



KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

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 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.

2 November		Run # 1830 // Olivebank Run
Long course: https://ridewithgps.com/routes/43059659	22km	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, RT Forest Rd (outside loop) to Basin; drink stop (2) ; RT Basin-Olinda Rd, LT Sheffield Rd, LT Pavitt Ln, LT Liverpool Rd, LT Mountain Hwy to the Basin; drink stop (3) ; LT Mountain Hwy, RT Beresford, RD, RT Colchester Rd, LT BT under Dorset Rd, Bayswater Rd to club rooms.
Medium course: https://ridewithgps.com/routes/43059620	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.
Short course: https://ridewithgps.com/routes/43050651	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.
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: Syd B	Drink Stops	(1) Olivebank at the gate (7.5k) (2) Basin Carpark (10k) (3) (long course) Basin Carpark (16k)
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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9 November		Run #1831 // Leo's Boronia Run
Long course: https://ridewithgps.com/routes/44928069	18km	Take BT to Bayswater Rd, continue on BT under Bayswater Rd, Dorset Rd to Colchester Rd; RT Colchester Rd, LT Mountain Hwy, RT Forest Rd to The Basin Car Park drink stop (1) ; LT and continue on Forest Rd and LT at roundabout (outside loop), RT Castlewood Dve, LT Daffodil Rd to Underwood Rd; drink stop (2) , LT Underwood Rd; RT BT to Scoresby Rd, RT Scoresby Rd, cross Boronia Rd to Station St / BT, LT on BT past Bayswater Stn, RT BT to club rooms.
Medium course: https://ridewithgps.com/routes/44927970	15km	Take BT to Bayswater Rd, continue on BT under Bayswater Rd, Dorset Rd to Colchester Rd; RT Colchester Rd, LT Mountain Hwy, RT Forest Rd to The Basin Car Park drink stop (1) ; LT continue on Forest Rd to Boronia Rd, LT at roundabout (outside loop), RT Castlewood Dr, LT Daffodil Rd to Underwood Rd; drink stop (2) , RT, continue on BT past Boronia Stn, Bayswater Stn, RT BT to club rooms
Short course: https://ridewithgps.com/routes/44927893	12km	Take BT to Bayswater Rd, continue on BT under Bayswater Rd, Dorset Rd to Colchester Rd; RT Colchester Rd, LT Mountain Hwy, RT Forest Rd; drink stop (1) ; LT Mountain Hwy, RT Colchester Rd, LT BT, continue on BT under Dorset Rd, 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: Kate L	Drink Stops	(1) Basin Car Park (7k) (2) Cnr Daffodil/Underwood (11k)
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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16 November		Run #1832 // Smokey Dawson's Wattle Park Run
Long course: https://ridewithgps.com/routes/43059422	18km	RT Monsborough Dr, LT BT to Riversdale Rd, LT Riversdale Rd cross Warrigal Rd, continue and cross Through Rd, LT BT to Lynden Park, LT Highfield Rd, RT Toorak Rd, LT BT under bridge to Alamein Stn; drink stop (1) ; LT into Markham Rd, continue on Victory Pde, cross under Warrigal Rd, LT BT (Gardiner's Creek Trail) to Burwood Hwy; drink stop (2) ; RT Burwood Hwy, LT BT to Station St via bike path, continue on BT (cross Station St) to Canterbury Rd, turn around on BT to Station St, RT Station St, LT Riversdale Rd, LT to enter Wattle Park, LT Monsborough Dr, LT to trams.
Medium course: https://ridewithgps.com/routes/43059490	15km	RT Monsborough Dr, LT BT to Riversdale Rd, LT Riversdale Rd cross Warrigal Rd, continue and cross Through Rd, LT BT to Lynden Park, LT Highfield Rd, RT Toorak Rd, LT at BT and continue; Cross High St to Alamein Stn; drink stop (1) ; Continue and LT into Markham Rd, continue on Victory Blvd, cross under Warrigal Rd, Loop (270 Deg) onto Warrigal Rd; LT BT (Gardiner's Creek Trail) to Burwood Hwy; drink stop (2) ; RT Burwood Hwy, LT BT to Station St via bike path, LT Station St, LT Riversdale Rd, LT to enter Wattle Park, LT Monsborough Dr, LT to trams.
Short course: https://ridewithgps.com/routes/43050633	13km	RT Monsborough Dr, LT BT to Riversdale Rd, LT Riversdale Rd cross Warrigal Rd, continue and cross Through Rd, LT BT to Lynden Park, LT Highfield Rd, RT Toorak Rd, LT at BT and continue; Cross High St to Alamein Stn; drink stop (1) ; Continue and LT into Markham Rd, continue on Victory Blvd, cross under Warrigal Rd, Loop (270 Deg) onto Warrigal Rd; LT BT (Gardiner's Creek Trail) to Burwood Hwy; drink stop (2) ; Cross Burwood Hwy onto Elgar Rd, Continue on Elgar Rd then LT BT to enter Wattle Park, LT to trams.
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: John R	Drink Stops	(1) Alamein Station (6k) (2) Cnr McIntyre St / Burwood Hwy (11k)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; course will be advised on arrival
	Breakfast	BBQ Breakfast @ Wattle Park

23 November		Run #1833 // Heather's 28th Annual Fun Run
Long course: Medium course: Short course: https://ridewithgps.com/routes/43061288	12km	LT BT to railway line, continue straight on BT through tunnel, past Wantirna Road, Eastlink to Boronia Rd; drinks stop (1) ; return on BT past Eastlink, Wantirna Rd, cross bridge RT gravel BT, cross bridge at Heathmont Rd (netball courts), LT BT to railway line, continue on BT through tunnel to club rooms
	12km	
	12km	
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: Sonja H	Drink Stop	(1) Boronia Rd Carpark (6k)
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
PRESENTATION OF THE PRESTIGIOUS BARRY BOYD PERPETUAL TROPHY ??		



KNOX ROADRUNNERS SUMMER CALENDAR

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30 November	Run #1834 // Emerald Lake	
6.30am start	Meet / Park at "The Gem" Gemco Theatre on 19 Kilvington Drive, Emerald. There are toilets diagonally opposite in Puffing Billy Park	
Long course: https://ridewithgps.com/routes/43061520	26km	Eastern Dandenong Ranges Trail (EDRT) from Gemco down to Nobelius Packing Shed, through gate onto Nobelius Track, alongside railway line Nobelius Track to Nobelius Lake, lap of Lake Nobelius onto Nobelius Loop Track and on to the path below Puffing Billy Station (drink tap available), follow track to main lake, cross footbridge, other side of the lake, RT onto EDRT toward Cockatoo, RT Wright's Rd; drink stop (1) ; LT Wright's Track past railway, LT Boundary Track, LT Moola Track, LT Grass Tree Track, RT Red Track, LT Orange Track, LT Blue Track, RT Wright Rd / Track; drink stop (2) ; follow Wright Rd back to Eastern Dandenong Ranges Trail (EDRT), follow EDRT back to Emerald Lake, at Emerald Lake, stay on the right hand side of the lake shore and follow through carpark to EDRT, follow EDRT back to Nobelius and Emerald Township; <i>repeat</i>
Medium course: https://ridewithgps.com/routes/43061624	19.5km	Eastern Dandenong Ranges Trail (EDRT) from Gemco down to Nobelius Packing Shed, through gate onto Nobelius Track, alongside railway line Nobelius Track to Nobelius Lake, lap of Lake Nobelius onto Nobelius Loop Track and on to the path below Puffing Billy Station (drink tap available), follow track to main lake, cross footbridge, other side of the lake, RT onto EDRT toward Cockatoo, RT Wright's Rd; drink stop (1) ; LT Wright's Track past railway, LT Boundary Track, LT Moola Track, LT Grass Tree Track, RT Red Track, LT Orange Track, LT Blue Track, RT Wright Rd / Track; drink stop (2) ; follow Wright Rd back to Eastern Dandenong Ranges Trail (EDRT), follow EDRT back to Emerald Lake, at Emerald Lake, stay on the right hand side of the lake shore and follow through carpark to EDRT, follow EDRT back to Nobelius and Nobelius Packing Shed, through gate onto Nobelius Track, alongside railway line Nobelius Track to Nobelius Lake, lap of Lake Nobelius onto Nobelius Loop Track and on to the path below Puffing Billy Station (drink tap available), follow track to main lake, cross footbridge, other side of the lake, LT onto EDRT, stay on the right hand side of the lake shore and follow through carpark to EDRT, follow EDRT back to Nobelius and Emerald Township
Short course: https://ridewithgps.com/routes/43061515	13km	Eastern Dandenong Ranges Trail (EDRT) from Gemco down to Nobelius Packing Shed, through gate onto Nobelius Track, alongside railway line Nobelius Track to Nobelius Lake, lap of Lake Nobelius onto Nobelius Loop Track and on to the path below Puffing Billy Station (drink tap available), follow track to main lake, cross footbridge, other side of the lake, RT onto EDRT toward Cockatoo, RT Wright's Rd; drink stop (1) ; LT Wright's Track past railway, LT Boundary Track, LT Moola Track, LT Grass Tree Track, RT Red Track, LT Orange Track, LT Blue Track, RT Wright Rd / Track; drink stop (2) ; follow Wright Rd back to Eastern Dandenong Ranges Trail (EDRT), follow EDRT back to Emerald Lake, at Emerald Lake, stay on the right hand side of the lake shore and follow through carpark to EDRT, follow EDRT back to Nobelius and Emerald Township
EARLY GROUP 6.15AM		If running at a slower pace, early group runs same courses, leaves at 6.15AM
Drinks: Nick T	Drink Stops	(1) Wright's Road / Wright's Trail (5k) (2) Wright's Road / Wright's Trail (10k) (3) Wright's Road / Wright's Trail (15k) (4) (long course) Wright's Road / Wright's Trail (20k)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; course will be advised on arrival
	Breakfast	@ Café TBA



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7 December		Run #1835 // 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); drink stop (2) ; 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
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: Emma M Chris B	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



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14 th December		Run #1836 // Asa's Fundraiser for Catherine House
	Start	Carpark at Lysterfield Lake
Long course: https://ridewithgps.com/routes/46984599	25.8 (4 laps)	Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road through carpark; drinkstop (1) ; Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road through carpark; drinkstop (2) ; Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road through carpark; drinkstop (3) ; Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road to carpark
Medium course: https://ridewithgps.com/routes/46984599	19.1 (3 laps)	Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road through carpark; drinkstop (1) ; Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road through carpark; drinkstop (2) ; Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road to carpark
Short course: https://ridewithgps.com/routes/46984599	13.4 (2 laps)	Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road through carpark; drinkstop (1) ; Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road to carpark;
Intro course: https://ridewithgps.com/routes/46984599	6.7 (1 lap)	Continue straight on BT, RT Horswood Rd, LT Firebreak Tk, LT Edwards Tk, LT Casuarina Tk, LT Snipe Tk, slight left onto Lysterfield Lake Wall Tk, LT onto road to carpark
Drinks: None required	Drink Stops	(1) Lysterfield Lake Carpark (6.7k) (2) Lysterfield Lake Carpark (13.4k) (3) Lysterfield Lake Carpark (21.7k)
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 Breakfast and / or lunch @ Lysterfield Lake Carpark



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21 December		Run #1837 // Santa Is Coming Run	
Long course: https://ridewithgps.com/routes/44928300	22.5km	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, RT Dawson St (cross Burwood Hwy) RT BT to Knox Dog Park, RT BT to Ferntree Gully Rd; drink stop (3) ; LT Ferntree Gully Rd, RT Scoresby Rd, cross Burwood Hwy, Boronia Rd, LT BT past Bayswater Stn, RT BT to club rooms	
Medium course: https://ridewithgps.com/routes/44928291	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 (2) ; 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/44928287	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: Nigel H	Drink Stops	(1) Ferntree Gully Station (7k) (2) (medium course) Ferntree Gully Station (10k) (3) (long course) Knox Dog Park (15k)	
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	


28 December		Run #1838 // Koomba Park	
Long course: Medium course: Short course: https://ridewithgps.com/routes/43061288	12km	BT under railway line past Wantirna Rd under Boronia Rd to Campbell's Croft; drink stop (1) ; return via BT under Boronia Rd, past Eastlink, Wantirna Road under railway line to club rooms	
	12km		
	12km		
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM	
Drinks: Greg P	Drink Stop	(1) Boronia Rd Carpark (6k)	
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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KRR Summer Series

	<p style="text-align: center;">Check times carefully, they differ week to week Options for an easy run, or just join KRR folk for a pleasant Saturday breakfast. Runs generally start at 6.30am and breakfast at approximately 8.00am</p>
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1 Jan 2024	Run #Unnumbered // DT & Greg's New Year's Resolution	
8.00am start	Meet at Jell's Park South (entrance off Ferntree Gully Rd) near Gazebo	
Long course: Medium course: Short course: https://ridewithgps.com/routes/44920617	10km	Someone from the club will lead everyone on a gentle 10k run at a pace suitable for all
	10km	
	10km	
EARLY GROUP 8.00AM		If running at a slower pace, early group runs same courses, leaves at 8.00AM
Drinks:	Drink Stops	(1) No Scheduled Drinks
WALKING GROUP		Each week there is a walking group that walks from 5-10k; course will be advised on arrival
	Breakfast	@ Bring and share something to eat for after the run



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4 January	Run #1839 // Janita's Birds Land Reserve to Lysterfield Lake **In the case of a Total Fire Ban, Belgrave Run will replace this run**	
6.30am start	Meet at Birdsland Reserve Tecoma Melway 84C1 in the carpark inside the reserve at BBQ area Add 3km to distance if we need to park outside the park and run in to Birdsland Reserve	
Long course:	26km	Add additional lap of Lysterfield Lake from Wellington Rd Drink stop
Medium course: https://ridewithgps.com/routes/44920668	17km	Follow BT, LT Tk (around lake), RT Dargon Tk (through gate, continue straight on Dargon Tk to Wellington Rd, cross Wellington Rd (CAREFUL – dangerous crossing); drink stop (1) ; continue on Logan Park Tk, RT Lamberts Tk, LT Casuarina Tk, LT Snipe Tk cross dam wall, LT Reservoir Rd, continue straight through carpark, RT Horsood Rd, LT Logan Park Rd, past Lamberts Tk to Wellington Rd; drink stop (2) ; cross Wellington Rd (CAREFUL – dangerous crossing), follow Tk, RT Tk (around lake), take Dargon Tk to gate, RT Tk (through fence), follow Tk to Birdsland Reserve carpark
Short course: https://ridewithgps.com/routes/44920798	10km	Follow BT, RT Tk (around lake), RT Dargon Tk (through gate, continue straight on Dargon Tk to Wellington Rd, cross Wellington Rd (CAREFUL – dangerous crossing); drink stop (1) ; continue on Logan Park Rd to Lamberts Tk, return on Logan Park Rd to Wellington Rd; drink stop (2) ; cross Wellington Rd (CAREFUL – dangerous crossing), follow Tk, LT Tk (around lake), take Dargon Tk to gate, RT Tk (through fence), follow Tk to Birdsland Reserve carpark
EARLY GROUP 6.15AM		If running at a slower pace, early group runs same courses, leaves at 6.15AM
Drinks: Scot S	Drink Stops	(1) Wellington Rd (3.5k) (2) (short course) Wellington Rd (6.5k) (3) Wellington Rd (13k) (4) (long course) Wellington Rd (23k)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; course will be advised on arrival
	Breakfast	@ Montania Café , Ferntree Gully Rd, Mountain Gate
4 January	Run #1839 // Belgrave **In The Case Of A Total Fire Ban**	
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); drink stop (2) ; 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
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 6.15AM		If running at a slower pace, early group runs same courses, leaves at 6.15AM
Drinks: Scot S David B	Drink Stops	(1) Car 1 Ferntree Gully Stn Car Park (Short Course) (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



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11 January	Run #1840 // Peter's Sea Change – Mount Martha	
7.00am start	Proudly presented by Peter & Annette. Meet at South Beach Car Park Mount Martha	
Long course: Medium course: Short course:	10-14km	Distance roughly 14k or whatever takes Vincey's fancy on the day; run ends along the beach with a dip at the end (optional).
	10-14km	Distance roughly 14k or whatever takes Vincey's fancy on the day; run ends along the beach with a dip at the end (optional).
	10-14km	Distance roughly 14k or whatever takes Vincey's fancy on the day; run ends along the beach with a dip at the end (optional).
EARLY GROUP 7.00AM	If running at a slower pace, early group runs same courses, leaves at 7.00AM	
Drinks:	Drink Stops	(1) No scheduled drinks
WALKING GROUP	Each week there is a walking group that walks from 5-10k; course will be advised on arrival	
	Breakfast	@ Café of Choice (Selected on Day)

12 January 	Two Bays Trail Run www.twobaystrailrun.com
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18 January	Run #1841 // Peter #2's Run	
6.30am start	Meet at Mullum Mullum Creek Trail on Kalinda Road, Ringwood	
Long course:	Extra kms	for a longer distance cross Quarry Rd, RT BT toward Donvale; to Heads Rd (add 2.6k); to course will be advised on arrival Park Road (add 4.8k); to Tindals Rd (add 8.8k); to city via BT (add 85k)
Medium course: https://ridewithgps.com/routes/44928644	17km	Follow BT toward Oban Rd, continue straight on BT cross Oban Rd, cross Oliver St, past Eastland SC, cross under Ringwood Bypass, under Eastlink Fwy, under Deep Creek Rd; drink stop (1) ; continue on BT past Schwerkolt Cottage to Quarry Rd; cross Quarry Rd, RT BT to Heads Rd; return on BT to BT, LT BT to Quarry Rd, cross Quarry Rd, continue straight on BT to Schwerkolt Cottage; drink stop (2) ; continue on BT, cross under Deep Creek Rd, under Eastlink Fwy, under Ringwood Bypass, past Eastland SC, cross Oliver St, cross Oban Rd to Kalinda Rd
Short course: https://ridewithgps.com/routes/44928626	13km	Follow BT toward Oban Rd, continue straight on BT cross Oban Rd, cross Oliver St, past Eastland SC, cross under Ringwood Bypass, under Eastlink Fwy, under Deep Creek Rd; drink stop (1) ; return on BT, cross under Deep Creek Rd, under Eastlink Fwy, under Ringwood Bypass, past Eastland SC, cross Oliver St, cross Oban Rd to Kalinda Rd
EARLY GROUP 6.15AM		If running at a slower pace, early group runs same courses, leaves at 6.15AM
Drinks: Nicole P	Drink Stops	(1) Deep Creek Road (5.5k) (2) Deep Creek Road (7.5k)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; course will be advised on arrival
	Breakfast	@ #2's House details to be advised closer to the event



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25 January	Run #1842 Australia Day @ Mocha Joe's	
6.30am start	Melway 71C2 Meet in carpark behind "Mocha Jo's" cnr Kingsway & Montclair Glen Waverley	
Run: https://ridewithgps.com/routes/48899322	14km	Coleman Pde to cross Blackburn Rd, into BT along rail line on south side. Under Stephenson's Road and stay close to rail line on Windsor Ave through to Huntingdale Rd LT Huntingdale Rd over Waverley Rd then LT into BT along Scotchmans Ck through to LT Forster Rd, RT Waverley Rd, LT BT, footbridge over Blackburn Rd through to LT Waverley Rd. LT BT, RT through Bogong Reserve back to Kingsway
	BFast	Breakfast afterwards at Mocha Jo's cnr Kingsway & Montclair opens 8am
	Drink	Tap at petrol stn cnr Huntingdale & Waverley (6k)
WALKING GROUP		Each week there is a walking group that walks from 5-10k; course will be advised on arrival

1 February	Run #1843 // Club Hotel	
KRR 38th 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 club rooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: David R	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 Wantima Rd and back; or to Boronia Station and back; or as advised
	Breakfast	BBQ @ the Club rooms with Tea / Coffee / Hot Chocolate available after the run



KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

2 February	Kilcunda Running Festival 5, 10, 17 & 21.1kms Kilcunda Half Marathon
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8 February	Run # 1844 // Studfield Loop	
Long course: https://ridewithgps.com/routes/41859395	29km	LT BT from club rooms, 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) ; continue on BT under Boronai Rd, Eastlink, Wantirna Rd back to club rooms
Medium course: https://ridewithgps.com/routes/41859433	19km	LT BT from club rooms, 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, Eastlink, Wantirna Rd, to club rooms
Short course: https://ridewithgps.com/routes/41859481	13km	LT BT from club rooms, 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 Club rooms with Tea / Coffee / Hot Chocolate available after the run



KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

15 February		Run # 1845 // Boronia Bike Path
Long course: https://ridewithgps.com/routes/41872714	29km	LT BT from club rooms, 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, cross Boronia Rd, Dorset Rd, past Boronia Stn, Bayswater Stn, RT BT to club rooms
Medium course: https://ridewithgps.com/routes/41872061	17km	LT BT from club rooms, 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, continue on Scoresby Rd, past Boronia Rd, LT BT past Bayswater Stn, RT BT to club rooms
Short course: https://ridewithgps.com/routes/41879582	13km	LT BT from club rooms, 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 past Boronia Rd, LT BT 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: Bronwyn B	Drink Stops	(1) Genesis Gym on Scoresby Rd (8.5km) (2) Cathies Lane / Burwood Highway (15.2km) (3) Genesis Gym on Scoresby Rd (20.4km)
WALKING GROUP		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
	Breakfast	@ the Club rooms with Tea / Coffee / Hot Chocolate available after the run

16 February 	Carman's Women's Fun Run 5 / 10 / 21.1km https://solemotive.com/pages/carmans-fun-run-home
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KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

22 February		Run # 1846 // 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 club rooms.
Medium course: https://ridewithgps.com/routes/41899527	16km	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) ; 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 club rooms
Short course: https://ridewithgps.com/routes/41899616	13km	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) ; 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 club rooms
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



KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

1 March		Run # 1847 // Bellbird Dell	
<p>Long course: https://ridewithgps.com/routes/41951125</p>	26km	<p>LT BT from club rooms, 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 club rooms</p>	
<p>Medium course: https://ridewithgps.com/routes/42064176</p>	18km	<p>LT BT from club rooms, 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 club rooms</p>	
<p>Short course: https://ridewithgps.com/routes/42064216</p>	13km	<p>LT BT from club rooms, LT BT at railway line, RT Scoresby Rd; RT BT at Genesis Gym. Follow BT behind Knox SC 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 BT, LT BT, RT BT (Dandenong Creek Trail), continue on BT under railway line to club rooms</p>	
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM	
<p>Drinks: Charmaine R & Chris R</p>	Drink Stops	<p>(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)</p>	
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 Club rooms with Tea / Coffee / Hot Chocolate available after the run	
2 March		<p style="text-align: center;">Run Warrandyte 5 / 10 / 15 / 21.1km https://www.runwarrandyte.com/</p>	



KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025


8 March		Run # 1848 // 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 Beresford 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: Grant S & 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

8 & 9 March	Warburton Trail Running Festival https://www.warburtontrailfest.com/
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KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

15 March		Run # 1849 // Montrose Run	
Long course: https://ridewithgps.com/routes/42072273	27km	RT BT under Bayswater Rd, Dorset Rd, 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 under Bayswater Rd, Dorset Rd, 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; RT BT past Boronia Stn, continue on Power Rd/BT past Bayswater Stn, RT BT to club rooms	
Short course: https://ridewithgps.com/routes/42072298	12.5km	RT BT under Bayswater Rd, Dorset Rd, RT Colchester Rd, LT Beresford Dr, LT Mountain Hwy, to the Basin carpark; drink stop (1) ; LT Mountain Hwy, RT Beresford Dr, RT Colchester Rd, LT BT under Colchester Rd, Dorset Rd, 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: 2 Cars required Bret B & 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 Club rooms 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 SUMMER CALENDAR

November 2024 – April 2025

22 March		Run #1850 // Belgrave
Long course: https://ridewithgps.com/routes/42079656	27km	LT BT from club rooms, 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 Ferntree 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	LT BT from club rooms, 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	LT BT from club rooms, 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: Alan G & Kerry K	Drink Stops	(4) Car 1 Ferntree Gully Stn (6.5km) (5) Car 2 Blacksmiths Way (behind shops on Burwood Hwy) (13km) (6) 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 Club rooms with Tea / Coffee / Hot Chocolate available after the run



KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

29 March		Run # 1851 // Bob's Knob
Long course: https://ridewithgps.com/routes/42159274	22km	LT BT from club rooms, follow BT under railway line, 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 club rooms
Medium course: https://ridewithgps.com/routes/42159720	17km	LT BT from club rooms, follow BT under railway line, 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 club rooms
Short course: https://ridewithgps.com/routes/42159767	13km	LT BT from club rooms follow BT under railway line, 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 club rooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: Neil W & Paula S	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 Club rooms with Tea / Coffee / Hot Chocolate available after the run



KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

5 April		Run # 1852 // Stud Park Shopping Centre
Long course: https://ridewithgps.com/routes/42185801	26km	LT BT from club rooms, 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 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 rooms
Medium course: https://ridewithgps.com/routes/42323192	20km	LT BT from club rooms, 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 club rooms, 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: Nicole M & Emma 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)
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 Club rooms with Tea / Coffee / Hot Chocolate available after the run

6 April 	Run for the Kids 4.6km / 14.5km https://www.runforthekids.com.au/
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KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025


12 April		Run # 1853 // Three Trails
<p>Long course: https://ridewithgps.com/routes/42231694</p>	25km	<p>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 club rooms.</p> <p>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.</p>
<p>Medium course: https://ridewithgps.com/routes/42292978</p>	18km	<p>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 club rooms</p>
<p>Short course: https://ridewithgps.com/routes/42293025</p>	11.5km	<p>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 club rooms</p>
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
<p>Drinks: 2 Cars required: Helen H & Norman W</p>	Drink Stops	<p>(1) Shell Service Stn, Canterbury Rd (6km) (2) Old Library Car Park – opposite Eastland (13.25km) (3) Mt Dandenong Rd / opposite Wicklow Ave (18.25km)</p>
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 Club rooms with Tea / Coffee / Hot Chocolate available after the run



KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

19 April		Run # 1854 // 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 club rooms
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 club rooms
EARLY GROUP 5.45AM		If running at a slower pace, early group runs same courses, leaves at 5.45AM
Drinks: David T	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 Wantima Rd and back; or to Boronia Station and back; or as advised
	Breakfast	HCB @ the Clubrooms with Tea / Coffee / Hot Chocolate available after the run

<p>20 April</p> 	<p><u>Maroondah Dam Trail Running Festival</u> <u>10km/ Half Marathon/ 30km and 50km</u> <u>https://trailsplus.com.au/maroondah/</u></p>
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KNOX ROADRUNNERS SUMMER CALENDAR

November 2024 – April 2025

26 April		Run # 1855 // Baysie Breakfast 'Olivebank'
Long course: https://ridewithgps.com/routes/42354973	25km	LT BT from club rooms, 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 club rooms, 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 club rooms
Short course: https://ridewithgps.com/routes/42355207	13km	LT BT from club rooms, 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 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: 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 Club rooms with Tea / Coffee / Hot Chocolate available after the run

<p>26 & 27 April</p> 	<p>Ballarat Running Festival https://ballaratmarathon.com.au/</p>
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