



# the Mouth'n'Ear



Newsletter of the Wellington Tramping and Mountaineering Club

**the Mouth'n'Ear**  
The official WTMC newsletter

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CONTRIBUTIONS DUE: 15 JULY 2006  
SEND TO NEWSLETTER@WTMC.ORG.NZ

John Rhodes christens the new long drop at Maungahika Hut  
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**DEADLINE MAY NEWSLETTER**  
18 MAY 2007  
SEND TO newsletter@wtmc.org.nz

Marie Henderson clings on to the swingbridge at Totara Flats in "breezy conditions"  
(Photo: Mike McGavin)

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The Mouth'n'Ear October 2005, June 2006, and April 2007 (See Editorial on page 2)

In this April issue: Rae Ridge (Tararua FP); Bushcraft Course; Pre or Post Run Smoothie.



# Scrawls from the Editor

This is the last issue of the Mouth'n'Ear edited by me. I took over the position of Newsletter Editor from Alison Stevenson in October 2005. Alison, who took over from LeeAnn Newton, had a short run of 6 months. In my first issue (October 2005), Barbara Keenan had written about a visit to the Karori Wildlife Sanctuary, and the picture on the cover was of a Kaka seen at the Sanctuary. Also in that issue, Ed O'Mahony wrote about his first tramp which was to Upper Makaroro in the Ruahines. I also wrote a report about the Tongariro Crossing, led by Andrew Chisholm. Grant Newton was President, and Ruth Parnell was the Chief Guide.

Looking back over the last five and a half years, there have been some photographic and text contributions that have really stood out for me. A few months after I started, I received a trip report from Craig and Victoria McGregor (February 2006). It was an incredible story of 33 days in the bush walking from Nelson to Hokitika! The trip was broken into 5 stages, with 'big breakfasts' at the end of each stage. The cover of that issue shows Victoria crossing a 3-wire bridge.

My favourite photos are: the one of John Rhodes trying out the new long-drop which our club had just installed at Maungahuka Hut (June 2006); and Mike McGavin's photo on the cover of the April 2007 issue which shows a swingbridge at Totara Flats on a 45 degree lean due to severe winds. The photo shows poor Marie Henderson half way across the bridge clinging on for dear life!

In the December/January 2008 issue, I published a real horror story by Ed O'Mahony called "Milford Track via Doer Pass". From the report: "The Doer Pass was clearly visible, the route up to it less so. I reckoned that approaching it from my left hand side looked easier than the right hand side but it wasn't fully visible. I headed up the middle reckoning that if things became difficult I could drift over to my left. The tramping/climbing gradually did become more difficult until before I knew it I was looking up a rather steep ascent with no obvious route. Retracing my steps looked almost as difficult so I pressed on. The next thing I knew I was holding on to some vegetation for dear life knowing that if it gave way it was an almost certain 30 foot drop with broken limbs or worse." Later in the report Ed wrote: "I hadn't brought any tent as I didn't intend spending a night in the open but I was thankful that my sleeping bag was water resistant ... .. Then I went to sleep. I was woken a couple of hours later by torrential rain and a wet sleeping bag. What followed was without doubt the most miserable night of my life."

Ed's report prompted Andrew McLellan to write a Letter to the Editor, which was published the following month. In it he said: "His route description sounded familiar. And then I clicked that it was describing Dore Pass. I presume this was a typo rather than reflecting Ed's lack of preparation, or perhaps lack of a map. Ed were you carrying the right map (Eglington D41)?"

... .. I hope Ed has reflected on his wee off-track adventure. And hopefully he will continue to improve his trip planning and navigation skills amongst the safety of club trips.”

Undoubtedly the longest trip report in my time as Editor, has been Mike McGavin’s description of Urchin, Waipakihi River, Te Hiwiokaituri Ridge (in the Kaimanawa Ranges) – a club tramp done at Anniversary Weekend in 2008, and published in February 2008. The text (excluding photos) totalled eight and a half pages. This was due in part to the need to describe all the brews necessary to satisfy John Rhodes’ demand for a cup of tea! Some would say I could have done a better job of editing that report, but I still think that very occasionally it is good to get stuck into a marathon report. Harry Smith called it the tramping version of “War and Peace”.

In recent times, a very impressive and frequent contributor has been Aunty Rata. She kicked off her “Kai on the Fly” series in the September/October 2009 issue, and has contributed every month since (except last month). In July 2010, she started her excellent Interview series, with an interview of Mike Phethean, who had just climbed Mt Everest. Some of you know who Aunty Rata is (those who have been interviewed!), some of you will have studied the clues and worked it out, and some of you still don’t know who she is. (And probably some of you don’t even care!) Will her identity ever be revealed? I don’t know.

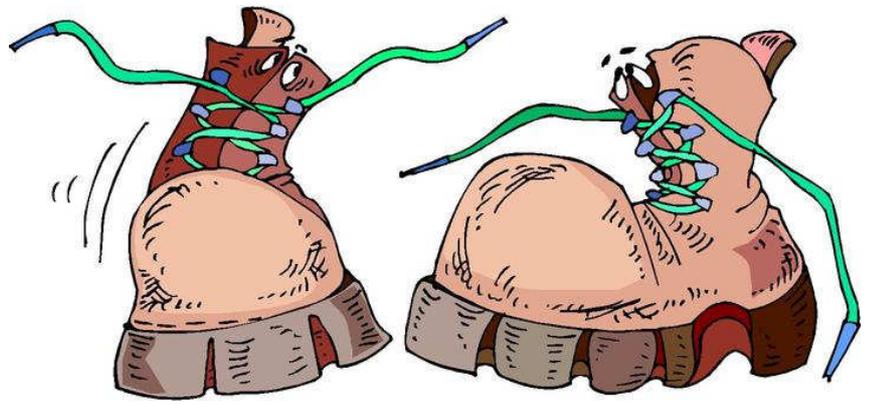
Starting next month, our Newsletter Editor will be Sarah Young. I look forward to sitting back and reading the Mouth`n`Ear as an ordinary member. Will the tramping boots that have been checking each other out at the beginning of every Chief Guide report for god knows how many years finally make an exit? Will the little climber at the top of the hill on every Page 1 be updated? Or will Sarah be a traditionalist? It remains to be seen. I wish Sarah all the best, and hope it goes well for her.

## **Michael Lightbourne**

*Help make Sarah’s first issue a good one by sending a newsletter contribution to:  
newsletter@wtmc.org.nz*

# Track Talk

with Amanda Wells -  
Chief Guide



As I write, we're working on the winter trip schedule, with a planning meeting held at club last week. I'd like to thank the dozen people who turned up to enjoy some pizza and develop trips for each roadend. Using this kind of collaborative process is a great way to make sure that the schedule delivers trips that members are actually keen to do. If you didn't get round to participating this time but have some useful thoughts (or if you want to be included on the trip planning email list), please drop an email to [chiefguide@wtmc.org.nz](mailto:chiefguide@wtmc.org.nz).

We did have an outdoor first aid course and a leadership instruction course planned for April. But we've had to postpone both of these courses due to lack of participant numbers. The intention is to put them on the winter schedule, probably in September, and to combine both at one venue to make it easier to get the requisite numbers. If you are interesting in registering your interest for either of these courses, please drop me an email.

The end of daylight saving is nearly upon us and I'm sure you've noticed the commensurate drop in available daylight hours. Having perhaps 10 daylight hours for tramping contrasts sharply with having more than 16. Because of this, and because of harsher weather conditions, we do grade trips slightly differently in winter. For example, the trip in the northern Tararuas to Mangahao Flats hut is a EM in the summer but an M in the winter. The difficulty of the trip is not massively different but the margin for error is.

This time of year also marks the last opportunity for epic-style summer trips. On my past two trips, we've got up in the dark at 6am in order to be away by 7 and gain maximum daylight hours. Perhaps it's a personal weakness but I always feel like stopping about 5pm no matter what time I started, so early starts make good sense. On a recent weekend we were up at Arete hut before dawn and saw an amazing cloudless Tararua sunrise, complete with red glow illuminating our upcoming route. Bannister is one of those ridges that looks gnarly from a distance, particularly when you're traversing around from Herepai to Dundas or Arete, as we had the day before. Luckily Saturday's clag had hidden that view, though I could recall it from journeys past. We had a rope, as recommended by the hardcore (and sadly out of print) *Tararua Footprints*, but were hoping it would prove irritating ballast (not that I was carrying it!). A friend had described this part of the route as being worse than the Broken Axe pinnacles, which was of slight concern. But during the supposedly problematic section from Bannister to Waingawa, we kept wondering when the difficulty would appear. There was one part where I passed down my pack but the consequent downclimbing was easy and

short. I suspect that without that anticipation of difficulty, it would have seemed even more straightforward. Having now done all the well known “scary” bits in the Tararuas, I’d suggest that none particularly deserve their reputation – nor any counterproductive nervousness in advance.



Arete Hut

Coming up this month:

**15-17 Apr Tararuas**

|       |   |                           |                     |
|-------|---|---------------------------|---------------------|
| Tramp | M | Arete Forks via Table Top | – Murray Sutherland |
| Day   | E | Makara Beach              | - Clinton Hunter    |

**21-25 Apr (Easter) Ruapehu/Whirinaki/Arthurs Pass**

|       |    |                                  |                   |
|-------|----|----------------------------------|-------------------|
| Tramp | EM | Round Ruapehu                    | - Amelia White    |
| Tramp | EM | Central Whirinaki hut            | - Helen Law       |
| Tramp | MF | Mangamate hut (Whirinaki)        | - Richard Lardner |
| Tramp | M  | Goat Pass/Edwards (Arthurs Pass) | - Kate Cushing    |
| Alp1  | MF | Three passes (Arthurs Pass)      | - Mike Phethean   |
| Kayak | M  | Lake Taupo                       | - Garry De Rose   |

**29 Apr – 1 May Ruahine FP – Mangerton Rd**

|       |    |                        |                    |
|-------|----|------------------------|--------------------|
| Tramp | MF | Kylie Biv/Colenso Spur | – Bernie Smithyman |
| Tramp | F  | Barlow Hut/River       | - Steve Austin     |
| Day   | EM | City to sea            | - Pete Gent        |

# Transport Report

Hi all,

With winter fast approaching we will soon be getting some use out of the snow chains that sit in both of the club vans. So you don't spend 2 hours trying to fit these on a Friday night in the cold and dark road-side the club is running another Minivan Famil session kindly led by Steve Austin.

You will be given the chance to drive the van somewhere quiet and less rushed than a Friday night departure. Steve will run you through the vans operation and its various functions and also how the club transport policy operates in the real world. This is a great opportunity for people who are wanting to help with the clubs operation as we are always looking for more volunteers to drive. Remember that with no drivers there are no trips unless you dont mind using public transport and taxis!

The club vans are easy to drive if you are familiar with a manual transmission and this Famil is recommended for anyone who may be a bit unsure about their driving confidence.

The session will likely be from 10am on Sunday 3rd April and depart from Platform 9 and probably be about 3 hours duration depending on numbers. Steve is also free to run this at 10am on Saturday 2nd April if this is preferred.

Please email me if keen to join or you have any further questions.

Gareth Morton

[transport@wtmc.org.nz](mailto:transport@wtmc.org.nz)

## Ruapehu Lodge Winter Bookings

The lodge is being underutilised during the winter months. To encourage greater usage we are looking for groups and or individuals who would like to register interest and commit to the following weeks:

Week

31 July to 4 August

4 September to 8 September

25 September to 29 September

2 October to 6 October

As you might be aware the school holidays have been altered this year due to the Rugby World Cup. The pattern previously with school holidays has been that one week in the July and September holidays have been under utilised. We would like to encourage greater use

therefore we are looking for families who would like to register and commit to the following holiday periods:

17-21 July  
24-28 July, and  
9-13 October  
16-20 October

A reminder that your booking will not be confirmed until payment has been received.

It would be appreciated if you would indicate your interest in these weeks to Brian Goodwin by Monday 16 May 2011.

Brian's contact details are:

Phone: 04 479-6799

Email: [lodgebookings@wtmc.org.nz](mailto:lodgebookings@wtmc.org.nz)

Mail: 5 Cassis Place, Chartwell, Wellington 6035

**Sue Walsh**

**Lodge Convenor**

## Bushcraft Course at Paua Hut – March 12-13

text and photo by Phillip Collins

The Coast Road heading south from Wainuiomata provides a picture of New Zealand ruralness so idyllic, it feels a bit like you've driven onto a huge scenic calendar. The road winds through a landscape of ideally green paddocks, wooden water troughs and tumble-down sheds. Cabbage trees appear with regular randomness, as if part of a landscape architect's model, and sheep dot the hills in numbers too few to be of any use except looking picturesque.

The road lies along the western edge of the Rimutaka Forest Park, providing access to this magnificent slice of native wilderness via the Catchpool Valley. Driving east along the access road, the pastoral landscape quickly disappears, replaced by the kind of ancient forest scenery that makes this area one of Wellington's most popular for day walks and overnight tramps. It was my first time in the park and the weather couldn't have been more perfect. Too perfect really for practicing outdoor survival skills.

Perhaps because of the fine weather, there were many others who had also opted for a day in the outdoors. The carpark was bustling with people out enjoying the sunshine. Families with young children busied themselves with sunscreen and hats and a large group of

students from Sacred Heart College chatted excitedly as their teachers made head counts and bellowed instructions.

Our group was lead by Sue Walsh, with instructors Marie Henderson and Ray Walker. As we crowded round the van in the car park, leafing through our new MSC Bushcraft handbooks, Sue welcomed us to the course and asked what we would like to achieve over the following two days. I asked for some river crossing practice, others requested compass and map-reading lessons. As we were to discover, our wishes—along with a few things we may not have wished for—were our instructors' commands.

Our first task, as we set off along the Orongorongo Track, was to keep count of how many bridges we crossed, the number of side streams and the direction of the water flow in the river beside us. This is easier said than done when you're walking through magnificent lowland beech forest on a beautiful autumn morning while chatting with your new tramping buddies.

At the Orongorongo river, we stopped for lunch. Sacred Heart, who had been in hot pursuit all morning, spilled out of the forest around us and on to the river bank. We soon left them behind and headed south, following the clear water along the valley to our second task for the day: a river crossing.

Despite the fine conditions, there was a lot we were able to learn, much of it out of the water. With blindfolds on and using mutual support techniques, we edged our way over the stony, driftwood-strewn riverbank trying to "see with our feet", before getting into the water (blindfolds removed) and trying it for real.

Around mid afternoon, we arrived at Paua Hut where Marie spread the topo map on the table and we all had a go at finding north. Ray then took us outside and showed us how to put up the flies. Although there was plenty of room for us all in the hut, the flies looked so blue and inviting, and the weather was so good, that before we'd even got the second fly up more than one person was talking about spending the night outside.

After a dinner of pasta that was to Italian food what King Kong was to gorillas, we donned our headlamps and made our way to the small clearing where Marie had set up her tent. Also set up was a long line strung between the trees, extending some twenty metres in either direction. Marie produced from her pack a small yellow box which she said was a mountain radio. She attached the radio to the vine-like antenna, and we listened intently as she tuned into the 8pm "scheds".

Bedtime saw six of us setting up our sleeping bags under the (still standing) flies, with the remainder enjoying the luxuries of the hut. Four people crowded into the lower fly, while up the track a little, Oleg and I had the other fly to ourselves. The night brought what was, for me, a much anticipated event: the sounds of kiwis in the nearby bush. As I lay listening, Oleg stirred. "This is kiwi?" he asked me. "Yep, that's a kiwi," I confirmed. "They keeping you awake?" "In Moscow," Oleg chortled, "usually we are kept awake by alcoholic neighbours."



The next morning, instruction began with more from our Bushcraft manual (enlivened by several of Sue's entertaining cautionary tales from her own tramping experiences past), followed by fire-building practice down by the river. Then we went exploring up behind the hut, picking our way between the mosses, roots and fungi, illuminated by the dappled green light of the beech canopy above. We got a great view of the river below and it seemed we had the valley all to ourselves.

We returned to the hut to tidy up and take down the flies. After a quick lunch, we packed up the last of our gear and planned the afternoon's walk back to the road end. There were to be two groups: Group A, led by Sue and Ray, would follow the route we took yesterday back out along the track, while Group B, led by Marie, would take "another" route requiring some kind of "special technique". In the end, there were five of us in group A and six in group B. I was with Marie's group, so I can't tell you what Sue and Ray got up to with their bunch (toasting marshmallows by the river and painting one another's toe nails I imagine), but I can tell you what happened on the "other" route.

We crossed the river and headed up Brown's Track, a steep muddy staircase leading up to Cattle Ridge. After a quick meeting of the navigation committee, and a look at Jono's GPS, Marie announced that we would head off the ridge, down the (densely forested) slope, to intersect the other group as they made their way back along the track below. This is where the "special technique" came in. Using our freshly (ahem) honed compass skills, we were to work our way down the slope in a chain, with each person responsible for directing the person in front of them, allowing (in theory) the whole group to leap frog down the hill in a continuous straight line.

Well, maybe it was the undergrowth being so thick and full of loose, moss-covered rocks, or the trees which always seemed to be standing exactly where your team mate was telling you to walk, or that creek that we were trying to avoid but in fact ended up finding quite nicely thank you. In any case we soon found ourselves unable to maintain our original course. We scrambled and scabbled down steeper and steeper slopes, fighting our way through vines and branches. When eventually we had no choice but to climb down to the creek and walk along the creek bed, I felt a sense of relief. After the chaos of the trees, it was nice to be on something that vaguely resembled a path.

Eventually, the light filtering through the canopy became stronger and the trees started to thin out. We were able to climb up out of the creek and, moments later, Donna let out a whoop of joy as she saw the bridge and the track ahead of us. Sue and Ray were waiting there and led us back up the track to join the rest of the group.

Despite my lack of gaiters, I'd emerged from the forest virtually unscathed. However, my two days in the bush had left me with a new appreciation for the potential dangers facing the inexperienced tramper and the kinds of skills and planning needed to make any outdoor trip a safe and enjoyable experience. I'd also had a chance to spend time in one of the Wellington region's most beautiful areas of native forest, and to do so with a great bunch of people with whom I look forward to crossing paths (and rivers) again soon.

## Late for tea again

by Tony Gazley  
photo by Jackie Foster

The forecast was for heavy rain and strong cold southerly winds but we decided to go anyway. After all we would be in the bush most of the way and so out of the worst of the weather, and the stretch in the open would be short enough. And we both needed a day out in the hills somewhere – anywhere would do.

So we left Welly at 7:30 and headed to the road end at Otaki Forks. The plan was for a simple day walk up Rae Ridge and back via Fields Track. Getting to the start of the ridge is not difficult but involves either crossing the river a couple of times or some mild bush bashing along the low-level terraces.

First we decided on the climbing bush bashing option but got stuck on a steep and very slippery bank under an overhanging grassy ledge. Next we considered crossing the river but it was too high after recent rain. So we went back a wee way and bashed through the scrub where we should have gone in the first place. And I had been here once before and got it wrong that time as well!

There is a newly cut track from the last of the grassy flats to Sheridan Creek which seems a bit pointless given that it leaves you on the river bank with nowhere in particular to go except the bush-bash up the other side to the crest of Rae Ridge.

Apart from the usual bush lawyer and supplejack the bush is fairly open and we were soon on our way along the ridge top. This is pleasant relatively easy travel and the way is obvious, and we passed by many small rata trees in full flower which added to the pretty picture. A bit higher the scrubby bush changes to mature trees and a bit of navigation is required in places to keep you heading in the right direction.

We soon came across pink tapes that had been tied to branches and seemed to be there to mark the way. So we simply followed them while chatting about life, the Universe and everything until:

Jackie – ‘We seem to be going a bit too much downhill don’t you think?’

Tony – ‘Yes you’re right, perhaps it would be a good idea to check the compass’, [and after getting map and compass out of pack], ‘actually we are heading in the wrong direction even if we are still following the pink tapes’.

So back a bit and take the compass bearing we should have done way before, and then off we went in the correct direction again, with no idea where those tapes would have actually taken us.



*Left: At the top of Rae Ridge*

We correctly passed the high point on the ridge which leads you a wee bit astray if you don’t take care and started along the flat section of ridge. And then the pink tapes appeared again, and again seemed to mark the correct way. But this time too they eventually lead us off the main ridge and started down a side spur to who knows where.

So for the second time we backtracked a short way and decided that instead of trying to solve all the world’s problems we should instead think where we were actually supposed to be going and therefore solve our own immediate problem of making a reasonable time along the ridge.

The flat section of ridge dragged on a bit and we were glad to finally get to the steeper climb up to the main Kime Ridge. The last time I had been here there was a recently cut track through the scrub but it was now fairly overgrown and in places difficult to follow.

And we were now out of the shelter of the trees and even with parkas and hats we felt cold as small lumps of hail sailed merrily past travelling horizontally in the gale southerly. But it was a short climb to the top of Denan and standing braced against the wind we managed with numbed fingers to take a photo or two.

We tried to send a text to let folk know that because we had taken so long to get up our chosen ridge we would be a bit late home but there was no reception. So down the track to Field Hut for a short stop with a drink and the last of the food.

The wander down from Fields is made for easy walking and pleasant talk. And there was just the last of the daylight as we were driving back along the Forks Road to the highway and then home.

So if you are thinking of a Rae Ridge trip (and it is good fun) here is some short advice from first-hand experience:

1. Don't try to be clever but instead take the obvious way through the scrub to get to the start of the ridge
2. Don't continue with idle chatter while following pink tapes tied to trees especially when you are going downhill instead of up
3. And finally, don't tell the folks at home that you will be back in time for tea.

## KAI ON THE FLY

*with Aunty Rata*

I like to run, always have done. As a child growing up on a dairy farm characterised more by rolling hills than flat pastures us kids were supplementary cattle dogs albeit rather more obedient than the actual dogs. The reward for our athletic efforts was getting to sleep in the house rather than the kennels, a nice touch for which I remain grateful to this day. When I got a bit older I would dodge the random holes, blackberry, gorse, mud and cow pats to run around the same hills and even share the dusty metal roads that bordered the farm with the big quarry trucks for a bit of exercise on flatter terrain. When I left the farm for University laps of the Auckland Domain and trips up Mt Eden took away some of the culture shock of living in the middle of New Zealand's biggest urban area. Later on when I took up tramping running remained in the background - the perfect complementary activity.

Recently though running has regained pole position amongst the leisure activities that clutter my life. Not road running, that is a bit too hard on the joints for us old fellas, trail running. I find the softer terrain and more interesting scenery experienced out on the trails provide a great way to exercise without wrecking the body. The other great advantage of trail running is that it takes up less time than tramping so it is a great activity for those of us trying to juggle employment, family and other social commitments.

Around Wellington there are plenty of semi-urban trails for beginner trail runners. The Southern, Northern and Eastern walkways are great places to start. Good lunch time runs include Tinakori Hill, Mt Victoria and heading up to the Windmill via Karori Sanctuary. Once you get better at it you can go further afield for longer runs. There are loads of trails in the Hutt Valley hills, around Johnsonville and Karori plus the Orongorongos and the Tararuas. In fact once you are up and running there are not many places where you would ordinarily go tramping that you cannot also run.

There are lots of trail running events you can enter and compete in if competition motivates you or you like working towards a specific goal but there is no reason why you can't get together with a few like minded bods and organise your own trail running trips. With this in mind keep an eye on the Winter and Spring trip schedules, you may find that some trail running options have snuck their way in there!

Running is not for everyone of course. Here are a few of my tips/words of caution around getting started:

1. Invest in a decent pair of running shoes. Leave bare foot running and other malarkey to cloven hooved animals.
2. Don't over train. Start out doing about the same amount as you'd normally do or a bit less. If you have no running history it will take a bit of time to build up so you'll need to be patient. Trails can be a bit more tricky than footpaths. Rough terrain requires more concentration which consumes more energy. If you double your mileage each time you go out you will injure yourself, tire yourself out and then you'll give up. Aim to increase mileage gradually over the course of several weeks or months. Think tortoise not hare.
3. Variety is the spice of life. If you run trails all the time you will injure yourself, tire yourself out or die of boredom. You need to mix things up. Do some cycling or walking. Weight training is excellent for strengthening running and stabilising muscles. Swimming is great too because it's low impact. Gardening or sitting on the couch is fine too, in moderation. If you are strictly monogamous where running is concerned you still need to mix it up. Think shorter or longer runs, varying your pace and the terrain.
4. Be safe. If you're heading into the hills go with a friend and tell a third party where you are heading and when you expect to be back. Just like for a day tramp take appropriate gear in case the unexpected happens – spare clothing, a map and compass, first aid kit, food, water, survival blanket etc.
5. Pay attention to what you eat. Endurance exercise like running and tramping depletes the body of essential nutrients. These need to be replaced otherwise you will end up skinny, tired and grumpy. See recipe below for a smoothie that helps keep your energy up. It is crucial to eat regularly, especially 2 hours before you head out and within 30 minutes to an hour after you finish. A mix of protein and carbohydrate is

best so I go for a milk drink. If I'm especially organised I'll have some wholemeal pasta with tomato sauce and veges waiting for me to eat when I get back along with a can of salmon. If like Aunty Rata you struggle to keep your iron levels where they should be you may have to consider multi-vitamins.

6. You have a licence to drink. Not beer though. I'm talking water if you run for less than 2 hours but over 2 hours you need to take some water mixed with a sports drink that contains sugar and salt. Said sports drink will make you thirsty and the electrolytes in it help you to rehydrate safely. Diluted sports drink will give you the energy you need to complete your run and help prevent cramp. I prefer to take Replace but there are a range of options available. Proper hydration makes running more enjoyable and recovery swift. Once you have recovered you can think about beer. If you start thinking about beer you'll know you have recovered.
7. Pain is NOT weakness leaving the body. That is the kind of rubbish you hear from leaders of fit trips when you've been going for 10 hours and, due to an unforeseen navigational error there is at least another 4 to go. Do NOT ignore pain. Your body is trying to tell you that something is wrong. It is worth figuring out what. Long periods of not being able to run or tramp can be avoided by addressing potential injuries early. Often a bit of RICE\* or just resting will get rid of a niggle before it turns into a major problem requiring many weeks of visits to the physio and couch time. There are 3 very common "wear and tear" injuries to watch out for: i) plantar fasciitis (inflammation along the sole of your foot – the bottom of your foot near the heel will feel sore when you walk on it especially first thing in the morning) ii) shin splints (sore shins) and iii) sore knees. All 3 are painful, debilitating and get worse if you ignore them. Oh yeah, and those 3 categories are just the tip of the iceberg.
8. Only stretch those muscles you want to keep. Running, like tramping and other physical activities causes lactic acid build up in your muscles. The best way to release this lactic acid is to do gentle stretching while your muscles are still warm. Learn how to stretch your main running muscles – the calves, hamstrings, gluteus maximus, quadriceps, hip flexor, IT band etc. Stretching aids recovery and ensures you can walk the next day but don't overdo it.
9. Connect with other runners. There is a virtual trail running "club" called the Wellington Ridge Runners. If you consult Google you will find them. The RR's organise after work rogaines which may appeal if you like navigation with your running. You could also try your local running club.
10. Have fun! Not everyone can run. Aunty Rata runs because she enjoys it and because she can. Every day that I get out on the trails I feel very lucky. I'm fairly sure I won't be able to run when I'm 90 so it is important to me to make the most of now. You may not be a runner but I'm sure there is something that you really enjoy to which the same principle can be applied.

\*Rest Ice Compression Elevation

### **Pre or Post Run Smoothie**

#### *Ingredients*

1 cup milk

1 cup plain low fat yoghurt

1tsp flax seed oil

1tsp olive oil

Half cup frozen berries (mixed, boysenberry, black current or blueberry are good)

1 banana

1 TB protein powder or milk powder (latter is way cheaper)

#### *Method*

Throw all ingredients into blender and push “smoothie” button. Otherwise just blend with whatever you have. Pour mixture into a glass and drink.

Note you can make the smoothie up and take it with you in a thermos and leave it in your car or at the road end for drinking after a big run. Post race you can add a raw egg to the mix if you like. Sound like too much dairy? Substitute soy milk or halve the quantity of milk and yoghurt replacing the liquid with water.

## **Wellington Tramping & Mountaineering Club Inc.**

### **SECOND NOTICE OF AGM**

Notice is hereby given that the Annual General Meeting of the Wellington Tramping and Mountaineering Club will be held at the Clubrooms on WEDNESDAY 6<sup>th</sup> April 2011 commencing at 8.00pm.

# FROM THE GREEN CROCS

The Annual General Meeting is on this coming Wednesday, April 6th, and at that meeting we will elect a new committee. I want to pay tribute to the people who are standing down from committee; Michael Lightbourne, who has produced the Newsletter for almost 6 years, Jenny Beaumont, our Membership Officer for the last 2 years, and Melissa Hewson, who has been our Assistant Chief Guide for the last 18 months. All 3 of them have made a massive contribution to the running of the club, and will be badly missed. I am very pleased to report that Sarah Young will be our new Newsletter Editor, Richard Lardner will take over as Assistant Chief Guide, and Helen Law will become Membership Officer. I know these new committee members will do a great job. We still have a vacancy for up to 2 Vice Presidents, so let me know if you are keen, or know of someone who would be good for that role.

At the AGM, we will also be nominating a new life member of the club, so come along to find out who it is!

This is my final column as president, I'm off to live in Auckland in early May. While I am glad to be free of the demands of the role, I am sad to be leaving the club, and the many good friends I have made over the last 6 years. I have had many, many great experiences with WT&MC, two that stand above the others are climbing Mt Taranaki in March 2009 (and camping overnight on the summit), and the epic South Island trip of 2007/8. But I can't remember a trip that I didn't enjoy in some way, and there are only a few people who I wouldn't want to go tramping with again. ☺

I am delighted that Sharron Came will be taking over from me as president, many of you will know Sharron, and how much she does for the club already. I know she will do a great job and I hope you will support her fully. The role of president is a difficult and challenging one at times, and members don't realise just how much work is involved, so please make sure Sharron knows that her hard work is appreciated by you!

I'm aware that as I leave the club, the numbers of people going on trips, attending club nights, and joining up as new members is declining. While this seems to be part of an overall trend nationwide among clubs of all sorts, it is clear that we need to do things differently, and this will be a challenge for the incoming committee. I hope you will support them by helping out the club as much as you are able to.

At heart, this is a great club with a long history, and I am confident that we will recover from this temporary drop in activity quickly.

I want to thank everyone who has helped me out while I have been president, in particular I want to single out a few people; Steve Austin, Sue Walsh, and Roger Bolam.

If you want to keep in touch with me, my email address is [dazman@actrix.co.nz](mailto:dazman@actrix.co.nz). Happy tramping, and maybe we'll catch up down the line somewhere...

**Darren Hammond**