

TTS Social Running Group Summer Schedule 2019/2020

Date	Meeting Point	Run Name	Description	Longer/Shorter	Length	Coffee/breakfast at
7/12/19	Anzac West carpark Constitution Ave. Note you must be travelling west to access the car park	Anzac East - Mt Ainslie loop	From the car park which is adjacent to the ANZAC West office complex on Constitution Ave we head east along the footpath to ANZAC parade. We then proceed right down the middle of ANZAC parade to the war memorial. We skirt the edge of the memorial and then head up the hill to the fire trial. Turn left (west) and follow the trial around the Mountain. Keep the mountain on your right! After completing a loop of the mountain to our stating point proceed down Anzac parade and home.	Longer - add a loop from the carpark to Regatta Point and back - 1.5km Shorter - the loop around the mountain is just under 9km so the only shorter option is an out and back.	13.5km	Pedlar café, Constitution Ave, Campbell, about 500m from start
14/12/19	Tuggeranong South.Point(old Hyperdome) carpark. Corner Reed St North and Athllon Drive	Pine Island and Murrumbidgee river towards Kambah pool and return	Starting at the carpark on the corner of Athllon Drive and Reed St we will make our way to Pine Island. Head to the most westerly car park and at the gate the river trail is on the left. The trail follows the river with 7kms from Pine Island to Kambah Pool. Suggested turnaround at 5km along the river trail, making around 15.5km. If you get to Red Rocks lookout it is quite spectacular view. The trail is well marked, there are quite a few gates to climb over/through and is rocky and undulating.	Turn around at any point for a shorter run.Short cut from the brdige to turn left to Athloon Drive, which will shorten the run by several km	approx 15.5km	Café Guru, adajcent to Good guys

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21/12/19	Carpark near Black Pepper café, off Beissel St	Lake Ginninderra loop	Two laps of Lake Ginninderra. One in each direction. Just make sure you go over the bridges, not under!	Shorter - rather than a second lap turn do an out and back from John Knight Park. Longer - Add an out and back to Belconnen Way (3km)	Black Pepper café
25/12/18	Lennox Gardens, 6:30am	Xmas Run	For those without kiddie responsibilities, join us for an hour run and some nibbles and bubbles after		BYO food and drink
28/12/19	EQ café Kent St Deakin	Curtin Deakin loop	The route will start and finish at the EQ cafe on Kent St in Deakin. The route takes in part of the Weston Creek Half marathon course and features a loop around Curtin. It can be said that this is a very central run!	For a longer run tack on some extra kms along the path adjacent to Lady Denman Drive	13km approx EQ Café, Deakin
4/1/20	John Cardiff Close Black Mountain Peninsula	Aboretum and Zoo	From BMP to the top of Dairy Farmers Hill is a must for the magnificent views over the lake. Through Glenloch interchange, then the corkwoods before joining the main road to DFH. There are now walking trails to weave in and amongst the tress. Return via western and southern side of the Zoo before rejoining the bike path at Scrivener Dam. Its longer coming back along the bike path and zoo.	Its about 5.8km to the top of DFH from the BMP. Turn around at any time for a shorter option.	13.5km, 16km via zoo perimeter Biciletta, New Acton

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11/1/20	Garran Shops, Garran Place	Red Hill Loop	<p>Starting at Garran shops run via Kitchener st pick up a trail between the houses and golf course. Turn left at the fence line and the around the Telstra building and then to the fire trail. Follow the fire trail over Red Hill Drive and continue towards Hindmarsh Drive(couple of K). With the Hindmarsh drive in sight turn right and a steep descent to the back of Garran. Continue along the fire track, behind the houses until we run out of houses. There is a fenced compound when we turn left and down the hill. At about 100 metres go through the Golf Club gates. Stick to the track closest to the houses (dont get hit by golf balls) and about a km will arrive at the Scout Hall. Turn left down Kitchener St, and back to the shops.</p>	<p>Uphill challenge (to the top of Red Hill) is available from the Eastern car park of Mugga Way.</p>	12.5km	Garran Shops cafe "Papparazzi"
11/01/2020 - 18/1/2020	Thredbo Running Festival	Thredbo, NSW	<p style="color: red;">A week of running and other activities in and around Thredbo.</p>			
18/1/20	Hawker Shops, southern car park	Hawker Shops to Mt Painter	<p>Starting at Hawker shops head along Belconnen Way footpath till the intersection with William Hovell Drive. Follow the line of houses and then take the right fork of the Pinnacle Equestrian Trail. Its hilly including Belconnen Unpleasant Hill (BUP). Near the top of BUP turn right onto the Boundary fire trail and at around 5.5km go through a couple of gates to the east towards Coulter Drive. Head across Coulter Drive to Mt Painter. Its a steep ascent to the top but the view is amazing. Return is much shorter via Springvale Drive</p>	<p>It's a hilly run. for a shorter run return, don't climb Mt Painter and return via Coulter Drive and Springvale Dr</p>	12.5 - 13 km	RockSalt, Hawker shops

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25/1/20	Yerrabi Ponds , Strayleaf Cres (off Gundaroo Rd)	Yerabi Ponds - Mulligans Flat	Starting outside the cafe we will run beside the pond and through Forde on the bike path and under Hoerspark drive, past the dog park to the entry of the Mulligans Flat Nature Reserve. We will follow the walking paths for a loop in the reserve along the Main Mulligan Trail, The Pipeline track , Link Track which rejoins the main trail	Lap of the Yerrabi Ponds is about 4km which can be added.	14km. Attached route map has additional 4 kms.	da Nunzio Yerrabi Ponds
1/2/20	Casuarina Sands BBQ area	Casuarina Sands towards Kambah Pool and return	From the BBQ area follow the river and turn around at 6km or thereabouts. The trail is a bit of everything, fire trail, rocky, sandy, but it's a beautiful run. The run is signposted with the small grey posts.	Shorter - out and back route.	12km or thereabouts	Meating Room at Coleman Court (15 min drive from CS)
8/2/20	Tuggeranong South.Point(old Hyperdome) Carpark	Banks, Gordon, Point Hutt, Pine Island	The highlight of this run is the river trail between Pine Island and Point Hutt Road and the fire trail behind Gordon. Start at South.Point carpark on Reed St North and Athllon Drive and head to Pine Island. From Pine Island East car park we will take the trail to Point Hutt. On reaching Point Hutt head up the road and turn right into Jim Pyke Ave before taking the fire trail on your right (behind the first lot of houses) that runs around the back of Gordon. There is a bit of a hill to start with! Turn round at 8km.	It's about 8.5 km to Knoke Ave Gordon. The return portion via the road (Tharwa Dr/Drakeford Dr) is a little shorter	16km	Café Guru, adjacent to Good Guys.
15/2/20	New Acton Park, adjacent to Parkes Way overpass	West Basin lap	Lap of West Basin on the bike path	Longer - add in the Weston Park loop and/or BMP	Short: 15.6km Long: 19km	3iciletta, New Actor

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22/2/20	Gladstone St car park, Hall shops	One Tree Hill	Out and back course from Hall shops , corner of Gladstone St and Victoria Street. The summit of One Tree Hill is an optional extra but offers amazing views over Canberra. The path is rocky in places and is very undulating with the first four kilometers largely uphill. Turn around at any point, suggestion is at 6 km.	out and back course	12	Daughters @ Hall café, Victoria St
Half Marathon Training Group is scheduled to commence on 29/2/2019 at Acton Ferry terminal. TTS runs will continue as normal . HMTG will join TTS after one week @ 5/3/2020						
29/2/20	Meating Place, Cooleman Court, Southern carpark opposite McDonalds	Chapman Ridge and return	From Cooleman Court head along Hindmarsh Dr and then up the steep rise at Chapman Ridge. Continue east on the fire trail and turn around at 6.5km or 7km. For a longer effort a loop of the fire trials .	Shorter - turn back earlier. Longer - A lap of the cross country track	13. km long - 17 kms approx	Meating Place, Cooleman Court

RULES, Well sort of

All runs commence at 7am (3 minute rule applies) rain(if heavy 0 minute rule overrides 3 minute), hail or shine.

Be mindful of valuables left in vehicles

Due to the size of the group dogs on a lead please

Its generally warm so all runners must take their own water, few routes, if any have taps or bubblers

Leave your iPod at home and have a chat with your fellow runners

Run at your own comfortable pace

Events in Red

Stay for coffee/breakfast afterwards if you can on Saturdays

Tuesday/Thursday

Meet 6:30 (0 minute rule applies) at Lennox Garden, behind the Hyatt hotel. Its very busy at Lennox on Tuesdays. 50-
Most Tuesdays - hill effort runs at Parliament House or Regatta Point or Treasury Gardens

YMCA Runners Club events

First Sunday every month is the jogalong for Women and Girls at Weston Park
Saturday and Tuesday regular club events see www.canberrarunner.org.au