



## Upcoming Trip:

Upper Mohaka  
*30 November - 3 December*

Another Upper Mohaka trip. Particularly useful for those doing Coast To Coast. Note this is a three day trip, leaving Auckland 2pm Friday and returning Monday evening.

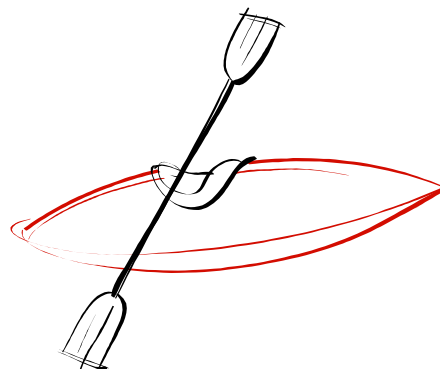
Saturday and Sunday mornings are remote kayaking trips for experienced kayakers only. There are no roads or easy access for most of the Mohaka from Mangatutu to Mountain Valley. The entry is down a long flight of steps which we will have to take our gear. The only get out is 10km on at Pakatutu. The rapids are listed as grade two/three and may be quite boney.

Beginners / less experienced kayakers can join us at McVicars Rd.

People can choose to join us on individual days, and do part runs. Costs will decrease for those wishing to kayak less or shuttle drive, or increase for an upgrade of accommodation.

**Contact Carol Exton** for more details.

Ph: (09) 818 7639  
 email: [carolxx48@gmail.com](mailto:carolxx48@gmail.com)



### Club Executives - 2012/2013

President	Terry Newsome	021 074 8485	Club Captain	Phill Exeter	09 420 9343
Vice President	Erika Currie	027 434 5946	RIB Manager	Terry Newsome	09 273 0173
Treasurer	Jim Davidson	021 648 085	Secretary	Heather Davidson	09 827 5780
Multisport	Mike Conza	021 667 497		Email:	<a href="mailto:club@wcmc.org.nz">club@wcmc.org.nz</a>

New Members: contact any of the Executive for general information or assistance on club matters.

# Multisport Training Weekend

November 3 - 4



Following on from the very successful Mid Winter Training Camp, Canoe & Kayak North Shore presents this fantastic weekend of Multisport Training

Based at Shakespear Lodge at the end of The Whangaparaoa Peninsula this is an awesome playground for multisporters. We will be running, biking and of course kayaking along with good food, great company and guest speakers this is a MUST DO weekend!! Come and join the fun and give your training a boost.

**Who can attend:** This weekend is aimed at one and all. The outcomes are both skill based and fitness based but also this is a great chance to network and have a fun weekend away!

**Accommodation:** Shakespear Lodge can sleep up to 80 people so there is plenty of room - the Lodge has bunk rooms of between 6-12 beds per room so be prepared to share your room. Family rooms are always available of course so feel free to bring the kids and the other half. Please bring your own bedding / sleeping bags including pillows.

**Catering:** The Lodge has a big kitchen and we will be providing Breakfast and Dinner on Saturday and Breakfast on Sunday. Please bring your own snack / energy food / training food and fluids and of course BYO beer and wine.

## **Itinerary**

### **Saturday 3rd:**

The aim for the day is to combine running, mountain biking and kayaking as a "training event". Athletes can choose their distances based on repeating laps of any given circuit. This way we can cater for a variety of fitness levels. This is a great chance to test out your transition skills and your race day endurance nutrition, however you should be planning to utilise the day to achieve a good 4 to 8 hours of training.

1. Running - the park contains an 8km offroad circuit
2. Mountain Bike - similar circuit but just a 6km loop.
3. Kayaking - this circuit will be weather dependent.

Sat evening - after a long hard day you can relax and unwind at the Lodge. A guest speaker will be in attendance for the evening session.

### **Sunday 4th:**

0600 Breakfast #1

0700 - Road Ride - 2 hrs followed by a transition to running - the run distance will be up to the individual but this a great way to test out your legs!

1000 - Breakfast # 2

1100 - Kayak Session (practical) - This will be a skills based session and may change depending on the weather. The aim however will be to upskill - for example we may run a wing paddle clinic or a surfing session (surf dependent)

**\$ 199 for the weekend** - price includes accommodation and meals as stated above

## Classified



**the Art Stop café**  
 Proprietors  
 Phillip & Susan  
 Art Gallery  
 Fantastic Food  
 Excellent Service

• Ph 09 420 8580 • 5 Commercial Road, Helensville •

**Lift your game!**  
PADDLE TECHNIQUE  
 \$50 per session



**BLAIRS' BODY THERAPY**  
 Deep tissue & Sports Massage

Massage Therapy  
 Deep tissue / sports  
Club Rate:  
 \$50 1 hour  
 \$30 1/2 hour

(09) 834 3851  
 M 021 626 966  
 Roskruge@orcon.net.nz

*Classified Advertising Rates:  
 \$10 per issue for a business card sized ad.  
 Email club@wcmc.org.nz for enquiries.*

## Events Calendar ~ September - November

23	September	Cambridge to Hamilton - Kayak race down the Waikato		
23	September	Pita Pit Series - 10km Surf Ski race, 3:30pm Takapuna	021 932 116	
30	September	WCMC Race - 5km-16km kayak race on the Henderson Creek	021 074 8485	Terry
6	October	Canoe Showdown - 20km or 10km kayak on the Mahurangi River	021 074 8485	Terry
13	October	Motu Challenge - 65km mtb, 17km run, 52km cycle, 27km kayak, 8km run		
14	October	Arapuni Dam - 15km or 30km kayak race	021 060 7833	Damian
3	November	Whanganui River Challenge - Kayak race	027 420 5577	Aaron
3	November	Big Bang 6hr Adventure Race - Wellington	bigbangadventure.co.nz	
4	November	Bridges Classic - 16km Kayak race on the Henderson Creek	021 074 8485	Terry
4	November	Tikitapu Trail Run - 3 course options	tikitaputrailrun.co.nz	
10	November	Steelman Ironmaiden - 96km multisport race		
17	November	Lake Waikaremoana Challenge - Two day multisport festival	laketolighthouse.co.nz	
17	November	Kauri Run - 32km or 13km trail run in the Coromandel	arcevents.co.nz	
18	November	Rodney Coast Challenge - 10km run, 30km cycle, 24km mtb, 8km kayak		
25	November	Tauranga Trail Run - 30km or 15km off-road run	taurangatrailrun.co.nz	

**For more events visit [www.wcmc.org.nz](http://www.wcmc.org.nz)**

# Winter Kayak Series

Distances range from 5km - 16km for each event.

Contact Terry Newsome for more information.

021 074 8485    [teran@ihug.co.nz](mailto:teran@ihug.co.nz)

	Date	Start Time	High Tide
September	Sunday 30	7:30 am	7:14

## Booking Club Boats

Use from the Club is free.

*Away from the Club:*

Daily Hire is \$50, with the inclusion of buoyancy aid, paddle and spraydeck. Fibreglass boats must not be taken on rocky rivers.

### Rules

#### Club Hire

- You must contact the Club President, Terry Newsome (021 074 8485)
- Complete the online hire form and pay for the hire before you take the boat and accessories.

As this is not a commercial venture but a service to the Club members, we request that you report any damage to the boat or accessory equipment to the President immediately upon return of hire. Neglecting to do this will affect your right to hire equipment in the future.

## Welcome to new members:

Anne Ryan  
Roger Saynor  
Roger Cooper

## CLUB KAYAK TRAINING

6:00pm Wednesday time trial/race  
5:00pm Friday Night of Pain  
7:30am Sunday endurance based session.  
Check with Phill for details  
Coaching available Sunday.

It's fun, social and extremely beneficial to you.

We would love to see you there!

Or by appointment -  
Call Phill 09 420 9343

### Date High Tide

Wed 19/9	21:49
Wed 26/9	16:09
Wed 3/10	21:58
Wed 10/10	15:29
Wed 17/10	21:39
Wed 24/10	15:46

### Date High Tide

Sat 22/9	12:02
Sat 29/9	06:25
Sat 6/10	12:12
Sat 13/10	05:55
Sat 20/10	11:52
Sat 27/10	06:10

