



# Captains In Step

**NO. 17**

**March 2010**

**Committee Corner**

Hello Captains,

Can you believe it's March already! It will be great with Autumn weather coming to have a small drop in temperature for walking, it's been so hot even at 9am. You must have all enjoyed the coffees after walking, essential to quenching the thirst. There are some great walks coming up this month, it would be good to see you all there!

***Can you all please remember to read this newsletter to your groups at every walk, this is to ensure all walkers are receiving the latest news. Absent walkers may miss out otherwise.***

To ensure the continuing efficient delivery of this newsletter to you, please advise the City on its Feet team with any email or address changes.

Each month we will be highlighting a walk that has been enjoyed by a walking group locally or an away adventure. If you would like to contribute to this with any information on walks you have done please contact Christine (Contact details at the end of this newsletter).

Thanks to Glenys and Gerry Shallard at the Welcome Bay Palmers group, for organising the February monthly walk. It was a great walk and interesting to see what's behind Greenwood Park and to walk the new Maungatapu walkway not to mention the lovely morning tea at Palmers café afterwards.

## **CAPTAINS APPRECIATION WALK & MORNING TEA**

**SUNDAY 28<sup>TH</sup> MARCH 9am**

**Chapel St Café** (the old Palmers café site)

Walk then morning tea - **at your own cost**. We will also be fare welling Sandy Ritchie.

Please RSVP to Christine Tomsett by 25<sup>th</sup> March to reserve seating. Contact details are at the end of this newsletter.

## **UP-COMING EVENTS INCLUDE:**

### **MARCH MONTHLY WALK**

**Tuesday 16<sup>th</sup> March, Beach Road, Otumoetai Group 9am**

Meet on the corner of Beach Road and Otumoetai Road. Walking along Beach Rd through Kulim Park & along Harbour Drive and return for a picnic morning tea in the park. Anyone who wishes to walk for more than an hour could continue along Maxwell Road to the Daisy Hardwick walk.

### **APRIL MONTHLY WALK**

**Thursday 22<sup>nd</sup> April, 11am**

Meet on the 13<sup>th</sup> Ave side of Baptist Church (opposite Boys College tennis court and near Countdown side entrance).

\*Any groups interested in hosting walks from May onwards, please contact Christine, details at end of newsletter.

## **BETHLEHEM WALK FAR AWAY - DICKEY FLAT Friday 12<sup>th</sup> March**

Everyone is invited to join the Bethlehem walking group on their far away walk. Meet 9am at Décor carpark to carpool. This month's is to Dickeys Flat in the Karangahake Gorge. The group will go up through "The Windows" and on to Dickey Flat. Return after lunch down the other side of the Gorge taking in the Woodstock Pumphouse. It is expected that the walk will take about 3 hours return, including lunch. It will probably be about an hour each way driving from Tauranga. At Dickey Flat there is a camping ground and toilets but not much else, not even a picnic table to have lunch on. The track is well formed and in good condition but is damp in a couple of places so you will need strong shoes (not necessarily waterproof). You will also need **insect repellent** (for the lunch stop), food, water and a torch. Alternate day if wet will be Friday 19 March. Contact Cam, Bethlehem Group phone 552 4513 for any queries.

## **AGE CONCERN MARCH WALKS:**

### **Wednesday 10<sup>th</sup> March, 10am**

Meet at Waihi Road end of Takitimu Drive to walk Waikaereu Estuary

### **Wednesday 17<sup>th</sup> March, 10am**

Meet at Change Point Church, 131-135 Poike Road

### **Wednesday 24<sup>th</sup> March, 10am**

Meet at City Central Shops by Briscoes

### **Wednesday 31<sup>st</sup> March, 9:30am**

Meet at Bethlehem Shopping Centre

<b>KINGSGATE ROTORUA OFF ROAD 10 KM &amp; 21 km fun run / walk</b>	<b>Sun 7<sup>th</sup> March</b>
<b>ROTORUA WALKING FESTIVAL <a href="http://www.rotoruwalkingfestival.org.nz">www.rotoruwalkingfestival.org.nz</a></b>	<b>13-21<sup>st</sup> March</b>
<b>XTERRA, ROTORUA <a href="http://www.enteronline.co.nz">www.enteronline.co.nz</a></b>	<b>Sun 10<sup>th</sup> April</b>
<b>HALF 4 HEART 3km,5km,10 km,21km WALK/RUN</b>	<b>Sun 18<sup>th</sup> April</b>
<b>ECHO WALKING FESTIVAL <a href="http://www.echowalkfest.org.nz">www.echowalkfest.org.nz</a></b>	<b>10-18<sup>th</sup> April</b>
<b>MATAKANA ISLAND WALK / RUN</b>	<b>Sun 18<sup>th</sup> April</b>
<b>BAYFAIR HALF 4 HEART 3/5/10KM &amp; ½ MARATHON</b>	<b>Sun 18<sup>th</sup> April</b>
<b>KAIMAI CLASSIC</b>	<b>Sun 16<sup>th</sup> May</b>
<b>MOUNT JOGGERS 10 KM &amp; 21 KM</b>	<b>Sun 6<sup>th</sup> June</b>

For more info on upcoming events see [www.sportbop.co.nz](http://www.sportbop.co.nz)

Orientation Maps for The Lakes are available from The Lakes Sales Pavilion.

## **Websites that may interest you:**

[www.wonderwalkers.co.nz](http://www.wonderwalkers.co.nz) This has walking information from Susan Devoy.

[www.mapmyfitness.co.nz](http://www.mapmyfitness.co.nz)

**[www.cityzoom.tauranga.govt.nz](http://www.cityzoom.tauranga.govt.nz)** "safe cycle routes" Tauranga City Council also have Pathway Cycle Maps you can request. You can walk these paths.

**HIGHLIGHT WALK – a walk to experience.**

Bethlehem Area.

Turn into Bethlehem Rd , drive along to near Bethlehem Primary School, turn right at roundabout into Carmichaels Rd. Drive down till you will see a new parking area and toilet block on left. This is a lovely walk with a boardwalk, lakes and birdlife. It is flat but you have an option of a hill, to look at some beautiful homes and a view. You can walk a distance to suit your ability.

*Any queries contact Cam, Leader of the Bethlehem Group, ph 5524513*

It is with great sadness that we are saying farewell later this month to Sandy Ritchie our City on Its Feet leader, motivator and friend. Thank you Sandy, you have done an amazing job getting Tauranga on its Feet. We will all miss your happy smiling face. Hope to see you out walking!

If you have any information you want to share in this newsletter, please contact Christine.

Happy Walking!

Regards

*The City on its Feet team.*

Nicki Miller

Sport Bay of Plenty

07 578 0016 ext 816 [nickim@sportbop.co.nz](mailto:nickim@sportbop.co.nz)

*Contact for changes to walking group times, locations and change of contact details of group captains.*

Penny Mitropoulos

Sport Bay of Plenty

578 9610 [pennym@sportbop.co.nz](mailto:pennym@sportbop.co.nz)

*Contact for general enquiries for City on its Feet.*

Christine Tomsett

City on its Feet committee

07 543 1069 [tomsettfamily@xtra.co.nz](mailto:tomsettfamily@xtra.co.nz)

*Contact for any information you would like in the monthly newssheet.*

# **GOLDEN OLYMPICS**

Tauranga Leisure would like to invite members of your group to enter teams in our fourth **Golden Olympic Games**.

<b>Date:</b>	Friday 30 April 2010
<b>Where:</b>	Mount Action Centre 6 Triton Ave, Mount Maunganui
<b>Time:</b>	10.00 am – 1.00 pm
<b>Cost:</b>	\$30 per team – tea & coffee provided
<b>Bring:</b>	A packed lunch and a big smile!

**This fun filled day is designed just for YOU!**

No matter your ability you will enjoy participating, meeting new people and have a chance to win prizes!



**THEME FOR THE DAY**

**Neon – Have some Fluro Fun**



Teams of SIX members (male & female) over the age of 60 years can participate. All team members will represent their team in each of the events which include Table Tennis, Badminton, Puzzles, Uni Hockey, Quoits, Bowling, Basketball Hoop Shooting Relay, indoor bowls, noodle hockey & a fun walk on the track around the facility

### **To register for this event**

Fill out the attached registration form and send back to  
Tauranga Leisure, PO Box 15 218, Tauranga 3144

### **Or contact**

Robyn at Mount Action Centre on 574 9862  
or at the QEYC on 578 6090