

## **Welcome Striders!**

If you are a new member its good to have you on board, and thanks to those of you who have chosen to renew your membership. Membership, across the spectrum, is growing at a steady pace. We are always happy to welcome new members.

We'd like to make the newsletter more about you, the members, and events/training that you have experienced – whether it's recommendations, tips, reports from events or anything you think Striders Multisporters would be interested in. But first, a bit about the backroom people...

April, the start of the membership year, saw some changes in the committee, with Andy Dowdle and Sue Field moving across the pond after having reinvigorated the club (especially the running group). Many thanks to them for their major contributions.

At this year's AGM, the club welcomed Renata Blanchfield as our new President, along with long-serving committee members Gerald Gates, Roger Allison and Gary Watson who are continuing (thankfully!) to play an important role in the running of the club. Four other members have joined the committee: Bill Miles, Al Pankhurst and John and Diana Smith.

## **New Equipment**

It's a good time to get on down to the clubroom when its wet and windy outside. The club has just purchased and installed two new cycle trainers.



As the clubroom is open 24/7 there are plenty of opportunities to find a time when you can have the pick of the equipment.

## **Striders Groups**

Many Striders club groups meet for outdoor activities – rain or shine - where you will be very welcome. Here is a quick run-down. See their individual pages on the website for more details and Striders Facebook page for updates.

## **Running**

Saturday morning, 8.00am, Stone Store Basin car park, is firmly established as the place to be for a run/walk along the beautiful Rainbow Falls track. There is an 8km and 5km route, and as the Kerikeri Half Marathon approaches there is the opportunity to add on an extra 1.8km loop. We are a friendly bunch, with a wide range of pace and age. A weekly invite is emailed to all the runners which highlights forthcoming races/events. These are often discussed at the Honey Pot Café where we meet after our run for coffee and a chat. If you would like to be added to the email, let us know on [info@striders.co.nz](mailto:info@striders.co.nz), you would be very welcome.

## **Walking**

The walking group meets every Wednesday at 5.15 pm at Kingston House for a one hour walk around the Kerikeri area. Over winter there is a small but consistent group of 3-4 people enjoying a brisk walk of around 6km on the local tracks and footpaths. It's a great way to keep your fitness up for those non-runners. We try to keep up a good pace and find a hill or two but can also accommodate walkers who need to go slower while building up their fitness. Anybody interested is more than welcome to join us so don't be shy and come on down!!

## **Road Cycling**

Our cycling group meets every Sunday for a ride, distances vary from week to week and different paces can be accommodated (contact Gary Watson for more details). The Cycling group page on the Striders website has current information about start times, place and routes. The schedule includes rides to Opononi, Taheke, Te Ngaere Loop and Helena Bay. Rides are followed by a social chat and coffee at Santeez, Kerikeri.

## **Multisports**

Striders' Multisports is an enthusiastic and growing group, with a focus on shared training and preparing for events such as Te Rima and the Avoca Kumara Kai Iwi Lakes Tri. Several Striders took part successfully in the Bay of Islands Breca earlier this year and there is scope for the group to step it up to events like the Iron Maori, Ironman, Breca Wanaka and more, depending on interest. If there are events you would like to put a focus on, then please suggest them so we can gauge interest among the membership.

**We'd love you to share your run/cycle/walk/multisport experiences with the club. Either post on our facebook page or email to [info@striders.co.nz](mailto:info@striders.co.nz) for inclusion in the next newsletter!**