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This Weeks Runs

- Sat 5th 8:00am @ East End Clubrooms – Te Henui & Huatoki Walkways – 1.5 hours
- Tues 8th 5:30pm @ East End Clubrooms – Mangorei, 1 hour.

Season Opening

It was brilliant to see nearly 40 people at our first pack run of the season on Tuesday night, including a few new faces! If you wish to download a copy of the 2015 Winter Programme or the Club Booklet it can be found on the homepage of our website www.energycityharriers.co.nz

After our pack run this Saturday we will have tea and plunger coffee available and would encourage those that wish to have a drink and a chat to hang around the clubrooms.

Subscriptions

Unfortunately we are having issues in setting up the online payment portal for Credit Card payments, we will endeavour to get this online as soon as possible and I will let you know when this is the case.

Payment of Subscriptions for the 2015 Season are now due. It is appreciated if these can be paid promptly and preferably either online or through direct deposit to the club bank account (please remember to reference your name on all deposits)

If you wish to pay by cash or cheque please see our Subscriptions Officer Robin Grant.

Subscriptions were set for the 2014 season at our AGM at \$60 for all members.

Pack Leaders

An integral part of our club (and people we cannot thank enough) are those members who are willing to be pack leaders, especially for our Tuesday night pack runs. If you would be willing to volunteer as a leader for one of our Tuesday groups please let Robbie know. Although it is great to have reasonably consistent pack leaders by no means do you have to be at every pack run to be an effective leader!



Being Visible on Tuesday Nights

With Daylight Saving coming to an end this weekend it is important that all members think about how visible they are when out on our Tuesday night pack runs. As the evenings get darker it will be important that everyone is wearing high visibility/ reflective clothing items. It is also important to remember that the visibility of pedestrians is often worst for

drivers around sunrise and sunset even when wearing high visibility clothing so please be careful out there.

High visibility belts, vests, bands etc. can be purchased at most local running stores.

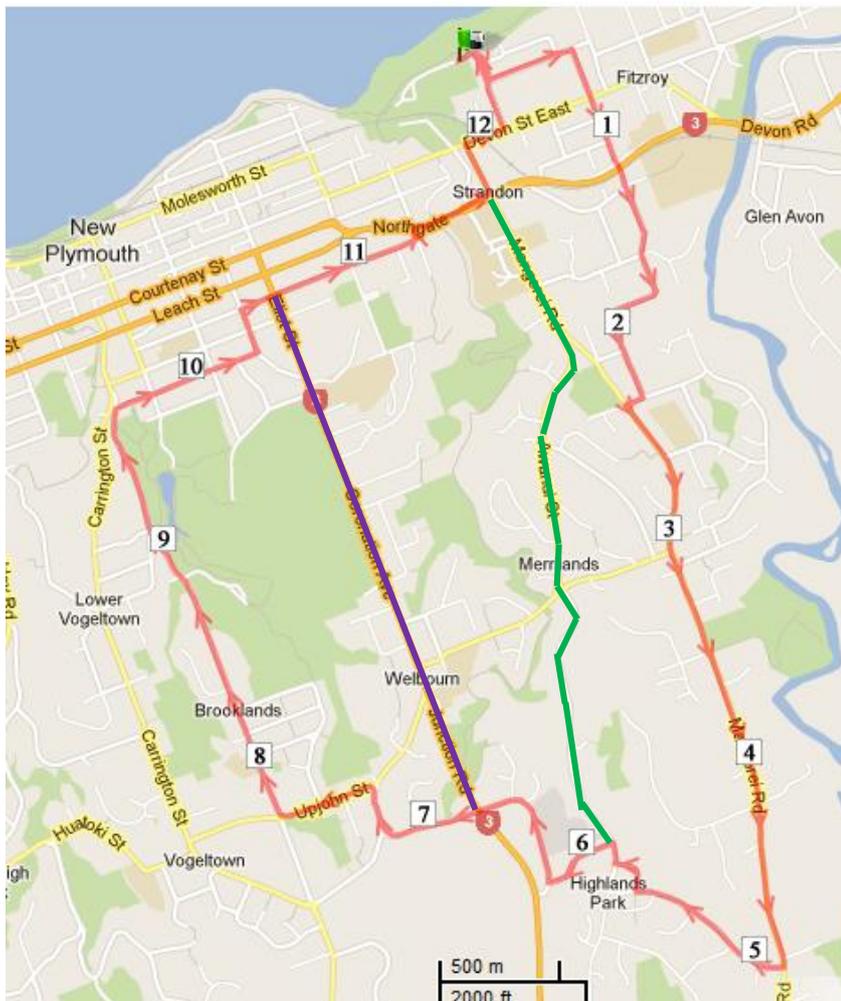
Upcoming Club Events

4th April – First Saturday Pack Run – Te Henui/Huatoki Walkways

Other Upcoming Events

18th April - Peter Catley Memorial Cross Country – Hosted by Egmont Athletics

Tuesday Night Run - Mangorei



This run contains a steady climb for the first 5km including a few steeper sections. The intention is to use the Pedestrian crossing across Devon Street onto Paynters Ave and the overpass over Northgate, heading up Lismore Street onto Mangorei Road, running down Branch Road and various routes back to the clubrooms.

The idea of all our Tuesday night runs is to be out for approximately an hour, therefore this route serves as a basis for the run/walk only, and some groups will alter their route slightly to fit their pace. Suggestions are for slower packs to come back down Heta Road (green line) shortening the route to 9.5km or Coronation Avenue (Purple line 11km) while the faster packs may add some extra loops along the run.