



KNOX ROADRUNNERS CALENDAR

November 2022 – February 2023

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 **Knox Roadrunners** at knoxroadrunners@gmail.com


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 November		“Smokey Dawson’s” Wattle Park Run	
Run # 1725  BBQ: Gav https://ridewithgps.com/routes/6427190 Drinks Car 1: Kate L	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)	
12 November		Leo’s Boronia Run	
Run # 1726 https://ridewithgps.com/routes/3685858 Drinks Car 1: Neil W	15km	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	
	18km	Instead of RT Underwood Rd, LT Underwood Rd; RT BT; thr to Scoresby Rd; RT Scoresby Rd back to club	
	Drinks	The Basin car park (7k) Cnr Daffodil/Underwood (11k)	
19 November		Emerald Lake	
Run # 1727		Details to follow but it will be an out and back run through Wright’s Forest – details are still being finalised. Breakfast afterwards will be at the Emerald Lake Visitor’s Centre.	



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26 November	Heather White 26th Annual Fun Run	
Run # 1728  https://ridewithgps.com/routes/38116245 Drinks: Gerry L	12km	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	Car park on Boronia Road at Koomba Park (6km)
		BBQ breakfast to follow. Presentation of the prestigious annual BARRY BOYD PERPETUAL TROPHY
3 December	Mullum Mullum Short Course	
Run # 1729 https://ridewithgps.com/routes/3757099 Drinks: John R	16km	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
	11km	Return from Ringwood Lake
	Drinks	Opposite Ringwood Lake in car park (6k) Oak Lane (13k)
10 December	Belgrave	
Run # 1730 https://ridewithgps.com/routes/4150215 Drinks Car 1: Lis D Car 2: Alan G	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)
17 December	Retarding Basin via Heathmont	
Run # 1731 https://ridewithgps.com/routes/6041717 Drinks Car 1: Peter W #2 Car 2: Grant S	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
	17km	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 car park (10k) Chandlers Lane (16k)



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24 December	“Santa is Coming” Run – Upper Ferntree Gully	
Run # 1732  https://ridewithgps.com/routes/3788373 Drinks Car 1: Geraldine L Car 2: David R	17km	BT to UFTG toilet block return
	23km	At UFTG toilet block cross Burwood Hwy to Dawson St, BT to Knox Athletic track RT Scoresby Rd home
	Drinks	UPFG toilet block (7k) Knox Park across Ferntree Gully Rd from Frank’s Cakes (14k)
31 December	Koomba Park	
Run # 1733 https://ridewithgps.com/routes/38116286 Drinks Car 1: Jamie R	12km	Bike track past Ringwood golf to Boronia Rd return
	Drinks	Boronia Road (6km)
KRR Summer Series		
	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	



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1 Jan 2023	DT & Greg's New Year's Resolution Run	
Run # 1734  https://ridewithgps.com/routes/3830330 Own Drinks	8.00am start	Melway 72A9 DT and Greg to lead a 1 hour run. At Jells Park. Meet at entrance off FTG Road. Bring Breakfast to Share.
7 January	Janita Keating Birds Land Reserve to Lysterfield Lake **In the case of a Total Fire Ban, the Belgrave Run will replace this run**	
Run # 1735 https://ridewithgps.com/routes/3804145  Drinks: Chris R	6.30am start	Park inside the reserve at the BBQ area. <i>(add 3km if we need to park outside the park and run in)</i>
	16km	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
	10km	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
Belgrave Run to replace Birds Land Run In the case of a Total Fire Ban		
Run # 1632  https://ridewithgps.com/routes/4150215 Drinks: Car 1: Chris R Car 2: Dave B	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
	22km	Rtn from Upwey bridge
	17km	Rtn from UFTG toilet block
	Drink Stops	Upper FTG Toilet block (7k) Shell Belgrave at roundabout (12k) Upper FTG Toilet block (17k)



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14 January	Peter White #2's #2 Run	
Run # 1736  Drinks: Brad B	6.30am start	Starting outside Peter's house
	15km	Out and back along Mullum Mullum Creek. Turn around point is at Quarry Road for 15km. Add on for a longer run: RT bike track after Quarry Road then turn around at either Heads Road or even further at Park Road.
15 January 	Two Bays Trail Run www.twobaystrailrun.com	
21 January	Vincey's Sea Change Run – Mount Martha	
Run # 1737 	7:00am start	Proudly presented by Peter & Annette Vince. Meet at South Beach Car Park Mount Martha
	10-14km	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 TBA



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28 January		Michelle's Australia Day Run – Yan Yean	
Run # 1738  Own Drinks	6.30am start	Meet at Eltham North Adventure Playground, Eltham North Reserve 2 Pitura Pl, Eltham	
	10.7km plus 5km	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! 10.7km or add the parkrun extension to Diamond Creek to make a 16km run Strava: http://www.strava.com/routes/2788760440971143360	
		Breakfast at a local café	
1 February		"Club Hotel" Run	
Run # 1739  https://ridewithgps.com/routes/3973659 Drinks: Lesley B	17km	KRR 36rd Birthday Leave club rooms towards Bayswater Station. RT into Pine Road; RT Orange Grove; LT Sasses ;RT Boronia Rd; LT Lewis Rd; LT Burwood Hwy; LT Commercial Rd (opposite Club Hotel); continue onto Wattletree Rd; RT bike track; LT Underwood Rd; through, Boronia Stn; bike track to club	
	12km	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	