

## 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.

1 June		Run 1808 // Anna D'Alberto's Vermont Run
<p>Long course:  <a href="https://ridewithgps.com/routes/42035766">https://ridewithgps.com/routes/42035766</a></p>	29km	BT along railway line towards Heathmont; RT cross bridge over Dandenong Ck before Boronia Rd; RT Heatherdale Rd; LT Canterbury Rd; <b>drink stop (1)</b> ; Continue along Canterbury Rd to Rooks Rd. RT Rooks Rd; LT BT Pipeline Trail, continue all the way to Springvale Rd; LT Springvale Rd to Parkmore Rd; <b>drink stop (2)</b> ; continue on Springvale Rd, LT High Street Rd; <b>drink stop (3)</b> ; LT BT Drummies Reserve, RT Burwood Hwy LT BT through Koomba Pk to Boronia Rd; <b>drink stop (5)</b> ; continue on BT under Boronia Rd back to clubrooms
<p>Medium course:  <a href="https://ridewithgps.com/routes/42035770">https://ridewithgps.com/routes/42035770</a></p>	18km	BT along railway line towards Heathmont; RT cross bridge over Dandenong Ck before Boronia Rd; RT Heatherdale Rd; LT Canterbury Rd; <b>drink stop (1)</b> ; continue along Canterbury, cross Boronia Road and LT Terrara Rd; <b>drinks stop (4)</b> ; LT Burwood Hwy, LT BT through Koomba Park to Boronia Rd; <b>drink stop (5)</b> ; continue on BT under Boronia Rd to clubrooms
<p>Short course:  <a href="https://ridewithgps.com/routes/42035911">https://ridewithgps.com/routes/42035911</a></p>	11km	BT along railway line towards Heathmont; RT cross bridge over Dandenong Ck before Boronia Rd; RT Heatherdale Rd; LT Canterbury Rd; <b>drink stop (1)</b> ; RT Canterbury Rd, RT Heathmont Rd; BT over footbridge LT BT (at Netball Stadium) through tunnel back to clubrooms
Drinks: 2 cars	<b>Drink Stops</b>	(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)
<b>WALKING GROUP</b>		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantima Rd and back; or to Boronia Station and back; or as advised
	<b>Breakfast</b>	<b>@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run</b>

8 June		Run #1809 // Mullum Mullum
<b>Long course:</b> <a href="https://ridewithgps.com/routes/43087130">https://ridewithgps.com/routes/43087130</a>	23km	LT BT under railway line, RT BT cross bridge (at Netball courts), follow to Heathmont Rd, RT Great Ryrie St, RT Bedford Rd, LT Rosewarne Ln, RT BT to Ringwood Lake RT BT around Ringwood Lake, cross Maroondah Hwy; <b>drink stop (1)</b> ; LT Maroondah Hwy; RT Larissa, RT BT, RT Oban Rd, cross Maroondah Hwy, LT Carcoola Rd, LT Mt Dandenong Rd, RT Vasey Concourse to Montana Pde, RT Currawong, RT Mt Dandenong Rd ; <b>drink stop (2)</b> ; continue on Mt Dandenong Rd, RT Norton Rd, LT Leigh Rd, cross Dorset Rd into Jenkins Ln; lap of golf course; <b>drink stop (3)</b> ; follow Jenkins Ln, cross Dorset Rd into Leigh Rd, LT BT to Eastfield Rd, LT Eastfield Rd, RT Yvonne Ave, RT BT to Canterbury Rd via Oak Ln, LT Canterbury Rd, RT Bungalook Rd East, LT BT to club rooms
<b>Medium course:</b> <a href="https://ridewithgps.com/routes/43049491">https://ridewithgps.com/routes/43049491</a>	19km	LT BT under railway line, RT BT cross bridge (at Netball courts), follow to Heathmont Rd, RT Great Ryrie St, RT Bedford Rd, LT Rosewarne Ln, RT BT to Ringwood Lake RT BT around Ringwood Lake, cross Maroondah Hwy; <b>drink stop (1)</b> ; LT Maroondah Hwy; RT Larissa, RT BT, RT Oban Rd, cross Maroondah Hwy, LT Carcoola Rd, LT Mt Dandenong Rd, RT Vasey Concourse to Montana Pde, RT Currawong, RT Mt Dandenong Rd; <b>drink stop (2)</b> ; continue on Mt Dandenong Rd into Croydon, RT Norton Rd, RT BT to Eastfield Rd, RT Eastfield Rd, LT Yvonne Ave, RT BT to Canterbury Rd, LT Canterbury Rd, RT Bungalook Rd East, LT BT to club rooms
<b>Short course:</b> <a href="https://ridewithgps.com/routes/43112189">https://ridewithgps.com/routes/43112189</a>	11km	LT BT under railway line, RT BT cross bridge (at Netball courts), follow to Heathmont Rd, RT Great Ryrie St, RT Bedford Rd, LT Rosewarne Ln, RT BT to Ringwood Lake RT BT around Ringwood Lake, cross Maroondah Hwy; <b>drink stop (1)</b> ; cross Maroondah Hwy, LT BT around lake LT BT under railway line LT Rosewarne Ave, RT Bedford Rd, LT Great Ryrie St, LT Heathmont Rd cross Canterbury Rd, cross bridge (at Netball Courts) LT BT follow under railway line to club rooms
<b>Drinks:</b>	<b>Drink Stops</b>	(1) Ringwood Lake (6k) (2) Cnr Mt Dandengong Rd / Moralla Ave (11k) (3) Dorset Golf Club (17k)
<b>WALKING GROUP</b>		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantima Rd and back; or to Boronia Station and back; or as advised
	<b>Breakfast</b>	<b>BBQ @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run</b>

15 June		Run #1810 // Doongalla Longer Course
<b>Long course:</b> <a href="https://ridewithgps.com/routes/39893812">https://ridewithgps.com/routes/39893812</a>	24km	LT BT, RT Bungalook Rd East (cross Bridge) LT Canterbury Rd, RT BT, RT Oak Ln, LT Bayswater Rd, RT BT, LT Yvonne Ave, LT Eastfield Rd, RT BT cross Dorset Rd; <b>drink stop (1)</b> ; follow BT past Dorset Gardens, RT Mt Dandenong Rd, LT Canterbury, RT Stradbroke Rd; <b>drink stop (2)</b> ; RT Sheffield Rd, LT Trk to National Park (just past Glasgow Rd), RT Edgar Trk, RT Pavitt Ln extension, continue on Pavitt Ln, cross Liverpool Rd, lap of retarding basin, LT Liverpool Rd, LT Chandlers Ln; <b>drink stop (3)</b> ; follow Chandlers Ln, BT under Colchester Rd, Dorset Rd, Bayswater Rd to club rooms
<b>Medium course:</b> <a href="https://ridewithgps.com/routes/43049602">https://ridewithgps.com/routes/43049602</a>	18km	LT BT, RT Bungalook Rd East (cross Bridge) LT Canterbury Rd, RT BT, RT Oak Ln, LT Bayswater Rd, RT BT, LT Yvonne Ave, LT Eastfield Rd, RT BT cross Dorset Rd; <b>drink stop (1)</b> ; follow BT past Dorset Gardens, RT Mt Dandenong Rd, RT Liverpool Rd, and continue to Canterbury Rd. Cross Canterbury Rd and continue on bike path (RH side of road) past golf course to Chandlers Lane; <b>drink stop (3)</b> ; follow Chandlers Ln, BT under Colchester Rd, Dorset Rd, Bayswater Rd to club rooms
<b>Short course:</b> <a href="https://ridewithgps.com/routes/43049697">https://ridewithgps.com/routes/43049697</a>	12km	LT BT, RT Bungalook Rd East (cross Bridge) LT Canterbury Rd, RT BT, RT Oak Ln, LT Bayswater Rd, RT BT, LT Yvonne Ave, LT Eastfield Rd, RT BT cross Dorset Rd; <b>drink stop (1)</b> ; follow Dorset Rd south, RT Leigh St; LT BT, LT Eastfield Rd, RT Yvonne Ave, RT BT to Bayswater Rd, cross Bayswater Rd, RT Oak Ln; LT BT to Canterbury Rd; cross Canterbury Rd, LT Canterbury Rd, RT Bungalook Rd East, LT BT to club rooms
<b>Drinks: 2 cars</b>	<b>Drink Stops</b>	(1) Dorset Gardens Pub (5k) (2) Cnr Stradbroke Rd/Cantebury Rd) (10k) (3) Chandlers Ln (18k)
<b>WALKING GROUP</b>		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantima Rd and back; or to Boronia Station and back; or as advised
	<b>Breakfast</b>	<b>BBQ @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run</b>

22 June		Run #1811 // A Taste Of UTMB Fundraiser Celebration
	<b>6.15 Official Start</b>	Spotted Gum Carpark at Lysterfield Lake (enter off Horswood Rd)
Ultra Course: <a href="https://ridewithgps.com/routes/46984599">https://ridewithgps.com/routes/46984599</a>	<b>?? (? Laps)</b>	Continue straight on BT, RT Horswood Rd, LT Logan Park Tk, LT Lamberts Tk, LT Casuarina Tk, LT Snipe Tk, slight left (over the bridge), LT onto BT to Start/Finish; <b>drinkstop (1)</b> ; <u>complete as many laps as desired running with Chris</u>
Long course: <a href="https://ridewithgps.com/routes/46984599">https://ridewithgps.com/routes/46984599</a>	<b>25.8 (4 laps)</b>	Continue straight on BT, RT Horswood Rd, LT Logan Park Tk, LT Lamberts Tk, LT Casuarina Tk, LT Snipe Tk, slight left (over the bridge), LT onto BT to Start/Finish; <b>drinkstop (1)</b> ; <u>repeat thrice</u>
Medium course: <a href="https://ridewithgps.com/routes/46984599">https://ridewithgps.com/routes/46984599</a>	<b>19.1 (3 laps)</b>	Continue straight on BT, RT Horswood Rd, LT Logan Park Tk, LT Lamberts Tk, LT Casuarina Tk, LT Snipe Tk, slight left (over the bridge), LT onto BT to Start/Finish; <b>drinkstop (1)</b> ; <u>repeat twice</u>
Short course: <a href="https://ridewithgps.com/routes/46984599">https://ridewithgps.com/routes/46984599</a>	<b>13.4 (2 laps)</b>	Continue straight on BT, RT Horswood Rd, LT Logan Park Tk, LT Lamberts Tk, LT Casuarina Tk, LT Snipe Tk, slight left (over the bridge), LT onto BT to Start/Finish; <b>drinkstop (1)</b> ; <u>repeat</u>
Intro course: <a href="https://ridewithgps.com/routes/46984599">https://ridewithgps.com/routes/46984599</a>	<b>6.7 (1 lap)</b>	Continue straight on BT, RT Horswood Rd, LT Logan Park Tk, LT Lamberts Tk, LT Casuarina Tk, LT Snipe Tk, slight left (over the bridge), LT onto BT to Start/Finish
Drinks:	<b>Drink Stops</b>	(1) Spotted Gum Carpark (6.7k) (2) Spotted Gum Carpark (13.4k) (3) Spotted Gum Carpark (21.7k)
<b>WALKING GROUP</b>		Each week there is a walking group that walks from 5-10k; <a href="https://ridewithgps.com/routes/46984599">https://ridewithgps.com/routes/46984599</a>
	<b>Breakfast</b>	<b>BBQ Breakfast Fundraiser and / or lunch @Spotted Gum Carpark, Lysterfield Lake</b>

29 June		Run #1812 // Retarding Basin via Heathmont
Long course: <a href="https://ridewithgps.com/routes/43061450">https://ridewithgps.com/routes/43061450</a>	29km	BT to railway line, under railway line, RT cross bridge (at Netball Courts) follow BT on Heathmont Rd, RT Canterbury Rd, RT Bayswater Rd; <b>drink stop (1)</b> ; LT BT past Dorset Rd, RT Colchester Rd, LT Beresford Rd, LT Mountain Hwy past Liverpool Rd to the Basin; <b>drink stop (2)</b> ; continue on Basin-Olinda Rd, LT Sheffield Rd; LT Pavitt Ln, LT Dawson Ln, LT Liverpool Rd, LT Mountain Hwy to the Basin; <b>drink stop (3)</b> ; continue on Basin-Olinda Rd, LT Sheffield Rd, LT Pavitt Lane; cross Liverpool Rd; lap of Retarding Basin; LT Liverpool Rd, LT Chandlers Ln; <b>drink stop (5)</b> ; BT past Dorset Rd, under Scoresby Rd to club rooms
Medium course: <a href="https://ridewithgps.com/routes/43050684">https://ridewithgps.com/routes/43050684</a>	19.5km	BT to railway line, under railway line, RT cross bridge (at Netball Courts) follow BT on Heathmont Rd, RT Canterbury Rd, RT Bayswater Rd; <b>drink stop (1)</b> ; LT BT past Dorset Rd, RT Colchester Rd, LT Beresford Rd, LT Mountain Hwy past Liverpool Rd to the Basin; <b>drink stop (2)</b> ; LT Sheffield Rd; LT Pavitt Lane; RT Liverpool Rd, LT Chandlers Ln; <b>drink stop (4)</b> ; BT past Dorset Rd, under Scoresby Rd to club rooms
Short course: <a href="https://ridewithgps.com/routes/43061413">https://ridewithgps.com/routes/43061413</a>	12km	BT to railway line, under railway line, RT cross bridge (at Netball Courts) follow BT on Heathmont Rd, RT Canterbury Rd, RT Bayswater Rd; <b>drink stop (1)</b> ; return north on Bayswater Rd, LT Canterbury Rd, LT Heathmont Rd, cross bridge (at Netball Courts), LT BT under railway line to club rooms
Drinks:	Drink Stops	(1) Service Stn on Bayswater Rd (6k) (2) The Basin (12k) (3) (long course) The Basin (17k) (4) (medium course) Chandlers Ln (19k) (5) (long course) Chandlers Ln (24k)
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

6 July		Run #1813 // Upper Ferntree Gully
Long course: <a href="https://ridewithgps.com/routes/43049786">https://ridewithgps.com/routes/43049786</a>	24km	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; <b>drink stop (1)</b> ; continue on BT to Upper Ferntree Gully Stn, cross Burwood Hwy, LT Burwood Hwy under bridge, RT BT to Upwey; <b>drinks stop (2)</b> ; turn around BT to Burwood Hwy, LT Rose St, LT Dawson St, RT BT to Knox Dog Park; <b>drink stop (3)</b> ; LT Burwood Hwy, RT Scoresby Rd, LT BT past Bayswater Stn, RT BT to clubrooms
Medium course: <a href="https://ridewithgps.com/routes/43049976">https://ridewithgps.com/routes/43049976</a>	17km	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; <b>drink stop (1)</b> ; continue on BT to Upper Ferntree Gully Stn; <b>drink stop (2)</b> ; return on BT to Underwood Rd, BT through Bayswater Stn, RT BT to club rooms.
Short course: <a href="https://ridewithgps.com/routes/43049857">https://ridewithgps.com/routes/43049857</a>	13km	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; <b>drink stop (1)</b> ; Return on BT to Underwood Rd, Underwood Rd, BT past Boronia Stn, Bayswater Stn, RT BT return to club rooms
Drinks:	Drink Stops	(1) Ferntree Gully Stn (6.5k) (2) (long course) Upwey (11k) (3) Knox Dog Park (19k)
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

13 July		Run #1814 // Boronia / Vermont
Long course: <a href="https://ridewithgps.com/routes/43050037">https://ridewithgps.com/routes/43050037</a>	32km	BT towards railway line, LT BT (at railway line), BT, Power Street to Boronia Stn, Underwood Rd, RT BT under railway line to Knox SC to Genesis Gym, Scoresby Rd; <b>drink stop (1)</b> ; continue on BT to Knox SC; continue on BT to Cathies Lane; RT Cathies Ln; <b>drink stop (2)</b> ; continue on Cathies Ln, LT Burwood Hwy, RT Mountain Hwy, through Koomba Park, LT Boardwalk, RT Burwood Hwy; <b>drink stop (3)</b> ; continue on Burwood Hwy, RT Springvale Rd, RT Canterbury Rd, cross Boronia Rd; <b>drink stop (4)</b> ; RT Heatherdale Rd to BT; <b>drink stop (5)</b> ; LT BT cross bridge LT BT under railway line to club rooms
Medium course: <a href="https://ridewithgps.com/routes/43050044">https://ridewithgps.com/routes/43050044</a>	17km	BT towards railway line, LT BT (at railway line), BT to Boronia Stn, Underwood Rd, RT BT to Knox SC to Genesis Gym, Scoresby Rd; <b>drink stop (1)</b> ; continue on BT to Knox SC, RT Stud Rd, cross Mountain Hwy to BT, RT BT to club rooms
Short course: <a href="https://ridewithgps.com/routes/43050096">https://ridewithgps.com/routes/43050096</a>	13km	BT towards railway line, LT BT (at railway line), BT to Boronia Stn, Underwood Rd, RT BT to Knox SC to Genesis Gym, Scoresby Rd; <b>drink stop (1)</b> ; LT Scoresby Rd, LT BT past Bayswater Stn, over train line, RT BT to club rooms
Drinks:	Drink Stops	<ol style="list-style-type: none"> <li>(1) Genesis Fitness Gym Scoresby Rd (9k)</li> <li>(2) Cathies Ln hill (15k)</li> <li>(3) Vermont Maccas (18k)</li> <li>(4) Cnr Canterbury Rd / Boronia Rd, 7/11 carpark (24k)</li> <li>(5) End of Heatherdale Rd (26k)</li> </ol>
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

20 July		Run #1815 // Belgrave
Long course: <a href="https://ridewithgps.com/routes/42079656">https://ridewithgps.com/routes/42079656</a>	28km	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; <b>drink stop (1)</b> ; continue on BT to Upper Ferntree Gully Stn, cross Burwood Hwy, BT to Upwey; continue on BT through to Blacksmiths Way (Belgrave Stn) via Tecoma; <b>drink stop (2)</b> ; RT Burwood Hwy to roundabout, turn around at roundabout LT Blacksmiths Way (Belgrave Stn); <b>drink stop (3)</b> ; BT to Upper Ferntree Gully via Tecoma, continue on BT to Ferntree Gully Stn; <b>drink stop (4)</b> ; BT to Underwood Rd, Underwood Rd, BT through Bayswater Stn, BT to BT Dandenong Creek Trail, RT BT to clubrooms.
Medium course: <a href="https://ridewithgps.com/routes/42114006">https://ridewithgps.com/routes/42114006</a>	17km	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; <b>drink stop (1)</b> ; continue on BT to Upper Ferntree Gully Stn; <b>drink stop (2)</b> ; return on BT to Underwood Rd, BT through Bayswater Stn, RT BT to club rooms
Short course: <a href="https://ridewithgps.com/routes/42114066">https://ridewithgps.com/routes/42114066</a>	13km	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; <b>drink stop (1)</b> ; Return on BT to Underwood Rd, Underwood Rd, BT past Boronia Stn, Bayswater Stn, RT BT return to club rooms
Drinks:	Drink Stops	<ol style="list-style-type: none"> <li>(1) Ferntree Gully Stn Car Park (6.5km)</li> <li>(2) Blacksmiths Way (behind shops on Burwood Hwy) (12.9km)</li> <li>(3) Blacksmiths Way (behind shops on Burwood Hwy) (13.1km)</li> <li>(4) Ferntree Gully Stn Car Park (20km)</li> </ol>
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

21 July



Run Melbourne  
5km / 10km / 21.1km

<https://runmelbourne.com.au/>

27 July		Run #1816 // Blackburn / Eastern Freeway
	<b>Start</b>	Carpark behind South Parade, Blackburn off Blackburn Rd. Bring 2 drink bottles for long run
<p>Long course: <a href="https://ridewithgps.com/routes/43050279">https://ridewithgps.com/routes/43050279</a></p>	<b>34km</b>	LT Blackburn Rd, RT Railway Rd, LT Chapel St, RT Whitehorse Rd, LT Surrey Rd; LT BT before Eastern Fwy, follow track that runs parallel to Eastern Fwy past Middleborough Rd, Station St; <b>drink stop (1)</b> ; continue on BT past Elgar Rd, Doncaster Rd (1.4k approx); <b>drink stop (2)</b> ; continue on BT past Bulleen Rd (cross at lights), RT BT under Fwy, continue on BT to Belford Rd; <b>drink stop (3)</b> ; continue on BT to Chandler Hwy (reach the top); return via BT to Belford Rd; <b>drink stop (4)</b> ; continue on BT, RT under Fwy, continue on BT (1.0k approx) past Bulleen Rd (cross at lights); <b>drink stop (5)</b> ; continue on BT past Doncaster Rd, Elgar Rd; <b>drink stop (6)</b> ; continue on BT past Station St, Middleborough Rd follow track that runs parallel to Eastern Fwy, RT Surrey Rd, RT Whitehorse Rd, LT Chapel St, RT Railway Rd, LT Blackburn Rd to carpark
<p>Medium course: <a href="https://ridewithgps.com/routes/43050166">https://ridewithgps.com/routes/43050166</a></p>	<b>19km</b>	LT Blackburn Rd, RT Railway Rd, LT Chapel St, RT Whitehorse Rd, LT Surrey Rd; LT BT before Eastern Fwy, follow track that runs parallel to Eastern Fwy past Middleborough Rd, Station St; <b>drink stop (1)</b> ; continue on BT past Elgar Rd, Doncaster Rd (1.4k approx); <b>drink stop (2)</b> ; return on BT past Doncaster Rd, Elgar Rd; <b>drink stop (6)</b> ; continue on BT past Station St, Middleborough Rd follow track that runs parallel to Eastern Fwy, RT Surrey Rd, RT Whitehorse Rd, LT Chapel St, RT Railway Rd, LT Blackburn Rd to carpark
<p>Short course: <a href="https://ridewithgps.com/routes/43050378">https://ridewithgps.com/routes/43050378</a></p>	<b>12km</b>	LT Blackburn Rd, RT Railway Rd, LT Chapel St, RT Whitehorse Rd, LT Surrey Rd; LT BT before Eastern Fwy, follow track that runs parallel to Eastern Fwy past Middleborough Rd, Station St; <b>drink stop (1)</b> ; return on BT past Station St, Middleborough Rd follow track that runs parallel to Eastern Fwy, RT Surrey Rd, RT Whitehorse Rd, LT Chapel St, RT Railway Rd, LT Blackburn Rd to carpark
<b>Drinks:</b>	<b>Drink Stops</b>	<ul style="list-style-type: none"> <li>(1) Box Hill North Tennis Club (6k)</li> <li>(2) Rotunda at Koonung Creek Reserve, near Cnr Balwyn/Singleton Rd (10k)</li> <li>(3) Cnr Belford Rd/Eastern Fwy – northern side of Fwy (15k)</li> <li>(4) Cnr Belford Rd/Eastern Fwy – northern side of Fwy (19k)</li> <li>(5) Rotunda at Koonung Creek Reserve, near Cnr Balwyn/Singleton Rd (24k)</li> <li>(6) Box Hill North Tennis Club (28k)</li> </ul>
	<b>Breakfast</b>	<b>@the Food Republic</b>

3 August		Run #1817 // Figure 8
<p>Long course:  <a href="https://ridewithgps.com/routes/43051025">https://ridewithgps.com/routes/43051025</a></p>	36km	<p>BT to Railway Line, LT BT to Scoresby Rd, RT Scoresby Rd past Boronia Rd to Genesis Gym, LT under Scoresby Rd onto BT, BT under Dorset Rd to Tim Neville Arboretum <b>drink stop (1)</b>; RT on BT and under railway line. LT Underwood Rd; cross Dorset Rd at Boronia and continue on Ringwood Belgrave Rail Trail past Boronia Stn, follow alongside Power St, LT Scoresby Rd to Genesis Gym; <b>drink stop (2)</b>; RT BT to Knox SC; cross Stud Rd; cross continue on BT under High St, and Eastlink Fwy, LT on BT past Knox Tip to Norton's Lane. RT and continue to Norton's Park carpark; <b>drink stop (3)</b>; BT through Norton's Pk, LT High St Rd, BT under High St Rd, follow BT through Drummies Reserve; follow BT through Bushy Park and past Whitehorse Recycling plant; RT on footpath along Burwood Hwy; Cross footbridge, LT BT through Koomba Pk; <b>drink stop (4)</b>; continue on BT under Boronia Rd, Eastlink Fwy, through tunnel at Railway line to club rooms</p>
<p>Medium course:  <a href="https://ridewithgps.com/routes/43058833">https://ridewithgps.com/routes/43058833</a></p>	18km	<p>BT to Railway Line, LT BT to Scoresby Rd, RT Scoresby Rd past Boronia Rd to Genesis Gym, LT under Scoresby Rd onto BT, BT under Dorset Rd to Tim Neville Arboretum <b>drink stop (1)</b>; return on BT under Dorset Rd, BT to Scoresby Rd; <b>drink stop (2)</b>; continue on BT to Lewis Park, RT on BT to run anti-clockwise around Lewis Park, BT back to Scoresby Rd; <b>drink stop (3)</b>; LT on Scoresby Rd, continue on Scoresby Rd, cross Boronia Rd, LT BT past Bayswater Stn, RT BT to Club rooms</p>
<p>Short course:  <a href="https://ridewithgps.com/routes/43058519">https://ridewithgps.com/routes/43058519</a></p>	13km	<p>BT to Railway Line, LT BT to Scoresby Rd, RT Scoresby Rd past Boronia Rd to Genesis Gym; <b>drink stop (1)</b>; LT BT and continue under Dorset Rd through to Underwood Rd, LT BT, continue along BT past Boronia Stn, follow Power St, cross Scoresby Rd continue on BT cross Railway Line, RT BT to club rooms</p>
Drinks:	Drink Stops	<p>(1) Tim Neville Arboretum (7.5k)  (2) (medium course) Genesis Gym (10k)  (3) (medium course) Genesis Gym (14k)  (4) (long course) Genesis Gym (15k)  (5) (long course) Nortons Pk carpark (23k)  (6) (long course) Boronia Rd carpark (30k)</p>
WALKING GROUP		<p>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</p>
	Breakfast	BBQ @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run

10 August		Run #1818 // Citrus Run with a Twist
Long course: <a href="https://ridewithgps.com/routes/43051013">https://ridewithgps.com/routes/43051013</a>	27km	BT to railway line, LT BT Ringwood Belgrave Rail Trail, RT Pine Rd; RT Orange Gr, LT Sasses Ave, RT Boronia Rd, LT Lewis Rd; LT Burwood Hwy; <b>drink stop (1)</b> ; RT Scoresby Rd, LT Ferntree Gully Rd, RT BT at Dog Park, RT BT to Stud Rd, RT Stud Rd, LT George St; <b>drink stop (2)</b> ; cross Eastlink Fwy on footbridge, RT George St, RT High St Rd, LT Cathies Lane, LT Burwood Hwy; <b>drink stop (4)</b> ; RT Mountain Hwy, BT through Koomba Park; <b>drink stop (5)</b> ; BT under Boronia Rd, continue on BT under Eastlink Fwy, continue on BT under Wantirna Rd, continue on BT under Railway line back to club rooms
Medium course: <a href="https://ridewithgps.com/routes/43059089">https://ridewithgps.com/routes/43059089</a>	16km	BT to railway line, LT BT, RT Pine Rd; RT Orange Gr, LT Sasses Ave, RT Boronia Rd, LT Lewis Rd; LT Burwood Hwy; <b>drink stop (1)</b> ; RT Lewis Rd, LT BT past Knox SC, 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 <b>drink stop (2)</b> ; continue on BT under Railway line to club rooms
Short course: <a href="https://ridewithgps.com/routes/43058964">https://ridewithgps.com/routes/43058964</a>	13.5km	BT to railway line, LT BT Ringwood Belgrave Rail Trail, RT Pine Rd; RT Orange Gr, LT Sasses Ave, RT Boronia Rd, LT Lewis Rd; LT Burwood Hwy; <b>drink stop (1)</b> ; turn around on Burwood Hwy, RT Stud Rd, continue on BT over Mountain Hwy onto Waldheim Rd, RT on BT, LT on BT under Railway line back to club rooms
Drinks:	Drink Stops	(1) Cnr Lewis Rd / Burwood Hwy (6k) (2) Cnr George St / Stud Rd (14k) (3) (medium course) Wantirna Rd (12k) (4) (long course) Cnr Cathies Ln /Burwood Hwy (18k) (5) (long course) Boronia Rd Carpark, Koomba Park (22k)
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

17 August		Run #1819 // Montrose Run
Long course: <a href="https://ridewithgps.com/routes/43054017">https://ridewithgps.com/routes/43054017</a>	32km	RT BT from clubrooms, RT Colchester Rd, LT Beresford Dr, LT Mountain Hwy, to the Basin carpark; <b>drink stop (1)</b> ; RT Basin-Olinda Rd, LT Sheffield Rd, LT Stradbroke Rd; <b>drink stop (2)</b> ; LT Canterbury Rd, RT Mt Dandenong Rd; LT Colchester Rd, RT BT to Croydon Golf Course, 2 laps Croydon Golf Course; <b>drink stop (3)</b> ; follow 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: <a href="https://ridewithgps.com/routes/43053943">https://ridewithgps.com/routes/43053943</a>	17.5km	RT BT from clubrooms, RT Colchester Rd, LT Beresford Dr, LT Mountain Hwy, to Basin carpark; <b>drink stop (1)</b> ; RT Basin-Olinda Rd, LT Sheffield Rd, LT Pavitt Lane; cross Liverpool Rd, complete a lap of Liverpool Retarding Basin; <b>drink stop (4)</b> ; 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: <a href="https://ridewithgps.com/routes/43053974">https://ridewithgps.com/routes/43053974</a>	12.5km	BT from clubrooms past Scoresby Rd, Dorset Rd, RT Colchester Rd, LT Beresford Dr, LT Mountain Hwy, to Basin carpark; <b>drink stop (1)</b> ; return on Mountain Hwy, RT Beresford Dr, RT Colchester Rd, LT BT past Dorset Rd, Bayswater Rd to club rooms
Drinks:	Drink Stops	(1) Basin carpark (6km) (2) (long run) Cnr Stradbroke / Canterbury Rd (11km) (3) (long run) Croydon Golf Course (18.5km) (4) (medium run) 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	BBQ @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run




24 August		Run #1820 // Jimmy's Loop
<p>Long course:  <a href="https://ridewithgps.com/routes/43050733">https://ridewithgps.com/routes/43050733</a></p>	<b>30km</b>	<p>LT BT under railway line, RT BT (at Netball courts), follow to Heathmont Rd, RT Great Ryrie St, RT Bedford Rd, LT Rosewarne Ln, RT BT to Ringwood Lake RT BT around Ringwood Lake, cross Maroondah Hwy; <b>drink stop (1)</b>; LT Maroondah Hwy; RT Larissa to BT (Mullum Mullum Creek Trail); LT footbridge to Fyfe Ave, LT Berea Crt continue on to Warrandyte Rd; LT Oban Rd; <b>drink stop (2)</b>; continue on Oban Rd, continue straight through roundabout onto Beckett St; LT Beckett St; LT BT to Schwerkolts Cottage; RT Deep Creek Rd; RT Maroondah Hwy; <b>drink stop (3)</b>; LT Rooks Rd, RT BT Pipeline Trk, BT to Springvale Rd; LT Springvale Rd; LT Jolimont Rd; LT Terrara Rd; RT Canterbury Rd; <b>drink stop (5)</b>; RT Heatherdale Rd; LT BT cross footbridge; LT BT to Wantirna Rd; <b>drink stop (6)</b>; continue on BT under railway line to club rooms</p>
<p>Medium course:  <a href="https://ridewithgps.com/routes/43059240">https://ridewithgps.com/routes/43059240</a></p>	<b>17km</b>	<p>LT BT under railway line, RT BT (at Netball courts), follow to Heathmont Rd, RT Great Ryrie St, RT Bedford Rd, LT Rosewarne Ln, RT BT to Ringwood Lake RT BT around Ringwood Lake, cross Maroondah Hwy; <b>drink stop (1)</b>; LT Maroondah Hwy; RT Larissa to BT (Mullum Mullum Creek Trail, LT footbridge to Fyfe Ave, LT Berea Crt continue on to Warrandyte Rd; LT Oban Rd; <b>drink stop (2)</b>; return on Warrandyte Rd to Berea Court (at Wonga Rd), RT Fyfe Ave, RT Mullum Mullum Rd, LT Bike Track to Mullum Mullum Track, RT BT, LT Larissa Ave, cross Maroondah Hwy LT BT around Ringwood Lake, LT BT under railway line, LT Rosewarne Ln, RT Bedford Rd, LT Great Ryrie St, LT Heathmont Rd, LT BT cross bridge, BT under railway line to club rooms</p>
<p>Short course:  <a href="https://ridewithgps.com/routes/43059226">https://ridewithgps.com/routes/43059226</a></p>	<b>12km</b>	<p>LT BT under railway line, RT BT (at Netball courts), follow to Heathmont Rd, RT Great Ryrie St, RT Bedford Rd, LT Rosewarne Ln, RT BT to Ringwood Lake RT BT around Ringwood Lake, cross Maroondah Hwy; <b>drink stop (1)</b>; cross Maroondah Hwy, LT BT around lake LT BT under railway line LT Rosewarne Ln, RT Bedford Rd, LT Great Ryrie St, LT Heathmont Rd cross Canterbury Rd, cross bridge (at Netball Courts) LT BT follow under railway line to club rooms</p>
<b>Drinks:</b>	<b>Drink Stops</b>	<p>(1) Ringwood Lake (6k)  (2) Service Stn Cnr Warrandyte Rd/Oban Rd (8k)  (3) (long course) Antonio Park (Cnr Deep Creek Rd/Maroondah Hwy (14k)  (4) (long course) Cnr Terrara/Canterbury Rd's (22k)  (5) (long course) Wantirna Rd (27k)</p>
<b>WALKING GROUP</b>		<p>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</p>
	<b>Breakfast</b>	<b>BBQ @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run</b>

31 August		Run #1821 // Schwerkolt in Spring
<p>Long course:  <a href="https://ridewithgps.com/routes/43060993">https://ridewithgps.com/routes/43060993</a></p>	28km	RT Jim Abernethy Dr, RT Mountain Hwy, RT Wantirna Rd, LT Canterbury Rd; <b>drink stop (1)</b> ; continue on Canterbury Rd past Boronia Rd to Springvale Rd; RT BT (Pipeline Trk), LT Rooks Rd; <b>drink stop (2)</b> ; RT Maroondah Hwy, LT Dunlavin Rd, RT Springfield Rd, LT Mitcham Rd, RT BT to Schwerkolt Cottage; <b>drink stop (3)</b> ; RT Deep Creek Rd; LT Maroondah Hwy, RT Heatherdale Rd; <b>drink stop (4)</b> ; LT BT cross bridge, LT BT past Wantirna Rd, under railway line to club rooms
<p>Medium course:  <a href="https://ridewithgps.com/routes/43061054">https://ridewithgps.com/routes/43061054</a></p>	20km	RT Jim Abernethy Dr, RT Mountain Hwy, RT Wantirna Rd, LT Canterbury Rd; <b>drink stop (1)</b> ; continue on Canterbury Rd, RT Heatherdale Rd, LT Maroondah Hwy, RT Deep Creek Rd to Schwerkolt Cottage; <b>drink stop (3)</b> ; return on Deep Creek Rd; LT Maroondah Hwy, RT Heatherdale Rd; <b>drink stop (4)</b> ; LT BT cross bridge, LT BT past Wantirna Rd, under railway line to club rooms
<p>Short course:  <a href="https://ridewithgps.com/routes/44253332">https://ridewithgps.com/routes/44253332</a></p>	14km	RT Jim Abernethy Dr, RT Mountain Hwy, RT Wantirna Rd, LT Canterbury Rd; <b>drink stop (1)</b> ; LT Heatherdale Rd, LT BT cross bridge, LT BT past Wantirna Rd, under railway line to club rooms
Drinks:	Drink Stops	<ul style="list-style-type: none"> <li>(1) Shell on Canterbury Rd (7k)</li> <li>(2) Rooks Rd (13k)</li> <li>(3) Schwerkolt Cottage (20k)</li> <li>(4) Heatherdale Rd at entrance to bike track (23k)</li> </ul>
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

1 September	<p>Athletics Victoria Burnley Half Marathon 21.1km  <a href="https://members.athsvic.org.au/events/185301/">https://members.athsvic.org.au/events/185301/</a></p>
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7 September		Run #1822 // DT's Ferntree Gully Run – Long
<b>Long course:</b> <a href="https://ridewithgps.com/routes/43050722">https://ridewithgps.com/routes/43050722</a>	<b>34km</b>	BT to Railway Line, LT BT to Scoresby Rd, RT Scoresby Rd past Boronia Rd to Knox Dog Park; <b>drink stop (1)</b> ; LT BT, RT Hancock Dve (at first underpass), RT Davison Crt, LT Ormonde St; <b>drink stop (2)</b> , RT Drake St, LT Trafalgar St, LT Glenfern Rd, veer right at roundabout, RT BT to Upper Ferntree Gully Stn; <b>drink stop (3)</b> ; cross Burwood Hwy LT Burwood Hwy under railway line RT BT to Belgrave; <b>drink stop (4)</b> ; return via BT to Upper Ferntree Gully Station cross Burwood Hwy, continue on BT to Ferntree Gully Stn <b>drink stop (5)</b> ; continue on BT, Power St, cross Bayswater Rd, BT over railway line, RT BT to club rooms
<b>Medium course:</b> <a href="https://ridewithgps.com/routes/43061070">https://ridewithgps.com/routes/43061070</a>	<b>24km</b>	BT to Railway Line, LT BT to Scoresby Rd, RT Scoresby Rd past Boronia Rd to Knox Dog Park; <b>drink stop (1)</b> ; LT BT, RT Hancock Dve (at first underpass), RT Davison Crt, LT Ormonde St; <b>drink stop (2)</b> , RT Drake St, LT Trafalgar St, LT Glenfern Rd, veer right at roundabout, RT BT to Upper Ferntree Gully Stn; <b>drink stop (3)</b> ; LT BT past Ferntree Gully Stn, Boronia Stn, Power St, cross Bayswater Rd, BT over railway line, RT BT to club rooms
<b>Short course:</b> <a href="https://ridewithgps.com/routes/43061151">https://ridewithgps.com/routes/43061151</a>	<b>14km</b>	BT to Railway Line, LT BT to Scoresby Rd, RT Scoresby Rd past Boronia Rd to Knox Dog Park; <b>drink stop (1)</b> ; return via Scoresby Rd, LT BT over train line, RT BT to club rooms
<b>Drinks:</b>	<b>Drink Stops</b>	(1) Knox Dog Park (7k) (2) (long course) Top of Ormonde St hill (11k) (3) (medium course) Tim Neville Arboretum (12.5k) (4) (long course) Upper Ferntree Gully Stn (15k) (5) (long course) Behind Belgrave Shops (20k) (6) Ferntree Gully Stn (25k)
<b>WALKING GROUP</b>		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
	<b>Breakfast</b>	<b>BBQ @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run</b>

<b>8<sup>th</sup> September</b>	
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14 September		Run #1823 // Marathon Training Long Run – Warburton Trail
	<b>5.20 Start</b>	Kerry's address to follow in private calendar – watch this space
Long course: <a href="https://ridewithgps.com/routes/43061800">https://ridewithgps.com/routes/43061800</a>	<b>36km</b>	LT Fortune Ave, RT Hereford Rd, LT Access Trk, LT Warburton Trail to Wellington Rd; <b>drink stop (1)</b> ; continue on Warburton Trail to Chandler Rd; <b>drink stop (2)</b> ; continue on Warburton Trail to Woori Yallock; <b>drink stop (3)</b> ; return on Warburton Trail to Chandler Rd; <b>drink stop (4)</b> ; continue on Warburton Trail to Wellington Rd ; <b>drink stop (5)</b> ; continue on Warburton Trail, RT Access Trk, RT Hereford Rd, LT Fortune Ave, RT Driveway (run finishes at the top of the driveway)
Medium course: <a href="https://ridewithgps.com/routes/43061800">https://ridewithgps.com/routes/43061800</a>	<b>24km</b>	LT Fortune Ave, RT Hereford Rd, LT Access Trk, LT Warburton Trail to Wellington Rd; <b>drink stop (1)</b> ; continue on Warburton Trail to Chandler Rd; <b>drink stop (2)</b> ; continue on Warburton Trail to Woori Yallock; <b>drink stop (3)</b> ; return on on Warburton Trail to Wellington Rd; <b>drink stop (5)</b> ; continue on Warburton Trail, RT Access Trk, RT Hereford Rd, LT Fortune Ave, RT Driveway (run finishes at the top of the driveway)
Short course: <a href="https://ridewithgps.com/routes/43061910">https://ridewithgps.com/routes/43061910</a>	<b>13km</b>	LT Fortune Ave, RT Hereford Rd, LT Access Trk, LT Warburton Trail; <b>drink stop (1)</b> ; turn around RT Access Track, LT Hereford Rd, RT Fortune Ave, RT Driveway (run finishes at the top of the driveway)
Drinks:	<b>Drink Stops</b>	(1) Wellington Rd crossing (6.2k) (2) Chandler Rd crossing (12.3k) (3) Woori Yallock Stn (18k) (4) Chandler Rd crossing (25.7k) (5) Wellington Rd crossing (31.8k)
	Breakfast	@Kerry's, details will be in private calendar; bring something to share


21 September		Run #1824 // Boronia Triangle
Long course: <a href="https://ridewithgps.com/routes/43061346">https://ridewithgps.com/routes/43061346</a>	<b>26km</b>	BT under railway line past Wantirna Rd under Boronia Rd to Campbell's Croft; <b>drink stop (1)</b> ; RT Boronia Rd to Boronia Stn, LT Erica Av, cross bridge at Boronia Stn; <b>drink stop (2)</b> ; RT BT Ringwood Belgrave Rail Trail to Upper Ferntree Gully Stn, turn around on BT Ringwood Belgrave Rail Trail to Boronia Stn; <b>drink stop (3)</b> ; continue on BT, Power St, cross Scoresby Rd past Bayswater Stn, RT BT Dandenong Creek Trail, back to club rooms
Medium course: <a href="https://ridewithgps.com/routes/43050705">https://ridewithgps.com/routes/43050705</a>	<b>16km</b>	BT under railway line past Wantirna Rd under Boronia Rd to Campbell's Croft; <b>drink stop (1)</b> ; RT Boronia Rd to Boronia Stn, LT Erica Av, cross bridge at Boronia Stn; <b>drink stop (2)</b> ; \ on BT, Power St, cross Scoresby Rd past Bayswater Stn, RT BT Dandenong Creek Trail, back to club rooms
Short course: <a href="https://ridewithgps.com/routes/43061288">https://ridewithgps.com/routes/43061288</a>	<b>13km</b>	BT under railway line past Wantirna Rd under Boronia Rd to Campbell's Croft; <b>drink stop (1)</b> ; return via BT under Boronia Rd, past Wantirna Road under railway line to club rooms
Drinks: 2 cars	<b>Drink Stops</b>	(1) Boronia Rd Carpark (6.5k) (2) Boronia Stn (13k) (3) (long course) Upper Ferntree Gully (18k) (4) Boronia Stn (22k)
	Breakfast	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy

28 September		Run #1825 // Barry Boyd's Camberwell Canter
	<b>Start</b>	Carpark at Fairholm Grove, Camberwell (just north of Riversdale Road)
Long course: <a href="https://ridewithgps.com/routes/43059429">https://ridewithgps.com/routes/43059429</a>	<b>22km</b>	LT Riversdale Rd, RT Woodlands Ave, RT Fordham Ave, RT along Anniversary Trail to railway line, follow BT to Alamein Stn; <b>drink stop (1)</b> ; BT to Malvern Valley Golf, RT BT through golf course, follow BT and Gardiners Creek to Nettleton Reserve; <b>drink stop (2)</b> ; cross footbridge, continue on BT towards city, RT Yarra Blvd, RT Bridge Rd/Burwood Rd, RT Camberwell Rd, LT Riversdale Rd return to carpark
Medium course: <a href="https://ridewithgps.com/routes/43049285">https://ridewithgps.com/routes/43049285</a>	<b>16.5km</b>	LT Riversdale Rd, RT Woodlands Ave, RT Fordham Ave along Anniversary Trail to railway line, BT to Alamein Stn; <b>drink stop (1)</b> ; BT to Malvern Valley Golf, RT BT through golf course, follow BT and Gardiners Creek to Nettleton Reserve; <b>drink stop (2)</b> ; RT BT Ferndale Trail, LT BT Anniversary Trail, follow on to Fordham Ave, LT Woodlands Rd, LT Riversdale Rd return to carpark
Short course: <a href="https://ridewithgps.com/routes/43073606">https://ridewithgps.com/routes/43073606</a>	<b>11.5km</b>	LT Riversdale Rd, RT Woodlands Ave, RT Fordham to railway line, BT to Alamein Stn; <b>drink stop (1)</b> ; return on BT, follow on to Fordham Ave, LT Woodlands Rd, LT Riversdale Rd return to carpark
<b>Drinks: 2 cars</b>	<b>Drink Stops</b>	(1) Alamein Station (6k) (2) Nettleton Res (10k) (3) Cnr Bridge Rd / Yarra Blvd (18k)
	<b>Breakfast</b>	@Cafe TBC

5 October		Run #1826 Spartan's Run
		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. <b>SPECIAL GUEST</b>
Long course: Medium course: Short course: <a href="https://ridewithgps.com/routes/43049761">https://ridewithgps.com/routes/43049761</a>	<b>13.5km</b>	BT from clubrooms, LT BT at railway line, BT to Boronia Stn, Underwood Rd, BT to Ferntree Gully Stn; <b>drink stop (1)</b> ; Return on BT to Underwood Rd, Underwood Rd, BT past Boronia Stn, Bayswater Stn, RT BT return to club rooms
	<b>13.5km</b>	
	<b>13.5km</b>	
<b>Drinks:</b>	<b>Drink Stops</b>	(1) Ferntree Gully Station Car Park (6.5k)
<b>WALKING GROUP</b>		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantima Rd and back; or to Boronia Station and back; or as advised
	<b>Breakfast</b>	<b>BBQ @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run</b>

<b>12 October</b>	<b>Run #1827 // Pre-Marathon Walk or Trot: 7 AM Start</b>	
Long course: Medium course: Short course: <a href="https://ridewithgps.com/routes/38159919">https://ridewithgps.com/routes/38159919</a>	<b>5km</b>	LT BT under railway line toward Wantirna Rd; turn around at 2.5k return to club rooms
	<b>5km</b>	
	<b>5km</b>	
<b>Drinks</b> No Drinks	<b>Drinks Stops</b>	(1) No Scheduled Drinks Stops
<b>WALKING GROUP</b>		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
	<b>Breakfast</b>	<b>BBQ @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run</b>

<b>13 October</b>	<b>Melbourne Marathon!</b>	
	<b>5:15 am Bus to start &amp; returns to Bayswater</b> <b>We will allow time for parking, bag drop off, drinks and toilet prior to the start</b>	
	<a href="https://melbournemarathon.com.au/">https://melbournemarathon.com.au/</a>	

19 October		Run #1828 // Post Marathon Stretch and AGM
Long course: Medium course: Short course: <a href="https://ridewithgps.com/routes/38191170">https://ridewithgps.com/routes/38191170</a>	8km	LT BT under railway line to Wantirna Rd; return from Wantirna Rd
	8km	
	8km	
		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.
Drinks: No Drinks	Drink Stops	(1) No Scheduled Drinks Stops
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

26 October		Run #1829 // Retarding Basin Loop
Long course: <a href="https://ridewithgps.com/routes/44816321">https://ridewithgps.com/routes/44816321</a>	23km	BT under Bayswater Rd past Dorset Rd to Chandlers Ln; <b>drink stop (1)</b> ; RT Liverpool Rd, lap of Retarding Basin, RT Liverpool Rd, LT Pavitt Ln, RT Sheffield Rd, LT Doongalla Rd, LT Simpson Rd, continue on Edgard Tr, LT Pavitt Ln extension, continue on Pavitt Ln, RT Liverpool Rd <b>drink stop (2)</b> ; complete two laps Retarding Basin; <b>drink stop (3)</b> ; LT Chandlers Ln, BT past Dorset Rd, under Bayswater Rd to club rooms
Medium course: <a href="https://ridewithgps.com/routes/44799108">https://ridewithgps.com/routes/44799108</a>	17km	BT under Bayswater Rd past Dorset Rd to Chandlers Ln; <b>drink stop (1)</b> ; RT Liverpool Rd, lap of Retarding Basin, RT Liverpool Rd, LT Pavitt Ln, RT Sheffield Rd, LT Doongalla Rd, LT Simpson Rd, continue on Edgard Tr, LT Pavitt Ln extension, continue on Pavitt Ln, RT Liverpool Rd <b>drink stop (2)</b> ; LT Chandlers Ln, BT past Dorset Rd, under Bayswater Rd to club rooms
Short course: <a href="https://ridewithgps.com/routes/43050668">https://ridewithgps.com/routes/43050668</a>	12km	BT under Bayswater Rd past Dorset Rd to Chandlers Ln, lap of Retarding Basin; <b>drink stop (1)</b> ; return via Chandlers Ln, BT past Dorset Rd, under Bayswater Rd to club rooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks:	Drink Stops	(1) Chandlers Ln (7km) (2) Chandlers Ln (12km) (3) (long course) Chandlers Ln (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	Tea / Coffee / Hot Chocolate available at the clubrooms after the run @Montano's Patisserie Café, 719-721 Mountain Hwy

2 November		Run # 1830 // Olivebank Run
<p>Long course:  <a href="https://ridewithgps.com/routes/43059659">https://ridewithgps.com/routes/43059659</a></p>	22km	BT to Railway Line, BT past Bayswater Stn, Boronia Stn follow Underwood Rd; LT Hutton Ave, RT Forest Rd, LT Olivebank; <b>drink stop (1)</b> ; LT Mont Albert Rd; LT Harnett St; LT Hansen Rd, RT Forest Rd, RT Forest Rd (outside loop) to Basin; <b>drink stop (2)</b> ; RT Basin-Olinda Rd, LT Sheffield Rd, LT Pavitt Ln, LT Liverpool Rd, LT Mountain Hwy to the Basin; <b>drink stop (3)</b> ; LT Mountain Hwy, RT Beresford, RD, RT Colchester Rd, LT BT under Dorset Rd, Bayswater Rd to club rooms.
<p>Medium course:  <a href="https://ridewithgps.com/routes/43059620">https://ridewithgps.com/routes/43059620</a></p>	17km	BT to Railway Line, BT past Bayswater Stn, follow Underwood Rd; LT Hutton Ave, RT Forest Rd, LT Olivebank; drink stop (1); LT Mont Albert Rd; LT Harnett St; LT Hansen Rd, RT Forest Rd, RT Forest Rd (outside loop) to Basin; drink stop (2); LT Mountain Hwy, RT Beresford, RD, RT Colchester Rd, LT BT under Dorset Rd, Bayswater Rd to club rooms.
<p>Short course:  <a href="https://ridewithgps.com/routes/43050651">https://ridewithgps.com/routes/43050651</a></p>	14km	BT to Railway Line, BT past Bayswater Stn, Boronia Stn follow Underwood Rd; LT Hutton Ave, RT Forest Rd, LT Olivebank; drink stop (1); LT Mont Albert Rd; LT Harnett St; LT Hansen Rd, RT Forest Rd, LT Boronia Rd (outside loop) to Boronia Stn, RT BT, Power St past Bayswater Stn, over railway line, RT BT to club rooms.
<b>EARLY GROUP 5.45AM</b>		If running at a slower pace, early group runs same courses, leaves at 5.45AM
<b>Drinks:</b>	<b>Drink Stops</b>	(1) Olivebank at the gate (7.5k) (2) Basin Carpark (10k) (3) (long course) Basin Carpark (16k)
<b>WALKING GROUP</b>		Each week there is a walking group that walks from 5-10k; Walking group walks to Wantima Rd and back; or to Boronia Station and back; or as advised
	<b>Breakfast</b>	<b>@ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run</b>