



**SPORT KAPITI WALKING PROGRAMME**  
**June 2008 and July 2008**  
**Every Thursday at 10.00 a.m.**

<b>Date</b>	<b>Location</b>	<b>Where to meet</b>
Thursday 5th June	Te Horo	<p>Te Horo Walk lead by Julie Jensen. <b>Sturdy footwear.</b> Turn off into School Road, Te Horo from State Highway 1. Follow School Road for approximately 3.7km. (passing by roads on your right (Gear Road, Blackburne Road, and finally Mangoane North Road). Turn next right into Mickell Road also signposted Catalonia Estate. Drive for 1km down Mickell Road and meet at the park opposite number 110 Mickell Road, Te Horo.</p> <p><b>* Car Pool optional (trial see over )</b></p> <ul style="list-style-type: none"> <li>- <b>From Paraparaumu. Meet at RSA, Amohia Street at 9.30am. Arrange amongst yourselves when arrive.</b></li> <li>- <b>From Waikanae, Meet at Sport Kapiti, 14 Parata Street 9.40am. Arrange amongst yourselves when arrive.</b></li> </ul>
Thursday 12th June	Paraparaumu	Meet at Rewi Street . We'll take a walk around the area including the Kapiti Golf Club and Kaitawa Reserve.
Thursday 19th June	Waikanae Beach	Meet at the Waikanae Golf Club, Te Moana Road for a walk around the beach area and El Rancho.
Thursday 26th June	Paekakariki	<p>Meet at the Raumati Escarpment Reserve Car Park, Waterfall Road. Walk the escarpment and back. How to get there - the best way travel past Raumati South - going South on SH1 take the Valley Road or Waterfall Road turn off on the left (after Poplar Avenue but well before Mackays Crossing). Meeting point is about ½ km up this road and you will see a small area car park area from where the walk starts. Suggested parking on Emerald Glen Road (due to small size of carpark at meeting point) and walk up to the meeting point.</p> <ul style="list-style-type: none"> <li>- <b>Car Pool option (trial see over) from Waikanae, Meet at Sport Kapiti, 14 Parata Street 9.40am Arrange amongst yourselves when arrive.</b></li> </ul>
Thursday 3rd July	Otaihanga	Otaihanga Domain - Meet at Otaihanga Domain for a walk towards Paraparaumu Beach and Estuary.
Thursday 10th July	Raumati South	Meet at the corner of Poplar Ave and Matai Road for a walk through the walkway along the Western Link Track to Raumati Road and return via Matai Road.
Thursday 17th July	Mckays Crossing	Meet at the picnic area & car park at the beach (Whareroa Beach). We'll go for a walk through park tracks. To get there enter Queen Elizabeth Park from off SH1 at McKays Crossing follow the road straight all the way down to the beach.
Thursday 24th July	Paraparaumu	Meet at Kapiti Four x 4 Ltd Car park situated a few kms past the summit of Maungakotukutuku Road for a walk in the bush tracks. (Good footwear if muddy possible stream crossing although you can avoid this) (To get there go down Valley Road in Paraparaumu and take the Maungatukutuku Road).
Thursday 31st July	Waikanae Beach	Waikanae Bridge, Otaihanga Domain - Meet at the bridge, walk down Tutere Street and back via Waikanae Beach.

And coming up for your diaries !.....

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\*\*\*\*\*CAR POOLING TRIAL \*\*\*\*\*

A trial car pool this programme to reduce walking footprints and see if there is enough demand for it ? How it technically works is over to you ! Feedback to suzi on (04) 296 9022 or email [suzir@sportkapiti.org.nz](mailto:suzir@sportkapiti.org.nz).

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\*\*\*\*\*WALKERS SHIRTS\*\*\*\*\*

Walk the Talk Blue Polo Shirts - if there is enough demand for these we can put in another order. I will have a photo of the shirt (same as before) for those who don't know what they look like, and will have some plain size samples at the office sorted out shortly. If you are interested in purchasing please contact Suzi on (04) 296 9022.

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\*\*\*\*\* SAFETY \*\*\*\*\*



SAFETY REMINDER J When walking on country roads or where there is no footpath, keep on the **right** handside of the road and walk **into / facing oncoming** traffic at all times.

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**For those NEW or unfamiliar with the Thursday Walkers Group.....**

Please introduce yourself to fellow walkers, we are a friendly group who like to walk and talk. There are about 250 people who have expressed interest in the group and it is averaging about 30 regular weekly walkers. Walks will start at 10:00 am prompt!. Most of the walks are about 2 hours, some are out & back and you can stop and return at any stage. It is suggested that each walk nominates a leader and a tail ender, and that if you do decide to leave the group early to let someone know. Unfortunately dogs are not permitted on walks. Please be aware that as your cars are left unattended during our walks valuables should not be left in cars while you walk. The group walk in all weather & rarely cancel. Please ensure you have the right clothing & footwear to walk in, and bring a parka or some warm clothing with you, as well as a drink. Any cancellations will be broadcast on local radio 90.2 More FM, Beach FM and classic Hits 92.7 FM.

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**Local and Regional Activities and Information**

[www.sportkapiti.org.nz](http://www.sportkapiti.org.nz)  
[www.naturecoast.co.nz](http://www.naturecoast.co.nz)  
Listen to Classic Hits 92.7FM Thursdays at 7.15 am

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**Saturday 22nd June**

**Capital Multisports Belmont Fun Run**

5km Offroad/Trail Run & Walk 9:00AM

10km Offroad/Trail Run & Walk 9:00AM

Dry Creek Entrance, Belmont Park Lower Hutt

10 The Track, Plimmerton  
Bob Welsh 021.254.8379

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**Sunday 22<sup>nd</sup> June**

**Midwinter Swim/Polar Plunge**

Mid Winter Swim/ More FM Polar Plunge  
Waimea Road, Waikanae Beach at 11am

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**Sunday 22nd June**

**Shoe Clinic Harbour Capital Marathon, Half Marathon & 10km**

42km Marathon Walk 6:30AM  
42km Marathon Run 7:30AM  
21km Half Marathon Run & Walk 9:00AM  
10km Road Race Run & Walk 9:15AM

Westpac Stadium Wellington  
c/o Wellington Marathon Clinic, P.O. Box 622, Well  
Stefan Vluggen 027.478.3326 [www.harbourcapital.org.nz](http://www.harbourcapital.org.nz)

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**Saturday 20th July**

**Capital Multisports Belmont Fun Run**

5km Offroad/Trail Run & Walk 9:00AM

10km Offroad/Trail Run & Walk 9:00AM

Dry Creek Entrance, Belmont Park Lower Hutt

10 The Track, Plimmerton  
Bob Welsh 021.254.8379