

FIT Saturday morning running group – 7.30am
Run locations May 09-Oct 09

Version 2: June 09

Date	7.30am meeting point	Run location	After run breakfast/ coffee location	Other activities (see relevant websites listed below for details)
13 June	Lake Ginninderra Water Police, Beissel Street	Loop of Lake Ginninderra or out and back along bike path	Black Pepper Café, 63/1 Beissel Street, Belconnen	14 June- Duathlon #1 14 June - MS Fun Run*
20 June	Lobby Restaurant, Barton	Changed venue and café! Run from Lobby ... Talk by Dr Alex Perry from the Blue Sky Clinic (FIT sponsor) over breakfast	Pork Barrell café at the back of the Lobby from 8.30 am	21 June - Canada Fun Run (Aka Terry Fox)
27 June	Chifley shops, Eggleston Cres Cres, Chifley	Climb up the footpath to Coolaman Ridge then out and back or around the Coolaman Ridge Nature Reserve	A Bite to Eat Chifley shops	28 June - Vets handicap Mt Ainslie 4.5/9.3km
4 July	All Bar Nun, O'Conner Shops	Out and back along the bike path through O'Connor and over O'Connor Ridge	All Bar Nun O'Conner Shops	5 July - Jogalong 5 July - Gold Coast Marathon
11 July	Black Mountain Peninsula, car park on Garry Owen Drive	Run along bike path to Scrivener Dam and back or a loop of the West Basin	Hudson's in the Gardens, Botanic Gardens, Clunies Ross St Acton	11 July - Googong off road half marathon (Canberra Cross Country)
18 July	Green Square, Jardine St, Kingston	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	19 July - Duathlon #2
25 July	Glebe Park, Queanbeyan - off Thorpe Avenue (meet at the playground)	Run towards Queanbeyan town centre along bike path, and along river. Continue along bike path past cemetery and railway station and return	TBA	25 July - Bush Capital marathon and other running events 26 July - Vets handicap Blewett's Pines 3.5/7.5 km
1 Aug	Acton Ferry Terminal	West along the bike path then along Sullivan's Creek through the ANU grounds and return	As Nature Intended, Cnr Marcus Clarke and Edinburgh Sts, Acton	1 Aug - Runner's Shop 10km 2 Aug - Jogalong
8 Aug	Deakin Shops	South-west on Hopetoun / Stonehaven Cres to Red Hill lookout entrance. Around or out and back on dirt track at base of Red Hill	Double Shot Caffe and Espresso, Deakin shops	9 Aug - City 2 Surf
15 Aug	Acton Ferry Terminal	Around the Museum and to Black Mountain Peninsula and return	Xchange on London 7 London Circuit Canberra City	16 Aug - Duthalon #3
22 Aug	Cnr Kingsford Smith and Drake Brockman Drive, Higgins	The Pinnacle Nature Reserve	Black Pepper Café, 63/1 Beissel Street, Belconnen	23 Aug - Vets half marathon
29 Aug	Deakin Shops	Out and back - down Hopetoun Circuit, left into Weston St, and then follow the bike path down to the Lake and out to Weston Park	Double Shot Caffe and Espresso, Deakin shops	30 Aug - Vets handicap Mt Taylor 3.5/7.5 km
5 Sept	Acton Ferry Terminal	Around Capitol Hill, across Kings Ave Bridge and return via Commonwealth Ave Bridge	As Nature Intended, Cnr Marcus Clarke and Edinburgh Sts, Acton	6 Sept - Jogalong
12 Sept	Chifley shops, Eggleston Cres	Along Macfarland Crescent, then out and back along the	A Bite to Eat Chifley shops	12 Sept -Triathlon World Championships Gold Coast

Date	7.30am meeting point	Run location	After run breakfast/ coffee location	Other activities (see relevant websites listed below for details)
	Cres, Chifley	base of Mt Taylor behind Pearce and Torrens, or a loop of Mt Taylor		12 Sept -11 Oct Floriade 13 Sept - Canberra Times Fun (but very boring route) Run
19 Sept	At the back of the War Memorial	Out and back along the base of Mt Ainslie or a run around Mt Ainslie	Debacle 30 Lonsdale Street, Braddon	20 Sept - Italo-Aust Fun Run/Walk 20 Sept - Sydney Running Festival
26 Sept	Black Mountain Peninsula, car park on Garry Owen Drive	Run along bike path to Scrivener Dam and back or a loop of the West Basin	Hudson's in the Gardens, Botanic Gardens, Clunies Ross St Acton	27 Sept - Vets handicap Parkway 4/8km 27 Sept - Rotary Spring Cycle Scenic Tour of Canberra
3 Oct	Acton Ferry Terminal	Bridge-to-bridge or a loop of East Basin	Café in Floriade	4 Oct - Jogalong 5 Oct - Public holiday to celebrate working only 8 hours a day (I wish!) 5 Oct - Sri Chinmoy 4/10km Labour Day Fun Run
10 Oct	Glebe Park, Queanbeyan - off Thorpe Avenue (meet at the playground)	Run towards Queanbeyan town centre along bike path, and along river. Continue along bike path past cemetery and railway station and return	TBA	11 Oct - Melbourne Marathon
17 Oct	Green Square, Jardine St, Kingston	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	17-18 Oct - Sri Chinmoy Triathlon Festival Yarralumla Bay
24 Oct	Acton Ferry Terminal	Around the Museum and to Black Mountain Peninsula and return	Xchange on London 7 London Circuit Canberra City	25 Oct - World LD Triathlon Championships Perth 25 Oct- Vets handicap O'Conner Ridge 4/8km
31 Oct	Garran Shops	Loop run around Federal Golf Course, Red Hill	Papparazzi, Garran Shops	1 Nov - Jogalong 1 Nov - Fitz's challenge

WEBSITES

Clubs

Females in Training:

www.fitact.org.au

TACT (Triathlons, duathlons and aquathlons):

www.triathlonact.com.au

ACT CCC Cross Country Club (Jogalongs/Brindabella Classic):

www.canberrarunner.com.au

ACT Veterans Athletics Club:

www.actvac.com.au

Canberra Cycling Club

www.canberracyclingclub.org.au

Vikings Cycling Club

www.vikingscycling.org.au

Pedal Power

www.pedalpower.org.au/

Events - Running

City to Surf

www.city2surf.sunherald.com.au/

Mountain running events

www.mountainrunning.coolrunning.com.au

Canberra Times Fun Run

www.canberratimesfunrun.com.au/

Weston Creek Half Marathon

www.westoncreekathletics.org.au/modules/news/

Melbourne Marathon

www.melbournemarathon.com.au/

Gold Coast Marathon and half-marathon

www.goldcoastmarathon.com.au/

Sydney running festival

<http://www.sydneyrunningfestival.com.au/>

Canada Fun Run

www.actcancer.org/default.aspx

*MS Fun Run – but I can't find details of Canberra event on website

www.mssociety.org.au/live/events.asp

Events - Triathlon / Duathlon

Sri Chinmoy races

www.srichinmoyraces.org/au

Australian Duathlon Championships

www.eliteenergy.com.au/newcastle/index.html

Ironman and Half Ironman series

www.halfironmanseries.com/

World Championships 2009 Olympic and Sprint – Gold Coast

www.usmevents.com.au/goldcoastitu/

World Championships 2009 Long Course – Western Australia

www.ldworlds.org.au/en/default.htm

Jervis Bay Triathlon Festival

www.eliteenergy.com.au

Events - Cycling

Fitz's Challenge

<http://www.pedalpower.org.au/>

Rotary Scenic Cycle tour of Canberra

<http://www.rotarnet.com.au/users/9/97109/>

Urban Polaris (6 December)

www.mhf.org.au/mhf/MentalHealthEvents.aspx?a=12&s=52&c=285/

Events - Swimming

Cole Classic

www.everydayhero.com.au/event/cole_classic09