

Insider

*Issue 4***ENTRIES ARE OPEN!**Striders 42.2k,
21.1k, 10k
and 5k

Editorial

See page 16 for more details.

As the days grow shorter, our training involves more planning as we now have to include cold, wet and night running/walking gear. Headlamps are dusted off and hi-vis vests donned for our nightly excursions.

In this month's issue of the newsletter, we have great reports about the Whanganui River Road Relay (still on my bucket list) from David Cushing, Cheryl Sturms' take on the Whanau Tri, Margaret's report on the Taihape Half, and Gerry sharing his experience of the Ring of Fire Volcanic Ultra. Judith also tells us about a recent outing to the Paekakariki Escarpment Walk.

We also showcase the volunteering activities of some Manawatu Striders, with Kevin giving an account of the recent schools road race, Malcolm recapping the Weetbix TRYathlon, and Margaret

sharing the years of volunteering she and John have been involved in. It's so great to always see willing and able Striders members at events, ready and happy to volunteer with a smile. Just these past few months saw them helping out at the Race to the Brewery, the Weetbix TRYathlon, the schools event, parkrun, Super 7s and the Massey record attempt.

Hope you enjoy this month's news. As always, if you have any races, walks or tramps you would like to share with your fellow Striders mates, please send them my way. We'd love to read all about it!

Sit back and enjoy the read.

Happy roads & trails everyone!
Wouna



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Manawatu Striders

2018

Year 5/6 & Year 7/8 Schools' Road Race

by Kevin Palmer

This year, the third running of our very successful Primary and Intermediate School's Road Race was held on Tuesday March 27th.

The day dawned light and bright and it continued to be a beautiful warm day for the event held from our Clubrooms in the Esplanade, the river walkway and across Manawaroa Park.

Starting from our Manawatu Striders clubrooms, the 3km course takes in a road section heading in the Esplanade entrance gate, around past the duck pond and south toward the rear of the paddling pool before a sharp left onto a light gravel track and down onto the paved river walkway. Veering left, competitors head east along the walkway to the 1km marker toward the Fitzherbert bridge, taking the path up by the public loos to skirt the gravel track and loop back toward home. Passing the kids new bike park, the main playground, flying fox and train station they're on the homeward leg and back

past the duck pond toward the 2km marker at the Esplanade entrance gate again. Then it's into Manawaroa Park for the final 1km of the course, running down past the PNGHS fence line, turning left across the park towards the Lido in the distance, and then a short out-and-back to the finish line outside the clubrooms.

It's a great and interesting 3km course with some varied but very safe surfaces and in an environment that is well known to many of the competitors, which is an added bonus.

The number of entries had virtually doubled from last year to just over 200 school children taking part this year across eighteen schools.

Race categories are Year 5/6 Girls, Year 5/6 Boys, Year 7/8 Girls and Year 7/8 Boys. Individual winners trophies are awarded in each category with trophies also awarded to the winning school in each category with the top three runners from each team of four runners.

Manawatu Striders

2018 Year 5/6 & Year 7/8 Schools' Road Race (cont.)

Many thanks to our club volunteers who helped out as marshals, with course set-up and pack-down – without you we couldn't be able to stage this popular event for the kids. Thanks too, to the girls from PNGHS who so ably acted as the Lead and Tail-end safety cyclists and as recorders as the competitors finished in each event. And a big hug and thank-you to Kim, our Club Administrator who ensures that everything happens stress and hassle free.

**RESULTS****Year 5/6 Girls**

3rd Place - Hannah Cadzow, Riverdale
 2nd Place - Holly McIntyre, Kimbolton
 1st Place - Tayla Cornwall, Tiritea (Time 12:15)

Year 5/6 Boys

3rd Place - Matt Davis, College Street
 2nd Place - Lachie Dale, Russell Street
 1st Place - Will Saberolle-Stone, Kimbolton (Time 12:06)

Year 7/8 Girls

3rd Place - Lucy McLean, PNINS
 2nd Place - Kylah Gunn, PNINS
 1st Place - Hayley Cornwall, PNINS (Time 11:31)

Year 7/8 Boys

3rd Place - Fergus Doolan, PNINS
 2nd Place - Bruze Izumi, PNINS
 1st Place - Reuben Duker, Longburn - (Time 11:10)

Winning Schools

Year 5/6 Girls - Riverdale
 Year 5/6 Boys - College Street A
 Year 7/8 Girls - PNINS
 Year 7/8 Boys - PNINS



Taihape Half Marathon

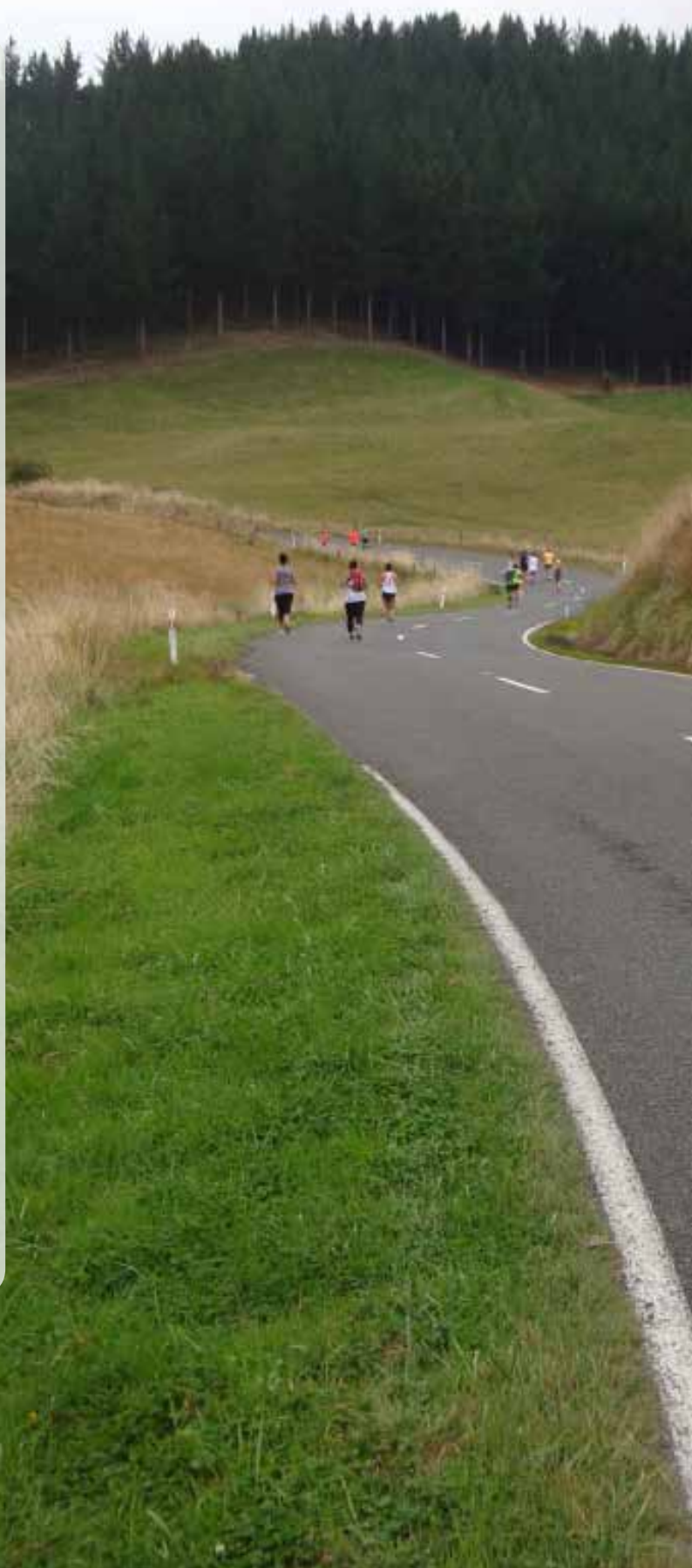
by Margaret Stuart

Saturday, 17 March 2018 dawned crisp and clear, an ideal morning for a drive to Taihape for a run or walk. John had entered the 10 km walk, while Karen Yule, David Jones and myself did the half marathon. There was also a 5 km run/walk, and for the kids there was a fun run/walk for 6–10 year olds, and lots of children did this.

Starting point for the event was at Wainui Hall, arrived at by following the Napier-Taihape/Spooners Hill Road, then turning right onto Pungatawa Road where the hall was 2 km further on. A very cold wind chilled us on arrival, but by the time we climbed the first hill we were glad we had decided not to put on more clothing.

A total of 121 people entered in the half marathon, 10 km and 5 km events; we were told 10 more than last year. Derren Hutchison won the half marathon walk, and David Jones was second after struggling from an injury at about the 17 km mark. Karen and I walked together, enjoying the scenic Moawhango Valley. At least 10 km was on rough metal road with little in the way of traffic tracks, which proved a bit testing, but we arrived at the finish in good spirits. John was pleased with his 10 km walk as it was the longest he had done since injuring a calf muscle in January.

This scenic, country event organised by friendly Taihape folk was well organised and worthwhile attending.



Paekakariki Escarpment walk

by Judith Cohen-Zwart



On a sunny Wednesday this month we walked the Escarpment walk with the Manawatu tramping club. We drove to Paekakariki where we used the train to get to Pukerua Bay. From there we just followed the signs and started our walk in single lane as the path is narrow and even at times a rope is used to make sure you stay on the path. The walk is as beautiful as I had hoped for, especially on a sunny day. We had some wind but then that is to be expected on such a walk.

We did not go very fast as it was not a race and it also gave us plenty of time to enjoy the spectacular sights. We do live in a beautiful country! Even on a midday in the week there were quite a few people on the track besides us. If possible try to walk it during the week as the track is well used in the weekends. The stairs on the track are the most challenging but you can take your time. I promise you it is worth the effort. There are plenty of seats to take in the sights and get your breath back. There are several signs explaining the history of the track, what to look for and information about the fauna and flora. We walked out around 2pm and had a well-deserved coffee in one of Paekakariki cafe's before returning home.

If you have not done this walk I recommend it wholeheartedly as it is well worthwhile and possible for anyone with a reasonable fitness.



Weetbix kids warriors

by Malcolm Brown

On 20 March, six Striders members volunteered for the marshalling at the Weetbix Kids Triathlon. What an event with over 2,300 participants.

The event was professionally run and what a great day in the sun.

Brekkie and lunch was provided for all.

It was such a positive environment to be in and well worth the support from our members. A donation to the club has also been given so everybody wins.

A big thank you to Ralph, Bernice, Marian, David and John for their great support. I hope they enjoyed this event as much as I did.



Whanau Tri

by Cheryl Sturm

This year we did the Whanau Tri as a Whanau (Family), with all four of us competing.

The night before, was like Christmas Eve. Instead of packing stockings, we were packing Tri transition buckets, one for each of us. The kids decorated theirs with glee. Bikes, helmets, tri boxes etc, all into the car - not forgetting water bottles and warm post-tri clothing.

I woke early and biked to the transition spot. Put my bike in line allowing enough space for my son's bike to park next to mine. I then walked home, woke the kids and the excitement began.

We arrived and put all the kids' bikes, helmets and gear into transition stations. The welcome in Te Reo and English was great and the temperature a little crisp at 8:40am. We were soon underway with the warm up, stretches, star jumps and butt kicks all to music. The kids loved it: "Just like Jump-Jam" said Jacob.

Sean and David competed in the Tamariki Tri's for their age groups, starting at 9am. First run, then bike, and then slip-n-slide. So cute! All the kids had fun and it was great to see them beaming with glee when they got their "gold medals".

Next was my turn, taking on the long course (300m Swim, 9k cycle & 3k run). It was cold and I knew I had to get in the front pack fast as I still had to do my elder sons tri with him after I finished this. Into the pool where I thrashed about imagining I was a dolphin or sword fish, while I really probably looked like Dory and "Just keep swimming", or a spastic shark in a frenzy. I only had a few kicks to the body and face and then after six lengths I was out and up the stairs running to my bike.

ROOKIE MISTAKE! Don't put your helmet on before your tee-shirt! Or it won't fit!

Run to bike, towel, shoes, t-shirt, helmet, jog bike through transition and out around the bike course. Through the Esplanade, turning and heading back to Park Road, down Katene Street and back to the Esplanade. Repeat 3x, fast like Dukes of Hazard on an old rusty mountain bike. Yes, very stylish! I was certainly wishing I had taken my road bike down. The cycle was great, and I could see so many new people here giving it a try/tri. Also great to have my sons cheering me on with "Go mum, go mum, GO MUM!"

Thinking I was going to make Jake late for his Tri, I screamed into transition, dumped my bike, threw down my helmet and ran out onto the run

Whanau Tri (cont.)

course - another 3x circuit. Eeeek, my legs felt that change!

I met a 12 year old boy who was part of the Te Ha o te Uru team, who was tired and a little down. So I kept him at pace the whole way around, chatting away to him, giving the marshals high-fives, and he soon forgot how tired he was. At the end I told him to "Gas it" and off he sped. We got our medals, shook hands and I hugged my kids. Then it was the next tri...

I collected Jacob and off we went to do the Short Course. A 100m Swim, 3k cycle & 1k run. Gee, I was so proud of him for giving it a go!

We lined up, his nerves kicking in and the rain starting. "Will they call it off mum?" "No son, we will be in the pool and be wet soon anyway".

In we went in pairs for this event, as it is for 9yrs up. Swam like little frogs, jumped out & legged it to the bike transition. T-Shirts first!! THEN Helmets! Jake biked like an "Oomie-Zoomie" and in no time at all we were off and running our last circuit.

The marshals, crowd and sport manawatu staff were amazing, cheering and encouraging each and every competitor along the course.

Being with Jake and finishing was fantastic. He left me for dust in the last 200m dash but he earned his "gold medal".

Sausages, patties, bread and a medal at the end for all competitors, and a quick and cheerful prize giving. An awesome, affordable and fun event, definitely one to do again!

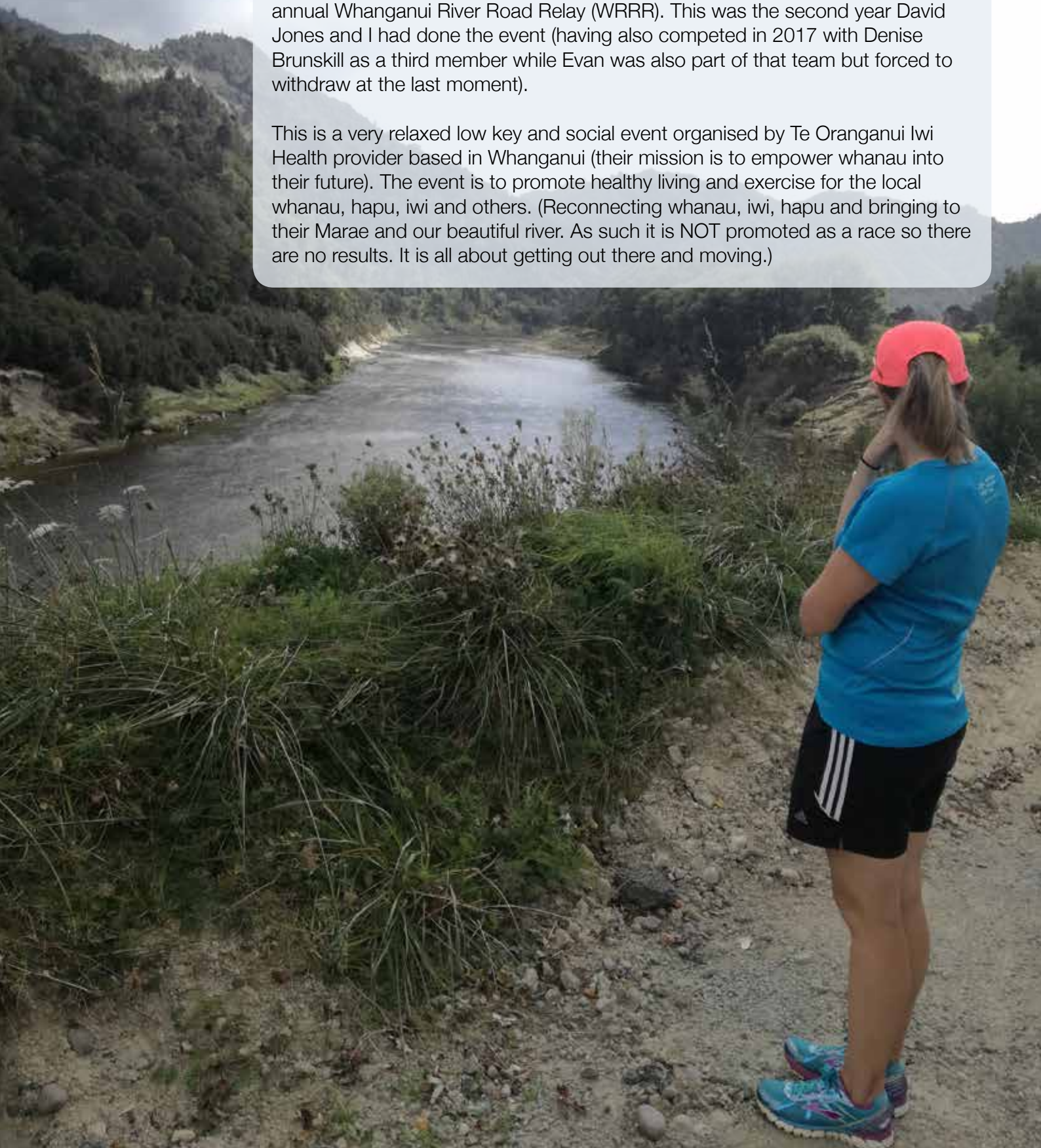


Whanganui River Road Relay

by David Cushing

On a brilliantly fine Saturday morning (7 April), Jacqui Saunders, Evan Davies, Graeme Olliver, David Jones and myself (JEGn2D's) completed the third annual Whanganui River Road Relay (WRRR). This was the second year David Jones and I had done the event (having also competed in 2017 with Denise Brunskill as a third member while Evan was also part of that team but forced to withdraw at the last moment).

This is a very relaxed low key and social event organised by Te Oranganui Iwi Health provider based in Whanganui (their mission is to empower whanau into their future). The event is to promote healthy living and exercise for the local whanau, hapu, iwi and others. (Reconnecting whanau, iwi, hapu and bringing to their Marae and our beautiful river. As such it is NOT promoted as a race so there are no results. It is all about getting out there and moving.)



Whanganui River Road Relay (cont.)



So what better way to mingle with the local iwi, experience Maori hospitality and walk on one of the most scenic roads near to Palmerston North than to do a 58 kilometre relay.

The event is a relay of seven legs starting outside the Pipiriki marae and following the Whanganui river as it flows downstream and finishing at the Pungarehu marae, being a distance of slightly over 55 kilometres. Teams must consist of between 4 to 10 members and such is the social and health background to the event legs 1, 5 and 6 may be split between two members. This makes it accessible to all abilities and ages.

Legs and descriptions

1. *Pipiriki to Hiruharama (Jerusalem) 11.5km, rated hard.*

Commences with 1.2km of gradual uphill then approximately 8km of gradual inclines and undulating hills and finishing with a 2.5km downhill.

2. *Hiruharama to Ranana (London) 5.5km, rated moderate.*

Mainly flat with a slight incline throughout the leg.

3. *Ranana to Matahiwi 5.3km, rated easy to moderate.*

Gentle climbs and downhills throughout the leg finishing with a short sharp uphill.

4. *Matahiwi to Koriniti (Corinth) 7.8km, rated moderate.*

Commences with a gentle downhill followed by undulations and a steep uphill.

5. *Kiriniti to Atene (Athens) 10.8km, rated moderate.*

Mainly gentle climbs and descents

6. *Atene to Parikino 11.6km, rated moderate.*

Again undulating hills, steeper climbs with flats and downhills

7. *Parikino to Pungarehu 2.7km, rated easy.*

The event commences with some Maori warm-ups and stretches, followed by a karakia.

Whanganui River Road Relay (cont.)

Graeme had the honour of leading the team out from Pipiriki and was soon on his own out in front until the combined teams (who started some 15 minutes behind the walking teams came through). He walked strongly but also confirmed he was taking in the stunning scenery of papa cliffs to his left and bush

clad hills across the river and the river below as he climbed out of Pipiriki. (578m ascent, 620m descent.)



David C was next up commencing from Jerusalem on a leg which was mainly a gentle uphill and included one km of very muddy road works. (Road works were a common theme throughout most of the legs due to the recent weather conditions.) (182m ascent, 151m descent.)

David J then did his short leg (due to recovering from injury and so having his first test since suffering the injury at the Taihape half). He powered through this even though it held some quite short steep uphills. (176m ascent, 185m descent.)



Jacqui then had the honour of walking the fourth leg which included a difficult 1.1km of uphill but this was achieved with style and a smile. (275m ascent, 286m descent.)

David C then picked up the 5th leg which included the only brief rain shower of the whole day but this was very refreshing as the day had turned out quite warm. (299m ascent, 339m descent.)

Evan then took on the longest leg and powered through this including a long stretch of recent road works and new seal. (370m ascent, 347m descent.)



Finally Jacqui picked up the last and shortest leg with Graeme and the 2 D's joining her for the last 800 metres from the wool shed to the finish at the marae. Evan joined us at the gates to the marae and as a team we walked up the roadway to the finish line to applause from the four teams who had beaten us home. Medals were presented and photographs taken then it was a social chat with members of the other teams. (41m ascent, 27m descent.)

Throughout the event we had time to support other teams and to exchange friendly banter and they in turn were supporting us. This is one of the most enjoyable aspects of the event in that there is only friendly rivalry and good natured support. As such I wholehearted endorse the event as one which, being close to home, is well worth supporting. So come on Striders, how about next year we put together a couple of walking teams or even a composite team. Logistics are quite simple, travel up to either Raetihi or Ohakune on Friday night, get down to Pipiriki by 7am on Saturday and home by 7 pm Saturday night.

What do you mean, Volunteers are free? They're priceless!

by Margaret Stuart

Volunteering is offering one's service at no monetary cost to help someone or something. All organisations, including Manawatu Striders, rely on the generous help given by other club members, and, indeed, from non-members and outside sources to enable events to be held. This voluntary assistance makes it possible to hold many events in our area and all around the country that otherwise might not happen.

Over the past few years we have volunteered at the Super Sevens as well as the Marathon and Half Marathon events, the Primary school and Home school road races in the Esplanade, the Race to the Brewery, the Weet-Bix Tri, and the Massey record attempts. Parkrun started in Palmerston North towards the end of last year, and we either walk the event at 8am on Saturday mornings, or volunteer as Tail End Charlies.

Volunteering for John and I is really a way of life, and we have spent many hours over 60 or more years doing just that. Early on we were involved with Young Farmers' and Country Girls' Clubs, swimming clubs, carnivals to raise money to build the Memorial Hall in Whanganui and swimming pool in Marton, as well as indoor and outdoor bowling clubs. As parents we were involved with school events, fundraising and school camps. For many years (over 40 for John) we were coach, secretary, treasurer, catering and general dogsbody for Smallbore shooting clubs and at Association level. With others helping as well, we held successful club, school, Association and National events. John was approached to be Chief Range Officer at the Commonwealth Games in Auckland in 1990, and did so on a voluntary basis.

Maybe we followed the example set by our parents, and maybe our efforts are rubbing off to the next generation. It is very pleasing to see the voluntary effort put in by our own three offspring and their families. Macular degeneration has robbed John of many activities he previously did with ease, but he enjoys volunteering; it is something he can keep on doing, and something we can do together.

Anyone can volunteer. It's a great way to be involved, meet people, encourage people to take part in activities and events, see the country, learn new skills, work hard, and have fun along the way.

Around the mountain in eighteen odd hours

by Gerry le Roux

This month saw the inaugural running of the Ring of Fire “Volcanic Ultra”, commonly referred to as the ROF. An ultramarathon involving a 72km circumnavigation of Mount Ruapehu, the run was the brainchild of a syndicate of heavyweight trail event organisers - Jason Cameron of Victory Events (the Goat, Tussock Traverse), Paul Charteris and Tim Day of NZ Trail Runs (Tarawera Ultra, Waitomo Trail Run), and Nick Reader of the Ohakune Events Charitable Trust (Ruapehu Express). With this pedigree behind it, we knew it would be a pretty flash event, and we weren't disappointed.

We arrived at the event base at Chateau Tongariro on Friday for registration (this included having our shoes and compulsory gear checked and a pre-race weigh-in) and race briefing. After an early night in, we were up bright and early for a chilly 4am race start. The first 10-odd kilometres were pretty congested, and we

were regularly reduced to a walk whenever we reached a slightly tough or technical section of the track. Around daybreak, after passing the first hut, the terrain started opening up and the runners started spreading out more. Unfortunately this didn't really help making things easier - the first leg of the race (covering the same route as the Goat for about 2/3 of the way) is technical and steep, and pretty much reduced us to a walk for much of the way. Add to this multiple river crossings, and progress was painfully slow, but we managed to reach the first cut-off point with more than an hour to spare. So far so good - any time saved meant a bit less pressure later in the day.

Many runners expected the Goat section to be the toughest, but luckily, having done the Round the Mountain track multiple times before, and having done some recce runs in the area earlier in the year, we knew better. The middle



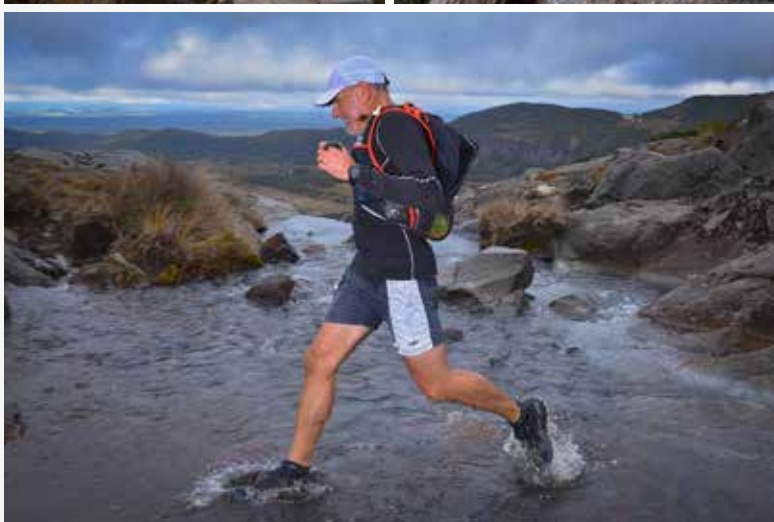
Around the mountain in eighteen odd hours

(cont.)

third was, to put it mildly, pure hell. Admittedly, an amazingly picturesque and memorable hell. I'm sure this 25-odd kilometres will haunt the dreams of many ROF participants for a long time. Hills, hills and more hills, with super-challenging rocky conditions underfoot. This section really tested our resolve, and if anything progress was even slower, but luckily, despite a few falls, we managed to get through this section without serious injury. We made up another half hour on the cut-off times, which meant we entered the final leg (basically the Tussock Traverse) with an hour and a half in the bank.

This time cushion was a huge relief, as by now, with the sun setting, we were pretty much reduced to a walk despite the terrain being more runnable than anything we had encountered so far during the day. We initially tried to jog where possible, yet soon realised we weren't really going any faster than a brisk walking pace, so settled for a walk. With the dark settling in around us, and with our energy levels dwindling, each kilometre felt like forever. But, if you keep placing one foot in front of the other, and keep moving forward, you have to get somewhere, and eventually we reached the 5km to go sign. In the dark, with only the beam from your headlamp to light the way, everything looked different, and even the waterfall track, which we've done multiple times before, seemed quite foreign. Add to this the fact that by this point in the race there were no other runners near us, we often wondered whether we were still on the right track. Finally reaching the signs directing you around a last little loop to the Chateau after about 18 hours was a huge relief.

When we reached the Chateau, I was just about to stop my watch when Tim kindly informed us that it was not over yet - we actually had to head right into the Chateau to reach the finish line. We were directed onto a red carpet heading into the Chateau, up a flight of stairs (yeah, more stairs!) and right into the main ballroom, where Kerry



Around the mountain in eighteen odd hours

(cont.)

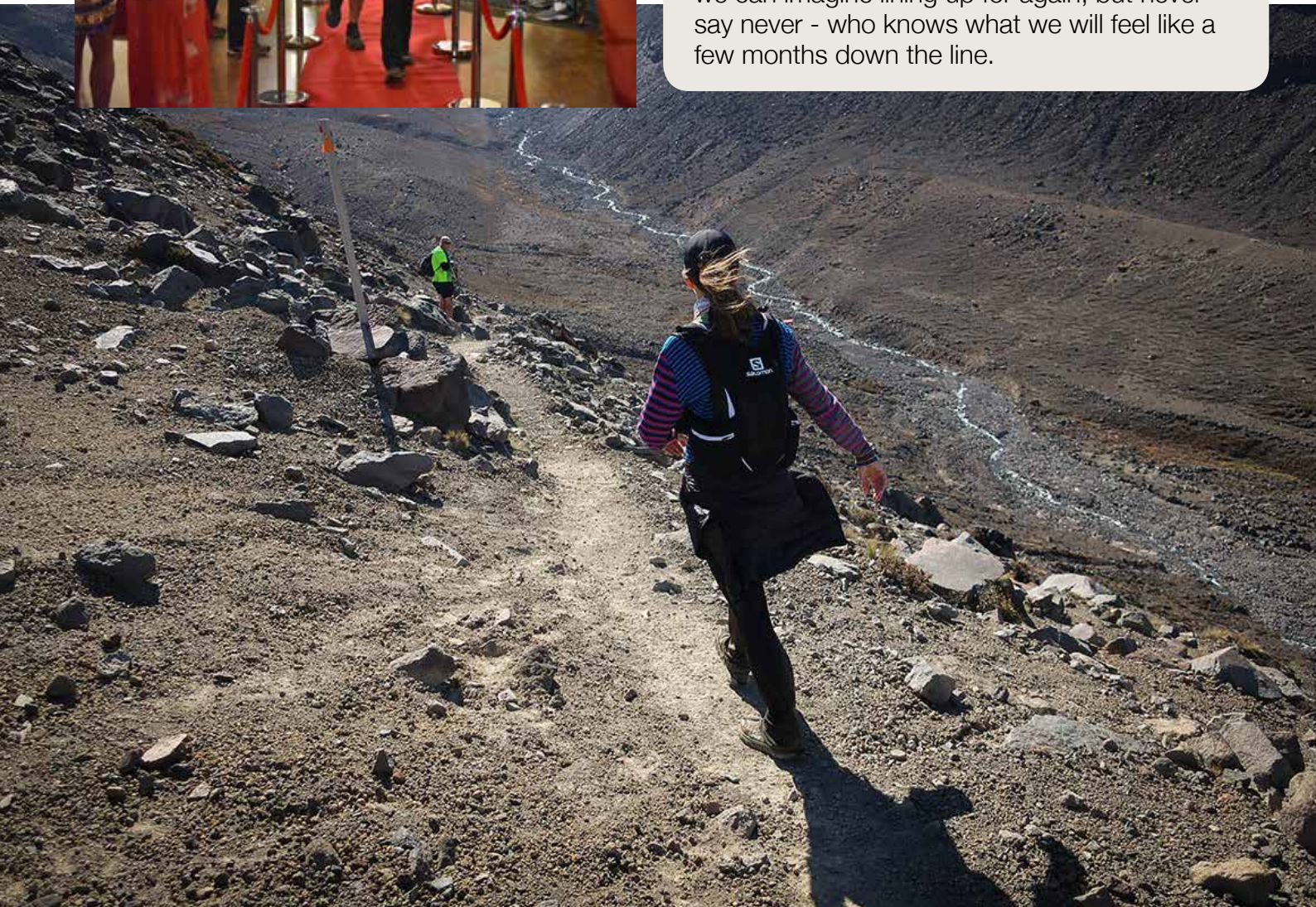


Race reports

and Ali greeted us, amongst claps, cheers and high-fives from the party goers on the dance floor, as well as congratulations from the other event partners. How cool was that finish line! A fittingly festive and emotional finish to an event that, despite not being the longest, would probably count as the toughest we've ever done.

We finished in 18:15, well within the 20 hour cut-off, yet at the same time almost 10 hours after the winning runner. Happy to take survival as a win, though, and we headed back to our accommodation very cold, but hugely relieved. A very chilly shower, and then to bed for a deep, deep sleep.

Despite some very sore bodies, we managed to make it out of bed and to the Sunday morning's 11am prize-giving. No better way to finish an amazing race weekend than celebrating the incredible performances of the winning runners. A tough, challenging and special event. Not one we can imagine lining up for again, but never say never - who knows what we will feel like a few months down the line.



Handicap Cup

The Handicap Cup has been in action since 2013, this is a Members Only Cup that is awarded to the person in each category who has the best time difference in their Half Marathon time at our event on 27th May compared to times for the previous 12 months from our last Half Marathon onwards.

Please ensure you submit your times to Kim (info@manawatustriders.org.nz) as soon as possible to be included in this.

Previous winners of this cup are shown here:

	<i>Male Runner</i>	<i>Female Runner</i>	<i>Male Walker</i>	<i>Female Walker</i>
2017	Kevin Palmer	Sandie Johansen	Ross Campbell	Jackie Welsh
2016	Peter Turner	Rita Owens	Bob Hartnell	Jane Warnock
2015	Brandon Climo	Catherine Stains	Bruce Fife	Margaret Stuart
2014	Gerry le Roux	Wouna le Roux	Evan Davies	Marion Fink
2013	Phil Wilson	Rita Owens	Lindsay Wright	

Manawatu Striders Marathon, 21.1km, 10km and 5km



Early bird entries close on **30 April** - make sure to get your entries in by then to have your name on your bib, and to be in the draw for the early bird spot prize. If you don't enter before the end of April, you still have until **11 May** to enter before the late entry fee kicks in. Final entries close on **24 May** at 5pm.

If you decide to help out this year at the event, you have the option of participating for free at the Helpers Half, details of which will be out soon.

Volunteers/helpers are always needed and we would very much appreciate anyone who can spare a few hours on race day to

help with things like pitching tents, setting out cones, getting the start/finish line ready, carrying equipment, registration, pouring and handing out water at the aid stations, packing up afterwards, or even just cheering on the runners and walkers. Where's my cow-bell?

Volunteering is great fun and can be very rewarding. If you are keen, please get in touch - we are grateful for each and every spare set of hands to help with the mammoth task of organising this event.

Chat to Kim at 027 386 9040 or email her at info@manawatustriders.org.nz.

Another bumper crop of events coming up over the next month or so, offering everything from the hugely popular Rotorua Marathon, one of the biggest events in the country, through to small grassroots events like the 3 Peaks Challenge series presented by Wellington Scottish. I look forward to continue seeing many Striders out there supporting the running and walking scene.

(Information in this section courtesy of the wonderful runningcalendar.co.nz website.)

Hawke's Bay Trail Run

Series: Lake Tutira

Sunday, 22 April 2018

Lake Tutira, Hawke's Bay
hbtrailrun.co.nz/

Race 1 of the 6 race Hawke's Bay Trail Run Series 2018. Each event in the series has short (5km to 9km) and medium (11km to 15km) distances and a half marathon.

Waitomo Trail Run

Saturday, 28 April 2018

Waitomo
www.waitomotrailrun.co.nz/

A true New Zealand underground and overground adventure, with explorers running or walking over and under landscape that has to be seen to be believed.

Country 2 Coast

Sunday, 29 April 2018

Havelock North / Haumoana / Waitangi Park to Clive
www.country2coast.co.nz/

The Country 2 Coast has three fun runs (3/8/17km) in 2018, all finishing at Fardon Park in Clive. The courses are almost entirely on the Hawke's Bay trails and will be marshalled.

Rotorua Marathon

Saturday, 5 May 2018

Government Gardens, Rotorua
www.rotoruarun.co.nz/

One of the unique charms of the marathon is that one lap of

Lake Rotorua is almost exactly the full marathon distance (give or take). The half marathon changes this year to feature a mostly off-road course.

T42 Central Plateau Trail Run & MTB

Saturday, 5 May 2018

The Central Plateau
www.t42.co.nz/

The 42 Traverse is an historic logging road - undulating, with a few technical bits and a handful of short river crossings. The event finishes in the Owango township Domain.

3 Peaks Challenge Series

Sunday, 22 April 2018

www.scottishathletics.org.nz/
Wellington-3-Peaks-2018

This part of an annual series organised by the Wellington Scottish Athletics Club with three events, each of which is over three hills. The first race in the 2018 series goes up Mount Victoria, Atatürk Memorial and Mount Crawford. There is no specified route; it's up to you to navigate your way.

XTERRA Wellington: Starlight Run

Saturday, 5 May 2018

Makara Peak Mountain Bike Park, Karori, Wellington
www.xterrawellington.co.nz

This is part of an annual series of off road trail runs through the winter in Wellington, New

Zealand. Imagine picking your way through bush-clad trails with hundreds of other bobbing head torches, all under a starlit sky. No personal bests in this event, just a brand new experience for most and new way to explore Wellington's great trails.

Air New Zealand Hawke's Bay International Marathon

Saturday, 12 May 2018

Marine Parade, Napier to Sileni Estates Winery
hawkesbaymarathon.co.nz

A running festival with a 42km marathon, 21km half marathon, 10km fun run and a 3km kids fun run. Take in the best highlights of the region, with flat easy running through local cycle trails, vineyards, olive groves, and quiet country roads - all finishing at the impressive Sileni Estates Winery

Jennian Homes Mother's Day Fun Run

Sunday, 13 May 2018

Manawaroa Park, Palmerston North
www.jennianmothersday.com

Why not hit the streets and run, walk or have a leisurely stroll with your mum, daughter, sister or a group of girlfriends this Mother's Day? It will be a wonderful way to start the day and you'll be doing your bit to beat heart disease and keep more families together.

Upcoming events

Petone Club Pencarrow Lighthouse Fun Run Sunday, 13 May 2018

Eastbourne, Wellington
capitalmultisports.co.nz/events/pencarrow

Includes 5K, 10K and Half Marathon run or walk events. It follows the coastal path from Eastbourne on a picturesque out and back course from Eastbourne (Burdens Gate), following the coastal path, passing the historic Pencarrow Lighthouse into Fitzroy Bay and on towards Baring Head.

Hawke's Bay Trail Run Series: Ranui Farm Park Sunday, 20 May 2018

Ranui Farm Park, Waipukurau
<http://hbtrailrun.co.nz/>

The Hawke's Bay Trail Run Series gives you the chance to see parts of Hawke's Bay you may not ordinarily get to see while at the same time experiencing the joys and pleasures of running off road. Each event in the series has short (5km to 9km) and medium (11km to 15km) distances and a half marathon.

Manawatu Striders Marathon Sunday, 27 May 2018

Activity Centre, Massey University, Palmerston North
manawatustriders.org.nz/full-and-half-marathon

The Manawatu Striders Marathon, Half Marathon, 10km, 5km and Kids MaraFun. Entries are open now. Late entry fee applies after 11th May 2018. Closing date to have your name printed on your bib is 30th April 2018. Entries close 24th May 2018 at 5pm.

Club fees

Subscriptions for the 2018/2019 season are now open online. These cover the period 1 April 2018 to 31 March 2019. In the past these have been uploaded manually, but this year we have them online for quick and easy renewal for all. However, if anyone has trouble with this please contact Kim at info@manawatustriders.org.nz.

In addition to being part of our super club, access to training opportunities, club meets and fabulous social events, we are also keeping the half price entry to events for our members. As part of this great benefit we love to have all members helping out at events. It is a lot of fun and a great way to

meet other members so look out for the next event for your chance to sign up as a helper.

You are also eligible for the Athletics NZ benefits. See: <http://www.athletics.org.nz/Clubs/Member-Benefits>

Subscribe here:
<https://www.manawatustriders.org.nz/join-us>

Junior membership

6 years and under \$15
7-14 years \$45
15-19 years \$68

Senior social membership
\$70

Senior competitive membership
\$103

CURRENT WEEKLY CLUB RUNS AND WALKS

- » **Tuesday Night**
Start 6.15pm -
Manawatu Striders
Club Rooms.
- » **Thursday Night
Group Walk**
Meet 6.15pm -
Manawatu Hockey
Carpark.
- » **Sunday Morning
Club Run and
Walk**
Meet 8am -
Manawatu Striders
Club Rooms.