



KNOX ROADRUNNERS RUN CALENDAR

February 2023 – June 2023

Knox Roadrunners 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 Sheena Appleyard on 0431 546 451 or email seappleyard@hotmail.com.

Drinks duty involves:

- Getting the water containers ready
- Collecting the drinks holders
- Collecting the first aid kits
- Collecting the rescue bag
- Being at the appointed drink stop ahead of the first runners
- Following the runners and picking up any injured ones in between drink stops
- Cleaning up the tea and coffee area, washing the mugs etc
- Ensuring the club rooms are tidy before leaving at approx. 9.00am.

Please study the run and drink stops so you know your way.

4 February	Club Hotel Run	
Run # 1739  Medium Course	17km	KRR 36th Birthday Leave club rooms towards Bayswater Station. RT into Pine Road; RT Orange Grove; LT Sasses Ave; RT Boronia Rd; LT Lewis Rd; drink stop (1) ; LT Burwood Hwy; LT Commercial Rd (opposite Club Hotel); continue onto Wattleree Rd; RT bike track; LT Underwood Rd; through Boronia Stn; drink stop (2) ; follow Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
Short Course	12km	LT Scoresby Rd and return to the clubrooms
Drinks: Alan G	Drinks	(1) Car Park cnr Lewis St & Burwood Hwy (6km) (2) Boronia Stn (13km)
	Breakfast	Birthday Breakfast @ Clubrooms after run



KNOX ROADRUNNERS RUN CALENDAR

February 2023 – June 2023

11 February		Studfield Loop Run
Run # 1740 Long Course	29km	LT BT from clubrooms, LT BT at railway line RT Scoresby Rd; RT BT at Karen's Gym BT to Stud Road; RT Stud Rd; drink stop (1) ; LT Harold St - continue on Harold St (it does bend a little - veer RT after Wantirna Secondary College - stay on Harold St the whole time); LT Mountain Hwy (cross road to path) ; RT into Wantirna Reserve (before Burwood Hwy), Continue on BT through Koomba Park; drink stop (2) ; Continue under Boronia Rd on BT for approx. 500m, LT and cross footbridge, LT to Heatherdale Rd and up to Canterbury Rd, LT at Canterbury Rd. Continue up hill to Boronia Rd. LT Boronia Road, RT Philip St, RT Karwitha St, LT Barnsdale Dr, LT BT through Bellbird Dell, RT on to George Rd, LT onto Terrara Rd, LT Burwood Hwy, Continue over Morack Rd and continue on boardwalk thru Koomba Park. Follow BT through Koomba Park; drink stop (3) BT back to the club.
Medium Course	19km	From drink stop (2) BT Back to club from Koomba Park / Boronia Rd carpark via BT under Boronia Rd.
Short Course	13km	From drink stop (1) Stud Rd/Studfield shops RT and North on Stud Rd, Cross Boronia Rd and cross Mountain Hwy to Waldheim Rd, Continue to the end of road and onto path. Turn left and right and right at Dandenong Creek Trail. Continue through under Railway Line back to club house finish.
Drinks: Russell M	Drink stops	(1) Stud Rd / Studfield shops (8km) (2) Koomba Park/ Boronia Rd carpark (13.5km) (3) Koomba Park/ Boronia Rd carpark (23.5km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy

18 February		Boronia Bike Path
Run # 1741 Long Course	29km	LT BT from clubrooms, LT BT at railway line through Bayswater Stn to Boronia Stn, continue along Underwood RT under rail track, BT to Genesis Gym on Scoresby Rd; drink stop (1) ; BT to Knox SC continue on BT to High Street Rd, RT Cathies Ln; drink stop (2) ; RT Burwood Hwy, LT Stud Rd, RT BT behind Knox SC, lap of Retarding basin behind Knox SC, BT to Genesis Gym on Scoresby Rd; drink stop (3) ; BT to Underwood Rd, LT BT, Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
Medium Course	17km	from drink stop (1) continue on BT behind Knox SC add lap of Lewis Park / Retarding Basin, return to Genesis Gym, LT Scoresby Rd, LT BT to BT Dandenong Creek Trail, RT BT to clubrooms
Short Course	13km	from drink stop (1) LT Scoresby Rd to Bayswater railway station, LT BT to Dandenong Creek, RT BT to club
Drinks: 2 cars required: Chris B Nigel H	Drink stops	(1) Genesis Gym (Karen's gym) car park on Scoresby Rd (8.5km) (2) Cathies Lane / Burwood Highway (15.2km) (3) Genesis Gym (Karen's gym) car park on Scoresby Rd (20.4km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy

19 February	Carman's Women's Fun Run
	5 / 10 / 21.1km https://solemotive.com/pages/carman's-fun-run-home



KNOX ROADRUNNERS RUN CALENDAR

February 2023 – June 2023

25 February		Lakewood & Arboretum
Run # 1742 Long Course	26km	LT BT to Railway, LT BT past Bayswater Stn, RT Pine Rd; RT Orange Gv; LT Sasses Ave; RT Boronia Rd; LT Lewis Rd; drink stop (1) ; LT Burwood Hwy; RT Lakewood Dve; RT into lake opposite Peppermint Gv; lap of lake (extra laps of 1.1ks); out via Peppermint Gv (southern end); through grass area end of street; onto Hugh St; LT Scoresby Rd; RT BT to Arboretum; drink stop (2) ; back onto BT (East); RT Underwood Rd, BT to Upper Ferntree Gully Stn, BT back to Underwood Road, LT to Arboretum; drink stop (3) ; back onto BT (East); LT Underwood Rd, BT through Boronia Stn, Power Road, BT to BT Dandenong Creek Trail, RT BT to clubrooms.
Medium Course	16km	From drink stop (1) run back down Lewis Rd, RT onto BT LT Underwood Rd; through Boronia Stn; Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
Short Course	12km	From drink stop (1) run back down Lewis Rd, RT BT, LT Scoresby Rd at Genesis Gym, LT BT to Bayswater Railway, LT, BT Dandenong Creek Trail, RT BT to clubrooms
Drinks: Norman W	Drink stops	(1) Car Park cnr Lewis St & Burwood Hwy (6km) (2) Tim Neville Arboretum – drinks at Rotunda (13km) (3) Tim Neville Arboretum – drinks at Rotunda (20.4km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy



KNOX ROADRUNNERS RUN CALENDAR




February 2023 – June 2023

4 March		Bellbird Dell
Run # 1741 Long Course	26km	LT BT from clubrooms, LT BT at railway line, RT Scoresby Rd; RT BT at Genesis Gym. Follow BT behind Knox SC drink stop (1) , RT Stud Rd, LT Boronia Rd; continue along Boronia Rd and under Eastlink, LT Koomba Park Car Park drink stop (2) , BT through Koomba Park and onto Boardwalk, RT Burwood Hwy to Terrara Rd to drink stop (3) ; RT Terrara Rd, RT George Rd, immediate LT into Bellbird Dell Reserve, continue straight along reserve, RT Barnesdale Dv, RT Karwitha St, LT Philip St, LT Boronia Rd, RT Canterbury Rd, RT Heatherdale Rd to bottom, drink stop (4) , cross footbridge and LT BT back to clubrooms.
Medium Course	18km	from drink stop (1) RT Stud Rd, LT Boronia Rd; continue along Boronia Rd and under Eastlink, LT Car Park (Koomba Park) drink stop (2) , RT to BT Eastlink Trail, under Boronia Rd and back to clubrooms.
Short Course	13km	from drink stop (1) , continue on BT and RT at Stud Rd. Continue and cross Boronia Rd through to Mountain Hwy. Cross Mountain Highway, RT on service road and LT down Waldheim Road to bike trail. LT and RT on trail. RT on Dandenong Creek Trail and back to clubhouse.
Drinks: 2 cars required Scot S & Nicole M	Drink stops	(1) BT at the back Knox City (7.2km) (2) Boronia Rd Koomba Park (12km) (3) Cnr Burwood Hwy / Terrara Rd (15.5km) (4) Heatherdale Rd at entrance to bike track (20.5km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy



KNOX ROADRUNNERS RUN CALENDAR

February 2023 – June 2023

5 March 	Run Warrandyte 5 / 10 / 15 / 21.1km https://www.runwarrandyte.com/	
11 March	The Basin – “Two Parks” Melways 65 H7 <i>Meet at The Basin carpark near the CFA Station on Forest Road</i>	
Run # 1744  Long Course	27km 	LT (South) Forest Road, LT roundabout (outside loop), through roundabouts past FTG Shops, LT Butlers Rd (after passing railway bridge); drink stop (1) ; LT Kia-Ora Pde becomes Hatherley Grv, through gate (becomes Himalaya Track). LT Olivebank Rd, RT Forest Rd back to the Basin; drink stop (2) ; LT Mountain Hwy, RT Liverpool Rd, complete a lap of Liverpool Retarding Basin, cross Liverpool Rd into Pavitt Lane to Sheffield Rd; drink stop (3) ; cross Sheffield Rd into Dandenong Ranges NP, LT Edgar Tk, keep right on Edgar Tk until it leads into Camelia Tk, follow Camelia Tk and LT onto Doongalla Forest Access Rd to picnic area, RT Doongalla Forest Access Rd, to Simpsons Rd, RT Doongalla Rd, RT Sheffield Rd, LT Pavitt Ln, Drink Stop (4) , Continue and RT Liverpool Rd, LT Chandler Ln, LT Colchester, LT Beresford Drive, LT Mountain Highway to The Basin.
Medium Course Map:	22km	From Doongala/Sheffield Rd, LT Sheffield Rd, RT Basin-Olinda Rd to The Basin Finish.
Short Course	10.5km	Stop at drink stop (2) ;
Drinks: 2 cars required Neil W & Charmaine R	Drink Stops	(1) Cnr Butlers / Kia-Ora (5k) (2) The Basin carpark (11k) (3) Cnr Pavitt / Sheffield (17k) (4) Cnr Pavitt / Sheffield (22k)
	Breakfast	Koko Lime Café, Alchester Shops, Cnr Mountain Hwy / Albert Avenue, Boronia



KNOX ROADRUNNERS RUN CALENDAR


February 2023 – June 2023

18 March		Montrose Run (Rolfie's Ramble)
Run # 1745 Long Course	25km	RT BT from clubrooms, RT Colchester Rd, LT Beresford Dr, LT Mountain Hwy, to the Basin carpark; drink stop (1) ; RT Basin-Olinda Rd, LT Sheffield Rd, LT Stradbroke Rd; drink stop (2) ; LT Canterbury Rd, RT Mt Dandenong Rd; LT Colchester Rd RT BT to Croydon Golf Course, RT Croydon Golf Course; drink stop (3) ; LT Jenkins Ln, cross Dorset Rd to Leigh Rd; LT BT through Horse Racing Track; RT Eastfield Rd, LT Yvonne Ave, through park, LT Bayswater Rd, RT Oak Ln, LT Tarralla Creek Trail, LT Canterbury Rd, RT Bungalook Rd East, Cross footbridge, LT BT to clubrooms
Medium Course	17.5km	From drink stop (1) , RT Basin-Olinda Rd, LT Sheffield Rd, LT Pavitt Lane; cross Liverpool Rd, complete a lap of Liverpool Retarding Basin; drink stop (4) ; RT Liverpool Rd; continue through roundabout onto Miller; LT Albert Ave; RT Boronia Rd; through Boronia Stn; down Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
Short Course	12.5k	From drink stop (1) LT Mountain Hwy, RT BT to Dandenong Creek, RT BT to clubrooms.
Drinks: 2 cars required Bret & Emma B Syd B	Drink stops	(1) Car 1&2 Basin car park (6km) (2) Car 1 (long run) Cnr Stradbroke / Canterbury Rd's (11km) (3) Car 1 (long run) Golf Course (18.5km) (4) Car 2 (middle run) Retarding Basin car park (12.6km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy



KNOX ROADRUNNERS RUN CALENDAR


February 2023 – June 2023

<p>19 March</p> 	<p align="center">Run for the Kids 4.6km / 14.5km https://www.runforthekids.com.au/</p>	
<p>25 March</p>	<p align="center">Belgrave</p>	
<p>Run # 1745 Long Course</p>	<p align="center">27km</p>	<p>LT BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Upper Ferntree Gully Stn (Toilet Block); drink stop (1); BT to Upwey; continue on BT through to Blacksmiths Way (Belgrave Stn) via Tecoma; drink stop (2); RT Burwood Hwy to roundabout, turn around at roundabout LT Blacksmiths Way (Belgrave Stn); drink stop (2); BT to Upper Ferntree Gully via Tecoma; drink stop (3); BT to Underwood Rd, Underwood Rd, BT through Bayswater Stn, BT to BT Dandenong Creek Trail, RT BT to clubrooms.</p>
<p>Medium Course</p>	<p align="center">17km</p>	<p>From drink stop (1) BT to Underwood Rd, Underwood Rd, BT through Bayswater Stn, BT to BT Dandenong Creek Trail, RT BT to clubrooms.</p>
<p>Short Course</p>	<p align="center">13km</p>	<p>Follow Long/Medium course to Ferntree Gully Stn Car Park; drink stop (1); Return on BT to Underwood Rd, Underwood Rd, BT through past Bayswater Stn along BT to clubhouse.</p>
<p>Drinks: 2 cars required Lesley B & Sheena A</p>	<p align="center">Drink stops</p>	<p>(1) Car 1 Ferntree Gully Stn Car Park (Short Course) (6.5km) (2) Car 2 Upper FTG Toilet Block (Medium & Long) Courses (8.5km) (3) Car 1 Blacksmiths Way (behind shops on Burwood Hwy) (13km) (4) Car 2 Upper FTG Toilet block (18km)</p>
	<p align="center">Breakfast</p>	<p>Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy</p>

KNOX ROADRUNNERS RUN CALENDAR

February 2023 – June 2023

1 April		Bob's Knob
Run # 1747	22km	LT BT from clubrooms, RT over footbridge (at Netball Stadium), BT to Canterbury Rd, Cross and continue along Heathmont Rd, RT Great Ryrie St, RT Bedford Rd, LT Rosewarne Ln, BT over railway line to Ringwood Lake, RT at Ringwood Lake followed by LT (keep lake to your left) across Maroondah Hwy; drink stop (1) ; RT Larissa St, RT BT Mullum Mullum Creek Trail, LT second footbridge round oval to left, RT Mullum Mullum Rd, immediate LT Fyfe Ave, LT Berea Crt, follow Warrandyte Rd, LT into Oban Rd; drink stop (2) ; continue on Oban Rd, LT Glenvale Rd (deep breath), over the "knob"; drink stop (3) ; LT Montalbo Rd, RT Loughman/Deep Creek Rd, LT Maroondah Hwy, RT Heatherdale Rd to BT; drink stop (4) ; LT BT, cross footbridge, LT to clubrooms
	16km	From drink stop (2) RT Warrandyte Rd, continue on Berea Crt, RT Fyfe Ave, RT Mullum Mullum Rd, immediate LT past oval (keep oval to your right), RT BT Mullum Mullum Creek Trail, LT Larissa Av, cross Maroondah Hwy, LT BT at Ringwood Lake (keep lake to your right) LT BT to Railway Line, Rosewarne Ln, Rt Bedford Rd, LT Great Ryrie St, LT Heathmont Rd to Canterbury Rd, BT over footbridge (at Netball Stadium), LT BT to clubrooms
	11km	From drink stop (1) cross Maroondah Hwy, Lt BT at Ringwood Lake (keep lake to your right) LT BT to Railway Line, Rosewarne Ln, Rt Bedford Rd, LT Great Ryrie St, LT Heathmont Rd to Canterbury Rd, BT over footbridge (at Netball Stadium), LT BT to clubrooms
Drinks: 2 cars required Milan S & Nicole P	Drink Stops	(1) Ringwood Lake (6km) (2) Cnr Oban Rd & Warrandyte Rd (7/11) (8km) (3) Top of Bob's Knob (11km) (4) Heatherdale Rd at entrance to bike track (16km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy

8 April		Easter Bun Run
Run # 1748	??km	there is no long run specified – add additional laps of the Liverpool Rd Retarding Basin to suit (approx. 3k if returning to drink stop each lap) – 5 laps will get you to approx. 28k
	13km	RT BT Dandenong Creek Trail, BT to Chandlers Ln; drink stop (1) ; RT Liverpool Rd complete lap of Retarding Basin; LT Chandlers Ln; drink stop (2) ; BT to clubrooms
	10km	from drink stop (1) Chandlers Ln, BT to clubrooms
	Drink stop	(1) Cnr Chandlers Ln & Liverpool Rd (5km) (2) Cnr Chandlers Ln / Liverpool Rd (8km)
Drinks: Greg P	Breakfast	Hot Cross Bun Breakfast @ the clubrooms after the run


DATE TBA	 <p>RUMOURS SWIRL THAT THE PUFFING BILLY RUNNING FESTIVAL WILL BE BACK BIGGER THAN EVER – STAY TUNED</p>
----------	--



KNOX ROADRUNNERS RUN CALENDAR

February 2023 – June 2023


15 April		Stud Park Shopping Centre
Run # 1749	26km	LT BT from clubrooms, LT BT at railway line, RT Scoresby Rd to Knox Dog Park; drink stop (1) ; follow BT to BT Ferny Creek Trail, LT BT, LT at footbridge to Kelletts Rd, BT along Kelletts Rd cross into Willow Ave; RT Willow Ave, RT Dandelion Dve, RT Jamieson Ave, LT Goulburn Dve, cross Taylors Ln, into Amazon Crt, LT Bridgewater Way, RT Fulham Rd; drink stop (2) ; RT Stud Rd, continue past Kelletts Rd, RT BT to Knox track and LT up to Dog Park (at FTG Road), drink stop (3) ; LT Ferntree Gully Rd, immediate RT Scoresby Rd, path to LT Dandenong Creek Trail BT, RT BT to club.
	20km	from drink stop (1) follow BT to BT Ferny Creek Trail, RT BT, RT Stud Rd, RT Mountain Hwy LT BT to BT Dandenong Creek Trail, RT BT to clubrooms
	14km	from drink stop (1) LT Ferntree Gully Rd, immediate RT Scoresby Rd, LT BT to BT Dandenong Creek Trail, RT BT to club
Drinks: 2 cars required Grant S Sonja H	Drink Stops	(1) Car 1 & 2 Dog Park (Opposite Frank's Cakes) end of Scoresby Rd (7km) (2) (long run) Car 1 Fulham Rd opposite Stud Park Shopping Centre (14km) (3) (long run) Car 1 Dog Park (Opposite Frank's Cakes) end of Scoresby Rd (19km) (4) (middle run) Car 2 George Street (off Stud Road) (12km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy


22 April		Three Trails Run
Run # 1750 	27km	LT BT Dandenong Creek Trail, Under Wantirna RD and Eastlink RT BT over footbridge and RT East Link Trail to Canterbury Rd; drink stop (1) ; cross Canterbury Rd continue on East Link Trail, LT Maroondah Hwy cross footbridge. RT Deep Creek Rd, RT BT Mullum Mullum Creek Trail to Warrandyte Rd; drink stop (2) ; continue on BT, RT Oban Rd, cross Maroondah Hwy into Old Lilydale Rd, LT Carcoola Rd, LT Mt Dandenong Rd; drink stop (3) ; RT Dorset Rd, RT Leigh Rd, cross Norton Rd to BT, LT BT, LT Canterbury Rd, RT Bungalook Rd East, LT BT to clubrooms
	20km	from drink stop (2) RT from Mullum Creek Trail at Larissa Ave (at Ringwood Bypass) cross Maroondah Hwy to BT at Ringwood Lake through Rosewarne Ln, RT Bedford Rd, LT Great Ryrie St, LT Heathmont Rd, cross Canterbury Rd to BT, cross footbridge (at Netball stadium), LT BT to clubrooms
	11.5km	from drink stop (1) RT Canterbury Rd, RT Heathmont Rd cross footbridge (at Netball stadium), LT BT back to clubrooms
Drinks 2 cars required: Bronwyn B Peter F	Drink Stops	(1) Cnr Canterbury/East Link (6km) (2) Old Library Car Park – opposite Eastland (13.25km) (3) Mt Dandenong Rd / opposite Wicklow Ave (18.25km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy



KNOX ROADRUNNERS RUN CALENDAR

February 2023 – June 2023



29 April		Baysie Breakfast Run (Olivebank)
Run # 1751 	27km	LT BT from clubrooms, LT BT at railway line, BT to Power Rd, BT through Boronia Stn, Underwood Rd, LT Hutton Ave, RT Forest Rd, LT Olivebank Rd; drink stop (1) ; RT Mont Albert Rd, LT Harnett St; LT Hansen Rd, RT Forest Rd, RT Forest Rd at roundabout (outside loop); drink stop (2) ; RT Basin-Olinda Rd; LT Sheffield Rd, LT Pavitt Ln, over Liverpool Rd, complete 3 laps of Retarding Basin, LT Liverpool Rd; LT Chandlers Ln; drink stop (3) ; BT to clubrooms
	21km	from drink stop (2) RT Basin-Olinda Rd; LT Sheffield Rd, LT Pavitt Ln, over Liverpool Rd, complete lap of Retarding Basin, LT Liverpool Rd; LT Chandlers Ln; drink stop (3) ; BT to clubrooms
	13km	from drink stop (1) RT Mont Albert Rd, LT Harnett St; LT Hansen Rd, RT Forest Rd. LT Boronia Rd at roundabout (outside loop); RT BT through Boronia Stn, Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
Drinks: 2 cars required Bryan A & Laurie D	Drink stops	(1) top of Olivebank Rd (at entrance gate to Dandenong Ranges NP) (7km) (2) Basin Car Park (11km) (3) Chandler Lane (15km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy

6 May		Drummies Bridge Run
Run # 1752 	26km	LT BT from clubrooms, LT BT at railway line, RT Scoresby Rd; RT BT at Genesis Gym to Knox SC (long way around Lewis Park - tap); drink stop (1) ; cross Stud Rd, BT to High St Rd past tip, RT Norton's Ln, LT Norton's Park carpark; drink stop (2) ; BT through Norton's Park, RT BT Dandenong Creek Trail, continue through Drummie's Reserve, through Bushy Park; RT Burwood Hwy; LT BT through Koomba Park; drink stop (3) ; BT to club
	17km	from drink stop (1) RT BT, complete 3 laps Lewis Park, RT BT to Stud Rd RT Stud Rd RT Mountain Hwy, LT BT to BT Dandenong Creek Trail, RT BT to clubrooms
	11km	from drink stop (1) RT Stud Rd RT Mountain Hwy, LT BT to BT Dandenong Creek Trail, RT BT to clubrooms
Drinks: 2 cars required Derek D & Chris R	Drink Stops	(1) Knox City (7km) (2) Norton's Park carpark (13km) (3) Koomba Park/ Boronia Rd carpark (20km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy



KNOX ROADRUNNERS RUN CALENDAR


February 2023 – June 2023

3 May		Mitcham/Schwerkolt Cottage
Run # 1753 	29km	LT Jim Abernethy Dr, RT Mountain Hwy, RT Wantirna Rd, LT Canterbury Rd, to Shell Service Stn; drink stop (1) ; continue on Canterbury Rd, RT Springvale Rd immediate hard RT BT (Pipeline Tk), LT Rooks Rd; drink stop (2) ; RT Maroondah Hwy, LT Dunlavin Rd, RT Springfield Rd, LT Mitcham Rd, RT BT East Link Trail Mullum Mullum Creek Trail, continue to Schwerkolt Cottage, following creek all the way; drink stop (3) ; RT Deep Creek Rd, LT Maroondah Hwy, RT Heatherdale Rd; LT BT; drink stop (4) ; BT back to clubrooms
	19km	from drink stop (1) RT Heatherdale Rd, LT Maroondah Hwy, RT Deep Ck Rd to Schwerkolt Cottage; drink stop (3) ; RT Deep Creek Rd, LT Maroondah Hwy, RT Heatherdale Rd, LT BT back to clubrooms
	13km	from drink stop (1) LT Heatherdale Rd; LT BT back to club
Drinks: 2 cars required Brad B Mike B	Drink Stops	(1) Shell on Canterbury Rd (7km) (2) (long run) Rooks Rd end of BT (13km) (3) Schwerkolt Cottage (20km) (4) (long run) Heatherdale Rd at entrance to bike track (24km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy
Weekend Away 20 -21 May  <p style="text-align: center;">Great Ocean Road Running Festival 14 / 23 / 44 / 60km https://greatoceanroadrunfest.com.au/</p>		
20 May		Golf Course Loop (reverse)
Run # 1754	28km	LT BT Dandenong Creek Trail, RT cross footbridge to Bungalook Rd East, LT Canterbury Rd, cross Canterbury Rd RT BT, RT Oak Ln, LT Bayswater Rd RT BT, LT Yvonne Av; drink stop (1) ; LT Eastfield Rd, RT BT continue on to Leigh Rd, cross Dorset Rd, into Jenkins Ln to Golf Course complete lap of Golf Course (RT); drink stop (2) ; RT Jenkins Ln, LT Dorset Rd over Canterbury Rd, LT BT to Chandlers Ln, RT Liverpool Rd, LT Pavitt Ln, LT Sheffield Rd, LT Stradbroke Rd, LT Mount Dandenong Rd; drink stop (3) ; LT Mount Dandenong Rd, RT Mount Dandenong Rd, LT Colchester Rd, RT BT to Golf Course, RT around Golf Course; drink stop (4) ; RT Jenkins Ln, LT Dorset Rd over Canterbury Rd, RT BT to clubrooms
	15km	from drink stop (2) RT Jenkins Ln, LT Dorset Rd over Canterbury Rd, RT BT to clubrooms
	10km	from drink stop (1) RT Eastfield Rd; RT Dorset Rd: over Canterbury Rd, RT BT to clubrooms
Drinks: Dale C	Drink Stops	(1) Cnr Yvonne / Eastfield Rd (4km) (2) Golf Course (10km) (3) Cnr Stradbroke Rd / Mount Dandenong Rd, (18km) (4) Golf Course (24km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy



KNOX ROADRUNNERS RUN CALENDAR

February 2023 – June 2023

27 May		Hughes Street
Run # 1755 	24km	LT BT from clubrooms, LT BT at railway line, BT, Power Rd, BT through Boronia & Ferntree Gully Stns to Upper Ferntree Gully Stn; drink stop (1) ; BT to Morris Rd; drink stop (2) ; cross Burwood Hwy, LT Hughes St, cross Mt Dandenong Tourist Rd, veer slightly right to Titania Cres (runs parallel to Churchill Dve) then on to Churchill, LT One Tree Hill Rd, LT Ramu Tk; drink stop (3) ; RT Outlook Tk, continue along Mystic Tk through to Government Rd, LT Old Forest Rd, LT Forest Rd; drink stop (4) ; RT Boronia Rd at roundabout (outside loop), RT BT through Boronia Stn, Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
	21km	from drink stop (2) LT BT to Upper Ferntree Gully Stn, BT through Ferntree Gully & Boronia Stns, Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
	17km	from drink stop (1) BT through Ferntree Gully & Boronia Stns, Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
Drinks: 2 cars required Emma H & Lis D	Drink stops	(1) Upper Ferntree Gully Stn (Toilet Block) (8km) (2) Mobil Service Station at bottom of Hughes Street (11km) (3) One Tree Hill Rd carpark @ Ramu (14km) (4) Milk bar at Forest Rd (18km)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy
3 June		Anna D'Alberto's Vermont Run
Run # 1756	29km	BT along railway line towards Heathmont; RT cross bridge over Dandenong Ck before Boronia Rd; RT Heatherdale Rd; LT Canterbury Rd; drink stop (1) ; RT Rooks Rd; LT BT Pipeline Trail, continue all the way to Springvale Rd; LT Springvale Rd to Parkmore Rd; drink stop (2) ; continue on Springvale Rd, LT High Street Rd; drink stop (3) ; LT BT Drummies Reserve, RT Burwood Hwy LT Koomba Pk; drink stop (5) ; BT back to clubrooms
	18km	from drink stop (1) LT Terrara Rd, LT Burwood Hwy, LT Koomba Park; drink stop (5) ; BT to clubrooms
	11km	from drink stop (1) RT Canterbury Rd, RT Heathmont Rd; BT over footbridge LT BT (at Netball Stadium) to clubrooms
Drinks: 2 cars Tim H & Tanya F	Drink Stops	(1) Car 1 & Car 2 Shell Cnr Heatherdale Rd/Canterbury Rd (6k) (2) (long run) Car 1 Shell Service Stn Springvale Rd, cnr Parkmore Rd (12k) (3) (long run) Car 1 Cnr High St Rd and Springvale at Mountain View Hotel (16k) (4) (middle run) Car 2 Cnr Canterbury Rd / Terrara Rd (12k) (5) (long run) Car 1 & Car 2 Boronia Rd carpark (23k)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy