

# Insider

Issue 3

**ENTRIES  
OPEN SOON!**  
Striders 42.2k,  
21.1k, 10k  
and 5k

## Editorial

We are into autumn. The days might be shorter, but on the bright side the temperature is probably more conducive to running and walking.

With so many events to choose from this time of year, it is hard to organise one's own race calendar. Just this past weekend saw two of our favourite events in the region on the same weekend (Tailhapa and Round the Vines - more on this in next months issue).

We have a bumper issue this month, thanks to all the great contributions from our members.

One of the highlights of the past month, is the *Relay for Life*. The Striders were again in attendance, having fun, and sharing laughter and tears. Read all about it in Jackie's race report. We also have a review by Bob on the Manawatu Walking Festival.

Kel writes about her adventure on the Tussock Traverse trail

race, and Cheryl talks about her experience at the Cigna Round the Bays. Ross provides us with a summary of the Length of the Lake Relay, while Judith gives an insight into the Routeburn Great Walk.

Grab a cuppa and enjoy the read.

Happy roads & trails everyone!  
Wouna



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## Relay for Life

by Jackie Welsh

# 2018

## Super Heroes

**O**ur Manawatu Striders Team have been involved with Relay for Life for many years now. We each have our own personal stories of why we are involved but, on this weekend, we come together as a team/family to support each other, share our stories and have a whole lot of fun.

And this year that's exactly what we did. 8.30am Viv and Grant Storrer, myself, Lee and Chris Brunskill arrived to set up camp. Tent, Gazebos, couch, tables, chairs, beds, etc. It's all there to make us as comfortable as possible. The weather played ball this year and we had sunshine and no wind, the early morning was cold with heavy dew but beautiful, crisp and clear.

The survivors lap (always an emotional start to the event) starts at 12pm. Bag pipes, the old, the young, people still going through treatment, others who have come through treatment, family

friends, cheering them on, to honour them in their journey. Our very own Striders member Cath (supported by her daughter Clare) and my sister Bronwyn both wearing their red survivors sash. Then we all proudly gathered the team together and with our Striders banner we all walked together.

And let the fun begin! The afternoon /evening crew consisting of Cath, Bron, Alister, Denise, Ralph, Bernice, and Paul. Viv and myself filling in when needed.

We walked, we talked, we dressed up as super Heroes, green and blue tutu's, we walked some more. We talked a whole lot more.

And the home baking OMG yummo! We needed to do a whole lot more walking after that. Four ice-cream containers full of cakes and biscuits from Margaret and John, and then the freshly baked hot muffins, and much much more.



# Relay for Life 2018 Super Heroes (cont.)



## Words that describe our weekend –

Stunning weather, laughter, tears, tired, exhausted, smiles, super heroes, stories, family, friends, support, survivors, loss, togetherness, sore feet, aching muscles, home baking, coffee, music, entertainment, and the dreaded portaloos.

Thanks to our very generous supporters who supplied us with all the calories and sugar. Very much appreciated and needed.

The America's cup made a guest appearance, and more photos snapped. Thanks Viv.

BBQ dinner together and then the candle light ceremony. A prayer, bag pipes, silence as we remember those lost and remember those who have survived. A very moving and poignant experience.

My sister Bronwyn and friend Laura turned up at 10pm with trays and trays of hot freshly baked cheese scones and hot buttered fruit toast and we handed them out to all the teams on the track as they walked past. Needless to say, they were gone pretty quickly and so much appreciation. Thanks, Bron and Laura for that extra special moment of giving.

More entertainment and fireworks, then the night crew kicked into gear. Ross, Nicole, Dave taking

on the 11pm to 3am slot, and myself and Viv doing the grave yard shift - 3am to 7am.

And then the morning crew arrived in time for a cooked breakfast provided by the Lions Club. Some did Zumba (yeah/nah. Not me).

Many Striders members came down to support us, thank you all so much it is always a pleasure to see you all supporting us down at Relay for Life. It's great seeing the wave of green striders T-shirts parading past.

The 24-hour event always finishes with the teams all on the track walking together holding their team banner. We all clap and cheer each other on. Very cool to be acknowledge by the cancer society as well.





# Relay for Life 2018

## Super Heroes (cont.)

Our final sit down in front of the stage and recognition given to our sponsors, the teams, a prayer, and a final \$ total of donations received up to that point (there's always more coming in after the event) I think \$230,000.

Then the clearing up, tents down and packed up in record time this year.

As team captain I would like to make mention of my very special team who support me every year, it does get harder and harder to raise the much-needed donations and I would like to thank each and every one of you for your huge effort this year. This year, I have banked close to \$2000. Final total will be available in a few weeks from the cancer society.

Our thanks also to Manawatu Striders committee for the teams registration and the opportunity to raise funds at our Super 7s event. It's very much appreciated from us all. And to Alister and Phil who drop off the bits and bobs of striders gear to our site.



To all the extra support we get from our husbands/partners and children in providing their time to help set up, clear up, cook BBQs etc, you all generously donate your time and we thank you very much.

I recently posted a photo album to our Manawatu striders private members Facebook page from our previous years at Relay for Life. Some great photos there to look through. A few good laughs!

**Team Captain Jackie**





# Manawatu Walking Festival

*by Bob Hartnell*

**F**or some years members of the Striders have been involved in the Manawatu Walking Festival. While there is some uncertainty about how long we have been involved, notes that I have seen would indicate that it has been a number of years. About four years ago I was invited to attend a meeting at Vision Manawatu when the upcoming walking festival would be discussed. I attended as a representative for the Striders which apparently came with ownership, i.e. "you are here so what are you going to do."

The Festival went ahead and a group from within Striders offered their assistance and we came up with a walk of approximately 14km which took in some of the tracks in the Summerhill area, the Turitea Trail and the bush and river associated with Victoria Park. It transpired right at the start that nobody knows where Victoria Park is in Palmerston North but most have heard of the Esplanade.

We followed that walking plan for the next three years and changed this year to a plan associated with the river, the Bridle Track and the Bledisloe, Poutu and Titoki Trails with a trip to the Stairs of Lindos and a break for lunch at Anzac Park.

The overall distance was approximately 15km with a couple of testing staircases. The progress is always controlled by the slowest person on

the walk and this means a great variation in the overall time taken to cover the walk.

Numbers turning up for our section of the weekend vary slightly with usually 6-8 guests from anywhere in New Zealand. This year Walking Manawatu made our walk free and we had over 20 sign up. However, on the day around half that number never showed up so we were back to our usual number of around 6-10. Nothing is easier to give up as an event with no cost.

This year the weather was fine. The support vehicle driven by Barbara intersected with the group at seven points so individuals were able to have their belongings available or the opportunity to ride out if anything proved to be too difficult. In the four years we have done this only once have we needed to give a ride to a participant.

At the end of the walk those of us who had the time met at the coffee house in the Esplanade for a much-needed coffee and a chance to chat about the day.

The Walking Festival includes a variety of walks. Several of them have members from the Striders who go along either to assist or act as guides. Hopefully all will get some benefit from the opportunities they have to meet and talk with a range of people from both the local area and further away.





# Cigna Round the Bays

by Cheryl Sturm

**A**fter hearing about the beautiful Cigna Round The Bays (RTB) Half Marathon in 2017 I was wrapped to be able to take part for the first time this year on 18 February.

It was exciting to head down and join the buzz of this iconic Wellington event.

RTB caters for all as there are 5 events:

- » Cigna Achilles Half Marathon (which I did with my good friend Cath)
- » Bluebridge 10km
- » Fun Run/Walk 6.5km
- » Active Families 6.5km
- » Mitre 10 Mega Buggy Walk

We started at Jervois Quay after an initial fun warm-up, from where we made our way down Cable St past the Museum of New Zealand, Te Papa Tongarewa. Then along the beautiful Oriental Parade. Oriental Bay was our 1st water station where supporters cheered us on with music and laughter. We continued around to Evans Bay Parade to our next water station complete with the “Green GO” support crew.





# Circa Round the Bays *(cont.)*



All the way around Evans Bay were fun families supporting runners and walkers. The next water spot was at Cobham Drive where we got to meet Mike McRoberts! And also see the art sculptures like the “Tower of Light” and take in the picturesque ocean views.

We had aeroplanes going overhead as we passed the Wellington Airport turn off before heading up to Shelly Bay Road, where the next hydration station was.

This is where the first big casualties of the day were noticed. Due to the heat, under/over training and dehydration etc, the St Johns crew were kept busy the rest of the day.

We then headed around to Massey Road where we had another water station and a good spot for stunning pictures and clowning around of course!

We were pleased to see the turn point just shy of Massey Road joining Karka Bay Road. This spot



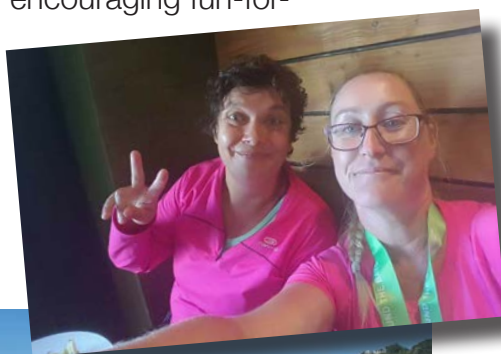


(cont.)

was beautiful, complete with freedom campers who were enjoying the view until.... the crazy runners/walkers came along and interrupted their "quiet seclusion".

The return home seemed quick as I am used to the Wellington Winter Armstrong Half Marathon where we have to return to the Cake Tin! BUT with RTB we finish at Kilbirnie Park, where before you cross the finish line you meet up with the other four events of the day coming in. Kilbirnie Park was a buzz with families, music, food, fun, medals and bus lines.

This was such an encouraging fun-for-the-whole-family event. Can't wait to return again. This is definitely one for anyone's "Run Bucket List".



## Just a quick report from the Cigna Round the Bays 1/2 marathon

by Paul Dekker

Daniel Palfreyman ran the half marathon in 1hr 22mins even. Paul Dekker did the half marathon walk in 2 hrs 23:28 and Margaret Stuart walked it in around 3hrs. Not sure if any other Striders members were involved but one lady I didn't recognise called out "Striders" as I went past in the other direction so may have been a member or ex-member. Weather was fine, very warm with gusty winds at times and cambered corners making walking/running a matter of picking where you wanted to go. Well supported event with a 10k and 6.5k option as well. Two of my girls did the event as well with my eldest running her first (and probably her last after injury!) and the next one down doing 10k with limited training. (She ran the half two years ago.)



# Tussock Traverse

## Trail race

by Kel Robinson

January the 27th saw the 14th running of the Tussock Traverse, and just like "The Goat" in its 14th year saw the alternative back up trail being run. This year it was due to a huge deluge on the Wednesday before the race washing out the Tukino road, plus damaging other roads in the area, we actually watched this downpour from the Lake, but it didn't hit us at all.

This was the 3rd time I'd run at the Tussock Traverse but the first time I'd stepped up to run the full 26km course, I was dreading the 2km uphill on the Tukino Road so I was quite happy with the alternative route via the Waihohonu Track.

Saturday morning I was dropped at the bus meeting point at Rangipo and in short time we





# Tussock Traverse

## Trail race

(cont.)

were at the drop off zone across from the start of the track. We were marshalled across SH1 and walked up to the portaloos in the carpark. I met up with the other Love my Sport RunFit crew that I train with. After a short briefing we moved towards the start line, once the gun went off it took me a couple of minutes to even get to the timing strip! (see previous page)

The first part of the track was as wide as a 4 wheel drive track but soon we were down to single file of the foot track, which made for slow going but also allowed me to warm up properly, I generally struggle in the first few km with my asthma and the slow pace to start helped with that. I ended up running between two guys who had a comfortable pace and we managed to pass a few people on the way up towards the Waihohonu Hut. We ran through waist high native scrub and in and out of native trees, I had no idea how far the hut was and so was a bit surprised when we ran up some steps in the bush and then all of a sudden we popped out in front of the super flash hut and some backpackers having their breakfast.

Next up and over the bank from the hut, was the out and back section, starting on the single trail and suddenly there were speedy runners coming towards us. Being courteous I stepped aside and let them pass, then I hit the sandpit ... this was such a struggle, so hard to run it, there was mud covering the sand from the rain and it just seemed to go on forever. Finally people started saying it's just around the corner. Yay! So around the bush roundabout I went and headed back down the sand. The 10km point was back at the start of the out and back and I was stoked to see I was 10mins ahead of where I expected to be!

The middle section of the track was over a variety of terrain, but what I was more focused on was the view! It was just so vast, I really want to go back and absorb it fully. One of the things about this run that worried me was the sun and the lack of shade, I stopped and soaked my hat in the stream each time we passed by it but the heat wasn't too bad. The clouds certainly





# Tussock Traverse

## Trail race *(cont.)*

helped but we didn't get much of a view of Mt Ngaruhoe.

There were marshals all the way along the track and a St Johns lady half way with Moro bars and lollies! They were all very cheerful and encouraging.

Once we hit the top elevation of around 1320m it was flattish and one hot valley and steep stair climb out the other side put us near the 13km run turnaround, I didn't even catch a glimpse of the Tama lakes, but they were only 10 mins away, I was tempted to divert to have a look! The last 9ish km were basically run on a "gravel highway" and seeing I'd done this track I knew that there was a big hill to come and then it was all downhill! I raced down towards the Taranaki falls and there was a photographer telling me to smile. As I came down to the Falls I saw a gathering of people, and a guy under his emergency blanket, I think he fell on the steps as they were telling me to slow down, that was already my plan as I was about to refuel.

Down the steps and past the falls I bumped into Lee-anne Hannan, who'd had the stitch badly. I wanted to stop but I knew that I was ahead

of my time still so just wanted to get home and past that dreaded last gradual uphill.

This part of the track was full of tourists all so casually dressed for the mountain region. There were also lots of well packed trampers. About 1km to the end, I came upon my girls on the track waiting for me. They ran behind me egging me on, while I didn't want them to put me off, they were really good at keeping me going, cheering me on to keep running when I just wanted to walk up that hill. Up the top, at the turn off to the Château, my husband and son were cheering. I started down this track and just started calling out excuse me to get the other slower runners/walkers out my way, almost arsed over off the boardwalk but managed to stay upright and ran down into the finish area. I was so pleased to finish that I forgot to stop my watch until I sat down!

So pleased to have come in under my ballpark time of 4 hours. Officially by 7 mins, but 9 mins by my watch. I stopped and took lots of photos in the first 18km but unfortunately I didn't of the last part.







## Routeburn and Greenstone Valley tramp

3-8 February 2018

by Judith Cohen-Zwart

**P**eter and I tramped the Routeburn and Greenstone Valley this year after having to cancel it two years ago due to my shoulder injury. We did the tramp with the Milton Rotary club who provided us with ample information what to take and pack. They organised the food and divided this amongst all participants. There were 20 of us, from all over New Zealand. We also had a couple of Aussies and Canadians amongst us.

We started in Dunedin where we were picked up by a bus that took us via Queenstown, where we picked up some more participants, to Glenorchy. While staying in a backpackers for the night, we met all the other trampers as we were having a meal together.

Eight people shared a room. By accident I put my phone alarm on for 4.30 am again as we had needed this a few days earlier in Palmerston North to catch the early Ferry. Of course you can guess what happened. Here went my alarm at this unearthly hour and everyone was awake. This was one way of making the most of the first day!

### Day one

After breakfast we were all transported to the beginning of the track. We headed off to the Routeburn Fall in brilliant sunshine. It was easy tramping and the trees were just gorgeous. The leaders, we had two male and one female, were fantastic. There was always one who walked ahead and by the time we reached our stop for morning tea the billy was boiled. They also did this for lunch, where beside the sandwiches we made ourselves in the morning, there was tea, coffee and milo, and there was also a cup of soup to enjoy. Day one ended up at the Falls Hut. Once we sorted out our sleeping arrangements and changed into dry clothes we helped out with making dinner. The first day we even had some delicious slices of ham. The food was basic, but okay. We had mashed potatoes, peas, and meat. Some days we had pasta or rice with some kind of stew. Instant pudding with fruit as dessert. It filled us up and everything tasted great after a day tramping up and down hills, through rivers, over rocky slips and climbing over tree trunks.

We had a fun group and got on well with each other. Even just after the first day some people had some horrendous blisters. Everyone had some kind



# Routeburn and Greenstone Valley tramp *(cont.)*



of advice of how the poor trampers should deal with it. Luckily, there were some nurses amongst us and blister time became a regular after the tramp each day.

### **Day two**

We woke to a cool and misty morning and started off for the Harris Saddle. Unfortunately Conical Hill was misty. This was the only day that had rain and rain and more rain. Peter and I tramp every Wednesday with the Manawatu Tramping club and we are rather experienced in walking in rain after our last very wet winter. So we just put our wet weather gear on, covered over our packs and enjoyed nature! The Routeburn is beautiful even in the rain. The pity was that this day we went over the saddle and missed

the views. Lunch time with a cup of soup was so welcome!

We walked to Lake McKenzie and it was lovely to get to the hut. A fire was soon roaring with all our damp clothes hanging above it on a clothes rack.

### **Day three**

This day we woke to crisp weather with a light dusting of snow on the tops. It was just magic walking on crisp frozen grass and the world was so quiet. Two of our leaders and some volunteers left a bit earlier to pick up additional food. An extra 8km plus walking back with all our food for the next two days. Some of us did a bit extra and went onto Key Summit with some beautiful views. After we left Lake Howden, where we had stopped for lunch, we went to our next hut and this time we were in for a treat as it had hot showers. Amazing luxury and very welcome. Peter and I decided to take our mattresses into the lounge for the night. We drew the short straw and ended up on top bunks which I especially did not fancy so the lounge was a perfect solution. With an extra bonus of having sky lights. It was a clear night and sleeping under the stars inside was magical!





# Routeburn and Greenstone Valley tramp (cont.)

### Day four

Beautiful clear weather, off we went. We were told that we would come across a waterfall which we had to cross. I must say it was one of my highlights although a bit scary. And one did get damp! There were also big slips with loose rocks. Never my favourite as my balance is not great. But I managed and looking back on the photos I feel pretty proud. We followed the crystal clear Greenstone River, passing the ever quiet cows and calves and made it to our lunch break. One of the leaders had a brew ready in brilliant sunshine and we had a group photo taken with a panoramic back drop of the mountains. We walked on to the Steel Creek hut for our last night. The Greenstone River goes past the hut and we were told there was a swim hole close by. So off we went walking through the grass and there in a bend was a perfect swimming place. The water comes straight from the mountains and I can now honestly say that it was rather

refreshing! But again for someone who does not favour cold water it sure was an experience. I managed two dips. Peter on the contrary managed even a swim and kept telling me it got better when you went in again.

### Day five

An early start on our last day as we had to cover 18km that day. There was a low fog in the valley when we started, which made it a bit difficult with visibility the first hour. After that the sun burned it all off and we met for lunch after four hours tramping. A welcome sight I must admit. The valley was just gorgeous after the rugged Routeburn with the trees and the beautiful Greenstone River alongside us.

The river is so clear and green. A final hour of tramping to the carpark where we were picked up by a van to take us back to Glenorchy where a very welcome beer was enjoyed by most. The bus picked us up to take us back to Dunedin via Queenstown



to drop off some of our fellow trampers. We stopped in Alexandra for a takeaway dinner and then continued to Dunedin.

We tramped an approximately 78km in 5 days and thoroughly enjoyed it. If you have thoughts of doing some tramps in the South Island we can highly recommend the Milton Rotary club. They are a non-profit organisation and the money they get through your donation and you membership are being used for the youth in their district.





# Open Day

by Jane Warnock

## at Manawatu Striders

**A** beautiful, still sunny day unfolded for our Open Day, which the committee had arranged to hold soon after our recent Super Sevens Series. We had a large quota of Striders walkers and some runners.

With the large numbers of walkers we were able to divide into three groups. Fast, medium and medium-medium (not slow!). The runners were not so straight-forward as due to mixed communication we were unable to have different paced groups. Thanks to Cath and Graeme for stepping in here in leading the runners. Next Open Day we will ensure that our communication is clearer so that all runners can participate in our Open Day.

We had six newbie walkers joining us and three newbie runners where we utilised the 'oh so familiar Super Sevens route'. On weaving in and

out of the Explanade Day (that occurred on the same day), Striders T-shirts were in force and along the way were able to give details of the Striders club to Esplanade stall holders.

We advertised the Open Day to walk or run from 8:30am. However, we did have potential members who arrived at the clubrooms not to run or walk but rather just to enquire. Thanks to Bob for knowing to be in the right place at the right time in welcoming these potentials.

As a footnote - we have had success from the Open Day with new members joining (runners and walkers) and the committee have decided to hold another Open Day later in the year. Many thanks to our members for being there, joining us afterwards and showcasing the success and community approach of our Manawatu Striders Club.

## Grants for members

Did you know that you can apply for funding to cover some expenses in a few earmarked events? The application process for grants has been streamlined, with a total fund this year of \$1,000 being divided between four events as shown below, and then within each event divided equally among successful applicants; closing dates for each event have been set as follows:

» Taupo Relay	\$300	Closing Date: 21st Jan 2018
» Relay for Life	\$200	Closing Date: 4th Feb 2018
» Halcombe Relay	\$300	Closing Date: 3rd June 2018
» Marton Relay	\$200	Closing Date: 29th July 2018

### Conditions:

- » Funding is only available for paid up members of Manawatu Striders.
- » All members are expected to wear Manawatu Striders clothing when participating in a funded event. It is, however, understood that there are times when personal comfort/preference means this is not always possible during an event, which is acceptable so long as all members of the team attend prizegiving in their Manawatu Striders clothing.
- » Teams are required to submit a story for the newsletter within one week of the event, as well as photos from the day (including, if possible, a team photo in club colours).
- » To apply for funding please email Kim at [info@manawatustriders.org.nz](mailto:info@manawatustriders.org.nz) by the closing date applicable to the event.



# Length of The Lake

## Taupo Relay 2018

by Ross Campbell

**S**aturday February 17 the Motley/Crazy Crew of Striders members lined up at 7.00am for the start of yet another Length of Lake Taupo Relay of 67.5km.

It is worth noting that our commander in chief Darryl James was lining up for the 23rd time. Eight legs, five team members, heaps of people, no rain, lots of hills, loads of traffic and a truck load of fun with lots of flat as well added to the fantastic lake views.

### Leg 1

Ross doesn't like the 2.5k very steep hill at the start but it flattened out to be a good effort.

### Leg 2

Darryl got the team into 2nd place. Awesome.

### Leg 3

Evan, blink and he's gone.

### Leg 4

Rachelle attacked the dangerous leg and nailed it.

### Leg 5

Alan glided up the Hatepe hill.

### Leg 6

Evan again, a mere 28 seconds outside his time.

### Leg 7

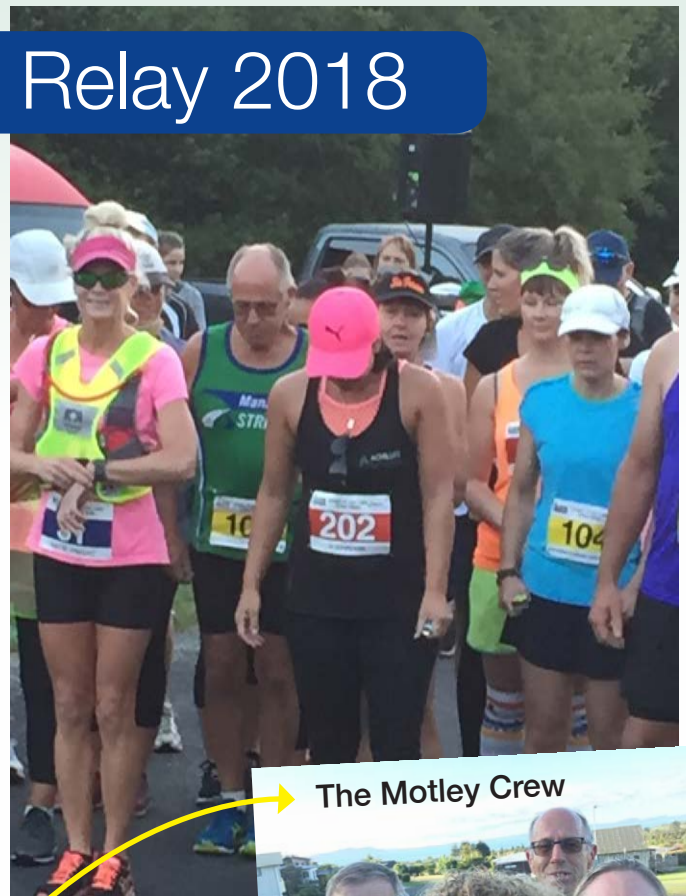
Darryl again just strutted up this leg.

### Leg 8

Alan brought it home to secure second team overall and get the bling at prize giving.

Another great showing from the Manawatu Striders team. Noticeable also by the amount of spectators saying "go Striders" or "go Manawatu". An awesome event with approximately 3000 participants.

Thanks again to the main committee for the contribution to make this happen.



The Motley Crew





As we head into beautiful autumn, the number of weekly options on the event front just seems to keep increasing. The next month or so certainly has something for every taste, and I hope we'll continue seeing many Striders out there supporting the running and walking scene. Let us know what you've been up to - we'd love to hear how it went. Have fun out there!

(Information in this section courtesy of the wonderful [runningcalendar.co.nz](http://runningcalendar.co.nz) website.)

## **XTERRA Wellington: West Wind**

**Sunday, 25 March 2018**

Makara Wind Farm, Wellington  
[www.terrwellington.co.nz](http://www.terrwellington.co.nz)

The XTERRA Wellington Trail Running Series is an annual series of off road trail runs through the winter in Wellington, New Zealand. Each race in the series has short, medium and long distances, which equate to approximately 5km to 7km for short courses, 10km to 14km for medium courses, and 17km to 20km+ for long courses.

## **Raetihi Gutbuster**

**Sunday, 1 April 2018**

Waimarino Museum, Raetihi  
[www.rideruapehu.com/](http://www.rideruapehu.com/)

The Gutbuster is a fun way to experience the scenery and history of the Raetihi-Pipiriki road that lies between the Tongariro and Whanganui National Parks. Includes an 18km running/walking option.

## **Ruapehu Ring of Fire**

**Saturday, 7 April 2018**

Chateau Tongariro Hotel,  
Mt Ruapehu  
[www.rof.co.nz](http://www.rof.co.nz)

The inaugural Ruapehu Ring of Fire will undoubtedly be one of the most challenging and exhilarating alpine adventure running events in the Southern Hemisphere

with its unique combination of terrain, distance, altitude and views. The circumnavigation of Mount Ruapehu will challenge competitors physically, mentally and spiritually. It will be tough and uncompromising, offering a mix of desert, scoria and lava fields, stunning native bush, scraggy tussock desert like terrain, crystal clear mountain streams as well as breath taking climbs and expansive views of one of the most treasured landscapes of Aotearoa New Zealand.

## **Gully Gutbuster Fun Run/Walk**

**Sunday, 8 April 2018**

Paparangi School, Paparangi  
(North of Wellington)  
[www.paparangi.school.nz/  
events.html/](http://www.paparangi.school.nz/events.html/)

This is a fun run/walk aimed at members of the whole family and will take participants 5km or 10km through the Setton Nossiter Park and back through Paparangi School.

## **Porirua Grand Traverse**

**Sunday, 8 April 2018**

Whitireia Polytechnic, Porirua  
[poriruagrandtraverse.co.nz/](http://poriruagrandtraverse.co.nz/)

The Porirua Grand Traverse has a number of options with individual and team categories in the multisport event, a duathlon option for non-kayakers, and standaline

mountain run, fun run/walk, paddle and mountain bike events. The fun run/walk course has changed for 2018; instead of cutting through the inland track, it goes around the Whitireia park coastline. The distance is 9km (previously 7.5km), but it's flatter and more scenic.

## **Great Forest Events**

**Saturday, 14 April 2018**

Waitarere Beach, near Levin  
[www.greatforestevents.org/](http://www.greatforestevents.org/)

The annual Great Forest Events is in the scenic Matariki Forest at Waitarere Beach near Levin and is run on forest roads with no vehicles to worry about. The event has 42km marathon, 21km half marathon and 10km and 5km fun runs. The course is a half marathon circuit and a two circuit marathon course giving views of the scenic Manawatu River.

## **Wairarapa Mountain Trail Run**

**Sunday, 15 April 2018**

Henley Lake Park, Masterton  
[www.wmsc.org.nz/duathlons/  
mountain-duathlon](http://www.wmsc.org.nz/duathlons/mountain-duathlon)

This 10.2 km trail run forms part of the 29th annual Wairarapa Mountain Duathlon.



## Upcoming events

### **XTERRA Wellington: McKerrow's Revenge Sunday, 15 April 2018**

Wainui Athletics Club,  
Wainuiomata  
[www.xterrawellington.co.nz/](http://www.xterrawellington.co.nz/)  
McKerrow's Revenge at The Orongorongos is part of an annual series of off road trail runs through the winter in Wellington, New Zealand.

### **Hawke's Bay Trail Run Series: Lake Tutira Sunday, 22 April 2018**

Lake Tutira, Hawke's Bay  
[hbtrailrun.co.nz/](http://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/](http://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/](http://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.rotoruamarathon.co.nz/](http://www.rotoruamarathon.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/](http://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.

## 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](mailto: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.