.

Prizegiving and afternoon tea and Keith Dye and Karen Fabish's, 248 Coronation Ave. Members please bring a plate.

1.30pm over 29 minute groups walkers and runners.
2.10pm under 29 minute group runners.

This event is kindly sponsored by John Angell, Vanburwray Chartered Accountants and Murray McEwen, Auld Brewer Mazengarb & McEwen, Solicitors



Saturday 21 October

President's Invitation, 193 Surrey Hill Rd, Oakura at 1.30pm. Please bring a plate for afternoon tea.

An invitation is extended to all members and families to stay on for a pot luck BBQ tea or head home for a shower, collect family, organise food and come back out to Oakura.

Saturday 28 October

Marathon clinic - meet at 8am outside Bellringer Pavilion, Pukekura Park.

End of Year Dinner and Prizegiving

The Courtenay Room at the Devon Hotel has been booked for our end of year function on Saturday 28 October. Pre-dinner drinks (at own cost) will commence at 6.30pm with a banquet style dinner commencing at 7pm. Cost of meal (which includes a voucher for your first drink - house wine, NZ beer or non alcoholic drink) will be approximately \$29.00 (cost still to be confirmed). If you are interested in attending this function (which is an entertaining and fun night) please let Rob Davies or Helen Begg know.

Tuesday Night Pack Runs

As from this Tuesday, 26 September the clubrooms are no longer available to us. We are planning to continue the Tuesday night pack runs/walks through to early November when the Wednesday night BBQ runs/walks will start. The Tuesday night runs/walks will be run from different venues each week to add a little variety. The list of dates and venues is below.

3 Oct	5.30pm	Pukekura Park - main gate
10 Oct	5.45pm	Bell Block swimming pool car park
17 Oct	5.45pm	Lake Mangamahoe - first car park
24 Oct	5.30pm	Barretts Lagoon - Roto St entrance
31 Oct	5.30pm	Pukekura Park - main gate

Calling all Harriers...

It's that time of year again

BBQ Runs/walks 2006/07 and we need you!

The BBQ Series for 2006/07 has undergone some changes, as those who have previously hosted the event found it taxing on time, and too much pressure was put on individuals to supply copious amounts of food. Therefore we have reassessed the requirements for hosts and guests, and hope to encourage some new Harrier BBQ run/walk hosts!!! ... Don't be shy! Everyone will agree that these evenings are very enjoyable for all who attend.

Background information on BBQ Runs/Walks

The intention of the summer BBQ series is to offer members a chance to maintain contact over the summer, allow them to see where others routinely do their training and help build club camaraderie.

Since its inception in 1998 the BBQ series has proven to meet all these objectives and has developed into a regular part of our annual programme.

These BBQs are organised on 17 or 18 occasions each summer - on a Wednesday evening. The BBQs start on 8 November and end when daylight saving finishes in March. Pack run/walk start times are typically 5.30pm within New Plymouth or 5.45pm for outlying areas.

Host responsibilities are:

- ~ Take the pack (or arrange someone on your behalf to do so).
- ~ Provide a BBQ - it doesn't have to be flash!
- ~ Supply post run/walk liquid for re-hydration. Water is fine but juice or a 'replacement' drink is much appreciated.

Showering facilities are optional. As is swimming pool and/or spa pool. A garden hose is mandatory for the guys!

- ~ Pre dinner nibbles are "optional"
- ~ Offer potatoes to complement guest's BBQ meats/salads.
- ~ Tea/coffee to end the evening.

Guest responsibilities are:

- ~ Come prepared for an 'easy' run/walk. These events are social not competitive.
- ~ Supply, and cook, your own meats, kebabs, fish etc on the BBQ.
- ~ Bring a salad or dessert to share with other guests
- ~ Provide your own alcoholic/ non alcoholic refreshments.
- ~ Assist the Host wherever possible.
- ~ Be prepared to enjoy yourself!

Contact Jeni Gilbert 757 8168 Hm or e-mail jen2ross@xtra.co.nz to record your interest in hosting a BBQ, ASAP! We already have some dates booked, but need many more!

Well Done Eleanor

Eleanor Hamilton recently competed for New Zealand in the Age Group Triathlon Championships in Switzerland.



**ENERGY CITY
HARRIERS**

P O Box 683, New Plymouth

Clubrooms
Calvert Rd, New Plymouth
Ph 06-758 8714

Fun Run/Walk Series 

2006

- Sun. 15th Oct - Hawera - 2.5 / 5 / 10km - 10.00am Start
- Sun. 29th Oct - Stratford - 2.5 / 5 / 10km - 10.00am Start
- Sun. 19th Nov - Tikorangi - 2 / 6.4 / 10km - 10.00am Start
- Sun. 3rd Dec - Opunake - 2.5 / 5 / 10km - 10.00am Start
- Sun. 17th Dec - Okato - 2 / 5 / 10 / 16km
- 16km walk - 9.00am start / Everyone else 10.00am Start

2007

- Sun. 7th Jan - Bell Block - 2 / 5 / 10km - 6.30pm Start
- Sun. 21st Jan - Inglewood - 2.5 / 5 / 10km - 10.00am Start
- Sun. 4th Feb - Fitzroy - 2.5 / 5 / 10km - 10.00am Start
- Sun. 11th March - Eltham - 2 / 5 / 10km - 10.00am Start

Complete 6 out of the 9 events to qualify for OLEX TRAVEL PRIZES Drawn at the last run/walk

Join in the fun - take part with your family, friends, workmates
QUALITY SPOT PRIZES at each event, 1 chance in 6 wins a prize

3 prizes of Marbles meals to the value of \$100 for students

Every time Primary & Secondary Students enter and finish in the OLEX Fun Run / Walk Series, they go into the draws for the \$100.00
Marbles Restaurant Vouchers.
Finish all NINE events - get Twenty-Seven chances to win.
(Drawn at the Eltham Olex Fun Run / Walk)

Entry Forms Available From the Local Sponsors:

Olex NZ, Bell Block • Mackays Pharmacy Stratford • BP Eltham • Selectrix 100% Hawera
• McCullums Paper Plus Hawera • Walsh's of Waitara • Icon Sports Waitara • Waitara Shoe Salon
• Joe's Cycles Waitara • Bell Block Book Centre • Inglewood Book Centre • Taranaki Farmers Opunake
• Greaves Electrical Okato • Club Health • Hardy's Healthy Living New Plymouth • Robert Angus Real Estate
• Mitchell Cycles • The Devon Hotel (Marbles) • The Frontrunner New Plymouth • www.olex.co.nz

NOTE: Events are organised by Taranaki Harrier, Athletic, Running & Walking Clubs.