



## Notes for Newcomers

Our membership includes a full range of runners and walkers– from serious, competitive to those seeking recreational fitness and non-competitive activity.

Our Saturday activities are listed in the Club Syllabus. They start from our Clubrooms or from other chosen venues. Please check the sports draw section of Thursday's Otago Daily Times each week. We can assist you if you need help with transport.

Pack activities involves packs with participants of similar ability and interest. The slowest pack has a slower and often shorter run/walk than the medium and faster packs.

It is important you join a suitable pack. Take care not to over-reach yourself at the beginning. It is not a racing or training time. You should be able to talk to those you are with. The pack leader's task is to ensure that everyone has a worthwhile outing. Pack running/walking involves staying together. On the return journey and when close to home the pack often stretches out.

Race event entries are by choice. The Club has a few trophy events in its winter programme these are entered through online system. If you wish to enter the Athletics Otago (or Athletics New Zealand) races, this is done through Athletics Otago (New Zealand) web site (Social athletes will incur additional fees). Plenty of reminders are given in notices, newsletters and the syllabus about forthcoming events and entry dates.

You will see in the syllabus that when these Athletics Otago events are held, a Saturday Club activities are scheduled for those members not entered.

A small number of Club Days are Afternoon Tea Days when members contribute a plate. These days are identified in the syllabus.

A Child Care Creche will operate on many Saturdays at a nominal cost of \$3 per child or \$5 maximum per family. Please advise in advance - by Friday evening - to the [president@cavershamharriers.co.nz](mailto:president@cavershamharriers.co.nz) or [clubcaptain@cavershamharriers.co.nz](mailto:clubcaptain@cavershamharriers.co.nz) if you require this service.

The Club Uniform is subsidised by the Club and may be purchased from the Clubrooms. You might like to wait until you are part of the Club before purchasing your uniform.

Subscriptions are listed in the syllabus. Competitive members are able to take part in Athletic Otago and Athletics New Zealand events. Social members are registered with Athletic New Zealand and are entitled to all the member benefits of a competitive member.

The Club has an Incentive Scheme involving a small number of training grants for Caversham athletes who are competing in both Club and National external events and who are performing at a good level.

We will appoint a Club Member to assist your early days of joining and getting to know us at Caversham. Please visit our website on [www.cavershamharriers.co.nz](http://www.cavershamharriers.co.nz) for more information.