KNOX ROADRUNNERS RUN CALENDAR
February 2024 – June 2024

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 advise the Calendar coordinator.

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.

3 February		Run #1791 // Club Hotel
KRR 37th Birthday Party		
Long course:	**23.5km**	for a longer run follow BT from Underwood Rd to Upper Ferntree Gully Stn (add 6.5k)
Medium course: https://ridewithgps.com/routes/41900729	**17km**	Follow BT toward Railway line, LT BT to Bayswater Station, RT Pine Rd; RT Orange Grv; LT Sasses Ave, RT Boronia Rd, LT Lewis Rd; **drink stop (1)**; LT Burwood Hwy, LT Commercial Rd (opposite Club Hotel), continue onto Wattletree Rd, RT bike track, LT Underwood Rd, cross Boronia Rd, Dorset Rd, past Boronia Stn, continue on BT to Scoresby Rd, past Bayswater Stn, RT BT to club rooms
Short course: https://ridewithgps.com/routes/41900830	**12km**	Follow BT toward Railway line, LT BT to Bayswater Station, RT Pine Rd; RT Orange Grv; LT Sasses Ave, RT Boronia Rd, LT Lewis Rd; **drink stop (1)**; LT Burwood Hwy, LT Scoresby Rd, cross Boronia Rd, LT BT past Bayswater Stn, RT BT to clubrooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: Stacey M	**Drink Stops**	(1) Service Rd Burwood Hwy at Lewis Rd (6k) (2) Boronia Stn (12k) Drink tap also available at Tim Neville Arboretum.
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**BBQ @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

10 February		Run # 1792 // Studfield Loop
Long course: https://ridewithgps.com/routes/41859395	**29km** (red)	LT BT from clubrooms, LT BT at railway line RT Scoresby Rd; RT BT at Karen's Gym and through to Knox City **drink stop (1);** RT Stud Rd and continue north to Coleman Rd (Studfield shops). LT and cross Stud Rd to Harold St - 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, **drink stop (3),** Continue over Morack Rd and continue on boardwalk through Koomba Park, continue on BT through Koomba Park; **drink stop (4).** BT back to the club rooms
Medium course: https://ridewithgps.com/routes/41859433	**19km** (orange)	LT BT from clubrooms, LT BT at railway line RT Scoresby Rd; RT BT at Karen's Gym and through to Knox City **drink stop (1);** RT Stud Rd and continue north to Coleman Rd (Studfield shops). LT and cross Stud Rd to 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);** BT back from Koomba Park / Boronia Rd carpark via BT under Boronia Rd to club rooms
Short course: https://ridewithgps.com/routes/41859481	**13km** (green)	LT BT from clubrooms, LT BT at railway line RT Scoresby Rd; RT BT at Karen's Gym through to Knox City **drink stop (1);** RT Stud Rd and continue past Stud Rd/Studfield shops. Cross Boronia Rd and continue and cross Mountain Hwy to Waldheim Rd, continue to the end of road and onto path, LT and RT and RT BT (Dandenong Creek Trail), continue under railway line to club rooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: Lesley B. Dave B	**Drink Stops**	(1) Knox City (7km) (2) Koomba Park/ Boronia Rd carpark (13.5km) (3) Burwood Hwy Service Rd at Terrara Rd (19.5km) (4) Koomba Park/ Boronia Rd carpark (23.5km)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

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February 2024 – June 2024

17 February		Run # 1793 // Boronia Bike Path
Long course: https://ridewithgps.com/routes/41872714	**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: https://ridewithgps.com/routes/41872061	**17km**	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)**; 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: https://ridewithgps.com/routes/41879582	**13km**	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)**; LT Scoresby Rd to Bayswater rail, LT BT to Dandenong Creek, RT BT to club rooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: Sonja 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)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**
18 February Carman's FUN RUN LET'S RUN TOGETHER		**Carman's Women's Fun Run** **5 / 10 / 21.1km** https://solemotive.com/pages/carmans-fun-run-home

24 February		Run # 1794 // Lakewood & Arboretum
Long course: https://ridewithgps.com/routes/41893404	**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: https://ridewithgps.com/routes/41899527	**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: https://ridewithgps.com/routes/41899616	**13km**	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
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: Gerry L.	**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)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised

2 March	Run # 1795 // Bellbird Dell	
Long course: https://ridewithgps.com/routes/41951125	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 BT, **drink stop (4)**, LT BT, cross footbridge, LT BT under Eastlink, Wantirna Rd, under railway line back to clubrooms
Medium course: https://ridewithgps.com/routes/42064176	18km	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)**, RT BT under Boronia Rd, continue on BT under Eastlink, Wantirna Rd, under railway line to clubrooms
Short course: https://ridewithgps.com/routes/42064216	13km	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)**, **c**ontinue on BT and RT at Stud Rd. Continue and cross Boronia Rd throught to Mountain Hwy. Cross Mountain Highway, RT on service road and LT down Waldheim Road to BT, LT BT, RT BT (Dandenong Creek Trail), continue on BT under railway line to club rooms
EARLY GROUP 5.45AM	If running at a slower pace, early group runs same courses, leaves at 5.45AM	
Drinks: Ben M & Nicola V	**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)
WALKING GROUP	Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised	
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

3 March	**Run Warrandyte** **5 / 10 / 15 / 21.1km** https://www.runwarrandyte.com/

9 March	Run # 1796 // The Basin 'Two Parks'		
Meet at The Basin carpark near the CFA Station on Forest Road			
Long course: https://ridewithgps.com/routes/42071914	**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 Beresfofd Drive, LT Mountain Highway to The Basin.
Medium course: https://ridewithgps.com/routes/42072083	**22km**		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, LT Sheffield Rd, RT Basin-Olinda Rd to The Basin carpark
Short course: https://ridewithgps.com/routes/42072154	**10.5km**		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 carpark
EARLY GROUP 5.45AM			If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: **2 Cars required:** John R & Peter W#1	**Drink Stops**		(1) Cnr Butlers / Kia-Ora (5k) (2) The Basin carpark (11k) (3) Cnr Pavitt / Sheffield (17k) (4) Cnr Pavitt / Sheffield (22k)
WALKING GROUP			Each week there is a walking group that walks from 5-10k; Walking group will advise intended route on the day
	Breakfast		**@Koko Lime Café, Alchester Shops, Cnr Mountain Hwy / Albert Avenue, Boronia**

16 March		Run # 1797 // Montrose Run (Rolfie's Ramble)
Long course: https://ridewithgps.com/routes/42072273	**27km**	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, RT BT, LT Bayswater Rd, RT Oak Ln, LT BT, LT Canterbury Rd, RT Bungalook Rd East, cross footbridge, LT BT to club rooms
Medium course: https://ridewithgps.com/routes/42072248	**17.5km**	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 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: https://ridewithgps.com/routes/42072298	**12.5km**	RT BT from clubrooms, RT Colchester Rd, LT Beresford Dr, LT Mountain Hwy, to the Basin carpark; **drink stop (1)**; LT Mountain Hwy, RT BT to Dandenong Creek, RT BT to clubrooms.
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: 2 Cars required Grant S & Michelle Q.	**Drink Stops**	(1) Car 1&2 Basin car park (6km) (2) Car 1 (long course) Cnr Stradbroke Rd / Canterbury Rd (11km) (3) Car 1 (long course) Golf Course (18.5km) (4) Car 2 (medium course) Retarding Basin car park (12.6km)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

17 March	**Run for the Kids** **4.6km / 14.5km** https://www.runforthekids.com.au/

KNOX ROADRUNNERS RUN CALENDAR
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23 March		Run #1798 // Belgrave
Long course: https://ridewithgps.com/routes/42079656	**27km**	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; **drink stop (1)**; continue on BT to Upper Ferntree Gully Stn, cross Burwood Hwy, RT on 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); continue on Ferntee Gully Station; **drink stop (3);** BT to Underwood Rd, cross Boronia Rd, Dorset Rd, past Boronia Stn, cross Scoresby Rd, past Bayswater Stn, RT BT to club rooms.
Medium course: https://ridewithgps.com/routes/42114006	**17km**	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; **drink stop (1)**; continue on BT to Upper Ferntree Gully Stn; return on BT to Ferntree Gully Stn; **drink stop (3)**; continue on BT to Underwood Rd, cross Boronia Rd, Dorset Rd, past Boronia Stn, cross Scoresby Rd, past Bayswater Stn, RT BT to club rooms.
Short course: https://ridewithgps.com/routes/42114066	**13km**	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; **drink stop (1)**; Return on BT to Underwood Rd, cross Boronia Rd, Dorset Rd, past Boronia Stn, cross Scoresby Rd, past Bayswater Stn, RT BT to club rooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: 2 cars required: Michelle T Alan G	**Drink Stops**	(1) Car 1 Ferntree Gully Stn (6.5km) (2) Car 2 Blacksmiths Way (behind shops on Burwood Hwy) (13km) (3) Car 1 Ferntree Gully Stn (20km)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

30 March		Run # 1799 // Easter Bun Run
Long course: Use Medium Course Map and add extra laps of retarding basin	**13km plus**	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
Medium course: https://ridewithgps.com/routes/42185605	**13km**	RT BT under Bayswater Rd, Dorset Rd, Colchester Rd, continue on to Chandlers Ln; **drink stop (1)**; RT Liverpool Rd complete lap of Retarding Basin; LT Chandlers Ln; **drink stop (2)**; return on Chandlers Ln, continue on BT under Colchester Rd, Dorset Rd, Bayswater Rd to clubrooms
Short course: **https://ridewithgps.com/routes/42185653**	**10km**	RT BT under Bayswater Rd, Dorset Rd, Colchester Rd, continue on to Chandlers Ln; **drink stop (1)**; return on Chandlers Ln, continue on BT under Colchester Rd, Dorset Rd, Bayswater Rd to clubrooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: David Thorn	**Drink Stops**	(1) Cnr Chandlers Ln & Liverpool Rd (5km) (2) Cnr Chandlers Ln / Liverpool Rd (8km)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

6 April		Run # 1800 // Bob's Knob
Long course: https://ridewithgps.com/routes/42159274	**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, **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
Medium course: https://ridewithgps.com/routes/42159720	**17km**	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)**; 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
Short course: https://ridewithgps.com/routes/42159767	**13km**	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)**; 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
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: Neil Woods & Heather White	**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)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

13 April		Run # 1801 // Stud Park Shopping Centre
Long course: https://ridewithgps.com/routes/42185801	**26km**	LT BT from clubrooms, LT BT at railway line, RT Scoresby Rd, cross Boronia Rd, Burwood Hwy, Ferntree Gully Rd to Knox Dog Park; **drink stop (1)**; follow BT to BT Ferny Creek Trail, RT on Trail, Continue and LT BT, LT at footbridge to Kellets 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 rooms
Medium course: https://ridewithgps.com/routes/42323192	**20km**	LT BT from clubrooms, LT BT at railway line, RT Scoresby Rd, cross Boronia Rd, Burwood Hwy, Ferntree Gully Rd to Knox Dog Park; **drink stop (1)**; follow BT to Ferny Creek Trail, RT on BT and continue to Stud Rd, RT at Stud Rd, continue and cross Ferntree Gully Road through to George St; **drink stop (4)** continue to Burwood Hwy and then on path to Mountain Hwy cross and take Waldheim Road, LT onto BT, RT BT to club rooms.
Short course: https://ridewithgps.com/routes/42354811	**13km**	LT BT from clubrooms, LT BT at railway line, RT Scoresby Rd, cross Boronia Rd, Burwood Hwy, Ferntree Gully Rd to Knox Dog Park; **drink stop (1)**; LT Ferntree Gully Rd, RT Scoresby Rd, cross Burwood Hwy, Boronia Rd LT BT past Bayswater Stn, RT BT to club.
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: **2 Cars required:** Chris R & Charmaine R	**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)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

20 April		Run # 1802 // Three Trails
Long course: https://ridewithgps.com/routes/42231694	**25km**	LT BT Dandenong Creek Trail, under Wantirna Rd, 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; Continue through Croydon to Dorset Rd, **drink stop (3)**; RT Dorset Rd, RT BT, cross Norton Rd to BT, LT BT, LT Canterbury Rd, RT Bungalook Rd East, LT BT to clubrooms. **Note: Due to ongoing work on main water pipe replacement, you may need to continue down Dorset Rd and RT at Leigh Rd through to BT and home.**
Medium course: https://ridewithgps.com/routes/42292978	**18km**	LT BT Dandenong Creek Trail, under Wantirna Rd, 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 to Warrandyte Rd; **drink stop (2)**; RT from Mullum Creek Trail at Larissa Ave (at Ringwood Bypass) cross Maroondah Hwy continue on BT (keep Ringwood Lake on left), LT BT under railway line continue on BT, follow onto 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
Short course: https://ridewithgps.com/routes/42293025	**11.5km**	LT BT Dandenong Creek Trail, under Wantirna Rd, Eastlink, RT BT over footbridge and RT East Link Trail to Canterbury Rd; **drink stop (1)**; RT Canterbury Rd, RT Heathmont Rd cross footbridge (at Netball stadium), LT BT back to clubrooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: **2 Cars required:** Nicole M & Norman W	**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)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

27 April		Run # 1803 // Baysie Breakfast 'Olivebank'
Long course: https://ridewithgps.com/routes/42354973	**25km**	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)**; continue on BT under Colchester Rd, Dorset Rd, Bayswater Rd to club rooms
Medium course: https://ridewithgps.com/routes/42355181	**16km**	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, RT Liverpool Rd; LT Chandlers Ln; **drink stop (3)**; continue on BT under Colchester Rd, Dorset Rd, Bayswater Rd to clubrooms
Short course: https://ridewithgps.com/routes/42355207	**13km**	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. LT Boronia Rd at roundabout (outside loop); RT BT through Boronia Stn, Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: 2 Cars required: Mark P. & Greg P.	**Drink Stops**	(1) Top of Olivebank Rd (at entrance gate to Dandenong Ranges NP) (7km) (2) Basin Car Park (11km) (3) Chandler Lane (15km)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

KNOX ROADRUNNERS RUN CALENDAR
February 2024 – June 2024

4 May		Run # 1804 // Drummies Bridge
Long course: https://ridewithgps.com/routes/42322996	26km	LT BT from clubrooms, LT BT at railway line, RT Scoresby Rd, cross Boronia Rd, Burwood Hwy; RT BT at Genesis Gym to Knox SC (long way around Lewis Park); **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)**; continue on BT under Boronia Rd, Eastlink, Wantirna Rd, railway line to clubrooms
Medium course: https://ridewithgps.com/routes/42742493	16km	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)**; RT Stud Rd, 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), RT Mountain Hwy, LT Wantirna Rd, RT BT to clubrooms
https://ridewithgps.com/routes/42661947	11km	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)**; RT Stud Rd RT Mountain Hwy, LT BT to BT Dandenong Creek Trail, RT BT to clubrooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: 2 cars required: David R & Jamie R	**Drink Stops**	(1) Knox City (7km) (2) (medium course) Wantirna Rd (13km) (3) (long course) Norton's Park carpark (13km) (4) (long course) Koomba Park / Boronia Rd carpark (20km)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

11 May		Run # 1805 // Mitcham/Schwerkolt Cottage
Long course: https://ridewithgps.com/routes/42752869	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, cross Canterbury Rd through to BT; **drink stop (4)**; LT BT; **drink stop (4)**; BT back to clubrooms
Medium course: https://ridewithgps.com/routes/42752897	16km	LT Jim Abernethy Dr, RT Mountain Hwy, RT Wantirna Rd, LT Canterbury Rd, to Shell Service Stn; **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, cross Canterbury Rd through to BT; **drink stop (4)**; LT BT back to clubrooms
Short course: https://ridewithgps.com/routes/42753174	13km	LT Jim Abernethy Dr, RT Mountain Hwy, RT Wantirna Rd, LT Canterbury Rd, to Shell Service Stn; **drink stop (1)**; LT Heatherdale Rd; LT BT back to club
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: 2 cars required: Emma H & Paula S.	**Drink Stops**	(1) Shell on Canterbury Rd (7km) (2) (long course) Rooks Rd end of BT (13km) (3) Schwerkolt Cottage (20km) (4) Heatherdale Rd at entrance to bike track (24km)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

Weekend Away 18 -19 May	Great Ocean Road Running Festival 14 / 23 / 44 / 60km https://greatoceanroadrunfest.com.au/

18 May	Run # 1806 // Reverse Golf Course Loop	
Long course: https://ridewithgps.com/routes/42754013	26km	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; LT Eastfield Rd, RT BT continue on to Leigh Rd, cross Dorset Rd, into Jenkins Ln to Golf Course; **drink stop (1)**; LT on to BT around Golf Course, LT BT to Colchester Rd LT Colchester Rd, RT Mount Dandenong Rd, LT Mount Dandenong Rd (at Canterbury Rd), RT Stradbroke Rd; **drink stop (2)**; RT Sheffield Rd, Continue on Sheffield Rd and RT at Basin-Olinda Rd RT Mountain Hwy; The Basin Car Park **drink stop (3)**; continue on Mountain Hwy, RT Beresford Rd, RT Colchester Rd, LT Dandenong Creek Trail over Dorset Rd, Scoresby Rd to clubrooms
Medium course: https://ridewithgps.com/routes/42754020	16km	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; 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 (1)**; RT Jenkins Ln, LT Dorset Rd over Canterbury Rd, RT BT to clubrooms
Short course: https://ridewithgps.com/routes/42754047	13km	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; LT Eastfield Rd, RT BT continue on to Leigh Rd, cross Dorset Rd into Jenkins Ln to Golf Course; **drink stop (1)**; RT Jenkins Ln, LT Dorset Rd: over Canterbury Rd, RT BT to clubrooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: Peter S.	**Drink Stops**	(1) Golf Course (5.6km) (2) Cnr Stradbroke Rd / Mount Dandenong Rd, (11.7km) (3) Basin Carpark (18.2km)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

KNOX ROADRUNNERS RUN CALENDAR
February 2024 – June 2024

25 May		Run # 1807 // Hughes Street
Long course: https://ridewithgps.com/routes/42754392	**24km**	LT BT from clubrooms, LT BT at railway line, BT, Power Rd, BT through Boronia & Ferntree Gully Stn; **drink stop (1)**; continue on BT to Upper Ferntree Gully Stn, 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, 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, Bayswater Stn, RT BT to clubrooms
Medium course: https://ridewithgps.com/routes/42754396	**18km**	LT BT from clubrooms, LT BT at railway line, BT, Power Rd, BT through Boronia Stn to Ferntree Gully Stn; **drink stop (1)**; BT to Upper Ferntree Gully Stn return to Ferntree Gully Stn; **drink stop (3)**; continue on BT through Power Rd past Boronia Stn, Bayswater Stn. RT BT to clubrooms
Short course: https://ridewithgps.com/routes/42754397	**13km**	LT BT from clubrooms, LT BT at railway line, BT, Power Rd, BT through Boronia Stn to Ferntree Gully Stn; **drink stop (1)**; return on BT through Boronia Stn, Power Rd, BT to BT Dandenong Creek Trail, RT BT to clubrooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: 2 cars required: Richard S & Peter V.	**Drink Stops**	(1) Ferntree Gully Stn (6.5km) (2) (long course) Mobil Service Station at bottom of Hughes Street (11km) (3) (medium course) Ferntree Gully Stn (13km) (4) (long course) Milk bar at Forest Rd (18km)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**

1 June		Run # 1808 // Anna D'Alberto Vermont Run
Long course: https://ridewithgps.com/routes/42035766	**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)**; RT BT under Boronia Rd, Eastlink, Wantirna Rd, railway line to clubrooms
Medium course: https://ridewithgps.com/routes/42035770	**20km**	BT along railway line towards Heathmont; RT cross bridge over Dandenong Ck before Boronia Rd; RT Heatherdale Rd; LT Canterbury Rd; **drink stop (1)**; continue along Canterbury, cross Boronia Road and LT Terrara Rd, LT Burwood Hwy, LT Koomba Park; **drink stop (5)**; RT BT under Boronia Rd, Eastlink, Wantirna Rd, railway line to clubrooms
Short course: https://ridewithgps.com/routes/42035911	**11.5km**	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 Canterbury Rd, RT Heathmont Rd; BT over footbridge LT BT (at Netball Stadium) to clubrooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: 2 cars required Peter W # 2 Tim H.	**Drink Stops**	(1) Car 1 & Car 2 Shell Cnr Heatherdale Rd/Canterbury Rd (6k) (2) (long course) Car 1 Shell Service Stn Springvale Rd, cnr Parkmore Rd (12k) (3) (long course) Car 1 Cnr High St Rd and Springvale at Mountain View Hotel (16k) (4) (medium course) Car 2 Cnr Canterbury Rd / Terrara Rd (12k) (5) (long course) Car 1 & Car 2 Boronia Rd carpark (23k)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantirna Rd and back; or to Boronia Station and back; or as advised
	Breakfast	**@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run**