

## FIT Saturday morning running group – 7.30am Run locations 2010

Version 1: Jan 10 – as at 5 Jan 2010

Date	7.30am meeting point	Run location	After run breakfast/ coffee location
2 Jan	Debacle 30 Lonsdale Street, Braddon	<b>O’Conner Ridge</b> – Out and back along the bike path through O’Connor and over O’Connor Ridge. For a longer run continue across Caswell Drive and follow the bike path down to Eastern Valley Way	Debacle 30 Lonsdale Street, Braddon
9 Jan	Back of War memorial, Treloar ST	<b>Mt Ainslie</b> –An out & back or around the base for a longer run – or up to the top for an even harder one!	Debacle 30 Lonsdale Street, Braddon
16 Jan	Lake Ginninderra Water Police, Beissel Street	<b>Lake Ginninderra</b> – Loop of Lake Ginninderra or out and back along bike path. For a longer run do two loops.	Black Pepper Café, 63/1 Beissel Street, Belconnen <b>(TBC)</b>
23 Jan	Deakin Shops	<b>Weston Park</b> – Out and back plus loop - down Hopetoun Circuit, left into Weston St, then follow the bike path (right) down to the lake and out to Weston Park to the Governor General’s, turn left at Dunrossil Drive then right on the dirt track just before Cotter Road the along Maxwell and Weston Sts Yarralumla to return to Deakin via Hopetoun. For a longer run add an out and back to Scrivener Dam at the Governor General’s.	Double Shot Caffe and Espresso, Deakin shops
30 Jan	At the back of the War Memorial	<b>Mt Ainslie</b> – Out and back along the base of Mt Ainslie or a loop run around Mt Ainslie. For a longer run add an out and back to Hackett before climbing the saddle between Ainslie and Majura.	Debacle 30 Lonsdale Street, Braddon
6 Feb	Athllon Drive just past the last houses in Farrer <b>(TBC)</b>	<b>NEW RUN Farrer Ridge</b> – 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	Papparazzi, Garran Shops
13 Feb	Black Mountain Peninsula, car park on Garry Owen Drive	<b>Scrivener Dam</b> – Run along bike path to Scrivener Dam and back. For a longer run do a loop of the West Basin	Hudson’s in the Gardens, Botanic Gardens, Clunies Ross St, Acton
20 Feb	Chifley shops, Eggleston Cres Cres, Chifley	<b>NEW(ish) RUN Oakey Hill and Mt Taylor loop</b> – follow footpath under Eggleston Cres and take dirt path on right along Waldock and head south around Mt Taylor. On return to Waldock continue north along the dirt track, under Hindmarsh Drive and to Oakey Hill for a loop around it and return via Waldock.	A Bite to Eat Chifley shops
27 Feb	Acton Ferry Terminal	<b>New Parliament House</b> – 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.	Xchange on London 7 London Circuit Canberra City
6 Mar	Garran Shops	<b>Federal Golf Course</b> – Loop run around Federal Golf Course, Red Hill	Papparazzi, Garran Shops
13 Mar	Cnr Drake Brockman and Kingsford Smith Drives, Higgins	<b>Pinnacle Nature Reserve</b> – Head south on William Hovell Drive and go through the underpass on left, follow the track keeping to the left. Make a right turn at the water reservoirs and circle back around the Pinnacle and return	Black Pepper Café, 63/1 Beissel Street, Belconnen
20 Mar	Green Square, Jardine St, Kingston	<b>Wetlands variation</b> – Down to the Lake for an out and back run along the bike path (Wetlands closed due to bridge construction)	Café Lella Green Square, Kingston
27 Mar	Bus stop at the top of Antill St near last houses in Hackett	<b>Mt Majura</b> – Along the base of Mt Majura and Mt Ainslie and return - add a loop run of Mt Ainslie for a longer run	Debacle 30 Lonsdale Street, Braddon
3 Apr	Deakin Shops	<b>Red Hill</b> – South-west on Hopetoun / Stonehaven Cres to Red Hill lookout entrance. Follow to the dirt track on the north side of Red Hill for an out and back run, or for a longer run do a loop around Red Hill.	Double Shot Caffe and Espresso, Deakin shops
10 Apr	Black Mountain	<b>NEW RUN Cork Plantation</b> – Head west along the bike	Hudson’s in the Gardens,

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	Peninsula, car park on Garry Owen Drive	path and take a right at the traffic lights on Lady Denman Drive, head under Parkes Way and follow the bike path through Glenloch interchange and take a left into the underpass over William Hovell Drive and through the Cork Plantation and return.	Botanic Gardens, Clunies Ross St Acton
17 Apr	Chapman Primary School	<b>Coleman Ridge</b> – Heading south climb up the footpath to Coleman Ridge, then out and back or around the Coleman Ridge Nature Reserve	A Bite to Eat Chifley shops
24 Apr	Acton Ferry Terminal	<b>Australia Museum</b> – Around the Museum and to Black Mountain Peninsula and return. For a longer run do the West Basin loop.	Xchange on London 7 London Circuit Canberra City
1 May	Green Square, Jardine St, Kingston	<b>NEW(ish) RUN – Duntroon Golf Course</b> – Follow the usual wetland run route on the bike path until Morshead Drive and take a right turn under the Monaro Highway. Cross Morshead Drive and follow dirt track around the Duntroon Golf Course and return. For a longer run continue on the East Basin loop and cross Kings Ave Bridge and back to Kingston. (assuming wetlands bridge is now open)	Café Lella Green Square, Kingston
8 May	Lake Ginninderra Water Police, Beissel Street	<b>Lake Ginninderra</b> – Loop of Lake Ginninderra or out and back along bike path. For a longer run do two loops.	Black Pepper Café, 63/1 Beissel Street, Belconnen
15 May	Deakin Shops	<b>Weston Park</b> – Out and back plus loop - down Hopetoun Circuit, left into Weston St, then follow the bike path (right) down to the lake and out to Weston Park to the Governor General's, turn left at Dunrossil Drive then right on the dirt track just before Cotter Road the along Maxwell and Weston Sts Yarralumla to return to Deakin via Hopetoun.	Double Shot Caffe and Espresso, Deakin shops
22 May	Debacle 30 Lonsdale Street, Braddon	<b>O'Connor Ridge</b> – Out and back along the bike path through O'Connor and over O'Connor Ridge. For a longer run continue across Caswell Drive and follow the bike path down to Eastern Valley Way	Debacle 30 Lonsdale Street, Braddon
29 May	Athllon Drive just past the last houses in Farrer (TBC)	<b>Farrer Ridge</b> – 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	A Bite to Eat Chifley shops
5 June	Black Mountain Peninsula, car park on Garry Owen Drive	<b>Scrivener Dam</b> – Run along bike path to Scrivener Dam and back. For a longer run do a loop of the West Basin	Hudson's in the Gardens, Botanic Gardens, Clunies Ross St, Acton
12 June	Chifley shops, Eggleston Cres Cres, Chifley	<b>Oakey Hill and Mt Taylor loop</b> – follow footpath under Eggleston Cres and take dirt path on right along Waldock and head south around Mt Taylor. On return to Waldock continue north along the dirt track, under Hindmarsh Drive and to Oakey Hill for a loop around it and return via Waldock.	A Bite to Eat Chifley shops
19 June	Acton Ferry Terminal	<b>East Basin</b> – Head east along the north shore of the lake and follow the bike path out to Molonglo Reach and return. For a longer run do a loop of East Basin returning via Commonwealth Avenue Bridge	Xchange on London 7 London Circuit Canberra City
26 June	Deakin Shops	<b>Red Hill</b> – South-west on Hopetoun / Stonehaven Cres to Red Hill lookout entrance. Follow to the dirt track on the north side of Red Hill for an out and back run, or for a longer run do a loop around Red Hill.	Double Shot Caffe and Espresso, Deakin shops
3 July	Cnr Drake Brockman and Kingsford Smith Drives, Higgins	<b>Pinnacle Nature Reserve</b> – Head south on William Hovell Drive and go through the underpass on left, follow the track keeping to the left. Make a right turn at the water reservoirs and circle back around the Pinnacle and return	Black Pepper Café, 63/1 Beissel Street, Belconnen
10 July	Green Square, Jardine St, Kingston	<b>Wetlands</b> – Loop run around the wetlands and back over Kings Ave, or down to the Lake for an out and back run along the bike path	Café Lella Green Square, Kingston
17 July	Bus stop at the top	<b>Mt Majura</b> – Along the base of Mt Majura and Mt Ainslie	Debacle

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	of Antill St near last houses in Hackett	and return - add a loop run of Mt Ainslie for a longer run	30 Lonsdale Street, Braddon
24 July	Deakin Shops	<b>NEWish RUN - Red Hill and Golf</b> – Head south-west on Hopetoun / Stonehaven Cres to Red Hill lookout entrance. Head up the road to the golf course club house and do the usual loop run around Federal Golf Course and return to Deakin	Double Shot Caffe and Espresso, Deakin shops
31 July	Black Mountain Peninsula, car park on Garry Owen Drive	<b>Cork Plantation</b> – Head west along the bike path and take a right at the traffic lights on Lady Denman Drive, head under Parkes Way and follow the bike path through Glenloch interchange and take a left into the underpass over William Hovell Drive and through the Cork Plantation and return.	Hudson’s in the Gardens, Botanic Gardens, Clunies Ross St Acton
7 Aug	Chapman Primary School	<b>Coleman Ridge</b> – Climb up the footpath to Coleman Ridge then out and back or around the Coleman Ridge Nature Reserve	A Bite to Eat Chifley shops
14 Aug	Acton Ferry Terminal	<b>New Parliament House</b> – 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.	Xchange on London 7 London Circuit Canberra City
21 Aug	Green Square, Jardine St, Kingston	<b>Dunroon Golf Course</b> – Follow the usual wetland run route on the bike path until Morshead Drive and take a right turn under the Monaro Highway. Cross Morshead Drive and follow dirt track around the Dunroon Golf Course and return. For a longer run continue on the East Basin loop and cross Kings Ave Bridge and back to Kingston.	Café Lella Green Square, Kingston
28 Aug	Lake Ginninderra Water Police, Beissel Street	<b>Lake Ginninderra</b> – Loop of Lake Ginninderra or out and back along bike path. For a longer run do two loops.	Black Pepper Café, 63/1 Beissel Street, Belconnen
4 Sept	Deakin Shops	<b>Weston Park</b> – Out and back plus loop - down Hopetoun Circuit, left into Weston St, then follow the bike path (right) down to the lake and out to Weston Park to the Governor General’s, turn left at Dunrossil Drive then right on the dirt track just before Cotter Road the along Maxwell and Weston Sts Yarralumla to return to Deakin via Hopetoun.	Double Shot Caffe and Espresso, Deakin shops
11 Sept	Debacle 30 Lonsdale Street, Braddon	<b>O’Conner Ridge</b> – Out and back along the bike path through O’Connor and over O’Connor Ridge. For a longer run continue across Caswell Drive and follow the bike path down to Eastern Valley Way	Debacle 30 Lonsdale Street, Braddon
18 Sept	Athllon Drive just past the last houses in Farrer (TBC)	<b>Farrer Ridge</b> – 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	A Bite to Eat Chifley shops
25 Sept	Black Mountain Peninsula, car park on Garry Owen Drive	<b>Scrivener Dam</b> – Run along bike path to Scrivener Dam and back. For a longer run do a loop of the West Basin	Hudson’s in the Gardens, Botanic Gardens, Clunies Ross St, Acton
2 Oct	Chifley shops, Eggleston Cres Cres, Chifley	<b>Oakey Hill and Mt Taylor</b> – follow footpath under Eggleston Cres and take dirt path on right along Waldock and head south around Mt Taylor. On return to Waldock continue north along the dirt track, under Hindmarsh Drive and to Oakey Hill for a loop around it and return via Waldock.	A Bite to Eat Chifley shops
9 Oct	Acton Ferry Terminal	<b>East Basin</b> – Head east along the north shore of the lake and follow the bike path out to Molonglo Reach and return. For a longer run do a loop of East Basin returning via Commonwealth Avenue Bridge	Xchange on London 7 London Circuit Canberra City
16 Oct	Green Square,	<b>Wetlands</b> – Loop run around the wetlands and back over	Café Lella

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	Jardine St, Kingston	Kings Ave, or down to the Lake for an out and back run along the bike path	Green Square, Kingston
23 Oct	Cnr Drake Brockman and Kingsford Smith Drives, Higgins	<b>Pinnacle Nature Reserve</b> – Head south on William Hovell Drive and go through the underpass on left, follow the track keeping to the left. Make a right turn at the water reservoirs and circle back around the Pinnacle and return	Black Pepper Café, 63/1 Beissel Street, Belconnen
30 Oct	Athllon Drive just past the last houses in Farrer (TBC)	<b>Farrer Ridge</b> – 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	Papparazzi, Garran Shops
6 Nov	Bus stop at the top of Antill St near last houses in Hackett	<b>Mt Majura</b> – Along the base of Mt Majura and Mt Ainslie and return - add a loop run of Mt Ainslie for a longer run	Debacle 30 Lonsdale Street, Braddon
13 Nov	Deakin Shops	<b>Red Hill and Golf</b> – Head south-west on Hopetoun / Stonehaven Cres to Red Hill lookout entrance. Head up the road to the golf course club house and do the usual loop run around Federal Golf Course and return to Deakin	Double Shot Caffe and Espresso, Deakin shops
20 Nov	Black Mountain Peninsula, car park on Garry Owen Drive	<b>Cork Plantation</b> – Head west along the bike path and take a right at the traffic lights on Lady Denman Drive, head under Parkes Way and follow the bike path through Glenloch interchange and take a left into the underpass over William Hovell Drive and through the Cork Plantation and return.	Hudson’s in the Gardens, Botanic Gardens, Clunies Ross St Acton
27 Nov	Chapman Primary School	<b>Coleman Ridge</b> – Climb up the footpath to Coleman Ridge then out and back or around the Coleman Ridge Nature Reserve	A Bite to Eat Chifley shops
4 Dec	Acton Ferry Terminal	<b>New Parliament House</b> – 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.	Xchange on London 7 London Circuit Canberra City
11 Dec	Green Square, Jardine St, Kingston	<b>Duntroon Golf Course</b> – Follow the usual wetland run route on the bike path until Morshead Drive and take a right turn under the Monaro Highway. Cross Morshead Drive and follow dirt track around the Duntroon Golf Course and return. For a longer run continue on the East Basin loop and cross Kings Ave Bridge and back to Kingston.	Café Lella Green Square, Kingston
18 Dec	TBC	FIT Christmas Party TBC	TBC