

HVMC NEWSLETTER



August 2008

THE CLUB COMMITTEE

President	James Disney	president@hvmc.org.nz
Secretary	Kathy Lys	
Treasurer	Brendan Quirke	
Club Captain	Vaughan Clark	
Social Activities	Frank Oliver	
Newsletter Editor	Andrea Horton	andrea.horton2@nzdf.mil.nz
Robyne Blackford		
Amanda Oatham		

Presidents Report

Here we are in July and are more than half way through the year. The last couple of months have been quite eventful with the Harbour Capital, our Special General Meeting and the Mid-year party.

The Harbour Capital saw quite a few of us brave the wet and windy conditions to run our various races. There were a couple of notable performances that include Carla, Lee, Alison and Nicole all running personal bests. Ron Stevens won the men's 42.2km walk. Well done to them and all the others who took part.

The Special General Meeting had a good result in that all points of view were expressed regarding the design and style of our club uniform. Some supported the newer understated uniform while others were in favour of the older more distinctive design. Actions to be taken as a result of the Special General Meeting are:

1. The forming of a Club Uniform Working Group. I would like to have a group of 5 made up of 2 Committee members and 3 clinic members to consider the current designs in use and to propose a club uniform with maybe an alternative strip also available at the next AGM in November. We would like this group to be set up by the end of August. Please contact me as soon as possible if you are interested in working on this.
- 2 We also need to tighten up the Rules or Constitution. While the meeting spoke largely about the clause regarding club colours a lot of the Constitution has been changed over the years without the officially registered Constitution being amended on the Companies Website. I would like to set up another working group to address this and submit a revised Constitution to the Clinic at the November AGM. Again, I ask for anyone interested in working with me on this to contact me before the end of August so that we can get started.

Great fun was had by all those who attended the mid-year party. Some of the outfits were quite good but scary. It was also good to see so many past members there. Frank and Vaughan will probably tell you more about the party in their pages.

On the financial side of things we now have just over a 100 members. Thanks to all the club members who help us grow our numbers through their marketing skills and friendliness. We have also secured good funding from Pelorus Trust to help facilitate the running of our race in September.

Speaking of the Pelorus Trust race, Trish and her team are progressing well in organizing this. The Race Committee will soon be contacting you to help out. Any help will be greatly appreciated.

Vaughan will be telling you more about the re-introduction of off-road running as part of our Sunday morning options. We will be looking for some pack leaders and some indication of who would be keen on doing some off-road runs. The "Bushwackers" are back!

Also, don't forget Rotorua 2009. I haven't.

James Disney
President

Captains Corner

Welcome one and all to the second edition of "Captains Corner" and as Bruce Forsyth used to say "What's on the board Ms Ford".

Again, thank you all for your positive feedback in regard to the Sunday pack runs and support for our mid year function at the Boulcott Golf Club. If anyone has found a black hat please let me know.

I'm sure you will all agree that it was a great night, a wonderful meal and some best to be forgotten dancing. It was a thrill to see a number of old faces and past members and I guess we were all left with the clear impression that the Club was more than alive and well. As we move forward I want to continue to build upon the successes achieved.

Bushwackers

The "Bushwackers" are back!

A number of our older (not necessarily in age) members may recall or have been part of the above aptly named group.

Ten or so years ago, there were not as many "off road" trails around the Hutt Valley as there are today. (Many were made up as we went along.) Accordingly, the off road runs could best be described as interesting, challenging and off road. My best or worst memory being a former Club member getting lost and returning back to the pool just after mid-day!

I believe there is sufficient interest within the Club to re-introduce a Bushwackers styled running group whose main focus will be off road runs. Eddie & Derek have kindly agreed to assume the roles of pack leaders and it is envisaged that the Bushwackers as a group will co-ordinate an off road run once a month

The key issue with the Bushwackers being off road running and running as a group – if this appeals to you please contact either Eddie, Derek or myself as I would aim to get up and running with the next month.

Important Forward Dates

17 August – Palmerston North Half Marathon

A reasonably interesting course and whilst it is held in August the weather tends to be pretty settled.

14 September – HVMC Champs

The above event will be run on the weekend prior to the Pelorus half marathon along the proposed new course.

21 September - Pelorus Half Marathon

Last Sunday (20 July) a group of approximately 20 again tested the proposed new Pelorus Trust course. It was a wet & wild morning and highlighted a number of minor changes that we need to make to the course – thank you to all for the feedback.

This is our major event for the year and supports all Club initiatives for the next 12 months - your support in running the event is crucial so please be aware that we may require your assistance for a couple of hours on the morning of September 21.

Rotorua 2009 (the magical 45th)

The Rotorua Marathon has always been a major event for the Club and I have a sense already that this will be the case next year. I am very keen for the Club to target the 45th and I want to work with all pack leaders to develop a focus on this event.

Watch this space.....Registrations Please

We have a new and redesigned web site - please check the web site out as it will be used in conjunction with our Sunday morning meetings to notify all members of forward events and any changes to scheduled events.

I would like to thank the team of pack leaders for their unfailing work every Sunday in leading their groups around the Hutt Valley – if you are interested in becoming a pack leader or have identified a gap in this area please contact me.

Regards to all – over & out.

My Story on How I Got the Title of “Marathon Runner”

It all started in 2007 when Eddie and his mate Millzy were talking about running Rotorua Marathon in 2008 as they were both turning the big 50 on the 2nd and 4th May and what a better way to celebrate than to run the marathon on the 3rd. So silly me opened my mouth and said hey why don't I come to Rotorua with you guys and run the marathon as well!

Word soon got around that I was going to do Rotorua, bugger I thought I really have to do this.

I guess my training started in June 07 with the Harbour Capital ½ marathon with a time of 2.09.31. I felt stuffed and thought there is no way I could ever run a marathon!

I did 8 half marathons in 2007 and managed to get my time down to 1.58:20.

My serious training and long training runs didn't really start until February of this year. The club had a training programme for Rotoura and Trevor & Clive were excited to have a newbie to train with them.

Prior to this I had been dragged up Belmont Trig with Eddie several times telling me this will make you strong for the marathon and what doesn't kill you will only make you stronger - yes dear, what ever you say!

The last few months before the run my life was consumed by the marathon, It was all I talked about, all I thought about, I even dreamed of crossing that finished line! I was so excited about it. I read plenty of books. I even read Kerre Woodham's book 'Short Fat Chick to Marathon Runner' and thought shit if she can run a marathon then so can I. Would you believe I even gave up my Saturday night glass of wine for a bottle of water! Boy was I committed!

I would generally run about 1.5-2hrs on a Tuesday and Thursday. These runs would usually include a hill and then I would do my long ones with Clive & Trevor's group on a Sunday.

I did have moments of doubt as to whether I had run enough, would I be fit enough blah blah blah and poor Eddie did get sick of hearing me go on and on and on, but he was very understanding and was a good listener. But this was huge for me and I'm sure some of you can relate to me running your first marathon.

I found it hard the last few weeks before the run as we had tapered off and our training runs had dropped to about 18km on Sunday. It was scary I felt like I would lose all my fitness I had gained. Funny how the mind plays games on you.

Anyway, at last Friday the 2nd of May arrived and we were on our way to Rotorua!! We had our shared pasta tea with every one else from the club that night but I was too scared to eat anything other than what I had made. Everyone took bets on what the newbie's time would be. I could hardly sleep that night, I was so excited I couldn't believe it was happening.

Race Day!

I was awake at 5am ready to go except the run didn't start till 9. So I lay patiently in bed. I got up about 7 and got dressed had my porridge for brekkie and waited and waited.

I must have gone to the toilet about 50 times before the race. Eddie and I walked over about 8.40 to the start line as I didn't want to get there too early as I would have to take another nervous pee!

I found Trevor and lined up next to him. The start siren went off and I almost cried I couldn't believe I was really here doing it!

I was very sure not to get caught up in the excitement of things and go out to fast.

5, 10, 15k my times were all looking good. Got to the turn off and started heading back towards Rotorua, another emotional moment for me! 30k yip still feeling good.

It was great to see the k's counting up 35, 36, 37 - not many to go now I thought I'd almost made it!

Then there was only 1 to go, another emotional moment! Then I could see the turn off to the finish line and there was Eddie waiting for me, I'm glad he didn't tell me to dig it in and go hard because I think I would have had enough strength to tell him where to go. Guess he could see the complete exhaustion in my face. Next thing I was crossing the finish line 4.26:39!! I had made it and I came in under the 4.30hrs that I was hoping for.

I was so glad it was over. I did enjoy it! It was everything I thought it would be.

For me running this marathon was a huge commitment but I was dedicated. I do think I had trained enough and I am glad I did a lot of hill work. It was hard but it was so rewarding. If you are committed and put in the training then you will get the results. This will not be my only marathon; I will be going back next year to hopefully knock a few minutes off my time.

If you are looking at running your first marathon, there are lots of experienced members in the club who have lots of knowledge and I thank everyone who gave me advice & encouragement.

Lee Alexander
Marathon Runner

WWW.Sportsbuddy.co.nz

You may have already heard about us, if you havent, we thought we would make ourselves known to you and let you know about the benefits for clubs and associations becoming involved in our new *SPORTS* web site www.sportsbuddy.co.nz.

Sportsbuddy has been developed to help all those sporting wannabes find a partner to train with. All those well intentioned people who every year have their New Years resolution of getting fit and very quickly become disillusioned and slip back into old habits.

Many people walk, jog, cycle or train by themselves and very quickly become bored. They lack the motivation. We all know that training on your own is a chore, training with someone else encourages you to achieve results and makes the experience all that more enjoyable making it easier to reach your goals.

Sportsbuddy has been developed to do just that, to help find like people to train together, maintain the activity and achieve sporting goals. Usually as competency increases people become more encouraged to join clubs providing new memberships for these clubs.

Sportsbuddy was born on that very premise. Walking or jogging early in the morning, by yourself. Training at the gym, by yourself. Cycling down those country lanes, by yourself.

Sportsbuddy is a comprehensive, nationally promoted website (go to www.sportsbuddy.co.nz) whereby individuals can advertise (for free) and find compatible sport and recreation partners in all sports categories. It will also feature extensive club listings and their related events. In short a one stop shop for people looking for sports partners, clubs and related products and services.

Sportsbuddy went live over the weekend, and will be promoted through a targeted national television advertising campaign starting mid June.

Sportsbuddy allows clubs to be listed making it easy for individuals to find and locate a club from one source. Where someone wanting to join a club can find them all in one place, in the activity and in the area they need.

We are hoping you may be able to help us get your club listed on our site allowing our members to quickly locate clubs close to them.

Your support is appreciated. Register today (for **FREE**) and go in the draw to win a STRADA Road Bike valued at \$1,299. There are also other prizes of gym memberships and sports supplements. Please pass on to your members and let them register for **FREE**. Where they can also buy and sell sports equipment for **FREE** find a club, a trainer and a sports physio and soon sports nutrition and supplements.

The advantages for your club are:

- The opportunity for you to find and attract new members from a wide regional and national on-line audience.
- Promote their up-coming events to a wide regional and national on-line audience.
- Inform their membership base of these events without having to have their own website or email bulletins. "When you're short of time and resources this takes the load off you, leaving you free to run your club".
- Give their club presence as a member of the wider national community of sports clubs and associated organisations.
- Initial **FREE** launch listing to all clubs for 6 months, (a nominal yearly subscription admin cost may apply after this introductory offer period, an opt-out option will be available at that point).

I hope that you will see the benefits not only for your club but for sports in general. More exposure of your sport means more members.

We would appreciate your help in circulating this to your members to allow us to build our register and therefore find and add more features to this site going forward.

We would also welcome your input to make this site better. Any comments you may have about the site, please let us know. Any additional features you feel should be available, please let us know.

Feel free to contact me at any time. evan@sprtsbuddy.co.nz

Register your club details for free to be ready for the TV launch next month.

Your support would be most appreciated, as we feel this site offers something really tangible and useful for the promotion of healthy lifestyles and the sporting ethos in New Zealand.

All the best
Evan Cherry

Aurora Marathon Results

Eddie Meijer	3-59-08
Clive Eastwood	4-28-33
Geoff Laws	4-29-02
Dave Eagle	4-32-44
Chris Leahy	5-17-39
Mike Leahy	5-55-54

Also winners of the Teams prize, the winning team being Dave Eagle, Geoff Laws, and Chris Leahy