



## MONTHLY(ish) CLUB NEWSLETTER

Facebook: [Energy City Harriers—New Plymouth](#) Website: [www.energycityharriers.co.nz](http://www.energycityharriers.co.nz) Email: [energycityharriers@gmail.com](mailto:energycityharriers@gmail.com)

### The end of the season is in sight

As we enter into September the closing of the harriers 2017 winter season is in sight. Those that have managed to consistently make pack runs and events will no doubt have seen some improvements in their fitness, performance and running friendships. In September we have an opportunity to enjoy the final few weeks with our last club race (Club Road Champs), the end of season prize giving and the New Plymouth Half Marathon.

The harriers off-season offers a new range of challenges and hopefully a lot of you will continue to run with each other and there will be a lot of Energy City Harriers singlets at events such as the Nexans Fun Run/Walk series, New Plymouth Half, Taranaki Track and Field, Taranaki Off Road Half & New Plymouth Marathon. However before these events there is the club road champs and end of season prize giving to go which we hope to see you all at.

Regards,

Energy City Harriers 2017 Committee

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For the most up-to-date information please go to our Facebook page



### End of season social— 4pm Sun 8th October

There is a better way to sign off from another successful season than a relaxed social get together and prize giving. As always we are trying to mix it up so this year we are going for a Sunday afternoon get together at Mrs Whites (pizzeria) in the Atrium of the White Hart Hotel. The cost is \$10 per person and pizzas will be provided (drinks will be at your own cost). Please deposit money to the club bank account 15-3953-0460114-00 and use your name as a reference. This social is open to club members, supporters, families and friends.

As well as being an opportunity to bring everyone together one final time for the season it is also doubles up as the 2017 club prize giving. As normal we will present all the club trophies and other awards our members have won this year.

So get the date in your diary, pay your \$10 and get down to Mrs Whites .

## Planning for the future—A conversation about the club and where it is going

On Saturday 1st July the club held a get together to discuss the direction of the club. It was great to have representation from across the club and strong engagement. The conversation was a great starter however a main conclusion was that incoming committees needed more time to prepare for the new season than allowed by a March AGM. The complexity of moving the AGM due to timing of the preparation of the annual financial accounts is initially prohibitive, so it is proposed that those interested in supporting the club the following season put their name forward to sit on an off-season working group.

The working group will look to prepare for the new season by planning the delivery of our normal activities and also exploring and developing new ideas. As normal this initiative is dependant on the support of club members willing to put anywhere from a few hours a month in on an informal basis to those that willing to support the club through sitting on the committee.

Some of the areas that were discussed at the club conversation that the working group will discuss include:

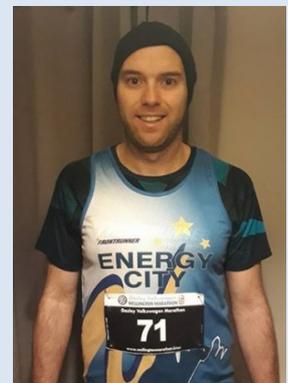
- Introduction of more social and family events
- Opening club events to non-members (but restricting who can win club trophies)
- Providing club branded clothing
- Mixing the Saturday morning pack runs up more with some different training
- Finding a true 'home' for the club

We will be looking for expressions of interest before the end of the season so keep an eye out for more information or drop us a email at [energycityharriers@gmail.com](mailto:energycityharriers@gmail.com) or Facebook message us to let us know you are interested in receiving more information.

## Club Facebook Page

The Energy City Harriers Facebook page is a resource for all club members and supporters. We encourage you to utilise it to stay in touch with each other and also share experiences and resources.

We will moderate the site to ensure it stays relevant etc.



## Have you got photos!

It's great to capture memories from the season to share and reflect back on in future years. So if you or anyone you know has taken video or pictures that they are willing to share, please get in touch and we will arrange getting a copy. Thanks.



## Programme—September

The last few months has seen many club members participate in club and interclub events with great success and provided seasoned, to new members, a great way to mix up their training, socialise with others and test fitness levels in relaxed and friendly environments.

- We are into the last month and while there is only a few weeks to go we still have a few cool events to go and the final club race....the Club 5k Road Champs at Kaimata St. It would be great to see as many of our members as possible participating and supporting out there. As always the focus is on having fun with like minded people and racing your peers.
- No formal programme of Energy City Harriers events happens over the spring and summer months. However apart from the wide range of local one off events on offer there is the Nexans series and track season. We will provide details of these when they are available. Some times people perceive track, like harriers, only for fast or serious runners but like harriers it is a great chance to meet new people and improve your running. Give it a go and you will find out for yourself.
- Throughout the season you will have found yourselves running and socialising with certain people more often. Why not arrange to set up a Facebook group or a set time to keep on training together. As you will have found there are so many great benefits to running with others.

### Sept to End of Season

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
September 4	5	6	7	8	9	10
	Tuesday Night Pack Run. 5.30 to 6.30 @EESLC				Saturday Pack Run 8.00 to 9.30 @EESLC	
11	12	13	14	15	16	17
	Tuesday Night Pack Run. 5.30 to 6.30 @EESLC				No morning pack run Dravitzki Invitation (Farm run on Carrington Rd) 1pm start, 3pm tea	Note: Stratford Runners & Walkers relay is also being held on Sat 16 <sup>th</sup> 1pm
18	19	20	21	22	23	24
	Tuesday Night Pack Run. 5.30 to 6.30 @EESLC				No morning pack run Club Road Champs (5km) 2pm start	
25	26	27	28	29	30	October 1
	Tuesday Night Pack Run. 5.30 to 6.30 @EESLC					2017 New Plymouth Joggers and Walkers Club Half Marathon
2	3	4	5	6	7	8
						End of season social and Prize Giving Mrs Whites 4pm



You're invited  
to celebrate  
the....

## END OF SEASON

FOR A SOCIAL  
TIME WITH A  
SHORT  
PRIZEGIVING

**WHEN** SUNDAY 8TH OCTOBER AT 4PM

**WHERE** MRS WHITES (ATRIUM OF THE WHITE HART HOTEL)

PIZZAS TO BE PROVIDED

\$10.00 PER PERSON

DRINKS AT YOUR COST

PLEASE DEPOSIT MONEY TO OUR BANK ACCOUNT

USE YOUR NAME AS A REFERENCE

15-3953-0460114-00