



KNOX ROADRUNNERS CALENDAR

June 2021 - October 2021

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.

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.

5 June		Anna D'Alberto's Vermont Run
Drinks: 2 cars LOCK DOWN	29km	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.
	18km	From Canterbury Rd, LT Terrara Rd, LT Burwood Hwy, LT Koomba Park, BT to club.
	11km	RT at Canterbury Rd; RT Heathmont Rd; thru HE Parker Reserve; LT BT to club.
	Drink Stops	Shell Cnr Heatherdale/Canterbury Rds (6k); (Car 1 & 2 (split drinks here)) Cnr Canterbury/Terrara (12k) (Car 2 & then head to Boronia Rd carpark for 19k runners) Shell stn on Springvale Rd (12k), Cnr Parkmore Rd (Car 1) Cnr High St Rd and Springvale at Mountain View Hotel (16k) (Car 1) Boronia Rd carpark (23k) (Car 1)
12 June		Barry Boyd's Camberwell Canter
Run # 1672 Drinks: David Black Nicola van Reenen LOCK DOWN	17km	MELWAYS 59 J1 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
	22km	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.
	12km	Return from Alamein Stn
	Drink Stops	Alamein Stn (6k) Nettleton Res (10k) Cnr Bridge Rd & Yarra Blvd (18k)
19 June		Mullum Mullum
Run # 1673 Drinks: Jamie Rae LOCK DOWN	23km	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
	19km	Follow BT home from athletics track
	17km	When you have done the Vasey/Montana loop, from Mt Dandy Rd, RT into Bayswater Rd RT Oak Ln BT home
	Drink Stops	Ringwood Lake (6k) Cnr Mt Dandy/Currawong Rd (11k) Golf club (14 & 17k)



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26 June		Doongalla Longer Course	
Run # 1674 Drinks: 2 cars Chris Bellesini Helen O'Hagan	24km	BT from club to Dorset Rd, 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	
	12km	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.	
	Drink Stops	Dorset Rd Pub (5k) Stradbroke Rd (at cnr Canterbury Rd) (10k) Chandlers Lane (18k)	
3 July		Upper Ferntree Gully	
Run # 1675 Drinks: 2 cars Peter Vince Belinda Dutton	27km	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	
	23km	RT BT to UFTG toilet block, cross Burwood Hwy to Dawson St, BT to Knox Athletic trk RT Scoresby Rd home	
	17km	RT BT to UFTG toilet block rtn	
	Drink Stops	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)	
10 July		Boronia / Vermont	
Run # 1676 Drinks: 2 cars Peter Forrest Nicky Hamilton-Morris	32km	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	
	22km	From Knox City rtn to club on same path	
	16km	When you get to Stud Rd, turn right; RT Mountain Hwy; RT Station St to club	
	Drink Stops	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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17 July		Blackburn / Eastern Freeway	
Run # 1677  Drinks: 2 cars DT Greg Palmer Volunteers on bike	Start	Melway 47K10 (Café TBC.) Bring 2 drink bottles for long run	
	34km	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.	
	30km	Out to Belford Road drinks stop near Kew Golf Club and rtn	
	25km	Out to Fwy underpass, just before Burke Road and rtn	
	21km	Out to rotunda at Koonung Creek Reserve (end of Balwyn Rd) then rtn	
	Drink Stops	47D4 Courts after Station St (6k) 32F11 Rotunda at Koonung Creek Reserve, near Cnr Balwyn/Singleton Rd (10k) 45G1 Cnr Belford Rd/Eastern Fwy – northern side of Fwy (15k) same drink stops in reverse. Use taps on track if drinks car not there	
24 July		Belgrave	
Run # 1678 Drinks: 2 cars Dave Rolfe Emma Hutchinson	27km	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	
	21km	Rtn from Upwey bridge	
	17km	Rtn from UFTG toilet block	
	Drink Stops	Upper FTG Toilet block (9k) Shell Belgrave at roundabout (14k) Upper FTG Toilet block (18k)	
25 July 		Run Melbourne 5km / 10km / 21.1km https://runmelbourne.com.au/	




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31 July		Figure 8 Run	
Run # 1679  Drinks: 2 cars Russell Moore Sheena Appleyard	36km	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	
	21km	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	
	13km	When you run down Power St, return direct to club	
	Drink Stops	Boronia Stn (9k) Knox City (17k); Norton's Pk carpark (23k) Boronia Rd in carpark (30k)	
7 August		Citrus Run with a twist	
Run # 1680  Drinks: 2 cars Brad Buyck Nicola Paganoni	27km	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	
	20km	Don't turn left into George St – continue straight along Stud Rd; RT Mountain Hwy; RT Station Street	
	18km	Return up Scoresby Road from first drinks stop	
	Drink Stops	Park opposite cake shop, cnr Scoresby Rd& Ferntree Gully Rd (9k) (<i>Car 1 & 2</i>) Cnr George St & Stud Rd's (14k) (<i>Car 1 & 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>)	
14 August		Montrose Run	
Run # 1681  Drinks: 2 cars Milan Stanisic Paula Swannock	25km	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	
	32km	Add 2 laps of golf course	
	14km	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	
	Drink Stops	Basin service stn (6k) (<i>car 1 & 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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21 August		Jimmy's Loop	
Run # 1682  Drinks: 2 cars Chris Rashleigh Michael Friedman	30km	BT to Ringwood Lake; LT Maroondah Hwy; RT Larissa to Mullum Mullum trk; LT footbridge to Fyfe Ave; continue onto Berea Cr; 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	
	Drink Stops	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) Wantima Rd (27k) (Car 1 & 2)	
28 August		DT Ferntree Gully Run - Long	
Run # 1683  Drinks: 2 cars Laurie Dalton Lis Dalton	34km	RT Scoresby Rd to Knox Park; LT BT; RT Hancock Dve; RT Davison Cr; 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	
	Drink Stops	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)	
29 August	 5km / 13.5km https://www.runforthekids.com.au/		

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4 September	Schwerkolt in Spring	
Run # 1684  Drinks: 2 cars Grant Scurry Lesley Bower	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
	Drink stops	Shell on Canterbury Rd (7k) (<i>Car 1 & 2 (split drinks)</i>) Rooks Rd end of BT (13k) (<i>Car 1</i>) Schwerkolt Cottage (20k) (<i>Car 2</i>) Heatherdale Rd at entrance to bike track (23k) (<i>Car 1 & 2</i>)
11 September	Marathon Training Long Run – Details to be advised	
Run # 1685  Drinks Cars: 2 Volunteers Bikes: Volunteers	Start from 5.30am	Details to be advised
	38km	Details to be advised
	19km	Details to be advised
	Drink Stops	Details to be advised
	BRING BREAKFAST TO SHARE	
12 September	<div style="text-align: center;">  <p>40th De Castella Run (Yarra Boulevard, Kew) 5km / 10km / 15km</p> </div>	



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18 September		Retarding Basin via Heathmont	
Run # 1686 Drinks: Tim Heeks	21km	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	
	18km	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 (12k) Chandlers Lane (16k)	
25 September		Croydon	
Run # 1687 Drinks: Alan Green	15km	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	
	18km	Add a loop of the Golf course	
	Drink Stops	Leigh St at Croydon Golf (6/9k)	
2 October		Spartans' Run	
Run # 1688 Drinks: Kerry Kempster		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. SPECIAL GUEST	
	13km	Turn around at far end of FTG Station Car Park	
	Drink Stop	Ferntree Gully Rail Station Car Park (6.5k)	
9 October		7am Start: Pre Marathon Walk or Trot:	
Run # 1689 No Drinks	7am start		
	5km	LT Dandenong Creek Trail behind the Club. Out and back	
		Adjourn to the local café for a chat and a latte – Treasurer's shout. Plan the race.	



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10 October		Melbourne Marathon!	
		<p>5:15 am Bus to start & returns to Bayswater We will allow time for parking, bag drop off, drinks and toilet prior to the start</p> <p style="text-align: center;">https://melbournemarathon.com.au/</p>	
16 October		Post Marathon Stretch and AGM	
Run # 1690	8km	LT Dandenong Creek Trail behind the Club. Turn around at Wantirna Road. Out and back	
No Drinks		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.	
23 October		Boronia Triangle	
Run # 1691	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: William Wase	Drink Stops	Wantirna Rd (4k) Boronia Stn (13k)	
30 October		Retarding Basin Loop	
Run # 1692	13km	Through Bayswater Park to Bike track to Chandlers Lane, RT Liverpool, lap of the Retarding Basin then return via Chandlers Lane.	
Drinks: Scot Sharman	10km	Return from drinks stop in Chandlers Lane	
	Drinks	Chandlers Lane (5km), (7km)	
6 November		Olivebank Run	
Run # 1693	12km	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	
	17km	Turn RT at Forest Rd; LT Mountain Hwy (Basin Service Stn); return via Colchester Rd – BT to club	
Drinks: Jonathan Stewart	Drinks	Top of Olivebank at the gate (6k) Basin Service Stn (10k)	