



KNOX ROADRUNNERS CALENDAR

June 2022 - October 2022

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.

4 June		Anna D'Alberto's Vermont Run
Run # 1703 https://ridewithgps.com/routes/4997362 Drinks: 2 cars Will W Helen O	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)
11 June		Barry Boyd's Camberwell Canter
Run # 1704 https://ridewithgps.com/routes/4934772 Drinks: 2 cars Mark P Stacey M	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)
18 June		Mullum Mullum
Run # 1705 https://ridewithgps.com/routes/5063693 Drinks: 1 car Albert B	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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25 June	Doongalla Longer Course	
Run # 1706 https://ridewithgps.com/routes/5133018 Drinks: 2 cars Chris R Tania G	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)
2 July	Upper Ferntree Gully	
Run # 1707 https://ridewithgps.com/routes/5200665 Drinks: 2 cars Geraldine L Milan S	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)
9 July	Boronia / Vermont	
Run # 1708 https://ridewithgps.com/routes/5267248 Drinks: 2 cars Norman W Bronwyn B	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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16 July		Blackburn / Eastern Freeway	
Run # 1709	Start	Melway 47K10 (Café TBC.) Bring 2 drink bottles for long run	
 https://ridewithgps.com/routes/15219452 Drinks: 2 cars DT Greg P Volunteers on bike	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	
	23 July		Belgrave
Run # 1710	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	
https://ridewithgps.com/routes/4150215 Drinks: 2 cars Lis D Alan G	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)	
24 July 	Run Melbourne 5km / 10km / 21.1km https://runmelbourne.com.au/		





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30 July		Figure 8 Run	
Run # 1711  https://ridewithgps.com/routes/5547000 Drinks: 2 cars Michelle O Michael F	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)	
6 August		Citrus Run with a twist	
Run # 1712  https://ridewithgps.com/routes/3238789 Drinks: 2 cars Sheena A Nigel H	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>)	
13 August		Montrose Run	
Run # 1713  https://ridewithgps.com/routes/5632006 Drinks: 2 cars Nicole P Nick T	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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20 August	Jimmy's Loop	
Run # 1714  https://ridewithgps.com/routes/5720695 Drinks: 2 cars Paula S Peter V	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
	Drink Stops	Ringwood Lake (6k) <i>(Car 1 & 2)</i> Service stn cnr Warrandyte/Oban (8k) <i>(Car 1 & 2)</i> Antonio Park (Cnr Deep Creek Rd/Maroondah Hwy (14k) <i>(Car 1 & 2, Split drinks)</i> Heatherdale Rd near bike track (19k) <i>(Car 2)</i> Cnr Terrara/Canterbury Rd's (22k) <i>(Car 1)</i> Wantirna Rd (27k) <i>(Car 1 & 2)</i>
27 August	DT Ferntree Gully Run - Long	
Run # 1715  https://ridewithgps.com/routes/5805400 Drinks: 2 cars Neil W Wendy T	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
	Drink Stops	Park opposite cake shop, cnr Scoresby Rd & Ferntree Gully Rd (7k) <i>(Car 1 & 2)</i> Top of Ormonde St hill (11k) <i>(Car 1 & 2)</i> Upper FTG Toilets (15+25k) Belgrave servo (20k) <i>(Car 1)</i>



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3 September	Marathon Training Long Run – Details to be advised	
Run # 1716  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	
10 September	Schwerkolt in Spring	
Run # 1717  https://ridewithgps.com/routes/10285791 Drinks: 2 cars Heather and Peter W	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) (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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17 September		Retarding Basin via Heathmont	
Run # 1718 https://ridewithgps.com/routes/6041717 Drinks: 2 cars Johnathan S David B	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)	
24 September		Spartans' Run	
Run # 1719 https://ridewithgps.com/routes/6151294 Drinks: David B		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)	
1 October		7am Start: Pre Marathon Walk or Trot:	
Run # 1720 https://ridewithgps.com/routes/38159919 No Drinks	7am start	LT Dandenong Creek Trail behind the Club. Out and back Adourn to the local café for a chat and a latte – Treasurer's shout. Plan the race.	
	5km		
2 October		Melbourne Marathon!	
		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 https://melbournemarathon.com.au/	



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8 October		Post Marathon Stretch and AGM	
Run # 1721 https://ridewithgps.com/routes/38191170 No Drinks	8km	LT Dandenong Creek Trail behind the Club. Turn around at Wantirna Road. Out and back	
	AGM 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.	
15 October		Boronia Triangle	
Run # 1722  https://ridewithgps.com/routes/10967516 Drinks: Daniel D	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	
	Drink Stops	Wantirna Rd (4k) Boronia Stn (13k)	
22 October		Retarding Basin Loop	
Run # 1723 https://ridewithgps.com/routes/3620197 Drinks: Kate L	13km	Through Bayswater Park to Bike track to Chandlers Lane, RT Liverpool, lap of the Retarding Basin then return via Chandlers Lane.	
	10km	Return from drinks stop in Chandlers Lane	
	Drinks	Chandlers Lane (5km), (7km)	
29 October		Olive Bank Run	
Run # 1724  https://ridewithgps.com/routes/3648664 Drinks: Nicola vR	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	Top of Olivebank at the gate (6k) Basin Service Stn (10k)	



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5 November	"Smokey Dawson's" Wattle Park Run	
Run # 1725  BBQ: Gav https://ridewithgps.com/routes/6427190 Drinks: Mike B	6.30am start	Melway 60K3 Meet in Eastern car park, near old tram and BBQs
	13km	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
	15km	Cross Burwood Hwy. RT then LT into bike track along creek to cross Station St to BHGC clubhouse. Return via LT Riversdale Rd
	19km	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)