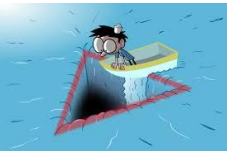






KNOX ROADRUNNERS CALENDAR

October 2018 – February 2019



Duty Roster: Those on duty should be at the rooms by 5.45am. If you are unable to attend **YOU MUST** organize a switch with someone else and then contact **Neil Woods** on 0438 019 210 / neil.woods@adp.com or **Nicky Hamilton-Morris** on 0403 725 401 / nicola_hmorris@yahoo.com.au to confirm. The duties are getting the drink bins and water containers ready, following the runners and picking up any injured ones, and finally cleaning up the tea and coffee, washing the mugs etc. and making sure the rooms are tidy before leaving at approx. 9.00am. Please study the run & drink stops so you know your way.

27 October		Boronia Triangle	
Run # 1571	16k	Bike track past Ringwood golf to Boronia Rd, LT along Boronia Rd to Boronia Station, LT Erica Av, cross bridge at rail stn, LT bike track back to club	
 Drinks Tania Garner	13k	LT from bike track into Wantirna Rd, LT along Boronia Rd to Boronia Station, LT Erica Av, cross bridge at rail stn, LT bike track back to club	
	Drinks	Wantirna Rd (5k) Service Stn on Boronia Rd (b/w Mountain Hwy & Stud Rd) (8k) Boronia Stn (13k)	
3 November		Retarding Basin Loop	
Run # 1572	14k	Through Bayswater Park to Bike track to Chandlers Lane, RT Liverpool, lap of the Retarding Basin then return via Chandlers Lane.	
Drinks Sheena Appleyard	12k	Return from drinks stop in Chandlers Lane	
	Drinks	Chandlers Lane (6km), (8km)	
10 November		Olivebank Run	
Run # 1573	12k	BT thru to Boronia Stn along to Underwood Rd; LT at Hutton Ave; RT Forest Rd; LT Olivebank (for fast pack to top of Olivebank back down to bottom and back up to Mont Albert Rd); LT Mont Albert Rd; LT Harnett St; LT Hansen Rd; RT Forest Rd; down to Boronia Rd; Boronia Stn; BT along Power St	
 Drinks Jamie Rae	17k	Turn RT at Forest Rd; LT Mountain Hwy (Basin Service Stn); return via Colchester Rd – BT to club	
	Drinks	Top of Olivebank at the gate (6k) Basin Service Stn (10k)	
11 November		10th Annual Marysville Marathon Festival www.marysvillemarathon.com.au	
			



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17 November		“Smokey Dawson’s” Wattle Park Run	
Run # 1574		6.30am start	Melway 60K3 Meet in Eastern car park, near old tram and BBQs
		13k	Back to Riversdale Rd and head towards town. Cross Warrigal Rd, past Through Rd. LT bike track to Lynden Park. LT Highfield Rd, RT Toorak, LT under bridge onto bike track to Alamein. Veer left into Markham, along Victory then tunnel under Warrigal Rd. and LT to follow Gardiners Creek bike track. Back to Burwood Hwy, Elgar Rd to Wattle Park
BBQ: Gav		15k	Cross Burwood Hwy. RT then LT into bike track along creek to cross Station St to BHGC clubhouse. Return via LT Riversdale Rd
Drinks Mike Bower		19k	Lengthen to suit by running past BHGC clubhouse, then RT onto bike track to Canterbury Rd and return to BHGC, then Riversdale Rd to Wattle Park
		Drinks	Alamein Station (6k) McIntyre St near cnr Burwood Hwy (11k)
24 November		Leo’s Boronia Run	
Run # 1575	Drinks Nigel Hanscamp	14k	B/T to Bayswater Rd underpass; thru to Colchester Rd; RT Colchester - LT Mountain Hwy; RT Forest rd; LT Forest Rd at roundabout; RT Castlewood Dve; LT Daffodil Rd; RT Underwood Rd; thr Boronia Stn; BT to club
		17k	Instead of RT Underwood Rd, LT Underwood Rd; RT BT; thr to Scoresby Rd; RT Scoresby Rd back to club
		Drinks	The Basin Service Stn (7k) Cnr Daffodil/Underwood (11k)
25 November		KRR Christmas Party & Awards Lunch	
	Myuna Farm 182 Kidds Road, Doveton Vic 3177 10am – 3pm, \$8.50 pp paid at the gate BBQ Lunch & softdrinks provided, BYO Alcohol Award presentations after lunch.		



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1 December	Heather White 23rd Annual Fun Run	
Run # 1576	13km	LT biketrack past Wantirna Road to Koomba Park & return. On return, take bridge after Wantirna Road across creek & take gravel trail on opposite side of creek on way back. Cross back at HE Parker reserve Heathmont. Return to club.
		For those wanting a longer run, continue through Koomba Park BT to Burwood Highway then return.
Drinks Nicky H-M	Drinks	Car park on Boronia Road at Koomba Park (6km)
		BBQ breakfast to follow. Presentation of the prestigious annual BARRY BOYD PERPETUAL TROPHY Current holder – Lesley Bower
8 December	Mullum Mullum Short Course	
Run # 1577	17k	B/T to Ringwood Lake, connect to Mullum Mullum trk, RT Oban Rd, cross Maroondah into Carcoola, LT Mt Dandenong Rd, RT Bayswater Rd, RT Oak Lane, B/T back to club
Drinks Nicola Van Reenan	11k	Return from Ringwood Lake
	Drinks	Opposite Ringwood Lake in car park (6k) Oak Lane (13k)
15 December	Retarding Basin via Heathmont	
Run # 1578	22k	BT to Heathmont; RT Canterbury Rd; RT Bayswater Rd; LT bike track to The Basin roundabout to Basin-Olinda Rd; LT Sheffield Rd; LT Pavitt Lane; over Liverpool Rd; round Retarding Basin; return to club via Chandlers Lane BT
Drinks David Black	17k	When you get to The Basin Petrol Stn RT Forest Rd and continue straight to Boronia Stn; Power St to club
	Drink Stops	Service Stn on Bayswater Rd (6k) The Basin service stn (10k) Chandlers Lane (16k)
22 December	“Santa is Coming” Run – Upper Ferntree Gully	
Run # 1579	16k	BT to UFTG toilet block return
	22k	At UFTG toilet block cross Burwood Hwy to Dawson St, BT to Knox Athletic track RT Scoresby Rd home
Drinks Derek Dawkins	Drinks	UPFG toilet block (7k) Knox Park across Ferntree Gully Rd from Frank's Cakes (14k)

KRR Summer Series		
<p>Check times carefully, they differ week to week This is a chance to have an easy run, or just join KRR folk for a pleasant Saturday breakfast. Runs generally start at 6.30am and breakfast starts approx 8.00am</p>		
29 December	<p>Birds Land Reserve to Lysterfield Lake **In the case of a Total Fire Ban, the Belgrave Run will replace this run**</p>	
Run # 1580	6.30am start	Park inside the reserve at the BBQ area.
 Drinks Peter Forrest	18k	Meet at Birds Land Reserve Tecoma Melway 84C1 in the carpark. Follow Dargon tk, RT through fence, cross Wellington Rd (CARE - danger crossing) RT at Lamberts tk, LT Casuarina tk, LT across lake wall thru park follow Logan Park tk back past Lamberts tk to Wellington Rd and rtn to Birds Land Reserve
	13k	Return from start of Lamberts tk when others turn right
	Drinks	Drop at Wellington Rd crossing. Also taps in picnic ground for longer runners doing lap of lake
		Breakfast after at Montania , Ferntree Gully Rd, Mountain Gate
	<p>**Belgrave Run to replace Birds Land Run In the case of a Total Fire Ban**</p>	
Run # 1580	24k	BT to Boronia Stn; Underwood Rd; BT through to Upper FTG toilet block. BT to Upwey; continue through to Belgrave St Roundabout via Tecoma; return
	17k	Rtn from Upwey bridge
	14k	Rtn from UFTG toilet block
	Drink Stops	Upper FTG Toilet block (7k) Shell Belgrave at roundabout (12k) Upper FTG Toilet block (17k)
1 Jan 2019	DT & Greg's New Year's Resolution Run	
Run # 1581	8.00am start	Melway 72A9 DT and Greg to lead a 1 hour run. At Jells Park. Meet at entrance off FTG Road. Queries: DT - 9763 5576 – Bring Breakfast to Share
		



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5 January		*NEW* Kerry's Warby Trail Run	
Run # 1582	6.30am start	A new away run hosted by Kerry Kempster. Kerry's House – 6 Fortune Avenue, Mount Evelyn	
BBQ breakfast Drinks Peter White #2	12-15k	Out & back run along the Warburton trail from Kerry's house, to Wellington Road or beyond for longer runners. BBQ breakfast to follow.	
	Drinks	Wellington Road (6km), tap in Mount Evelyn	
12 January		Mocha Jo's, Glen Waverley	
Run # 1583	6.30am start	Melway 71C2 Meet in carpark behind "Mocha Jo's" cnr Kingsway & Montclair Glen Waverley	
	14k	Coleman Pde to cross Blackburn Rd, into BT along rail line on south side. Under Stephenson's Road and stay close to rail line on Windsor Ave through to Huntingdale Rd LT Huntingdale Rd over Waverley Rd then LT into BT along Scotchmans Ck through to LT Forster Rd, RT Waverley Rd, LT BT, footbridge over Blackburn Rd through to LT Waverley Rd. LT BT, RT through Bogong Reserve back to Kingsway	
		Breakfast afterwards at Mocha Jo's cnr Kingsway & Montclair opens 8am	
	Drink	Tap at petrol stn cnr Huntingdale & Waverley (6k)	
13 January		 Two Bays Trail Run www.twobaystrailrun.com	
19 January		Vincey's Sea Change Run – Mount Martha	
Run # 1584	7:00am start	Melway 150H2 Peter & Annette Vince's house, Mount Martha. Contact club or details.	
	10-14k	Distance roughly 14k or whatever takes Vincey's fancy on the day. The run ends along the beach and we have a dip at the end.	
		Breakfast provided by Vincey & Annette Optional Lunch on the way home on the Mornington Peninsula	



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26 January	Michelle's Australia Day Run – Yan Yean	
Run # 1585 	6.30am start	Meet at the home of Michelle & Anthony Tham, Eltham. Contact club for details.
	10-14k	We join with the Yan Yean runners for a tour of Eltham and surrounds - led by Yan Yean runners – To celebrate, come in your best Green and Gold!
		BBQ breakfast afterwards, Courtesy of Team Tham
2 February	“Club Hotel” Run	
Run # 1586 Drinks: Albert Becker	15k	KRR 32nd Birthday Leave club rooms via Pine St; RT Orange Grove; LT Sasses ;RT Boronia Rd; LT Lewis Rd; LT Burwood Hwy; LT Commercial Rd (opposite Club Hotel); continue onto Wattleree Rd; RT bike track; LT Underwood Rd; through, Boronia Stn; bike track to club
	9.5k	Turn left at Scoresby Rd and return to the clubrooms
	Drinks	Car Park cnr Lewis St & Burwood Hwy (5k) Boronia Stn (11k)
BBQ breakfast to follow		