

Insider

Issue 1

Editorial

While compiling this edition of the newsletter, I was again amazed by what a wonderful bunch of walkers and runners we have in the club - everyone's willingness to help, and always with a smile.

It is inspiring to see so many of our fellow club mates at events, and in this issue we have a few race reports to highlight some of your achievements. Read about the Feilding marathon by Marian Hilder, our own A2E by Jane Warnock, and the Whanganui 3 Bridges by Dave Cushing. Margaret Stuart provided us with a report on the Foxton beach run and Cheryl Sturm wrote about the New Years day pack run.

Since parkrun came to Palmerston North, I thought this might be an opportunity to introduce the concept to those who might not have tried it before. It is a worldwide free, timed 5km event, every Saturday morning at 8am at various locations around the world. Palmy is the latest addition to the NZ calendar. All you have to do is sign up (for free) and bring your barcode to each run to have your time, age category and other stats recorded. Go to www.parkrun.co.nz for more details, and to sign up.

In this issue you can also read about the final social event of 2017 as well as awards and achievements that had been acknowledged at the last AGM. We also introduce your Main Club Committee for 2018. Finally a list of upcoming events in our region for the next couple of months are included for your perusal.

Hope you enjoy this issue, and if you have any stories, race reports or any other news to share, please email me at wouna.leroux@gmail.com. We would love to hear your stories.

May all your running and walking wishes, dreams and goals be reached in 2018.

Wouna

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Message from the President



We're well into the new year already, but I would like to take this opportunity to wish you all a happy, fit and prosperous 2018. May you have a great year, with lots of exciting runs and walks both locally and wherever your travels may take you.

By the time this newsletter reaches you, we will be on the cusp of this year's Super Sevens series - always a highlight on the Striders calendar, and hopefully another series that will get a large contingent of the Manawatu out running or walking. Hoping to see many of you there!

The Super Sevens, and the other events staged annually by the club, would not be possible without the support of you, our members. Your help in promoting events among friends, setting

up and breaking down on event day, and just generally lending a helping hand where necessary is what makes these events work, so please keep up the great support.

On a more virtual note, in a bid to use technology to promote our club and further strengthen the Striders community, we've created a Manawatu Striders club on Strava. If you use the Strava platform, join the club, log your runs and see what your fellow club members get up to in terms of training and events. (More on this below.)

Similarly, the Manawatu Striders members page on Facebook is available for all members to share photos, discuss club activities and just generally have your say. As your Club President, I also endeavour to share club news and committee updates via the members page, to keep everyone informed of developments in the club.

Here's to a great year, and don't hesitate to contact me or any other club committee member if you have any questions or suggestions - we would love to hear from you.

Gerry

A screenshot of the Strava mobile app interface. The top navigation bar shows 'Dashboard', 'Training', 'Explore', and 'Challenges'. Below this is a large photo of a marathon finish line with a 'FINISH' banner and a crowd of runners. The club name 'Manawatu Striders' is visible, along with a description: 'The Manawatu Striders (formerly known as the Manawatu Marathon Club) was founded in 1963. The aim of the club is to encourage and facilitate active participation in running and walking. The club caters for runners and walkers of all ages and ability levels. Members set their own goals and for many a reasonable standard of 10k will be their aim. For others, it is the completion of a full or half marathon or reducing their previous best time.'

Striders on Strava

The Striders go virtual, with the creation of the Manawatu Striders club on the running, cycling & swimming activity tracking app Strava, also known as "The Social Network for Athletes". If you track your training and/or events using a GPS watch, you can join the club on Strava, after which your activities will appear on the club page on the app. To find out more, check out the Manawatu Striders Strava Club page here:

www.strava.com/clubs/manawatustriders

Introducing your **2018** Main Committee

The club is set up with one main committee elected at the AGM, supported by sub-committees. These include the events committee, harriers committee and social committee, which will be introduced in a future edition of the newsletter.

The main committee oversees the overall running and operations of the club. It meets approximately once a month and works to ensure the club activities are guided by the club strategic plan, with focus on providing value for our current members, and attracting new members.

Some of the responsibilities of the main committee include:

- » Monitoring achievements against the strategic plan
- » Management of the club website
- » Planning of club weekly runs
- » Tracking of the club finances and budget
- » Club coaching programmes
- » Schools Road Race
- » Home School Cross Country



Gerry le Roux
President



Judith Cohen-Zwart
Immediate past president



Bob Hartnell
Chairman



Cath Staines
Secretary



Jane Warnock



Michelle Lindsay



Malcolm Brown

by Nicole Patterson



Christmas brunch

Sunday 3 December was the final social event of the year. By popular demand The Steeple was again the venue. Our Christmas brunch was attended by close to fifty Christmas-spirited members.

Beginning with a glass of bubbles and friendly banter, secret Santa gifts were gathered and raffle tickets sold as everyone arrived. After a few words from our Retiring President, Judith, a delicious buffet brunch was served. Following brunch there were a lot of laughs with the twist to the secret Santa. This was drawn out by Ross's tale of Mr and Mrs Right, but eventually everyone did receive their gift. Thanks to all it was an array of lovely gifts too.

Also special thanks to our Christmas angels (Jane and Jackie) who looked fantastic in

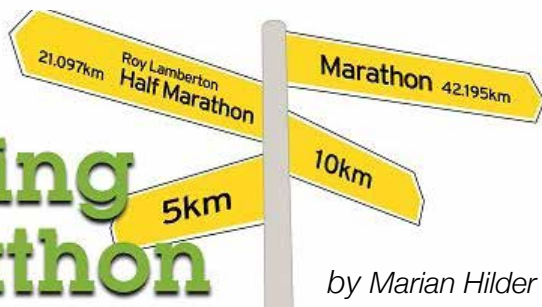


their Christmas attire. To wind up we drew the raffle which was duly won by John Stuart. This included a lovely Christmas cake that was kindly donated by Bernice and Ralph Brunsden.

Thanks to the Social Committee (Ross, Lee-Anne and Nicole) for organising another great event.



Feilding Marathon



by Marian Hilder

The Feilding marathon is reputedly the longest-running marathon in Australasia and Saturday November 4, 2017, saw the 63rd running of this event. With only 21 runners, six walkers and two relay teams contesting the full marathon, it certainly did not attract the largest of fields although it is extremely good value compared to the likes of the Auckland marathon, which is unfortunately only six days prior. However, for local runners, what more could you want than a friendly marathon run on (fairly) quiet rural roads. As it is an out and back course, there is the added bonus of actually seeing the leading runners as they head (downhill) for home, while the rest of the field are still struggling uphill to the turnaround point. One problem with the smaller fields is that it is possible to take a wrong turn. I heard of one runner who missed the turnaround point, although I thought that it was quite clear. Nearing the end, there was one point that I noted could be confusing and was pleased to be in hot pursuit of Deb Arnold, who knows the course like the

back of her hand. Unluckily for Toshi, he did not have a local to follow and managed to go off-course, but I heard that he was not the only one!

I seem to remember that the weather was quite good as the rain had finally stopped and the heat of the early summer was yet to come upon us. The field was soon fairly strung out which means that you can either run the event with no distractions or wish that there were more runners around you to help pull you through. Most of the course is fairly flat, starting at Timona Park, winding through the outskirts of Feilding before heading for the hills. I seem to remember that there is only one hill but it isn't a small one! There are also some quite long straights with only the occasional car to watch out for. It was lovely to see some enthusiastic youngsters at some of the drink stops who brought a smile to our faces for a short while. As we neared Feilding again on the return we started to encounter a few of the walkers and runners from the shorter events, most of whom seemed

to be in awe of the those stupid enough to run so far! As usual, the last five kilometres seem to last forever, especially the last leg down Kimbolton Road, which is always much further on the return trip than it was on the way out and as for that last wee stretch across the park to the finish line which seems to take forever. I was especially pleased to finally reach that finish line as it signalled the last of my 60 marathons and I had done it in a better time than the previous three of the year, mainly because I managed to ward off my perennial cramps.

The majority of competitors had the sense to tackle one of the shorter distances. There were 76 runners and 35 walkers in the half marathon, 49 runners and 36 walkers in the 10km, and 51 runners in the 5km along with 23 walkers. At the end of all the events the major trophies and the spot prizes were awarded. Once again, this makes the event very good value with a large majority of competitors picking up some sort of prize. Again Auckland does not compare – only major places are acknowledged while the masses are supposed to be content with just completing the course. It would be great to see Feilding's entrants increase in number this year, so I suggest that you put a ring around the first Saturday in November – with all those events to choose from, you must be able to target one!

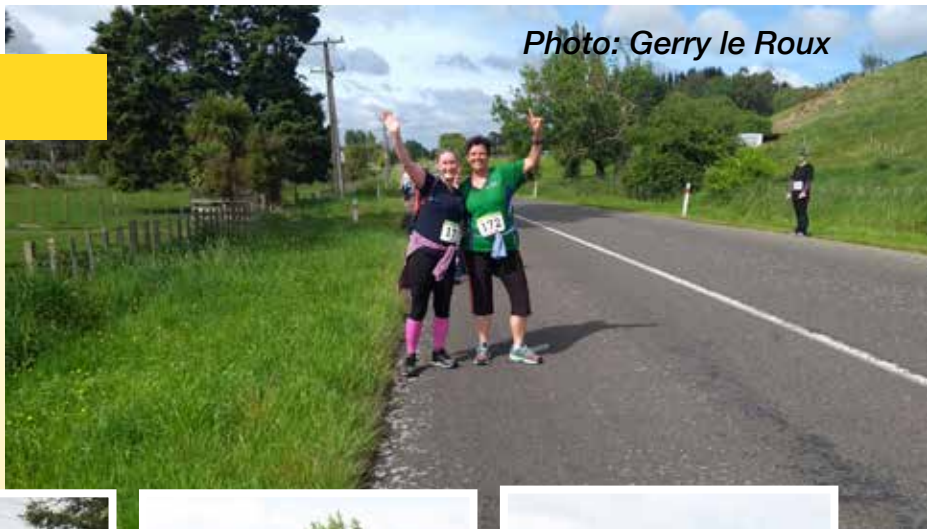


Feilding Marathon (cont)

Some of our members in action.

All photos by Gavin Teahan,
except where otherwise indicated.

Photo: Gerry le Roux



A2E

by Jane Warnock

For the first time I 'competed and completed' the A2E (Ashhurst to Esplanade) Half Marathon event on Sunday 19th November 2017 as a walker. I have been a regular attendee of the 12kms Te Matai Road to the Esplanade, however, this time around considered it was time to add another Half Marathon to my tally (56 now).

The day kicked off with an early, early start, also for many other Manawatu Striders Members, as we arrived for setup, registration, sorting details – all under the never-ending guidance of Kim, where everything just happens as it should. Just to note, that is one of the wonderful benefits of Striders, where as members, we are able to be there to help with the events and in the same capacity, are also able to partake in the event. Just a little tip for our members who may not see that they can balance both – you can! It just means a slightly earlier start, or later finish, to your day.

a sport that I love to do and a sport that supports my health and wellbeing

Back to the Half Marathon – I loved this event. Picturesque, off road, excellent weather, well

marshalled (thanks all), well set out (thanks Phil and the team), good numbers for both those walking and running and one other excellent element – flat all the way! No hills, or steep hills, or long hills, or round the corner hills, and no Massey Hill at the end, just flat.

My time was around 2:50, which I am really pleased with, considering at the same time last year, I was averaging 3:10 for half marathons. Just to add, my improved times have also been due to training programmes through Chris Sanson's Love My Sport programmes. These programmes are provided through Manawatu Striders Members for walkers and runners. Through participating in these programmes I have been provided with motivation, skills, coaching and more, that has supported me in seeing my walking as both a sport that I love to do and a sport that supports my health and wellbeing. So, that's me for now ... gearing up to the next event ... must be time to sort the walking calendar.



Photos by Jane Warnock and Rob Caven.



Footprints in the Sand

by Margaret Stuart

Footprints in the Sand Half Marathon Fun Run was held at Foxton Beach on Sunday 26 November 2017. This fundraising event was organised by the Foxton Lions Club with proceeds going to the Foxton Beach Surf Club, the Manawatu Coast Guard and the Palmerston North Rescue Helicopter.

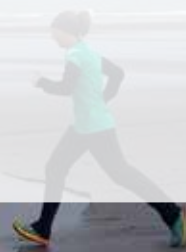
Distances were the half marathon, 10 km and 5 km run or walk. A good turnout of walkers and runners, including quite a number of Manawatu Striders' members, lined up on the beach in front of the Surf Club building and set off up the beach at the appropriate time. The tide was out, the sand was firm, the day was fine and warm, and everyone was in good spirits.

John and I had entered the half marathon, and so off we set. It seemed a long way, with little change in scenery of only sea, sand and coast line. At last the turnaround almost at Himatangi was reached. A few kilometres into the return journey I spotted the Surf Club building way, way in the distance, but it seemed to take forever before it appeared any larger or closer.



We arrived at the finish line on the beach to be greeted by Sue Hoskin and Dave Cushing. Prizegiving had already been held, and both our names were called for spot prizes. Many thanks to Dave and Sue who put their hands up to say we had not gone home but were still walking, and so collected our prizes.

All in all, it was a good day out supporting a community fundraising event, we ticked off another half marathon, and will do it again, next time settling for 5 or 10 km!





by Dave Cushing

The annual Whanganui Harriers Three Bridges events were held on Saturday 9 December 2017. The forecast conditions for the day were for high temperatures and this is exactly what transpired.

The course is a 10.5 km lap meaning two laps for the half marathon and four laps for the full. It includes crossing of all three bridges over the Whanganui River and traverses a mixture of road and grass. The course goes upstream from the Union Rowing clubrooms before crossing the Glasgow Street Bridge and entering some welcome shade through Kowhai Park. Unfortunately after crossing City Bridge the downstream stretch to Cobham Bridge (SH3) the back upstream to Taupo Quay was exposed to the direct sun making for a difficult second half of each lap. Compounding the difficulty this year were the road works upstream of City Bridge where the previous walkway was washed away in the 2015 floods and is now being repaired. Negotiating this brief 100 metre stretch involved three very steep and slippery descents followed by equally steep ascents. There would be very few walkers who could honestly say they walked the three descents here!

As usual a large contingent of Manawatu Striders members supported the event with the best performance coming from David Jones who came second in the half marathon walk being about a minute behind the winner Derrin Hutchinson from Napier.

This is one event I have supported most years since taking up walking half marathons. It is a nice low key and well run event, reasonably cheap to enter and very handy to Palmerston North. Personally I did as well as expected keeping to the 2 hour 30 minute mark which surprised me because I am not a fan of hot race conditions.

Due to the hot temperatures and humidity, times were slower than usual for most athletes. This made the water bottle at the finish line even more welcome than usual.

Special thanks should go to the organisers of the event who ensured help was on hand for anyone who required assistance to negotiate the three dips mentioned above.

Photos by Nicole Patterson



New Years pack run



by Cheryl Sturm

While some were slumbering away the post New Years Eve headaches, a bunch of energetic adventurers headed out to enjoy a jovial get together of another kind.

They say you should “start the new year the way you intend to continue it”.

So for a few of us that meant starting 2018 with a refreshing run/walk through the beautiful botanic Esplanade gardens and following along the peaceful Bridle Track to Waitoetoe park and return, with a group of fun, life loving, like-minded friends. There were adults, children, bikes, prams and dogs.

The temperature started rising by 8.30 so there was no excuse to not grab this stunning day and get amongst it! We set off a little after 9am.

The paddling pool looked good before we began and it certainly looked inviting at the end of the adventure.

Along the way we found plenty of other locals we knew to wish a happy new year and share in the warm sunshine.

For some a mere walk/run wasn't enough, so over to the popular new “Stairs of Lindos” at Anzac park we went. This name refers to the fortress of Lindos, on the Greek Island of Rhodes in the Aegea Sea.

Beautiful views, chatter and laughs shared by all.

Happy New Year everyone. May it be a great adventure!

Photos by Cheryl Sturm



Palmerston North Christmas parkrun



by Wouna le Roux

A change in our work schedule meant we could fit in another backyard parkrun. The organisers decided to make it a Christmas themed event, so we all (okay, some of us) dressed up for the occasion.

Luckily, we had another glorious day in Palmy, and the festivities got us all in the mood for the Christmas season. Gerry forgot our barcode cards in the car, so had to run up ahead to go fetch it. I was going so slow taking photos and chatting away, that he was back and well rested before I made it back to the finish. Another fun morning out in the Manawatu.



Summer is well and truly upon us, and the calendar is brimming with exciting summer events. While there's a particular abundance of off-road and trail events coming up over the following couple of months, there's no shortage of road races either - definitely something to suit every taste!

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

Manawatu Striders Super Seven Series

Tuesday, 16 January 2018, 6:15pm

YMCA, Park Road, Palmerston Nth
www.manawatustriders.org.nz/super-sevens

Looking at the events calendar for the first part of the year, it's hard to look past the very popular Striders Super Sevens series. Scheduled for a series of seven consecutive Tuesday evenings, from 16 January through to Tuesday 27 February, each night typically attracts in the region of 1500 participants. Hoping to see you all there - it's a wonderful celebration of summer and being active in the Manawatu.

Good Home Taranaki Off-Road Half Marathon

Saturday, 20 January 2018

Lake Mangamahoe Forest, near New Plymouth
www.taranakitrailrun.co.nz

Situated just outside New Plymouth, this Off-Road Half Marathon course winds around a 21km loop of the stunning Lake Mangamahoe. Participants will take in all the tracks, including the never-been-run-before Mountain Bike tracks. Along with the Half Marathon distance, participants could instead opt to tackle the slightly shorter, yet jequally challenging, quarter marathon and 5km distances too.

Jumbo Holdsworth and Hooper Loop Trail Races

Saturday, 27 January 2018

Holdsworth Lodge, Masterton
<http://jumbo-holdsworth.co.nz>

The Jumbo Holdsworth Trail Race is a 24km trail run over tracks and hills in the Tararua Forest Park. There is also the Hooper Loop which is a 12km trail run on the same day.

Tussock Traverse

Saturday, 27 January 2018

Tongariro National Park
<https://tussocktraverse.co.nz>

The Tussock Traverse is an alpine adventure run and walk with 26km, 13km and 6.5km options in Tongariro National Park. It cuts across the heart of the World Heritage Tongariro National Park, starting off the Desert Road on the Eastern side of the Park and taking in the Rangipo Desert and Waihohonu traverse track before finishing at the Chateau Tongariro in Whakapapa to the West.

The Great Lake Relay around Lake Taupo

Saturday, 17 February 2018

Taupo
<https://eventpromotions.co.nz/taupo-great-lake-relay/>

The annual Great Lake Relay is an annual team relay event where 8 to 18 members run or walk the 155kms around Lake Taupo. There is also a shorter team relay event for teams of 5 to 8 covering

67.5km. Both events can also be run solo and the 67.5km can also be run in a team of 2.

Cigna Round the Bays

Sunday, 18 February 2018

Frank Kitts Park to Kilbirne Park, Wellington
www.cignaroundthebays.co.nz

There are several event options available for participants in this event with the 6.5km Fun Run/Walk, 6.5km Buggy Walk, Bluebridge 10km and the Cigna Achilles Half Marathon, all fantastic options for the casual or serious participant! All of these distances start at Frank Kitts Park and hug the harbour shoreline for various distances before returning to the finish line festival at Kilbirnie Park.

Camelbak Ruapehu EXPRESS

Saturday, 24 February 2018

Horopito to Ohakune
www.ruapehuexpress.co.nz

The Camelbak Ruapehu EXPRESS returns in 2018, once again bringing you an opportunity for an epic adventure in a stunning landscape. The event involves a mountain bike event and a separate running/walking event in the foothills of Mount Ruapehu. Each event has a different course and start line, but they share a finish in the mountain side township of Ohakune.

Tararua Mountain Race **Saturday, 24 February 2018**

Tararua Ranges
<http://www.tmr.org.nz>

This one of New Zealand's oldest mountain races, having first been raced in 1990. The race transforms a 35km, three-day hard tramp into a one-day trail run of epic proportions. The Tararua Ranges are widely renowned in New Zealand for tough mountain terrain and weather, so the race is not for the inexperienced or faint hearted!

Plimmerton Fun Run **Sunday, 25 February 2018**

Plimmerton School, Porirua
www.plimmertonfunrun.com

The inaugural Plimmerton Fun Run takes you on a run, walk or stroll through the beautiful Plimmerton and Pukerua Bay area. The various routes will take you along Plimmerton's picturesque Moana Road seaside, and/or along the Ara Harakeke walkway through to Pukerua Bay and back.

Bayleys Mountain to Surf Marathon

Saturday, 3 March 2018
New Plymouth
<http://mountaintosurf.co.nz>

The Bayleys Mountain to Surf Marathon has the full marathon, half marathon and half marathon two person relay in New Plymouth. The course starts at the gates to Egmont National Park and finishes at East End Reserve, Nobs Line, New Plymouth. The half marathon starts at Lepperton Hall on Richmond Road in Lepperton.

Cancer Society Relay for Life: Manawatu

Saturday, 10 March 2018
Massey University Hoko-whitu Campus, Palmerston North
<http://www.relayforlife.org.nz>

Relay For Life in Palmerston North is a fun overnight fundraising event for the Cancer Society that brings communities together to celebrate and remember the lives of those who have been affected by cancer. It is an inspirational, fun event, where we celebrate with survivors, remember loved ones lost to cancer and come together as a community to fight back against cancer. This summer over 1800 people from around Manawatu (Tararua and Horowhenua) will come together to celebrate 18 years of Relay For Life. People of all ages and levels of fitness are welcome.

MCL Construction Triple Peaks **Saturday, 10 March 2018**

Havelock North Village Green, Havelock North
www.triplepeakschallenge.co.nz

Run, walk or mountain bike the 50km Triple Peaks Challenge, with its breathtaking views and craggy, challenging terrain. Traverse stunning private land on Mount Erin, Mount Kahuranaki and the iconic Te Mata Peak. Enter solo, or invite your friends and enter a relay team. There is new terrain and new trails never used in the event before, and a new management team for 2018.

Rotorua Walking Festival **Friday, 16 March to Sunday, 18 March 2018**

Neil Hunt Park, Rotorua
www.rotoruawalkingfestival.org.nz

The Rotorua Walking Festival celebrates walking in the beautiful Rotorua landscape which includes forest, native bush, lakes, parks and distinctive geothermal features. There are walks that will suit just about everyone: an evening walk on the Friday night; 42km, 21km and 10km walks in Whakarewarewa Forest; and 30km, 20km and 10km town walks.

Taihape Half Marathon **Saturday, 17 March 2018**

Wainui Hall, Pungatawa Rd, Taihape
www.taihapehalfmarathon.org.nz

Not quite off road but certainly not your standard on road marathon, the Taihape Half Marathon is something special. Taking runners and walkers through the stunning Maowhango Valley, the Taihape Half Marathon has been described as the most scenic half marathon in the North Island. The event starts at Wainui Hall, 5km northwest of Taihape township. There are also 10km, 5km and kids 2.6km fun run and walk events.

Round the Vines **Sunday, 18 March 2018**

The Square, Martinborough
www.roundthevines.org.nz

Round the Vines on Sunday, 18 March 2018 is a 21.1km half marathon and 10km fun run in Martinborough, run on road and gentle off-road (through vineyards, not farmland). The course starts and finishes at the square; after finishing you can have lunch and enjoy live entertainment. Food, wine, coffee and other non-alcoholic beverages will be available to purchase, or bring your own picnic lunch.

Awards and recognition

Life Membership

Phil Wilson has been elected to life membership. Phil is a long standing member who was club president for three years. He is an essential member of the events committee. He has extensive knowledge that is invaluable to the team, combined with a great sense of humour.



The **Patterson Rose Bowl** was presented to John and Margaret Stuart. This is in recognition of the tireless assistance they both give throughout the year in every way possible.