





KNOX ROADRUNNERS CALENDAR

February – May 2015



Duty Roster: Those on duty should be at the rooms by 5.45am. If you are unable to attend **YOU MUST** organize a switch with someone else and then contact **Carolyn Lightfoot** and **Kate Lafferty** to confirm change. The duties are getting the drink bins and water containers ready, following the runners and picking up any injured ones, and finally cleaning up the tea and coffee, washing the mugs etc. and making sure the rooms are tidy before leaving at approx. 9.00am. **Please study the run and drink stops so you know your way.**

31 January		Club Hotel Run	
Run # 1374 28th Birthday  Drinks: Georgie Wells Emma Fin	15k	KRR 28th Birthday Leave club rooms via Pine St; RT Orange Grove; LT Sasses ;RT Boronia Rd; LT Lewis Rd; LT Burwood Hwy; LT Commercial Rd (opposite Club Hotel); continue onto Wattleree Rd; RT bike track; LT Underwood Rd; through, Boronia Stn; bike track to club	
	9.5k	Turn left at Scoresby Rd and return to the clubrooms	
	Drink stops	Mary Kay car park Cnr Burwood Hwy (5k) Boronia Stn (11k)	
7 February		Studfield Loop Run	
Run # 1375 Drinks: Cam Loveless James Nally	12k	RT Scoresby Rd; RT Boronia Rd; LT Stud Rd; RT 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; follow Mountain Hwy all the way back to the club	
	8.5k	Shorten to suit - maybe rtn after drinks at Stud Rd/ Mountain Hwy (8.5k)	
	16k	At 5 ways intersection, LT Boronia Rd; RT at Koomba Park, BT back to club	
	Drink stops	Stud Rd shops (5.5k) BT on Wantirna Rd bridge (11k)	
14 February		Lakewood & Arboretum	
Run # 1376 Drinks: Tigger	<u>17k</u>	LT Pine Rd; RT Orange Gv; LT Sasses Ave; RT Boronia Rd; LT Lewis Rd; 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; back onto BT (East); LT Underwood Rd; through Boronia Stn; Power St; club	
	12k	From Mary K drink stop, rtn to BT direct to Arboretum, back onto BT (East); LT Underwood Rd; through Boronia Stn; Power St; club	
	Drink stops	Mary K carpark - Cnr Lewis/Burwood (5k) Arboretum – drinks at Rotunda (11k)	
20-22 February		Valentine's Weekend @ Helen & Ed's Aireys Inlet "Love Shack"	
Weekend Away 	Friday	Friday night dinner for those interested at Sunny's Pizza Restaurant. http://www.sunnypizza.com.au/Catering.html	
	Saturday	Runs between 10k & 28k on Saturday. Lunch at the Stanleys'. Sat dinner - Aireys Pub followed by a party at the Stanleys'.	
	Sunday	Optional Sunday morning cliff top run followed by brunch/lunch at Helen & Ed's	



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21 February		Boronia Bike Path	
Run # 1377 Drinks: Fiona Grundy Wendy Thomas	11k	BT to Boronia Station, continue along Underwood RT under rail track, follow BT to Genesis gym on Scoresby Rd, RT Scoresby Rd, return to club	
	15k	Adding a lap of the retarding basin behind Knox City makes it 15k	
	Drink stop	Karen's fitness centre (Genesis) on Scoresby Rd	
28 February		Bellbird Dell	
Run # 1378 Drinks: 2 cars required Carolyn Lightfoot Kate Lafferty	21k	Station St; RT into Scoresby Rd; RT Boronia Rd; continue to Dandenong Creek; LT Koomba Park; onto Boardwalk; RT Burwood Hwy; RT Terrara Rd; RT George Rd; immediate LT into Bellbird Dell Reserve; continue straight along reserve to Barnesdale Dv; RT Karwitha St; LT Philip St; LT Boronia Rd; RT Canterbury Rd; RT Heatherdale Rd; LT BT back to club	
	14k	Turn RT onto BT when you get to Dandenong Creek	
	Drink stops	Service Stn on Boronia Rd just after Stud Rd (6k) Cnr Burwood Hwy / Terrara Rd (10k) Heatherdale Rd at entrance to bike track (15k)	
7 March		The Basin - "Two Parks"	
Run # 1379 Drinks: 2 cars required Marie Kavanagh Sandy Doyle	11k	<u>Melways 65 H7</u> Meet at The Basin carpark near the CFA Station on Forest Road. South on Forest Road through roundabout. Through roundabouts past FTG shops, LT at Butlers Rd (after passing railway bridge). LT Kia-Ora Pde becomes Hatherley Grv, through gate becomes Himalaya Track. LT Olivebank Rd, RT Forest Rd back to The Basin	
	22k 	LT Mountain Hwy, RT Liverpool Rd and complete a lap of Liverpool Retarding Basin. Cross Liverpool Rd into Pavitt Lane. LT Edgar Tk, keep RT on Edgar Tk until it leads into Camelia Tk follow Camelia Tk till picnic area, RT main Doongalla Access Rd, downhill to Simpsons Rd, becomes Doongalla Rd, LT Sheffield Rd, RT Basin-Olinda Rd back to The Basin	
	Drink stops	Cnr Butlers / Kia-Ora (5k) The Basin carpark (11k) Cnr Pavitt / Sheffield (17k)	
		Breakfast at Koko Line Alchester Shops, Cnr Mountain Hwy and Albert Avenue, Boronia.	



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14 March		Montrose Run	
Run # 1380 Drinks: 2 cars required Brent Kay Ross Kinsella	26k	BT to The Basin Service Station; LT Basin-Olinda Rd; LT Sheffield Rd; LT Stradbroke Rd; LT Canterbury Rd; RT Mt Dandenong Rd; LT Colchester Rd; RT BT to Croydon Golf Course; LT Leigh St; LT BT through Horse Racing Track; RT Eastfield Rd; LT Yvonne Ave; through park; LT Bayswater Rd; RT Oak Lane; LT BT; LT Canterbury Rd; RT Bungalook Rd East	
	17k	About 1k after the first drink stop, turn LT off Sheffield Rd into Pavitt Lane; cross Liverpool Rd into Retarding Basin; go around once; RT Liverpool Rd; continue through roundabout onto Miller; LT Albert Ave; RT Boronia Rd; through Boronia Stn; down Power St	
	Drink stops	Car 1 Basin servo (7k) NEW DRINK STOP Car 2 (short run) Retarding Basin car park (11k) Car 1 Cnr Stradbroke / Canterbury Rd's (13k) Car 2 Golf Course (20k)	
21 March		Belgrave	
Run # 1381 Drinks: 2 cars required Stacey Morrison Miranda Price	24k	BT to Boronia Stn; Underwood Rd; BT through to Upper FTG toilet block. BT to Upwey; continue through to Belgrave St Roundabout via Tecoma; return	
	14k	Return from Upper FTG	
	Drink stops	Cars 1 & 2 Upper FTG Toilet block (7k) Car 1 Shell Belgrave at roundabout (12k) Car 2 Upper FTG Toilet block (17k)	
Saturday 21 March 		Roller Coaster Run 21k / 43k Mount Dandenong 7:15am Start at SkyHigh Mt. Dandenong SkyHigh parking included in entry fee Brunch included in entry fee for one loop runners	
Sunday 22 March 		Run For The Kids Start Kings Domain, Event Start time is 8.50am.	
28 March		Bob's Knob	
Run # 1382  Drinks: 2 cars required Mark Pryn Derek Dawkins	23k	BT to Ringwood Lake. Cross Maroondah, RT Bardia St, then Mullum Mullum BT to footbridge into Fyfe Ave then Berea Crt. Follow Warrandyte Rd and turn LT into Oban Rd. LT Glenvale Rd (deep breath). Over the "knob" LT Montalbo Rd, RT Deep Creek, LT Maroondah Hwy, RT Heatherdale Rd to BT. Across bridge turn LT and follow BT home	
	12k	Return from Ringwood Lake	
	Drink stops	Ringwood Lake (6k) 7/11 Cnr Oban Rd & Warrandyte Rd (8k) Bob's Knob (11k) Heatherdale Rd at entrance to bike track (18k)	



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Sunday 29 March	<u>Irabina Super Hero Run</u> 4k/8k - Starts The Tan, 8am Contact Neil if you are entering	
4 April	Easter Bun Run	
Run # 1383 Drinks: Geraldine Low	14k	Through Bayswater Park to BT to Chandlers Lane. RT Liverpool Rd, lap of Retarding Basin then return via Chandlers Lane
	12k	Return from drinks stop on Cnr Chandlers Lane
	Drink stop	Cnr Chandlers Lane & Liverpool Rd (6k)
		Hot Cross Buns after the run yum yum yum!
10-12 April	<u>Oxfam Trailwalker Melbourne 100k</u>	
 Oxfam		
11 April	Three Trails Run	
Run # 1384 Drinks 2 cars required: Richard Sawyer Anthony Bolton	20k	LT Station St, cross Mountain Hwy, LT onto BT along Dandenong Creek Trail after crossing under EastLink RT over next footbridge RT EastLink Trail cross Canterbury Rd back onto EastLink Trail cross Maroondah Hwy over footbridge along EastLink Trail RT Mullum Mullum Creek Trail, RT Oban Rd, cross Maroondah Hwy into Caroola Rd LT Mt Dandenong Rd, RT Bayswater Rd, RT Oak Lane, BT back to club
	15k	Leave Mullum Creek Trail at Ringwood Bypass after second drink stop RT Larrissa Ave cross Maroondah Hwy connect to BT at Ringwood Lake rtn to club on BT
	11.5k	At Canterbury Rd/ EastLink crossing, turn RT into Canterbury Rd, RT Heathmont Rd RT BT back to club
	Drink stops	Cnr Canterbury/EastLink (5k) Ringwood Bypass / end of Reynolds Ave (10k) Mt Dandy Rd / opp Wicklow Ave (15k)



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18 April		Smokey Dawson	
Run # 1385 BBQ: Gav	6.30am start	Melways 2DF7	
 No drinks	10-15k	Meet at picnic area on Yarra Bend Rd in Yarra Bend Park, Kew Details of run to be advised BBQ to follow run	
25 April		Stud Park Shopping Centre	
Run # 1386 Drinks: 2 cars required Bronwyn Law Nicole Allen	24k	Scoresby Rd to Knox Park Athletic Track, RT BT, LT at bridge to Kellets Rd, BT along Kellets 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 RT Stud Rd, RT BT to Knox Park, LT into Knox Park; cross FTG Rd to Scoresby Rd and home	
	19k	Don't turn LT off BT towards Kellets Rd, continue to RT Stud Rd, RT Mountain Hwy	
	12k	Turn at Knox Park and return to club via Scoresby Rd.	
	Drink stops	Opposite Frank's Cakes at end of Scoresby Rd (6k) Willow Ave (10k) Stud Park Shopping Centre (13k) Opposite Frank's Cakes at end of Scoresby Rd(18k)	
2 May		Baysie Breakfast Run (Olivebank)	
Run # 1387  Drinks: 2 cars required Danni Webb Trevor Murray	12k	BT through Boronia Stn along to Underwood Rd; LT at Hutton Ave; RT Forest Rd; LT Olivebank (for fast pack to top of Olivebank back down to bottom and back up to drink stop); LT Mont Albert Rd; LT Harnett St; LT Hansen Rd; RT Forest Rd; LT at roundabout to Boronia Rd; Boronia Stn; BT along to Power St	
	20k	RT at Forest Rd roundabout. At The Basin Service Stn, turn RT down Basin-Olinda Rd; LT Sheffield Rd; LT Pavitt Ln; over Liverpool Rd and once around Retarding Basin; LT Liverpool Rd; LT Chandlers Lane to BT all the way back to Bayswater	
	Drink stops	Mont Albert Rd (6k) Basin Service Stn (10k) Retarding Basin (14k)	
		Breakfast at Highside Café High Street, Bayswater	



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<p>3 May</p> 	<p align="center"><u>Puffing Billy - Great Train Race</u> Entries for the 32nd Great Train Race will be only available ONLINE and will open during February 2015. Entries must be sent direct. (Team = Knox Roadrunners). Likely bus to start. Lunch at Bayswater Hotel - all welcome. Please contact Grant if you are entering.</p>	
<p>9 May</p>	<p align="center">Drummies Bridge Run - version 2</p>	
<p>Run # 1388</p> <p>Drinks: 2 cars required John Raskas Milan Stanisic</p>	<p>25k</p>	<p>Scoresby Rd to Wantirna Gym; RT BT to Knox - long way around Lewis Park (tap); cross over and continue on BT to High St Rd past tip; RT Norton's Rd; LT Norton's Park carpark; through Norton's Park - continue on through Drummie's Reserve; through Bushy Park; RT Burwood Hwy; through Koomba Park (along boardwalk); BT to club</p>
	<p>11k</p>	<p>Turn RT into Stud Rd (at Knox City); continue to Mountain Hwy & turn right; RT Station St; club</p>
	<p>Drink stops</p>	<p>Knox City (6k) Norton's Park carpark (12k) Koomba Pk (16k) Boronia Rd carpark (18k)</p>
<p>16 May</p>	<p align="center">Golf Course Loop (reverse)</p>	
<p>Run # 1389</p> <p>Drinks: Sarah James Linda Fairhurst</p>	<p>17k</p>	<p>Croydon BT to Eastfield Rd. BT to Croydon. RT at Leigh St to Golf course. Lap included (3k). Back to Dorset Rd; LT Dorset Rd; over Canterbury Rd, RT BT to club</p>
	<p>11k</p>	<p>Turn RT into Eastfield Rd; RT Dorset Rd; over Canterbury Rd, RT BT to Bayswater</p>
	<p>Drink stops</p>	<p>Cnr Yvonne/Eastfield Rd (4k) Golf course (10k)</p>
<p>Weekend Away 16 & 17 May</p> 	<p align="center"><u>Great Ocean Road Weekend Marathon and Half Marathon</u> The 10th GOR run from Lorne to Apollo Bay (44k). Half Marathon from Kennett River to Apollo Bay (23k). Enter online in Knox Roadrunners team. Advise Grant or Neil if you want a seat at the KRR table at Apollo Bay Hotel, 6.00pm Saturday. Also check with Neil & Grant if you are looking for share accommodation.</p>	



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23 May		Mitcham/Schwerkolt Cottage
Run # 1390 Drinks: 2 cars required Sheena Appleyard Lavinia Petrie	27k	LT Mountain Hwy; RT Wantirna Rd; LT Canterbury Rd; continue all the way along to cnr Springvale Rd; RT BT; LT Rooks Rd; RT Maroondah Hwy; LT Dunlavin Rd; RT Springfield Rd; RT LT Mitcham Rd; cross over bridge RT EastLink track (becomes Mullum Mullum Creek track), continue to Schwerkolt Cottage, following creek all the way; RT Deep Ck Rd; LT Maroondah Hwy; RT Heatherdale Rd; LT BT back to club
	19k	From Canterbury Rd, RT at Heatherdale Rd; LT Maroondah Hwy; RT Deep Ck Rd to Schwerkolt Cottage. Rtn LT Maroondah Hwy; RT Heatherdale Rd; LT BT back to club
	13k	From Canterbury Rd; LT at Heatherdale Rd; LT BT back to club
	Drink stops	Shell on Canterbury Rd (7k) Rooks Rd end of BT (12k) Schwerkolt Cottage (17k) Heatherdale Rd at entrance to bike track(22k)
30 May		Hughes Street
Run # 1391 Drinks: 2 cars required Mark Boyle Brad Buyck	21k	B/T through Boronia & FTG Stns to Upper FTG toilet block. B/T to Upwey Stn. Cross Burwood Hwy, up Hughes St, cross Mt Dandenong Tourist Rd, veer slightly right, straight into Titania Cres (runs parallel along Churchill Dve) then back out on to Churchill and, LT at One Tree Hill Rd, LT Ramu Track; RT Outlook Trk; continue along Mystic Trk; through to Government Rd to Forest Rd LT Forest Rd; through Boronia Stn; Power St; club
	19k	Turn around at Upwey bridge
	14k	Turn around at UFTG toilet block
	Drink stops	UFTG toilet block (7k) Mobil Service Station at bottom of Hughes Street (9k) One Tree Hill Rd carpark @ Ramu Milk bar at Forest Rd (16k)