



kiwiron

THE MORNING JOG

Kia ora (welcome)! It's great to have you here with us in Aotearoa (New Zealand). We've got a very exciting couple of weeks ahead of us seeing some of NZ's best scenery, running some of the most legendary trails and just enjoying what this beautiful South Pacific island has to offer. The next three days will be based around NZ's largest city, Auckland, where we'll have a couple of easier days as we recover from travel and jet-lag and as we gear-up for our first major scenic run - the Waiatarua Circuit (made famous by coach Arthur Lydiard and his many Olympic champions). Enjoy getting to know the rest of the tour party and working on your New Zealand-isms (see below)!

MEET CRAIG... Craig is here to help you develop some exercise goals and provide massage to stay injury free and get rid of those little running niggles. He'll be with us for the first couple of days of the Auckland leg and the Rotorua portion of the tour.



INTERNET... To access the wireless connection here use one of the three different connections you can use ("JESUS1" and "Starship" and "Rivendell") the password is 878016BFB7.

NEW ZEALAND-ish... Kia ora ("hello"), cheers ("thanks"), sweet as bro ("everything's great"), tramping ("hiking"), chur ("good stuff"), and fush and chups (a classic New Zealand meal that should be pronounced "fish and chips").

NON-RUNNING ACTIVITIES... If you're itching to do something while in Auckland (e.g. shopping, museum visits, fishing, golf) let Steve know and we'll try to fit it in. In Rotorua we'll have some more prescribed activities.

INTRODUCING JACK LOVELOCK

Gold medalist in the 1500m at the infamous Berlin Olympics 1936 (where he set a new world record of 3:47.8), Jack was the first of the great New Zealand milers. He grew up in Timaru (South Island) and went to university in Oxford, England (studied medicine).

In 1946 he was appointed to the staff of Manhattan Hospital, New York. And tragically in 1949 he fell under a New York Subway train, probably as a result of one of the attacks of dizziness he was subject to. He had telephoned his wife from work that day to inform her he was coming home early because he wasn't feeling well. He was waiting at the Church Avenue station, collapsed in front of a train, and was instantly killed.



By the way, I'd love to say that we planned to be staying on Lovelock Ave as the perfect way to kick off this tour but in actual it's a total coincidence.

AUCKLAND ITINERY

Monday Dec 28

8.00am :: Breakfast
9.00am :: Arrivals
12.00pm :: Lunch @ Mt Eden (ECH)
Assessments (see Craig)
3.00pm :: Run - Auckland Domain
5.00pm :: Assessments
6.00pm :: Tour Welcome Dinner (ECH)
7.00pm :: Assessments

Tuesday Dec 29

7.00am :: Breakfast
Assessments
8.15am :: Vans leave for Fuller Ferry – Key Street (Akld)
8.45am :: Ferry Departs
9.00am :: Ferry Arrives – Welcomed by Carl Jackson (Editor of www.NZrun.com)
9.15am :: Vans Arrive at pick up location, drive to Okura
10.00am :: Run: Okura to Stillwater – 12km
11.00am :: Finish run / stretch; Drive to Long Bay
11.15am :: Lunch at Long Bay
12.00pm :: Drive to Eden Christian Hostel
1.00pm :: Tour of Auckland with Bill Baillie
5.00pm :: Run at Cornwall Park Meet at Sunken Garden, of Greenlane. (OR track workout option)
7.00pm :: Dinner (@ ECH)

Wednesday Dec 30

5.00am :: Breakfast
6.30am :: Leave ECH
7.00am :: Run: Waiatarua Circuit (West Auckland) (start at around 7.30)
Lyndale Harrier Club, Olympic Park, Portage Road, New Lynn 09 827 4164
10.45am :: Brunch function @ Lyndale Harriers
12.30pm :: Beach Piha (surfing, sun, sand, scenery OR fishing option)
6.00pm :: Dinner @ ECH
8.00pm :: Evening in Auckland – Skytower, Queen St etc

Thursday Dec 31

7.00am :: Run option – Road / Mt Eden/ domain.
8.00am :: Breakfast
9.00am :: Leave for Rotorua