



January's Parihaka Trail Run

Whangarei publicity shot —recognise that shirt, and who is wearing it? See below...

Hi All

Welcome to our new members: Heather, Sam, Akasha, Jennifer, Michiko, Alison, John, Deb, Albert and Alan. You can join our Facebook group and also see our website for up-to-date information about the club and what's happening. If you're interested in club kit there is a link on the website, or email me at info@striders.co.nz as we have a supply in stock.

A shorter newsletter this time – remember it's your news, so feel free to send some in. It doesn't have to be a long report, just a few lines and a photo if you have one. Feedback from members is that they really enjoy hearing about Striders' exploits and have been encouraged to enter events after reading about them :)

Chris and Debbie sent in an interesting article about how just 7 minutes running a day can help slash the risk of heart disease.



Some older news, but worth sharing: The Christmas picnic was a while back— a great number of Striders and families came along, and tables groaned with delicious food. From the amount of chatter and laughter it seems a good time was had by all. We've got some ideas on how to make next year's summer get-together even better,

if you have any suggestions, email: info@striders.co.nz

Sports Shorts

Al, Striders running co-ordinator, and a group of runners including Kirsten, Chris and Grant—apologies to anyone I left out— ventured down to Whangarei for the scenic Parihaka Trail Run with Chris (pictured at the top of the page) coming second in his event.

Sports Shorts continued...

Al has been organising some excellent Awayday runs—we met at the seafront in Paihia and ran up the School Track and then along to Oramahoe Road and back. That wasn't far enough for some, and Cara led them round the Kauri loop as well. It's a pretty fierce route, a few of us didn't make it quite so far and got back to Paihia in time for a cool down swim. Al Fresco's was kept busy as we ordered a huge mountain of calorie laden goodies (could that be why we run?)



Back at the beach we met Lyndon who had been running all night...

Al's next Awayday took place at Totara North, running to and from Lane Cove, where they were joined by Chris, Deb and Steff who were moored on their boat. Not sure if they climbed the Duke's Nose whilst they were at it, but wouldn't be surprised :). Another challenging run, and Cara loved it so much she ran it again the next day!

The latest Awayday was along the cycle trail from Kaikohe to Okaihau, and runners were accompanied by a couple of cyclists and a walker which was great. Two of our runners hit the wall (literally—if you've been through the tunnel you'll know what I mean!) and we finished up with coffee and cakes in The Left Bank.

A certain someone known as the 'Red Runner' put in a 62km shift *before* one of our regular Saturday runs. Red's run was to celebrate his birthday following his tradition of running a km for every year tho' he added on an extra 2 for luck (well, why wouldn't you?!). He fully deserved to be embarrassed by a rousing chorus of 'Happy Birthday' in the Honey Café

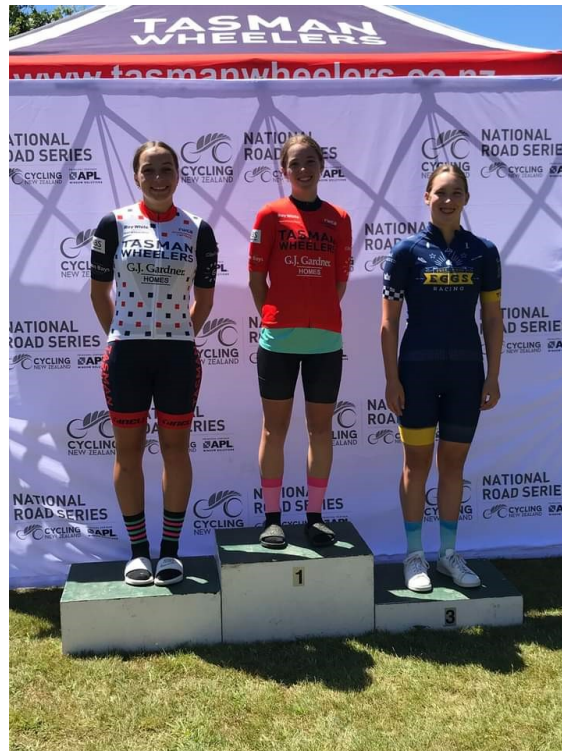


Yvette left us in January to go travelling with her partner to the South Island and then back to The Netherlands to join her family. Once a Strider, always a Strider and we hope to see her back again sometime.

An update from Rani in the US. She still misses the Rainbow Falls runs and wants to renew her membership as she and hopefully her daughter will be returning in 2022. There can't be many Striders out there further away than Rani, or can there?!

Sports Shorts continued...

Our cyclists continue to achieve too—Tiree Robinson had great success in the Tasman Junior Tour recently. She learnt heaps, had fun and worked hard to achieve first overall in her U17/U19 girls age group.



Striders' Sunday rides are thriving—see Gary Watson's facebook posts each week for updates.

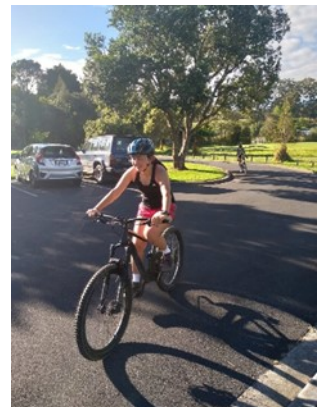


Sports Shorts continued

The walkers look like they have fun too. Rebecca (Striders' Walking co-ordinator) says they have up to a dozen regulars— this is a photo from an impromptu swim at Wharepuke Falls on one of their Wednesday walks.



Thanks go out to Bill and Renee Miles for organising another successful Tri Training Day late last year. Bill is the Striders Multisports co-ordinator. Thanks too to Tim for being the kayak safety guy. Swimming at Opito Bay, cycling to Rainbow Falls followed by a run along the Rainbow Falls track timed to coincide with the Saturday run. A great morning out, backed up by oodles to eat and a good opportunity to get together as a club.



Longevity tip in run study

Lizzie Parry

Running for just seven minutes a day – even at slow speeds – could help slash the risk of dying from heart disease, a new study has revealed.

Scientists analysed 55,137 adults aged between 18 and 100, and found healthy exercise does not have to be exhausting or time-consuming. They followed participants over a period of 15 years, during which more than 3000 died. A total of 1217 deaths were related to heart disease.

Runners, who made up just under a quarter of the study population, had a 30 per cent lower risk of death from all causes and a 45 per cent lower risk of death from heart disease or stroke than non-runners. They also lived an average three years longer.

Running for less than 51 minutes a week – or about seven minutes a day – fewer than 10km, or slower than 10km an hour all reduced the chances of dying.

The study found runners had a 30 per cent lower risk of death from all causes and a 45 per cent lower risk of death from heart disease or stroke



than non-runners. Lead scientist Dr Duck-Chul Lee, from Iowa State University, said: "Since time is one of the strongest barriers to participate in physical activity, the study may motivate more people to start running."

Participants who ran regularly for an average of six years experienced the biggest benefit, the researchers found. Their risk of death from heart disease or stroke was reduced by 50 per cent. The findings are in the *Journal of the American College of Cardiology*.
— Daily Mail

NZ Herald 30.7.14

Although this article was dated 2014, HIT (High Intensity Training) is still thought to be an excellent tool for fitness. No excuse not to run now!

Coming Up:

CHECK EVENTS WEBSITES TO KEEP UP TO DATE WITH POSTPONEMENTS/ CANCELLATIONS

Running

Tentatively 25th September 2021 is the **Blue Lake Challenge** <https://www.bluelake24hr.com>. As many 5.5km laps as you want to do in 24hours, so something for everyone (some people only run one lap). Al is really keen for the club to go to this event, so ***Al's challenge to you is*** (a) put this in your diary, and (b) set yourself a personal goal for this event (be it 5.5km or 160km). **You don't have to tell anyone your distance, it doesn't cost anything to enter, and it will be great fun supporting each other. Let Al know if you are interested** and we will try to secure a spot to put up a club gazebo as our aid station for each lap. Rotorua has lots of other things to do to make it a fun weekend for everyone.

20th March – **Kai Iwi Lakes Tri** (Dargaville) – <https://www.sportnorthlandevents.co.nz>

20th March – **Te Houtaewa Challenge** (90 Mile Beach) <https://thmct.co.nz/tewero/>

Check the website for the latest on the Te Houtaewa Challenge, some of the distances have been cancelled.

27th March – **Wild Kiwi (Whangarei Heads)** <https://www.thewildkiwi.co.nz>

16th April – **Riverhead ReLaps** (West AK) <https://www.lacticturkey.co.nz/riverheadbackyardrelaps/>

1st May – **T42 (Central Plateau)** <https://www.t42.co.nz>

25th September – **Blue Lake Challenge** <https://www.bluelake24hr.com>

Multisports

Kai Iwi Triathlon, March 20th... <https://www.sportnorthlandevents.co.nz/copy-of-kaitaia-run-walk> One of **Striders' favourite** events for all abilities. We'll set up a 'base camp' at Kai Iwi for the Saturday event where people can base from before and after the event. We'll look to have a shared lunch once the last Striders member is in so if that sounds like a bit of you then bring a plate.

Wild & Mild Kiwi Multipart event, March 27th... <https://www.thewildkiwi.co.nz/wild-kiwi-multisport>

Whangarei Tri Club Anzac Day Triathlon, Sunday 25th April. Low key all comers day from beginners to elite. Standard distance tri, Have a go tri, Duathlon, Kids Aquathon, teams or individual. \$50.00 entry before Feb 28th, then \$65. All entrants receive an Anzac towel and swim cap. For more details phone 021 0279 6487, website <https://www.whangareitriclub.co.nz>

There's a lot of training going on at the moment with these events in mind so if anyone wants to jump in, there's regular swimming, cycling and running, and combinations of all, going on most days. Just get hold of me (**Bill Miles** 021 952 406) if you want to join in.

Cycling

BDO Tour of Northland – 4 days starting 18th March in Whangarei

<https://www.dynamoevents.co.nz>

Marsden Wheeler Club Championships – TT, Climb and Road Race, 28th March 2021, all day

<https://www.bikenorthland.co.nz>