



MEET GAY & ALAN: A LIFETIME OF WALKING, VOLUNTEERING, AND COMMUNITY SPIRIT

After 54 years of marriage and a lifetime of adventure - including walking the Camino de Santiago, Gay and Alan have found something new to love: volunteering and walking together at the Aramex Kiwi Walk & Run Series.

They first joined us at the 2023 Hamilton Gardens event. Since then, they've been back at nearly every event walking the trails, helping at the rego desk, and contributing to the community vibes.

"We're not the fastest, but that's the beauty of this series, it's about enjoying the trail and the experience at your own pace."

Why They Keep Coming Back

What started as a fun way to stay active has grown into something deeper, a way to give back and be part of something special.

"We like being the friendly faces that kick off everyone's event experience - helping people get what they need to be ready for the day."

For Gay and Alan, volunteering isn't just about lending a hand, it's about

connecting with the crew, participants, and each other, and there's a unique satisfaction in being part of someone else's good day.

Gay sums it up beautifully:

"It's honest and wholesome which is special in today's world."

And yes, they'll admit: the goodies and snack stash they take home always go down a treat, especially with the grandkids!



Favourite Moments

So many moments have stood out, but it's the little things that stay with them.

Like the stunning new course at Pauanui: *"This year's Pauanui course gave us gorgeous views across the golf course and beyond. The marshals' enthusiasm made it even more memorable. The whole experience felt fresh, beautiful, and really awesome."*

Or McLaren Falls, where Gay met a young volunteer named Charlotte, the only one from her school group to show up. *"Charlotte was amazing. Nothing was too much. She even roped in her dad to help when he arrived to pick her up. A true champion."* Seeing young people like Charlotte show such dedication and enthusiasm is incredible. It's great to witness the next generation stepping up and contributing meaningfully.

Then there's the Walk n' Wag at Maraetai: *"Dogs of all shapes and sizes, each one happy and full of life - just like their owners! The joy on their faces was infectious. It reminded us why these events bring so much happiness to the community. We can't wait for next year!"*

A Community That Cares

Gay and Alan have a long history of community service,

from schools and churches to St John's and local fire brigades, so it's no surprise they've found their place here too. Their calm, friendly presence helps the day run smoothly. It's always a joy having them involved.

One of our favourite memories this season? Having Gay stay with us at our Tauranga accommodation and share dinner with the crew, a night full of warmth, laughs, and connection.

That's what this series is all about.

Every event is different, but every one brings a moment that makes them smile long after the finish line.

Their Advice?

"Don't overthink it, just give it a go. Start small. You'll feel better for it, and who knows? You might find yourself doing more. It's good for your body, mind, and soul."

A Word of Thanks

Gay and Alan also wanted to thank those who help make it all happen: *"A huge thank you to Aramex and all the other sponsors who provide the giveaways, drinks, food etc. Without all these people there wouldn't be such a fun event! THANK YOU!!"*

And from us - thank you, Gay and Alan, for the energy, kindness, and commitment you bring to every event, and for the support you offer not only to us, but to every community you serve through volunteering.

Inspired?

Whether you're walking, running, or lending a hand, there's a place for you at the Aramex Kiwi Walk & Run Series.