

**FIT Saturday morning running group – 7.30am
Run Descriptions October 2011-February 2012**

Date	7.30am meeting point	Run direction and map	After run breakfast/ coffee location
15 Oct	At the back of the War Memorial Treloar Cres Campbell	<p>Mt Ainslie clockwise – Out and back along the base of Mt Ainslie in a northerly direction and turn at metal gate (6.8km); for a longer run add an out and back to the water reservoir (11km); and even longer a clockwise loop run around Mt Ainslie (13km with reservoir extension; 9.5km without)</p> <p>Map of run: FIT Sat Run #1 Ainslie clockwise www.walkjogrun.net/routes/current_route.cfm?rid=125D94B1-CE95-4B8A-927EE6A03AD7781C&success=1</p>	War Memorial Café Treloar Cres Campbell
22 Oct	Pialligo	<p>Pialligo and Mt Pleasant – Out and back hard steep run. From the south end of Beltana road head back to and cross Pialligo Ave, and take path on left. Head north west and cross Morshead Drive watching for traffic. Run on the road between the ovals in Duntroon, cross Robert Campbell Road and head up General Bridges Drive. At the top of Mt Pleasant turn and retrace the route back to Pialligo (8.4 km).</p> <p>Map of run: FIT Sat Run #14 Pialligo www.walkjogrun.net/routes/current_route.cfm?rid=EC02641F-969D-0B35-A6AEF39C4D19DE9C&success=1</p>	Rodney’s Café Beltana Rd Pialligo
29 Oct	Black Mountain Peninsula, car park on Garry Owen Drive, Acton	<p>Black Mountain Peninsula – Run along bike path to Scrivener Dam and back (8km); for a longer run continue to do an anticlockwise loop of the West Basin (15.2km)</p> <p>Map of run: FIT Sat Run #5 Black Mountain Peninsula www.walkjogrun.net/routes/current_route.cfm?rid=9F9DA3C3-D2DE-D26F-E00BB391F9E6B9EA&success=2</p>	Hudson’s in the Gardens, Botanic Gardens, Clunies Ross St, Acton
5 Nov	Acton Ferry Terminal	<p>Australia Museum to Haig Park – Follow the bike path west and veer left before underpass; follow the path around the Australia Museum and continue west on the edge of the lake. At Sullivan’s Creek Bridge go under the bridge and continue following the creek north through the University. Cross the bridge to the west bank of the creek and follow the path to Barry Drive. Cross Barry Drive, continue on the bike path to Haig Park turn around and retrace route. Before the Museum veer left up the hill and under the underpass back to Acton Ferry Terminal (9.9km)</p> <p>Map of run: FIT Sat Run #3 Museum Haig Park www.walkjogrun.net/routes/current_route.cfm?rid=70E958BF-B9FB-DAEC-4D2AFCC5A29C5C62&success=2</p>	Xchange on London 7 London Circuit Canberra City
12 Nov to be followed by FIT AGM	Business Park 70 Kent St Deakin	<p>Federal Golf Course – Run south on Kent St towards Hughes. Just before the shops take a left at the overpass on Kent St and follow the usual golf course run clockwise around golf course. On joining the outbound route retrace the first part of the golf circuit and take a left behind the houses in Hughes and rejoin Kent St on southside of the telephone exchange (8.1 km)</p> <p>Map of run: FIT Sat Run #2 Golf Course www.walkjogrun.net/routes/current_route.cfm?rid=45A6A578-C41F-2938-F9714AC265C2860A&success=2</p>	Café EQ Lounge 70 Kent St Deakin
19 Nov	Lake Ginninderra Water Police, Beissel Street	<p>Lake Ginninderra – Loop of Lake Ginninderra or out and back along bike path. For a longer run do two loops (one loop is 7.2 km).</p> <p>Map of run: FIT Sat Run #15 Lake Ginninderra www.walkjogrun.net/routes/current_route.cfm?rid=EC0AE066-F804-D20F-FF117E6208AC9DF&success=1</p>	Black Pepper Café, 63/1 Beissel Street, Belconnen
26 Nov	Chifley shops, Eggleston Cres Cres, Chifley	<p>Mt Taylor loop – follow footpath under Eggleston Cres and take dirt path on right along Waldock and head south around Mt Taylor in clockwise direction. For a longer run head down to Athlon Drive and back then loop around Mt Taylor. On return to Waldock retrace run back to start (10</p>	A Bite to Eat Chifley shops

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		km including Athlon Drive extension) Map of run: FIT Sat Run #17 Mt Taylor www.walkjogrun.net/routes/current_route.cfm?rid=EC1279CF-C689-9D67-C81449C1FFC2ED26&success=1	
3 Dec	Green Square Jardine St Kingston	Wetlands – Head north to the lake, through the wetlands and follow the bike path via Claire Holland House and return via Kings Ave Bridge and Bowen Park (8.8km). Map of run: FIT Sat Run #4 Wetlands www.walkjogrun.net/routes/current_route.cfm?rid=0A249BEB-92D8-EEF9-0A51080321CBEF5A	Kingston. No particular Café has been booked as there are a number to pick from. Please make sure that any new runners are included in a group
10 Dec	Athlon Drive just past the last houses in Farrer	Isaac Ridge – Out and back - follow the dirt track along the back of the houses in Farrer; go under Yamba drive and through the Isaacs pine plantation (13km) Map of run: FIT Sat Run #9 Isaac Ridge www.walkjogrun.net/routes/current_route.cfm?rid=12AC9365-D976-E5EB-A79530975ADF4D62&success=1	Paparazzi Garran shops
17 Dec	Acton Ferry Terminal	New Parliament House – Follow the bike path across Commonwealth Avenue Bridge along the lake edge by Lennox Gardens, cross Alexandrina Drive and take a right turn on the dirt track just after the underpass. Follow the track around new Parliament House and head north at Kings Avenue, cross the bridge and return along the bike path (8.9km) Map of run: FIT Sat Run #10 New Parliament House www.walkjogrun.net/routes/current_route.cfm?rid=69637CB3-D47E-287D-E033137AD3960381&success=2	Xchange on London 7 London Circuit Canberra City
24 Dec	Debacle 30 Lonsdale Street, Braddon	O’Conner Ridge – Out and back along the bike path through O’Connor and over O’Connor Ridge to Caswell Drive (12.9km). For a longer run continue across Caswell Drive and follow the bike path down to Eastern Valley Way. Map of run: FIT Sat Run #12 O’Conner Ridge www.walkjogrun.net/routes/current_route.cfm?rid=13A74F4E-01B1-A0DF-83DFFFBC0F40EAAA&success=2	Debacle 30 Lonsdale Street, Braddon
31 Dec	Debacle 30 Lonsdale Street, Braddon	O’Conner Ridge – Out and back along the bike path through O’Connor and over O’Connor Ridge to Caswell Drive (12.9km). For a longer run continue across Caswell Drive and follow the bike path down to Eastern Valley Way. Map of run: FIT Sat Run #12 O’Conner Ridge www.walkjogrun.net/routes/current_route.cfm?rid=13A74F4E-01B1-A0DF-83DFFFBC0F40EAAA&success=2	Debacle 30 Lonsdale Street, Braddon
7 Jan	Bus stop at the top of Antill St near last houses in Hackett	Mt Majura – Along the base of Mt Majura and Mt Ainslie to the War Memorial and return (11.8km). For a longer run do a loop of Mt Ainslie (14.6km). Map of run: FIT Sat Run #6 Majura www.walkjogrun.net/routes/current_route.cfm?rid=128394BA-AF43-8C9E-E3C8AA2BD0CEDAD&success=1	Debacle 30 Lonsdale Street, Braddon
14 Jan	Acton Ferry Terminal	Australia Museum to Haig Park – Follow the bike path west and veer left before underpass; follow the path around the Australia Museum and continue west on the edge of the lake. At Sullivan’s Creek Bridge go under the bridge and continue following the creek north through the University. Cross the bridge to the west bank of the creek and follow the path to Barry Drive. Cross Barry Drive, continue on the bike path to Haig Park turn around and retrace route. Before the Museum veer left up the hill and under the underpass back to Acton Ferry Terminal (9.9km) Map of run: FIT Sat Run #3 Museum Haig Park www.walkjogrun.net/routes/current_route.cfm?rid=70E958BF-B9FB-DAEC-4D2AFCC5A29C5C62&success=2	Xchange on London 7 London Circuit Canberra City
21 Jan	Acton Ferry Terminal	Molonglo Reach – Head south along the lake, turn east and cross under Commonwealth Ave Bridge; head east	X Change on London 7 London Circuit

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		<p>along the north shore of the lake and follow the bike path out to Molonglo Reach and return via Kings Avenue Bridge (12.4 km).</p> <p>Map of run: FIT Sat Run #7 Molonglo Reach www.walkjogrun.net/routes/current_route.cfm?rid=128ED41D-C2F5-FA8A-25796341A96397D4&success=2</p>	Canberra City
28 Jan	Acton Ferry Terminal	<p>New Parliament House – Follow the bike path across Commonwealth Avenue Bridge along the lake edge by Lennox Gardens, cross Alexandrina Drive and take a right turn on the dirt track just after the underpass. Follow the track around new Parliament House and head north at Kings Avenue, cross the bridge and return along the bike path (8.9km)</p> <p>Map of run: FIT Sat Run #10 New Parliament House www.walkjogrun.net/routes/current_route.cfm?rid=69637CB3-D47E-287D-E033137AD3960381&success=2</p>	Xchange on London 7 London Circuit Canberra City
4 Feb	Yarralumla Primary School, Loftus St Yarralumla	<p>Red Hill – Out and back along the base of Red Hill. Head south from Loftus St on bike path, turn left on Weston St and head south-west on Hopetoun / Stonehaven Cres to Red Hill lookout entrance. Follow to the dirt track on the north side of Red Hill to Hindmarsh Drive for an out and back run (11km) or for a longer run do a loop around Red Hill (12.9km).</p> <p>Map of run: FIT Sat Run #13 Red Hill www.walkjogrun.net/routes/current_route.cfm?rid=13ADAD5F-F688-25F1-DB001DFAF5575BE0&success=1</p>	Café EQ Lounge 70 Kent St Deakin
11 Feb	Lake Ginninderra Water Police, Beissel Street	<p>Lake Ginninderra – Loop of Lake Ginninderra or out and back along bike path. For a longer run do two loops (one loop is 7.2 km).</p> <p>Map of run: FIT Sat Run #15 Lake Ginninderra www.walkjogrun.net/routes/current_route.cfm?rid=EC0AE066-F804-D20F-FF1117E6208AC9DF&success=1</p>	Black Pepper Café 63/1 Beissel Street, Belconnen
18 Feb	Chifley shops, Eggleston Cres Cres, Chifley	<p>Mt Taylor loop – follow footpath under Eggleston Cres and take dirt path on right along Waldock and head south around Mt Taylor in clockwise direction. For a longer run head down to Athlon Drive and back then loop around Mt Taylor. On return to Waldock retrace run back to start (10 km including Athlon Drive extension)</p> <p>Map of run: FIT Sat Run #17 Mt Taylor www.walkjogrun.net/routes/current_route.cfm?rid=EC1279CF-C689-9D67-C81449C1FFC2ED26&success=1</p>	A Bite to Eat Chifley shops
25 Feb	Pialligo	<p>Pialligo and Mt Pleasant – Out and back hard steep run. From the south end of Beltana road head back to and cross Pialligo Ave, and take path on left. Head north west and cross Morshead Drive watching for traffic. Run on the road between the ovals in Duntroon, cross Robert Campbell Road and head up General Bridges Drive. At the top of Mt Pleasant turn and retrace the route back to Pialligo (8.4 km).</p> <p>Map of run: FIT Sat Run #14 Pialligo www.walkjogrun.net/routes/current_route.cfm?rid=EC02641F-969D-0B35-A6AEF39C4D19DE9C&success=1</p>	Rodney’s Café Beltana Rd Pialligo
3 March	Garran Shops	<p>Federal Golf Course Garran – From shops head west along Gilmore, turn right into Kitchener and right at the nature park towards the scout hall. Follow the path around the golf course in an anti-clockwise direction, passing the clubhouse, joining the car access road, turning left and skirting the north side of the golf course. Climb over the hill and rejoin path to scout hall and back to shops (6.1 km).</p> <p>Map of run: FIT Sat Run #16 Garran www.walkjogrun.net/routes/current_route.cfm?rid=EC1279CF-C689-9D67-C81449C1FFC2ED26&success=1</p>	Paparazzi Garran Shops

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10 Mar	Intersection of Tuggeranong Parkway and Lady Denman Drive	Arboretum – New run – A loop run around the new Arboretum Head west from the gate (9.7km) Map of run: FIT Sat Run #11 Arboretum www.walkjogrun.net/routes/current_route.cfm?rid=12C691EB-030D-C2EC-36669414C0A8EF01&success=1	Hudson’s in the Gardens, Botanic Gardens, Clunies Ross St, Acton
17 Mar	At the back of the War Memorial Treloar Cres Campbell	Mt Ainslie clockwise – Out and back along the base of Mt Ainslie in a northly direction and turn at metal gate (6.8km); for a longer run add an out and back to the water reservoir (11km); and even longer a clockwise loop run around Mt Ainslie (13km with reservoir extension; 9.5km without) Map of run: FIT Sat Run #1 Ainslie clockwise www.walkjogrun.net/routes/current_route.cfm?rid=125D94B1-CE95-4B8A-927EE6A03AD7781C&success=1	War Memorial Café Treloar Cres Campbell
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31 Mar	Acton Ferry Terminal	Australia Museum to Haig Park – Follow the bike path west and veer left before underpass; follow the path around the Australia Museum and continue west on the edge of the lake. At Sullivan’s Creek Bridge go under the bridge and continue following the creek north through the University. Cross the bridge to the west bank of the creek and follow the path to Barry Drive. Cross Barry Drive, continue on the bike path to Haig Park turn around and retrace route. Before the Museum veer left up the hill and under the underpass back to Acton Ferry Terminal (9.9km) Map of run: FIT Sat Run #3 Museum Haig Park www.walkjogrun.net/routes/current_route.cfm?rid=70E958BF-B9FB-DAEC-4D2AFCC5A29C5C62&success=2	Xchange on London 7 London Circuit Canberra City
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28 April	Acton Ferry Terminal	Molonglo Reach – Head south along the lake, turn east and cross under Commonwealth Ave Bridge; head east along the north shore of the lake and follow the bike path out to Molonglo Reach and return via Kings Avenue Bridge (12.4 km). Map of run: FIT Sat Run #7 Molonglo Reach www.walkjogrun.net/routes/current_route.cfm?rid=128ED41D-C2F5-FA8A-25796341A96397D4&success=2	X Change on London 7 London Circuit

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5 May	At the back of the War Memorial	<p>Mt Ainslie in reverse – Out and back along the base of Mt Ainslie in a southerly direction; cross Mt Ainslie Drive and continue around Mt Ainslie in an anticlockwise direction for a loop run (9.8km) or turn and retrace the route for a shorter run.</p> <p>Map of run: FIT Sat Run #8 Mt Ainslie in reverse www.walkjogrun.net/routes/current_route.cfm?rid=1295798B-F32B-7FE4-B0BAF92117C6EEB2&success=1</p>	War Memorial Café Treloar Cres Campbell
12 May	Athllon Drive just past the last houses in Farrer	<p>Isaac Ridge – Out and back - follow the dirt track along the back of the houses in Farrer; go under Yamba drive and through the Isaacs pine plantation (13km)</p> <p>Map of run: FIT Sat Run #9 Isaac Ridge www.walkjogrun.net/routes/current_route.cfm?rid=12AC9365-D976-E5EB-A79530975ADF4D62&success=1</p>	Café EQ Lounge 70 Kent St Deakin
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26 May	Intersection of Tuggeranong Parkway and Lady Denman Drive	<p>Arboretum – New run – A loop run around the new Arboretum Head west from the gate (9.7km)</p> <p>Map of run: FIT Sat Run #11 Arboretum www.walkjogrun.net/routes/current_route.cfm?rid=12C691EB-030D-C2EC-36669414C0A8EF01&success=1</p>	Hudson’s in the Gardens, Botanic Gardens, Clunies Ross St, Acton
2 June	Debacle 30 Lonsdale Street, Braddon	<p>O’Conner Ridge – Out and back along the bike path through O’Connor and over O’Connor Ridge to Caswell Drive (12.9km). For a longer run continue across Caswell Drive and follow the bike path down to Eastern Valley Way.</p> <p>Map of run: FIT Sat Run #12 O’Conner Ridge www.walkjogrun.net/routes/current_route.cfm?rid=13A74F4E-01B1-A0DF-83DFFFBC0F40EAAA&success=2</p>	Debacle 30 Lonsdale Street, Braddon
9 June	Business Park 70 Kent St Deakin	<p>Federal Golf Course – Run south on Kent St towards Hughes. Just before the shops take a left at the overpass on Kent St and follow the usual golf course run clockwise around golf course. On joining the outbound route retrace the first part of the golf circuit and take a left behind the houses in Hughes and rejoin Kent St on southside of the telephone exchange (8.1 km)</p> <p>Map of run: FIT Sat Run #2 Golf Course www.walkjogrun.net/routes/current_route.cfm?rid=45A6A578-C41F-2938-F9714AC265C2860A&success=2</p>	Café EQ Lounge 70 Kent St Deakin
16 June	Pialligo	<p>Pialligo and Mt Pleasant – Out and back hard steep run. From the south end of Beltana road head back to and cross Pialligo Ave, and take path on left. Head north west and cross Morshead Drive watching for traffic. Run on the road between the ovals in Duntroon, cross Robert Campbell Road and head up General Bridges Drive. At the top of Mt Pleasant turn and retrace the route back to Pialligo (8.4 km).</p> <p>Map of run: FIT Sat Run #14 Pialligo www.walkjogrun.net/routes/current_route.cfm?rid=EC02641F-969D-0B35-A6AEF39C4D19DE9C&success=1</p>	Rodney’s Café Beltana Rd Pialligo