

# Insider

*Issue 5*

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

## Editorial

*More info on p14.*

With some big events behind us we can now focus on our own gem of an event here in Palmy. Whether you are participating, volunteering, or doing both, you will be in for a treat. Entries are still open so be sure to get yours in. Only a week to go!

The Great Forest Events again had a huge turnout (see Marian's report on it), as did the Rotorua Marathon (David C and David J reported on the 42.2 and the 21.1km events respectively). One of our friends completed her first ever manathon at Rotorua, and it is always such an inspiration to follow someone else's progress on their path to success.

A few of us attended the recent Wings for Life event at the Massey track. Since it is a worldwide event and everybody starts at the same time, our starting time here in NZ was 23:00 on a Sunday night. Needless to say, not many participants were keen to pitch up that late on a school

night. But the 25 or so runners, walkers and wheelers who were there had a great time. Some participants brought a plate and we were possibly eating more than we were running/walking. The guy who ran the furthest before the virtual chaser car caught him, covered more than 25km. Read more about the event from Kel and David H.

Cheryl had a blast at the Jennian Homes Mother's Day event, and Ross shared his trip to Masterton for the ANZAC 10km event. Read Peter's musings on the Super 7s event and have your say too (Alister, Darryl, Phil W, a penny for your thoughts?).

Don't forget about our mid-winter club function coming up in July. See p15 for more details.

Hope you enjoy this month's newsletter. Happy running, walking and wheeling everyone!  
 Wouna



## INSIDE

p2 Rotorua Marathon walk

p4 Rotorua 21km walk

p5 ANZAC Day Carterton Walk

p6 Jennian Homes Mother's Day

p8 Wings for Life 1

p10 Wings for Life 2

p11 Thoughts on Super 7s

p12 Great Forest Events

p13 Upcoming events

p14 Club matters



# 54th Rotorua Marathon Weekend

05 May 2018

by Dave Cushing

**O**n Friday 4 May 2018, I, along with Paul Jurgeliet and David Jones headed north for the annual pilgrimage to the Rotorua marathon. I was competing over the marathon distance while Paul and David were going to experience the newly planned half marathon course.

Saturday dawned with thick high overcast, no wind and the promise of quite warm conditions. First off were the half marathoners at 8am with the runners leading the walkers off with a five minute gap. At 8.20 the marathon runners commenced their race and ten minutes later the marathon walkers started. It is always interesting to estimate when we walkers would catch the first of the marathon runners. For me, this happened around the two kilometre mark. From then on it is a steady catch up and pass runners who are happily in their own place, all with the same goal – to reach that finish line back at Government Gardens. As most of you would remember the previous Sunday, the Ngongotaha

area had suffered serious flash flooding with some 200 homes made uninhabitable. There was little sign of visible damage in the township itself, but the two creeks flowing to the lake at Ngongotaha showed just how high the water had been. From Hamurana through the closed section of the race, any view of the lake revealed a mirror like surface such was the calm conditions. Some 5 and half hours after my start I was happy to cross the finish line with a completion time spot on to my race expectations. So, for me this was Rotorua marathon number 9 completed towards the survivors polo shirt.

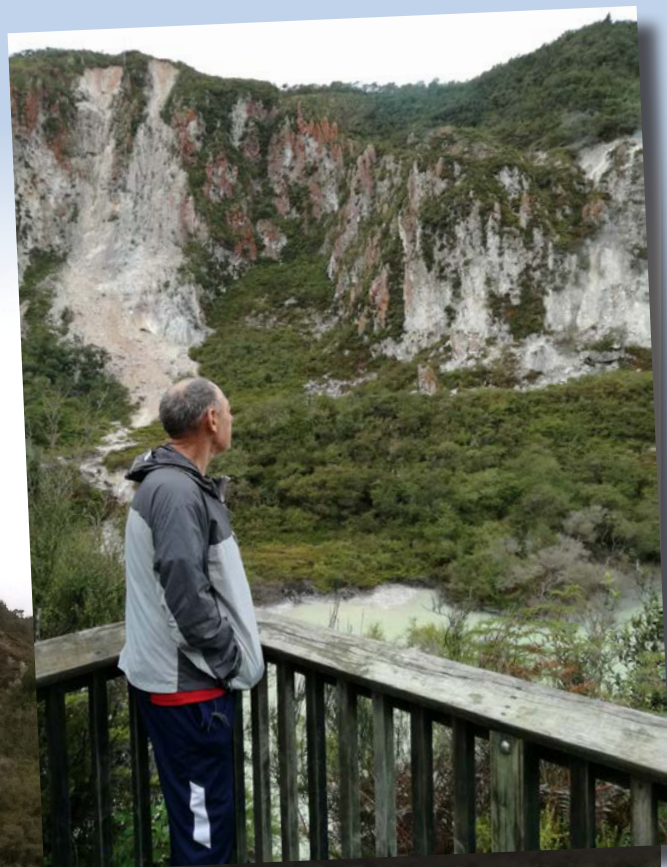
David and Paul were there on the finish straight to welcome me home. Talking to them about the half marathon course indicated the underfoot terrain was interesting to say the least, having also been affected by the previous weekends weather. The course also included some 350 metres of ascent including one hill which has been described as 'steep!'



# 54th Rotorua Marathon Weekend

(cont.)

On Sunday, as a brief stop over, we parked at the Rainbow Mountain DOC carpark at Waitapu and took a brief walk to the crater lake. This is stop that I had noted every time I travel the Taupo to Rotorua road but until now had never stopped to check it out. The noted time is a 15 minute walk took us to a small side track and a platform overlooking the green crater lake and the steaming cliffs of Rainbow Mountain. There are numerous tracks in the Rainbow Mountain area including one to the summit with a noted walking time of 90 minutes. From our brief stop, it looks like an area which I will check out in the future making more time to explore the tracks.



## Some interesting statistics:

**Marathon Run:** 941 finishers with a medium time of 4.37.40.

**Marathon Walk:** 151 finishers with a medium time of 6.25.28.

**Half Marathon Run:** 826 finishers with a medium time of 2.18.28.

**Half Marathon Walk:** 294 finishers with a medium time of 3.28.23.

**Quarter Marathon Run:** 515 finishers with a medium time of 1.21.54.

**Quarter Marathon Walk:** 192 finishers with a medium time of 1.51.26.

**5.5 k Run / Walk:** 255 finishers with a medium time of 54.29.



# Rotorua Half Marathon 2018

by Dave Jones

Photos: Rotorua FB

**R**otorua half marathon on Saturday 5th May started at 8:00am in perfect cool and overcast conditions. It was run over a new course this year, spending most of the distance in the Whakarewarewa Forest. The first 3km are in reverse of the Marathon course, after which we used an underpass to cross Te Ngae Road. This was flooded the previous week in the heavy rain but had been cleared and the footing was good.

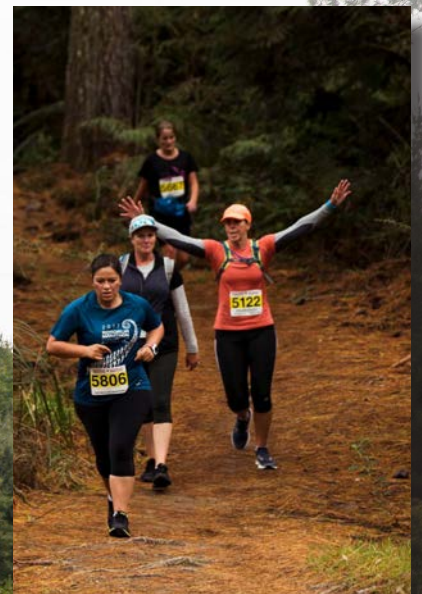
From there it became a challenging course on a mix of surfaces from grass parkland, sealed road, dirt forestry road and walking tracks covered in pine needles. The majority of the course was on uneven and sometimes steep forestry road, that needed athletes to take a lot of care with their line and foot placement. Fortunately, considering the heavy rain the week before, the surface was dry and for the most part offered good footing.

This course could be an enjoyable walk / run through the pine forest if you are prepared for the hills and surface underfoot. I would recommend good off-road footwear.

I was recovering from an injury and was happy to take it at my own pace, being careful with every step. Racing over that course would be quite tricky in places.

The winning time this year for the walk was 2:09 compared to 2017's 2:14. The winning run time was 1:13 compared to 1:09 in 2017. 294 walkers and 826 runners finished the event.

A fellow Manawatu Strider who took part in the Half Marathon walk was Paul Jurgeleit with a time of 3:15 and 30th in his age group. I had a time of 3:07 and 26th in my age group. I think we both enjoyed the day and were happy to complete the course without injury. It is always good coming down the finish strait at Rotorua no matter what distance you have done.





# ANZAC Day 2018 **Carterton Walk**

*by Ross Campbell*

John, Margaret, Karen, Nicole and Ross (pictured) made the ANZAC Day road trip to Carterton. Weather couldn't have been more perfect. We had picnic stops at Mt Bruce and Masterton Gardens arriving for a 1.30pm start.

The course was flat on country roads. There was a good representation from various clubs across the lower North Island.

Margaret, Karen and Nicole won their respective age groups in the 10km walk taking home a Paua Shop voucher and Parkvale mushrooms ... yummy!!! So it was an obligatory stop at the Paua Shop on the way home to redeem.

Definitely a wonderful event that we'll be back to next year.



# Jennian Homes

## Mother's Day Run/Walk

by Cheryl Sturm

**M**others Day what a special day! As a wife and mother of family with Heart issues I just had to enrol again in the Jennian Homes 5km Mothers Day Fun Run. The 2017 event was a beautiful sunny fun run.

This morning was dark. A and the heavens were open. As I lay in bed listening to the rain on the roof and the children clanging about the kitchen making me breakfast in bed, I pulled my duvet up a bit more. "...Ohhh I hope that rain stops before the start - there won't be a lot of "fun runners" if it's wet", I thought.

I arrived at registration and the rain stopped. Yee-ha! No wet run for us Grandmothers, Mothers, Daughters and Son's today. And we women are made of stong stuff, a little rain won't stop us!

Registration was quick and the start got underway rapidly. At a leisurely 10am start, thank you very much.

Across the park and down through the Esplanade, following the river under the bridge and heading to centennial drive for the 2.5km turnaround point. "Similar to the Striders 7's course", I heard many people saying as I passed them along the way.





# Jennian Homes

Fast and slow runners/joggers, walkers of all age groups from elderly to toddlers to children in front/backpacks or buggys. Everyone seemed to be enjoying their morning outing.

Some solo, others with kids in tow. Some with three generations, as work or gym groups and others as cousins or friends. There were people from Palmy, Feilding, Levin and Wellington, and I even met a French couple who were there with their wee bubba too.

Prize giving was fun and fast, no mucking about as most women had brunch, lunch, picnics, dinners etc to get to on this special day.

Everyone had fun. Grass to gravel. Pavement to puddles. Wet to fine. Young to old. This is definitely an event for anyone. Recovering from injury or new to walking/running. Or a warm-up for those wanting a fun start to their long Sunday walk/run.

2018 was just as good as 2017, though for me a bit faster hee hee.... Now where do I sign up for 2019?

## Mother's Day Run/Walk

(cont.)







# Wings for Life

by Kel Robinson

Photos: Lewis Marama

**O**n the 6th of May the App run “Wings for Life” took place, fundraising for life-changing spinal cord research projects and clinical trials at renowned universities and institutes worldwide.

I was invited by the organiser Kate Southern and initially thought I couldn’t make it. As luck would have it on the day I was able to attend and so signed up to the App and paid/donated my money and then it was a waiting game.

The organised run was scheduled to start 11pm on a Sunday night! All around the world, everybody starts at exactly the same time. Whether it’s day or night, bright sun

or pouring rain at your location – you’re running together with the world and sharing an amazing experience. Wow what an experience it was!

The unique thing about this race was that we were being chased by a virtual car, so you had no idea how long and how far you’d be running, walking or wheeling for. We were given a head start on a virtual catcher car. In some locations there was a real car and race car driver chasing you.

We all lined up just before 11pm and tried to work out what was happening with our phones and then all of a sudden we had voices and a countdown and we were off.







# Wings for Life

(cont.)

There were two commentators, telling us about all the locations around the world, and updating us on the actual race cars and the virtual car.

Soon I ditched my headphones and just ran with the sound up so we could all hear what was going on, it also made it easier to hear and chat to people as we were running in circles.

I ended up running in a group of four, listening and chatting, amazed at some running in 42 degrees in India in the heat of the day, some guys somewhere on the top of the world running in snow! Florida, Melbourne, Gisborne, plus other locations.

The app wasn't foolproof and some times we lost the commentators, interestingly it was then that the strain of running circles hit, thank goodness for good company, as soon as the commentators were picked up again the track disappeared and we were listening to the world, running easily.

In the end I got caught just over 12km, after 1hr18 mins. When I got caught so did 5000 others. There were over 75 000 of us!

After we finished, I hung around cheering on the final runners, eating chocolate coffee beans donated by Ebony Coffee, I won a T-shirt from The Shoe Clinic PN and drank Tailwind from Tailwind Nutrition NZ.

Events like this are always fun to do even though the next day can be a bit hard to get up in the morning, well worth it though; the running community of Palmerston North is always friendly and have fun.





# Wings for Life

by David Hartley

Photo: Lewis Marama

**W**hen I became aware of the Wings for Life event through the post on Facebook shared by Kate Southern, I felt that it was something I had to take part in. I have Spina Bifida and use a wheelchair for my mobility. My experience growing up with a spine related disability is something I have had to deal with and get used to, as have others who have had spinal injuries occur later in life.

The run itself was pretty good. It was cold but I was looking forward to exercising to warm up.

The race started with a shower which lasted for about 10 minutes or so. This made the situation difficult for me, as my gloves quickly became soaked and slippery. I took them off, expecting that it would help me complete more laps quickly. Instead, my hands continued to slip and I got a couple of blisters for my troubles.

I have no complaints about the experience, as I am sure that those with spinal injuries go through far worse in their lives.

I am looking forward to participating in the Wings for Life Run next year and I am putting out the challenge to others who have the time to take part as well, it really is worth it.





# Thoughts on the Super Sevens

“How it grew’d like Topsy”

*by Peter Jones*

**F**rom the very beginning of the MMC an informal Tuesday run/jog has been offered to members. Initially runners gathered at the Willowpark Tavern in Tremaine Avenue and in summer months it was around the airport block: Tremaine Ave, Roberts Line, Richardsons Line and Milson Line, a distance of about 10km. In winter months an around town block of Milson Line, Fairs Road, Benmore Ave, Botanical Road, Featherston Street and Ruahine Street, was used. Between 20 and 50 members usually participated. Following our efforts a number of participants i.e. those with a late pass, then spent a few happy minutes in the back bar of the Tavern.

As the number of walkers in the Club grew they too arranged an evening walk starting at Albert Street, Park and taking in a number of streets around Hokowhitu amounting to a distance of 5km or so. The persons largely responsible for this outing were Darryl James and the Simpson family. No doubt she will be able to provide more detail, and a few anecdotes, about these events.

At about the time we became the “Manawatu Striders Club” and shifted our meeting room to the hockey pavilion at the time of the presidency of Alistair Martin and Phil Wilson, a combined Tuesday evening Club event (run/walk) was organised and members of the public were invited to participate, and numbers turning up started to grow towards the hundreds. Alistair and Phil will be able to expand on this.

And so the “Super Sevens” was born. The first course I recall was through the Esplanade past the Lido into Ruha Street, then onto Dittmer Drive, up Pitama Road, to College Street, then Botanical Road, Park Road and Fitzherbert Ave, and back to the Hockey car park. Numbers taking part grew rapidly and 100 to 200 could turn up on a Tuesday.

When the Club moved to our present Club Rooms (about the time of Kevin Palmer's presidency) a new site and course was needed for the event and the starting point moved to the YMCA, Ongley park area. The course devised was the one still in use today taking in the Esplanade, the river path to Albert Street, Centennial Drive, and back through the Esplanade to finish with the crossing of Ongley Park.

The event was then more widely advertised and numbers boomed so that today we can expect between 700 and 1000 plus on most evenings. This growth was encouraged by the introduction of the 3km option which means it is a more attractive event for children and families.

So there we are today, like “Topsy” it grewed.

Finally a HUGE thank-you must go to ALL the Club members and partners who have helped make this annual event series an enormous success and a major mass public event for our city.

An invitation is extended to all who have memories to expand on or correct my recollections.





**F**ive days before these events Manawatu and Horowhenua experienced a sudden change in the weather with strong winds and heavy rain. The organisers must have been relieved that they had time to clear the worst of the mess (although there was still quite a lot of small debris along the way) and that there was no thunder or lightning on the day!

This year the course was closer to the main road than normal which meant that at the start the half marathoners had a chance to see some of the marathoners who were coming to the end of their first lap – it was good to see Deb Arnold powering her way to the halfway point. The downside was that for those of us who had done the course before, it was considerably further and rougher going from when we left the forest road, went through a gate on to the bumpy sheep track, to the finish – the lucky marathoners got to do this twice. It was still much better than the first year that this event was run when there was heaps of loose sand which made the going very difficult. In recent years the course is run through

packed-down forest roads, a few of which are also metalled. The majority of the course goes

through the forest so it is relatively protected although the last few kms are usually out in the open so it can be very hot for this part, just when tired runners would prefer some cool.

This event has gone from strength to strength with over 3000 competitors completing various events in 2018. The greatest numbers did the 10kms (827 runners and 552 walkers) but nearly as many did the 5kms (663 runners and 384 walkers) although I did hear that the 5km was free for under 12 year olds so that might have encouraged more to do this event. What a great incentive to introduce them to the event. There were 455 half marathon runners and 147 walkers as well as 69 marathon runners and 9 walkers. It was great to see a number of Striders contesting various events as well as others from the lower North Island who attend many of the local events. It is always a great atmosphere and first-timers appreciate the quirky signs (suggesting that competitors don't eat the "magic mushrooms", giving them the chance to do a time trial in the middle of the course and alerting them to the presence of possum bait). The prize-giving is worth staying for with a variety of spot prizes although this year, several prizes were bundled together into three major prizes, presumably so that it didn't drag out with people not being present. If you haven't tried this event, then you should do so next year.



# Great Forest Events 2018

*by Marian Hilder*

*Photos: Jack McKenzie*





As winter approaches, the running and walking calendar typically thins out ever so slightly, as do many people's training programmes. However, looking ahead at the next two months, there certainly is no lack of exciting and fun events to keep you motivated through the chilly season. Road or trail, city or country, day or night - whatever your preference, you are sure to find a few events to fit the bill. Happy running!

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

## **Manawatu Striders Marathon**

**Sunday, 27 May 2018**

Activity Centre, Massey University,  
Palmerston North  
[manawatustriders.org.nz/full-and-half-marathon](http://manawatustriders.org.nz/full-and-half-marathon)

A scenic and flat course run along the Manawatu River and through the scenic Massey grounds.

## **In the Footsteps of the Marines**

**Sunday, 27 May 2018**

Whareroa Farm, Near Paekakariki  
[runningcalendar.co.nz/event/in-the-footsteps-of-the-marines/](http://runningcalendar.co.nz/event/in-the-footsteps-of-the-marines/)

A scenic hilly run or walk following the challenging route march described by Leon Uris in "Battle Cry." The race starts and finishes at Whareroa Farm, MacKays Crossing, Paekakariki and includes sealed and unsealed roads, and bush and clay tracks.

## **Aurora Handicap Marathon**

**Sunday, 3 June 2018**

Silverstream School, Upper Hutt  
[sporty.co.nz/auroraharriers](http://sporty.co.nz/auroraharriers)

The event has staggered start times based on the estimated time of completion so everyone finishes at more or less the same time. There is a full marathon, 2x half marathon relay and 4x quarter marathon relay. This is a picturesque road race, 2/3 of which is rural.

## **Double Rainbow Trail Run**

**Saturday, 9 June 2018**

Rainbow Mountain, Rotorua  
[lacticturkey.co.nz/DoubleRainbow.htm](http://lacticturkey.co.nz/DoubleRainbow.htm)

42km, 25km, 17km and 10km off-road running races. The course follows a great variety of tracks from the beautiful DOC tracks going up and down Rainbow Mountain which go through geo-thermal activity, to private farmland tracks or forest roads.

## **The Possum Night Run**

**Saturday, 16 June 2018**

Wairakei Resort, Taupo  
[thepossum.co.nz](http://thepossum.co.nz)

The Possum is a trail night run on the shortest day and darkest night. Experience the Wairakei Resort, Craters Mountain Bike Park, and Craters of the Moon Geothermal Walkway at night!

## **Hawke's Bay Trail Run Series: Te Mata Peak**

**Sunday, 17 June 2018**

Matangi Road/Te Mata Peak,  
Hawke's Bay  
[hbtrailrun.co.nz/](http://hbtrailrun.co.nz/)

The course traverses private land until you reach the trails around Te Mata Peak. Access the trails on Te Mata Peak at any time from the normal access points, but please, do not use the tracks on this private land at any other time.

## **Wellington Marathon**

**Sunday, 1 July 2018**

Westpac Stadium, Wellington  
[wellingtonmarathon.co.nz](http://wellingtonmarathon.co.nz)

Almost 5000 runners and walkers participate in this annual Marathon, Half Marathon and 10km fun run event, which was established by the Wellington Marathon Clinic and has been Wellington's favourite footrace for 30 years.

## **Norsewood to Takapau Fun Challenge**

**Sunday, 8 July 2018**

Norsewood to Takapau

Enjoy a scenic run along country roads. Starting from the historic Norsewood Village, take the back roads to Takapau on an undulating course.

## **Manawatu Moonlight Madness Night Series**

**Wednesdays 11, 18, 25 July**

[manawatmoonlightmadness.wordpress.com](http://manawatmoonlightmadness.wordpress.com)

A fun, family-friendly and affordable nighttime trail running / walking series. Scheduled over three consecutive Wednesday nights, the series takes in Palmerston North, Levin and Ashhurst, for a showcase of awesome trails in the region.



### 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](mailto: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



Late entry fees now apply, and the 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, this Sunday **20 May** at 8:00, and still be in the draw for the major spot prize.

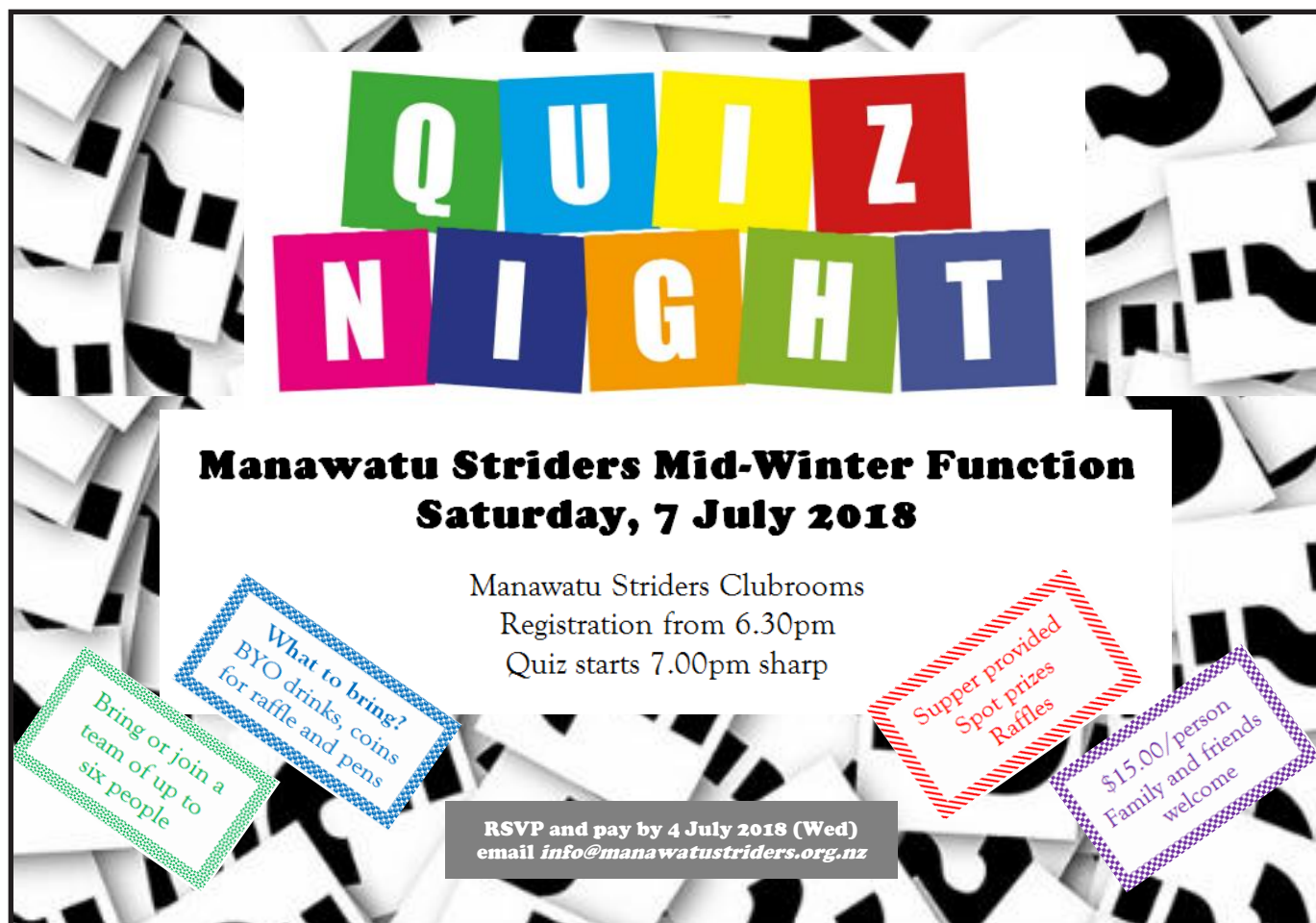
Volunteers/helpers are always needed and we would very much appreciate anyone who can spare a few hours on race day to help with things like pitching tents, setting out cones, getting the start/finish line ready, carrying equipment,

registration, pouring and handing out water at the aid stations, packing up afterwards, or even just cheering on the runners and walkers. Dust off the pom-poms and cow-bells!

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](mailto:info@manawatustriders.org.nz).





**QUIZ NIGHT**

**Manawatu Striders Mid-Winter Function**  
**Saturday, 7 July 2018**

Manawatu Striders Clubrooms  
Registration from 6.30pm  
Quiz starts 7.00pm sharp

**What to bring?**  
BYO drinks, coins  
for raffle and pens

**Bring or join a**  
team of up to  
six people

**Supper provided**  
Spot prizes  
Raffles

**\$15.00/person**  
Family and friends  
welcome

**RSVP and pay by 4 July 2018 (Wed)**  
email [info@manawatustriders.org.nz](mailto:info@manawatustriders.org.nz)

## 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.