




# KNOX ROADRUNNERS CALENDAR

## June 2019 - October 2019

**Duty Roster:** Those on duty should be at the Club Room by 5.45am. If you are unable to do your scheduled duty, **YOU MUST** arrange to swap with someone else and then contact Nicola van Reenen.


The duties are: Getting the drink bins and water containers ready. Be at the appointed drink stop ahead of the first runners. Following the runners and picking up any injured ones in between drink stops. And finally cleaning up the tea and coffee are, washing the mugs etc. Ensure that the club rooms are tidy before leaving at approx. 9.00am. Please study the run and drink stops so you know your way.

1 June	Hughes Street	
Run # 1602 	<b>24km</b>	B/T through Boronia & FTG Stns to Upper FTG toilet block. B/T to Upwey Stn. Cross Burwood Hwy, up Hughes St, cross Mt Dandenong Tourist Rd, <b>veer slightly right, straight into Titania Cres (runs parallel along Churchill Dve) then back out on to Churchill</b> and, LT at One Tree Hill Rd, LT Ramu Track; RT Outlook Trk; continue along Mystic Trk; through to Government Rd to Forest Rd LT Forest Rd; through Boronia Stn; Power St; club
Drinks: 2 cars John Raskas Peter White #1	<b>22k</b>	Turn around at Upwey bridge
	<b>17km</b>	Turn around at FTG toilet block
	<b>Drink Stops</b>	FTG Station (7k) Mobil Service Station at bottom of Hughes Street (11k) One Tree Hill Rd carpark @ Ramu (14k) Milk bar Cnr Wright Street & Forest Rd The Basin (18k)
8 June	Anna D'Alberto's Vermont Run	
Run # 1603	<b>29km</b>	BT along railway line towards Heathmont; RT cross bridge over Dandenong Ck before Boronia Rd; this follows onto Heatherdale Rd; LT Canterbury Rd; RT Rooks Rd; LT BT; continue all the way to Springvale Rd; LT Springvale Rd; LT High Street Rd; LT into BT Drummies Reserve to Burwood Hwy then LT Koomba Pk; BT back to club.
Drinks: 2 cars Bret Butler Nicole Moore	<b>18km</b>	From Canterbury Rd, LT Terrara Rd, LT Burwood Hwy, LT Koomba Park, BT to club.
	<b>11km</b>	RT at Canterbury Rd; RT Heathmont Rd; thru HE Parker Reserve; LT BT to club.
	<b>Drink Stops</b>	Shell Cnr Heatherdale/Canterbury Rds (6k); <i>(Car 1 &amp; 2(split drinks here))</i> Cnr Canterbury/Terrara (12k) <i>(Car 2 &amp; then head to Boronia Rd carpark for 19k runners)</i> Shell stn on Springvale Rd (12k), Cnr Parkmore Rd <i>(Car 1)</i> Cnr High St Rd and Springvale at Mountain View Hotel (16k) <i>(Car 1)</i> Boronia Rd carpark (23k) <i>(Car 1)</i>



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15 June		Barry Boyd's Camberwell Canter	
Run # 1604      <b>Drinks:</b> Mike Bower Vic Potter	<b>17km</b>	<a href="#">MELWAYS 59 J1</a> Meet undercover Target carpark at Fairholm Grove, Camberwell Riversdale Rd east, RT Fordham to railway line. BT to Alamein Stn. BT to Malvern Valley Golf, RT BT through golf course & follow Gardiners Creek to Nettleton Reserve. BT right back to Ashburton rtn to Camberwell	
	<b>22km</b>	From Nettleton Reserve, back over footbridge, continue on BT towards city. All the way to Yarra Blvd RT and follow Yarra Blvd to Bridge Rd/Burwood Rd back to Camberwell.	
	<b>12km</b>	Return from Alamein Stn	
		Brekkie afterwards at Cafe (TBC)	
	<b>Drink Stops</b>	Alamein Stn (6k) Nettleton Res (10k) Cnr Bridge Rd & Yarra Blvd (18k)	
15 June		KRR Club Trivia Night at the Scout Hall check KRR website for details contact Neil on 0438 019 210 / neil.woods@adp.com or	
22 June		Mullum Mullum	
Run # 1605      <b>Drinks:</b> Brad Buyck	<b>23km</b>	BT to Ringwood Lake; LT Maroondah Hwy; RT Larissa; to Mullum Mullum track; RT Oban Rd to Maroondah Hwy, into Carcoola Rd; LT Mt Dandenong Rd; RT Vasey Concourse to Montana Pde; RT Currawong; RT Mt Dandenong Rd; RT Norton Rd (Croydon Athletics Track); one lap of golf course; BT home via Eastfield shops. For a longer run, add extra 3.5k laps of golf course	
	<b>19km</b>	Follow BT home from athletics track	
	<b>17km</b>	When you have done the Vasey/Montana loop, from Mt Dandy Rd, RT into Bayswater Rd RT Oak Ln BT home	
	<b>Drink Stops</b>	Ringwood Lake (6k) Cnr Mt Dandy/Currawong Rd (11k) Golf club (14 & 17k)	



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29 June		Doongalla Longer Course	
Run # 1606  <b>Drinks:</b> Derek Dawkins Phillip Dawkins	<b>24km</b>	<b>BT from club to Dorset Rd</b> , LT Dorset Rd, RT Mt Dandenong Rd, LT Canterbury, RT Stradbroke Rd, RT Sheffield Rd, LT National Pk, RT Edgar Trk, RT Pavitt extension; Connect to Pavitt Lane, cross Liverpool Rd, one lap of retarding basin then return via Chandlers Lane BT to club	
	<b>12km</b>	When you get to the Dorset Pub, turn around and go back down Dorset Rd a short way; RT Leigh St; LT BT; thru to Eastfield Shops; RT Oak Ln; LT BT to Canterbury Rd; cross over RT Bungalook Rd; BT to club along railway line.	
	<b>Drink Stops</b>	Dorset Rd Pub (5k) Stradbroke Rd (at cnr Canterbury Rd) (10k) Chandlers Lane (18k)	
6 July		Upper Ferntree Gully	
Run # 1607  <b>Drinks: 2 cars</b> Peter Seymour Katie McDonald	<b>27km</b>	RT BT to UFTG toilet block, BT from other side of bridge to Upwey rtn then Dawson St to BT to Knox Athletic tracks LT Scoresby Rd LT Station St	
	<b>23km</b>	RT BT to UFTG toilet block, cross Burwood Hwy to Dawson St, BT to Knox Athletic trk RT Scoresby Rd home	
	<b>17km</b>	RT BT to UFTG toilet block rtn	
	<b>Drink Stops</b>	UFTG toilet block (9k) Car 1 & 2 (Split drinks) Car 2 to go back to the park opp Cake shop for 19k runners(14k) Car 1 Park opposite cake shop for 24k runners (18k)	
13 July		Boronia / Vermont	
Run # 1608  <b>Drinks: 2 cars</b> Belinda Dutton Chris Rashleigh	<b>32km</b>	BT through Boronia railway station along Underwood Rd, RT bike track to Knox City continue on BT to Cathies Lane; RT into Cathies Ln, LT into Burwood Hwy, RT Mountain Hwy, thru Koomba Park, LT Boardwalk, RT Burwood Hwy, RT Springvale Rd, RT Canterbury, RT Heatherdale, cross bridge onto BT LT and rtn to club	
	<b>22km</b>	From Knox City rtn to club on same path	
	<b>16km</b>	When you get to Stud Rd, turn right; RT Mountain Hwy; RT Station St to club	
	<b>Drink Stops</b>	Karen's gym (Genesis Fitness Gym Scoresby Rd) (9k) Knox City (11k) Tap at Arboretum if drinks needed (15k) Cathies Ln hill (15k) Vermont Maccas (18k) Cnr Boronia Rd@ 7/11 carpark (24k) End of Heatherdale Rd (26k)	



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20 July		Blackburn / Eastern Freeway	
Run # 1609   <b>Drinks: 2 cars</b> DT Greg Palmer  Volunteers on bike	<b>Start</b>	<a href="#">Melway 47K10</a> (Café TBC.) Bring 2 drink bottles for long run	
	<b>34km</b>	From carpark; LT Blackburn Rd; RT Railway Rd; LT Chapel St; RT Whitehorse Rd; LT Surrey Rd (same as Blackburn Rd); LT BT before Eastern freeway; keep on track that runs parallel to Fwy; 1km after Bulleen Rd, RT underpass to other side of Fwy; continue on BT, parallel to Fwy, to Chandler Hwy bridge; rtn. Remember to turn right off BT down Blackburn Rd for the final return - check the path on the way out - many incorrectly turn off early if you forget.	
	<b>30km</b>	Out to Belford Road drinks stop near Kew Golf Club and rtn	
	<b>25km</b>	Out to Fwy underpass, just before Burke Road and rtn	
	<b>21km</b>	Out to rotunda at Koonung Creek Reserve (end of Balwyn Rd) then rtn	
	<b>Drink Stops</b>	<b>47D4</b> Courts after Station St (6k) <b>32F11</b> Rotunda at Koonung Creek Reserve, near Cnr Balwyn/Singleton Rd (10k) <b>45G1</b> Cnr Belford Rd/Eastern Fwy – northern side of Fwy (15k) same drink stops in reverse. Use taps on track if drinks car not there	
			27 July
		Belgrave	
Run # 1610  <b>Drinks: 2 cars</b> Sonja Hartnett Charmaine Rashleigh	<b>27km</b>	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	
	<b>21km</b>	Rtn from Upwey bridge	
	<b>17km</b>	Rtn from UFTG toilet block	
	<b>Drink Stops</b>	Upper FTG Toilet block (9k) Shell Belgrave at roundabout (14k) Upper FTG Toilet block (18k)	
		3 August	
		Figure 8 Run	
Run # 1611  <b>Drinks:</b> Mark Pryn Nicole Paganoni	<b>36km</b>	Scoresby Rd to Wantirna Gym; LT BT; LT Underwood Rd; through Boronia Stn; Power St; LT Scoresby Rd to Wantirna Gym; RT BT to Knox; continue thru to Stud Rd; cross over and continue on BT under High St & under freeway LT to tip; RT on BT; RT Norton's Rd; LT Norton's Park carpark; thru Norton's Pk - continue on thru Drummie's Reserve; thru Bushy Park; RT Burwood Hwy; LT thru Koomba Pk; BT home	
	<b>21km</b>	At approx. the 15km mark (just after the drink stop at Knox) turn right at Stud Rd (Knox City); continue to Mountain Hwy - turn right; RT Station St; club	
	<b>13km</b>	When you run down Power St, return direct to club	
	<b>Drink Stops</b>	Boronia Stn (9k) Knox City (17k); Norton's Pk carpark (23k) Boronia Rd in carpark (30k)	



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10 August		Citrus Run with a twist	
Run # 1612  <b>Drinks: 2 cars</b> Jamie Rae Nigel and Jacinta Hanscamp	<b>27km</b>	Pine Rd; RT Orange Gr LT Sasses Ave; cross Boronia Rd LT Lewis Rd; LT Burwood Hwy RT Scoresby Rd to Knox Athletic Track; RT BT RT Stud Rd; LT George St; cross EastLink on footbridge, RT George, RT High St Rd, LT Cathies Lane LT Burwood Hwy, RT Mountain Hwy, thru Koomba Park, BT back to club	
	<b>20km</b>	Don't turn left into George St – continue straight along Stud Rd; RT Mountain Hwy; RT Station Street	
	<b>18km</b>	Return up Scoresby Road from first drinks stop	
	<b>Drink Stops</b>	Park opposite cake shop, cnr Scoresby Rd& Ferntree Gully Rd (9k) ( <i>Car 1 &amp; 2</i> ) Cnr George St & Stud Rd's (14k) ( <i>Car 1 &amp; 2 (split drinks here)</i> ) Drinks for 19k runners at Studfield shops (stud Rd) ( <i>Car 2</i> ) Cnr Cathies Lane & Burwood Hwy (18k) ( <i>Car 1</i> ) Boronia Rd carpark (22k) ( <i>Car 1</i> )	
17 August		Montrose Run	
Run # 1613  <b>Drinks: 2 cars</b> Peter Forrest Simone Cleversley	<b>25km</b>	RT Dandenong Creek Trail behind Club house; RT under Colchester Rd underpass: LT Beresford Drive; LT Mountain Hwy; LT Basin-Olinda Rd; LT Sheffield Rd; LT Stradbroke; LT Canterbury Rd; RT Mt Dandenong Rd; LT Colchester Rd; RT BT to Croydon Golf Course; LT Leigh St; LT BT thru Horse Racing Track; RT Eastfield Rd; LT Yvonne Av; thru park; LT Bayswater Rd; RT Oak Lane; LT BT; LT Canterbury Rd; RT Bungalook Rd East	
	<b>32km</b>	Add 2 laps of golf course	
	<b>14km</b>	About 1k after the first drink stop, LT off Sheffield Rd into Pavitt Lane; cross Liverpool Rd into Retarding Basin; 1 lap; return to club via Chandlers lane BT	
	<b>Drink Stops</b>	Basin service stn (6k) ( <i>car 1 &amp; car 2</i> ) Cnr Stradbroke/Canterbury Rd's (11k) ( <i>car 2</i> ) Chandlers Lane (11k) ( <i>car 1</i> ) Jenkins Lane opposite Leigh St Golf Course (17k) ( <i>car 2</i> )	



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24 August		Jimmy's Loop
Run # 1614  <b>Drinks: 2 cars</b> David Black Nicola van Reenen	30km	BT to Ringwood Lake; LT Maroondah Hwy; RT Larissa to Mullum Mullum trk; LT footbridge to Fyfe Ave; continue onto Berea Crt; RT Warrandyte Rd; LT Oban Rd; keep on same road that turns into Beckett St; LT Beckett St; LT Yarran Dheran Park; follow trail along creek to Schwerkolts Cottage; RT Deep Creek Rd; RT Maroondah Hwy; LT Rooks Rd, RT onto bike track at Lucknow Rd; follow to Springvale Rd; continue on Springvale Rd; LT Jolimont Rd; LT Terrara Rd; RT Canterbury Rd; RT Heatherdale Rd to end; cross footbridge; LT bike track home
	21km	At the Deep Creek Rd/Maroondah Hwy Cnr drink stop, turn left at Maroondah Hwy; RT Heatherdale Rd; cross over Canterbury Rd; LT BT; continue home extra drink stop at end of Heatherdale Rd near bike track (19k)
	12km	At Ringwood Lake RT Maroondah Hwy; RT Dublin Rd; LT Bedford Rd; RT Canterbury Rd; LT Heathmont Rd; thru H.E. Parker Reserve; LT BT home
	<b>Drink Stops</b>	Ringwood Lake (6k) (Car 1 & 2) Service stn cnr Warrandyte/Oban (8k) (Car 1 & 2) Antonio Park (Cnr Deep Creek Rd/Maroondah Hwy (14k) (Car 1 & 2, Split drinks) Heatherdale Rd near bike track (19k) (Car 2) Cnr Terrara/Canterbury Rd's (22k) (Car 1) Wantirna Rd (27k) (Car 1 & 2)
31 August		DT Ferntree Gully Run - Long
Run # 1615  <b>Drinks: 2 cars</b> Richard Shawyer Marie Kavanagh	34km	RT Scoresby Rd to Knox Park; LT BT; RT Hancock Dve; RT Davison Crt; LT Ormonde; RT Drake LT Trafalgar St; LT Glenfern Rd; veer right at roundabout; RT BT to Upper FTG toilet block; BT to Belgrave and return, BT to club
	24km	Return to club from UFTG toilet block
	14km	Return along Scoresby Rd from Knox Park
	<b>Drink Stops</b>	Park opposite cake shop, cnr Scoresby Rd& Ferntree Gully Rd (7k) (Car 1 & 2) Top of Ormonde St hill (11k) (Car 1 & 2) Upper FTG Toilets (15+25k) Belgrave servo (20k) (Car 1)
7 September		Schwerkolt in Spring
Run # 1616   <b>Drinks: 2 cars</b> John Signorini Tim Heeks	28km	LT Mountain Hwy; RT Wantirna Rd; LT Canterbury Rd; continue all the way along to cnr Springvale Rd; RT BT; LT Rooks Rd; RT Maroondah Hwy; LT Dunlavin Rd; RT Springfield Rd; RT LT Mitcham Rd; cross over bridge RT EastLink track (becomes Mullum Mullum Creek track), continue to Schwerkolt Cottage, following creek all the way; RT Deep Ck Rd; LT Maroondah Hwy; RT Heatherdale Rd; LT BT back to club
	20km	From Canterbury Rd, RT at Heatherdale Rd; LT Maroondah Hwy; RT Deep Ck Rd to Schwerkolt Cottage. Rtn LT Maroondah Hwy; RT Heatherdale Rd; LT BT back to club
	14km	From Canterbury Rd; LT at Heatherdale Rd; LT BT back to club
	<b>Drink stops</b>	Shell on Canterbury Rd (7k) (Car 1 & 2 (split drinks)) Rooks Rd end of BT (13k) (Car 1) Schwerkolt Cottage (20k) (Car 2) Heatherdale Rd at entrance to bike track (23k) (Car 1 & 2)



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14 September		Marathon Training Long Run – Details to be advised	
Run # 1617  <b>Drinks</b> Cars: Toby & Dave Bike: Volunteers 	<b>Start from 5.30am</b>	Details to be advised	
	<b>38km</b>	Details to be advised	
	<b>19km</b>	Details to be advised	
	<b>Drink Stops</b>	Details to be advised	
	<b>BRING BREAKFAST TO SHARE</b>		
21 September		Retarding Basin via Heathmont	
Run # 1618  <b>Drinks:</b> Peter Vince	<b>21km</b>	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	
	<b>18km</b>	When you get to The Basin Petrol Stn RT Forest Rd and continue straight to Boronia Stn; Power St to club	
	<b>Drink Stops</b>	Service Stn on Bayswater Rd (6k) The Basin service stn (12k) Chandlers Lane (16k)	
28 September		Croydon	
Run # 1619  <b>Drinks:</b> The Souters	<b>15km</b>	BT to Canterbury Rd via Bungalook Rd; cross over and continue on BT towards Croydon; RT Oak Ln; cross over Bayswater Rd thru park to Eastfield Rd; thru Eastfield Pk; cross into Leigh St; cross over Dorset Rd into Golf Course carpark; rtn	
	<b>18km</b>	Add a loop of the Golf course	
	<b>Drink Stops</b>	Leigh St at Croydon Golf (6/9k)	



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<b>5 October</b>	<b>Spartans' Run</b>	
Run # 1620		Wear your Melbourne Spartan's singlet if you have one or a favourite Marathon T-shirt if you are not a Spartan. Come to the club today to support those running the Marathon next week. Tall tales and true of past glories & mishaps. Breakfast and videos after run at club rooms. Invite your friends doing the Marathon next week. <b>SPECIAL GUEST</b>
Drinks: Scott Sharman	<b>13km</b>	Turn around at far end of FTG Station Car Park
	<b>Drink Stop</b>	Ferntree Gully Rail Station Car Park (6.5k)
<b>12 October</b>	<b>7am Start: Pre Marathon Walk or Trot:</b>	
Run # 1621	<b>7am start</b>  <b>5km</b>	LT Dandenong Creek Trail behind the Club. Out and back
No Drinks		Adjourn to the local café for a chat and a latte – Treasurer's shout. Plan the race.
<b>13 October</b>	<b>42<sup>nd</sup> Melbourne Marathon</b>	
	<p style="text-align: center;"><b><u>Melbourne Marathon</u></b>  <a href="http://www.melbournemarathon.com.au">www.melbournemarathon.com.au</a>  <b>7:00 am The Main Event</b>  <b>Look for details of entry on the website and in club news</b>  <b>5:15 am Bus to start &amp; returns to Bayswater</b>  <b>We will allow time for parking, drinks and toilet prior to the start</b></p>	





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19 October		Post Marathon Stretch and AGM	
Run # 1622	8km	LT Dandenong Creek Trail behind the Club. Turn around at Wantirna Road. Out and back	
No Drinks	<b>AGM</b> ANNUAL GENERAL MEETING	KRR Annual General Meeting. Held every year to elect the Committee and office holders and inform the club members of previous and future activities. It is an opportunity for all members to inform themselves about KRR activities and to ask questions.	
26 October		Boronia Triangle	
Run # 1623	16km	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	
	13km	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: Kim Johnson	Drink Stops	Wantirna Rd (4k) Boronia Stn (13k)	