

February 2022 Newsletter



Welcome all to the first newsletter of the year. With most events being postponed/cancelled there's not been much competition to report on though Striders have been out and about doing their own thing.

Clubroom news first—a functional trainer has been installed in the clubroom adding value to your fitness workouts. We've had lots of great feedback already, thanks to all who emailed.



If you're interested in upgrading your basic membership to clubroom membership to take advantage of the great facilities the clubroom has to offer email John at: info@striders.co.nz

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No events? No worries, Striders just held their own. Al did his always brilliant job organizing a route, trophy and some keen supportive volunteers for an alternative to the Kerikeri Half Marathon. The inaugural Te Rere O te Arua (River Run) was very successful with Cara P and Rory taking the honours.



Striders runners at the top of the Duke's Nose, Lane Cove, earlier this month. Another one of Al's Awesome Awaydays!

The annual Striders Christmas Picnic was a great success again —with thanks to Harko for his Maori games (and Shirley, Sue, Rene and Andy D for taking part). Al gave a short talk on the running group's exploits and showed the new trophies; the sun shone, balloons popped, every morsel of delicious food was eaten, and there was a happy, friendly buzz in the air.

Striders Group Kayak – Sunday 20th February
Depart Opito Bay 12:00



Andy D is setting up a Striders kayaking group. Kayakers will start with a series of regular group paddles. The first trip is scheduled for **Sunday 20th Feb** in the afternoon. Meet midday at Opito then head to Turtle Island for a picnic (Plan B for poor weather is to stay in Kerikeri Inlet and head to the Stone Store.) At some stage during the day the group will practise rescues. All welcome—pass the word around.

For more info contact andy_dowdle@hotmail.com

021-849958

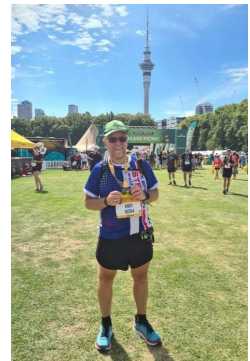
Club News

Bill Miles is keen to plan an Orienteering event for Striders.

He is looking for venues, so if you know of, or own, land with a variety of gradients, maybe some forest/fields etc and you'd be ok with a bunch of Striders running/ exploring it, Bill would love to hear from you. He has some great ideas, and events he has organized before have been well run and enthusiastically supported.

If you are interested, contact Bill on 021 952 406

The Auckland Marathon, which had already been postponed, sneaked in just before the Super-city went to red (which was fortunate for Andy F as it meant he could finally stop training a zillion ks a week!). Andy ran well in scorching conditions, sporting the Striders colours.



Cara Pinney is one of Striders awesome runners. She loves running sooo much that she leads 3 fitness classes *just for the fun of it!!* Two of the classes are stretch, and one is for strength and cardio. All abilities, all welcome.

Strength and cardio takes place on Monday evenings under the big tree on the grass near the Landing Road car park at 5.30-6.30pm. Bring a mat and water. Its loads of fun and really works. Cara adapts the sessions for different abilities. Torchlight class in the winter was fun :)

Wednesday mornings, 6.30 am stretch and strength—same place in Kerikeri—excellent way to start the day.

Cara also leads a stretch class on Zoom on Wednesdays at 5.30 pm

Come along, or ask Cara to add you to the messenger group if you're interested. Alternatively, email me at info@striders.co.nz and I can forward your contact details to Cara.



Club News

Away day to Urupuka

With a cyclone approaching, the skipper of the GreatSights ferry took many opportunities to warn us of our 'last chance to get off the boat before it leaves!' if we were uncertain about swells. Happily no-one did the walk of shame and the sea was pretty calm after all. Plenty of dad jokes from the skipper later, 18 hardy Strider walkers and runners disembarked at Otehei Bay, Urupukapuka Island.

Armed with maps we set off in small groups and between us I think we managed to cover almost all of the island. We were lucky to hear and see several saddlebacks which weren't frightened off by all the huffing and puffing going on! We (eventually) found Paradise Bay, though as Jo said, they were all paradise really. The sun shone through, the sand was white, the water was clear and rope swings were begging to be used—irresistible. The track back up was a bit of a challenge, I invented several new swear words. Back at Otehei we swam, drank coffee, and shared Andy D's brownies, all agreeing that all runs should end like this. But, someone was missing, where was Shirley? Nah, she'll be right. 20 minutes later, mmm, what should we do about Shirley?! And, just before we could hatch a S&R plan she popped up smiling and as happy as always. Just a detour to a bird hide.

I took a bit of a ribbing for taking a head count back on the ferry (once a teacher, always.. .) and then a group of us finished off the morning down at the Phathouse for pizza and beer. Perfect!



Something to aspire to?!

The world record for running the length of New Zealand smashed by two weeks.

Ultrarunner Emma Timmis completed the 2100km journey from Cape Reinga to Bluff on 10th January in just 21 days. She set out from Cape Reinga on 17th December and ran a whopping 100km - or two-and-a-half marathons - every day.

She loosely followed State Highway 1 through the middle of the North Island before skirting down the South Island's east coast right the way to Bluff. There were shouts of celebration as she jogged to the finish at Stirling Point, smashing the previous world record by 14 days. Timmis said she would start running at between 4.30am and 5.30am each day and would finish by 7pm each evening. "It's been the hardest 21 days of my life," Timmis told reporters and said that she was "Pretty exhausted. Feeling like someone who's not slept for the last 21 days,"

In terms of the more positive aspects of the journey Timmis said she enjoyed the stretch in the very Far North of New Zealand because of its spectacular beauty and because the roads were quieter.



Adapted by John from an article in The Herald

Upcoming Events

Bill Miles is keen to plan an Orienteering event for Striders. If you are interested, contact Bill on 021 952 406

The following events may have been cancelled/postponed, check their websites for current information

6-Mar-22 Beach to Basin Whangarei <https://www.beachtobasin.co.nz/> Cancelled

12-Mar-22 Wild Kiwi Whangarei Heads (may not go ahead under RED) <https://www.thewildkiwi.co.nz/> cancelled

26-Mar-22 90 Mile Beach <https://thmct.co.nz/challenge-options/>

27-Mar-22 Parihaka Trail Run Whangarei <https://www.runparihaka.co.nz/>

WE 25-Apr-22 Born to Run Adventure race (any Striders willing to help on Anzac weekend with this unique event). More detail to follow at a later date. <https://www.facebook.com/BorntoRunAdventureRacing/>

Last year a group of Striders thoroughly enjoyed helping at this event, and highly recommend it.

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Kerikeri Striders
Multisports Club