

2020 Saturday Spring Schedule

Date	Meeting Point	Run Name	Description	Longer/Shorter	Length	Coffee Venue
5/9/20	Anzac West carpark Constitution Ave	Anzac West - Mt Ainslie loop	From the car park with is adjacent to the ANZAC West office complex, we head 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 and we return 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, Campbell, 500m from the start
12/9/20	Cooleman Court carpark, adjacent to McDonalds and the Meating Room café	Cooleman ridge	From Cooleman Court proceed under Streeton drive to Hindmarsh drive and to Chapman Ridge, via Kathner St. Turn around and retrace your steps or for a shorter return take Namitijira Drive back to Cooleman Court	lots of options	10 - 16 km	Meating Room, Cooleman Court

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19/9/20	<p>Banambila St car park near the school</p>	<p>Rachel's Romp Aranda-Bruce-Oconnor-Black Mtn-Aranda</p>	<p>From the carpark turn left into another carpark on Banaga Pl and then to the footbridge. After you cross Belco Way, at about the 800m mark, the bike path splits, with one part continuing along Belconnen Way and take the path one part veering off to the left. Cross Haydon Dr at the traffic lights, then turn left and continue until you get onto the bike path (past the bus shelter) which turns up the hill and away from Haydon Dr.</p> <p>Go through the tunnel under Gungahlin Dr, keep left and stay on the bike path until you get to a roundabout (4.7 km @ Belco Way). Here you'll see a sign for the C Trail.</p> <p>Follow the centenary trail signs across the road and onto a dirt track that is between Dryandra St and Barry Dr (single track), then under Barry Dr. Turn right when you get to the fire trail under the "serious looking" power lines (a power substation on your left). Follow this 'powerline' track for about 2 km, where the track splits and there take 'Orchid track' at the sign. Take the left fork, and follow the fire trail until you get to the end of trail (gate). Do not go through the gate but take trail to the left of the gate. Go along this until it's end, then turn right. Follow this to a tunnel (and C Trail sign), go through the tunnel (Caswell Drive), then turn right and immediately left (following the CT signs). Keep following the CT signs until you meet up with the bike path that runs next to Bindubi St. Turn right and follow the paths parallel to Bindubi St until Bandjalong Cr. Turn right and you'll run right past the cafe.</p>	<p>turn around at any point for a shorter run</p>	<p>13.7</p>	<p>Two before Ten, about 200m from start location</p>
26/9/20	<p>carpark on Amy Ackerman St, Forde near the entrance to Mulligans Flat (same as last years start)</p>	<p>Club Gooyooroo Half marathon</p>	<p>Club Event off Road Half Marathon – 7am start. Free to club members, one day registrations for all others, online registration only. There is parking available at the carpark near Mulligans Flat entry and further along AA St. From previous years it's a hilly course. Two person relay option available. Limited spots.</p>	<p>10.5, 14km or 21.1km</p>	<p>10.5, 14km or 21.1km</p>	<p>Frankies @ Forde, Forde shops</p>

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3/10/20	Tuggeranong South.PointCarpark, adjacent to Good Guys	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 western car park at South.Point(Hyperdome) 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 that runs around the back of Gordon and up the Awesome Tuggeranong Hill (ATH). 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	Guru coffee, just outside the Good Guys and Petbarn stores
10/10/20	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
17/10/20	Mawson Shops (Southlands) main carpark	Mawson - Torrens-Farrer - Isaacs Loop	The route includes Athllon drive bike path then along Beasley St , Basedow, Gouger St in Torrens before joining the fire trail. After crossing Athllon Drive stay adjacent to Farrer houses on fire trial and then under Erindale Drive into Isaacs. Follow the fire trial through the pine forest until into O'Malley. Circumnavigate O'Malley or not. Make your way to the pedestrian bridge and return	Shorter - out and back route. Longer - Return from Isaacs via Hindmarsh Drive and Athllon Drive	14km	Lil Milk Bar (formerly Just a Bite)
24/10/20	Acton Park, Barrine Drive, Acton	Arboretum and Zoo	The Arboretum provides some wonderful running terrain and views. Top of Dairy Farmers Hill is a must for the magnificent views over the lake. Return via western side of the Zoo before rejoining the bike path at Scrivener Dam. Alternatively do a loop of the Arboretum boundary (8km)	Its about 8 km to the top of DFH from the start. Turn around at any time for a shorter option.	16km approx. Longer run available by running the arboretum boundary	Bicicletta, 1/15 Edinburgh Ave, New Acton (over the pedestrian bridge)

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31/10/20	Stromlo Forest Park car park	Stromlo to Molonglo/Zoo and return	Starting at the Stromlo car park, go past the bush fire memorial. Head through a series of parks and along Ulysses Ctt through Wright to the Cotter Road. Take the underpass and then veering right on the bike path follow and Coombs to the river. The path roughly follows Terry Connolly Drive and Harold White Av. At the end of HW ave, negotiate any construction work and find the fire trail to the river. Crossing the river and enjoy the fire trail along the Molonglo, turning back at Scrivener Dam (zoo) or somewhere earlier. Short drive to café or cafe on-site.	Plenty of options	14	Handlebar café (on-site, TA only) or Denman Prospect café
7/11/20	Hawker Shops car park , southern side	Run to Mt Painter	Starting at Hawker shops head along Belconnen Way footpath till the intersection with William Hovell Drive. Follow the line of houses and then the Equestrian Trail. At around 5.5km go through a gate to the east and head across to Coulter Drive to Mt Painter, Its a steep ascent to the top but the view is amazing. Return is much shorter via Springvale Drive	It's a hilly run. for a shorter run return via Coulter Drive and Springvale Dr	13km	Rocksalt at Hawker
8/11/20	Rond Terrace, Parkes	Parliament House loop	To be confirmed. Canberra Marathon and associated events 5,10, 21.1, 42.2			
14/11/20	Casuarina Sands BBQ area car park	Kambah Pool trail	Our second charity run. BBQ Egg and Bacon rolls for afters. Donation to Cancer Council. Dig deep. We have lost several members to cancer over the years and continues to impact just about everyone.	Suggested route is 14km	14km. Out and back. Any distance possible	BBQ provided. Hope to have a coffee van in attendance

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21/11/20	Hall Shops, outside Daughters@Hall	One Tree Hill	A new out and back run starting in the main street of Hall. Take Victoria St, Gladestone St then Hall St. Follow the One Tree hill trail for 5 kms and then return. For those that like a challenge, go to the top of the hill. Warning *** Hill is steep ***	It's a hilly run.	12.5 - 13 km, longer avail. Turn around whenever	Daughters@Hall, Hall shops
22/11/20	Stromlo Forest Park		Stromlo Running Festival. Events starting from 6am		10,30,50km	
28/11/20	Stellas (formerly Black pepper) Café near Lake Ginninderra	Mt Percival and return	Along the Lake Ginninderra bike path and head to Giralang and Kaleen . Turn left at the Barton Hgwy. After 400m there is a gate on your right across the concrete drain There is then a walk/run up the slopes of Mt Percival to a stunning view of Crace and beyond.	turn around at any point for a shorter run	14 km	Stella's (formerly Black Pepper café)

RULES, Well sort of

All runs commence at 7am (3 minute rule applies) rain(if heavy 0 minute rule overrides 3 minute),
 Be mindful of valuables left in vehicles
 Due to the size of the group dogs on a lead please
 We encourage all runners to take own water, few route 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

Tuesday/Thursday

Run at your own comfortable pace and for the distance you want to do. You don't have to do the 6:30 Tues and Thu (0 minute rule applies) at Lennox Garden. 50- 55min run
 Most Tuesdays - hill effort runs at Parliament House or Regatta Point

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