

FIT Saturday runs - 22 January to 22 June 2022										
Date	Special events	Location	Location2	Run Type	Run # , Summary and Map	Meeting Point	Run description and map reference	Breakfast (from 8.30am)	Sunday Social Rides	
22-Jan-22		Northside	Belconnen	Path	FIT Run #15 - Path Northside - Lake Ginninderra	Lake Ginninderra Evelyn Parker Place, off Beissel Street, Belconnen Town Centre.	Lake Ginninderra – Loop of Lake Ginninderra or out and back along bike path. Head south on bike path parallel through the park on Beissel St then east along Emu Bank for short distance then left onto the lake shore. There will be restaurants on your right. Cross the bridge and turn left, following the bike path and keeping the lake on your left. At the large road bridge, run under the bridge and turn right looping around to the top of the bridge and cross. Veer right on the other side of the bridge and right again to loop under the bridge. The lake will still be on your left. After BBQ/picnic area on left cross the second road bridge and veer left after the bridge. Bike path will lead you back to the starting point. One circuit of the lake is 7.3 km. For a longer run do two loops	Stella's by the Lake 63/1 Beissel St Belconnen 6253 0370	Braddon	
29-Jan-22		Central	Arboretum	Trail run	FIT Run #11 - Trail Southside - Arboretum	Carpark on Forest Drive at east of interchange between Tuggeranong Parkway and Lady Denman Drive – at Yarramundi Reach, near the lake shore.	Arboretum – A clockwise loop run around the National Arboretum: Head west from the gate following Forest then Boundary Roads keeping fence on your left (9.7km, hilly, dirt). Can also be done in reverse in anticlockwise direction – take Cork Plantation Road on left after entering the Arboretum. For a longer run do part of west basin after returning to the car park start.	Two Before Ten The Aranda Shops, 68 Bandjalong Cres, Aranda Hello@twobeforeten.com.au	Pialligo	
05-Feb-22		Southside	Pialligo	Path	FIT Run #19 - Path - Southside: Pialligo to Kings Ave bridge	Tulip's Café	Pialligo to Molonglo River – Flat run out and back on bike path along the Molonglo River. From the south end of Beltana Road head back to and cross Pialligo Ave, and take path on left. Head north west and take left under Morshead Drive (underpass) and follow the bike path in westerly direction with the Molonglo River on your left. Pass Claire Holland House and Boat Shed Restaurant to the King's Ave Bridge. Turn here and return by same route (11km). For a shorter run turn at the new footbridge over the north bank of the river (7km).	Tulip's Café 8 Beltana Rd Pialligo 6249 6118	Curtin	
12-Feb-22		Northside	Campbell	Trail run	FIT Run #1 - Northside Trail - Mt Ainslie Clockwise	Due to building works at the back of the War Memorial, car parking is recommended as Campbell High School, Treloar Cres Campbell. The meeting point for the run is at the foot of Mt Ainslie, opposite the War Memorial near the BBQ area	Mt Ainslie clockwise – Undulating out and back on fire trail along the base of Mt Ainslie in a northerly direction. Cross Mt Ainslie Drive, pass the BBQ area and head on foot path up the hill. Turn left at second fire trail and continue around Mt Ainslie in an anticlockwise direction. At three way fork take the middle fork up the hill and turn right at t-intersection. Go past (or turn back at metal gate (6.8km). For a longer (11km) go to the water reservoir: take left turn as you run up the hill after the metal gate and run as far as the water reservoir and return; and for even longer run, a clockwise loop run around Mt Ainslie – continue up the hill rather than taking left turn, veer left after long down hill, skirt side of building and cross Mt Ainslie Drive. Take left turn (not uphill) at three way intersection and arrive at the top of the foot track where you started – you will see the roof of the War Memorial and turn left (13km with reservoir extension; 9.5km without).	Pedlar 65 Constitution Ave, Campbell ACT 2612 (02) 5100 5929	Note - parking is limited	Downer
19-Feb-22		Southside	Weston Creek	Dual Run Path and Trail	FIT Run #24 - Path Southside - Weston Creek to Governor Generals	Path Run - Car park behind McDonalds at Weston Creek Trail Run - For Members doing the Stromlo Running Festival 10km, meet at Mt Stromlo for a run of the full or part course	Weston Creek to the Governor General's – From car park head east to bike path. Turn left and head north on bike path parallel to Streeton Drive. Go under Streeton Drive and continue right/north parallel to Streeton Drive. At Cotter Road intersection cross Cotter road and take the bike path heading north. Continue on bike path under Tuggeranong Parkway, over bridge and turn right at T-intersection. Take underpass left and head up hill beside the Federal Golf Course until Dunrossil Drive. Turnaround here and retrace the run (12.6 km, flat with a couple of climbs, bike path)	Meating Room 45 Llardet St Weston Creek 6288 6328 meatingroom.com.au	Tuggeranong	
26-Feb-22	Husky Tri 25-27 Feb Big Canberra Bike Ride 27 Feb	Southside	Red Hill	Trail run	FIT Run #13 - Southside Trail - Red Hill	Café EQ Lounge 70 Kent St Deakin	Red Hill – Out and back along the base of Red Hill. Cross Kent St and head south on Kent St. At foot path on left (200m or so from start), turn left and enter bush area through gap in fence on your right. Follow dirt track which becomes more distinct as a fire trail and head up hill. Follow the trail, crossing Gowrie Drive, along the north-east side of Red Hill to Hindmarsh Drive for an out and back run (11.2km)	EQ 70 Kent St Deakin 6161 1666	Braddon	
05-Mar-22	25th Anniversary 4 March Stromlo Running Festival - 6 Mar	Northside	Braddon	Path	FIT Run #12 - Path Northside - O'Conner Ridge	Haig Park cnr Lonsdale and Girraheen St Braddon	O'Conner Ridge to Belconnen – Out and back along the bike path through O'Connor and over O'Connor Ridge to Hayden Drive. Head north to Haig Park and pick up dirt track heading west. Cross Northborne Avenue and turn right on joining a bike path. Continue on this path. At Macarthur Street, where there is a white bridge over the drain, turn left and pass a school and church on the left. Cross Hovea St and pass scout hall on left, cross Miller St and cross Dryandra street turning left along the bike path. Continue up the hill and veer left before tunnel. Gunghalin Drive is on your right. Go under tunnel and follow path to Hayden Drive turning to retrace steps (13.2km). For a longer run continue across Hayden Drive and follow the bike path down to Eastern Valley Way.	Lonsdale Street Café 23 Lonsdale St Braddon 6108 3661	Curtin	
12-Mar-22	Canberra Day Long weekend	Southside	Chifley	Trail run	FIT Run #17 - Trail Southside - Mt Taylor loop	Chifley shops, Eggleston Cres Cres, Chifley	Mt Taylor loop – Follow footpath under Eggleston Cres and take bike path on right along Waldock. At top of hill turn left and pick fire trail heading south around Mt Taylor in clockwise direction (about 8km). For a longer run head down to Athlon Drive and back then do the return loop around Mt Taylor. Alternatively, on return to outbound trail retrace run back to start (10.3 km including Athlon Drive extension, hilly – slightly less (10k) if do an out and back to Athlon Drive but less hilly)	A Bite to Eat 8 Chifley Pl Chifley ACT 2606 6260 3703	Downer	

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19-Mar-22		Central	Black Mountain	Path	FIT Run #5 - Southside Path - Black Mountain Peninsula to Scrivener Dam	Black Mountain Peninsula, car park on Garry Owen Drive, Acton	Black Mountain Peninsula to Scrivener Dam – Flat run along bike path to Scrivener Dam and back via the peninsula (10.15 km); for a longer run continue to do an anticlockwise loop of the West Basin (15.2km). Starting at Garry Owen drive car park cross the road to the east side of the peninsula and follow bike path south, west, then north around the peninsula. At t-intersection, turn left and continue on bike path past rowing car park, toilet block, Lindsay Prior Arboretum/ National Rock Garden car park, cork plantation and up a hill and down the other side to Scrivener Dam. Turn after crossing the dam and retrace your steps. At the t-intersection go straight ahead and re-join Garry Owen Drive and the starting point. West basin loop map (without peninsula extension, which would add 2km)	Two Before Ten The Aranda Shops, 68 Bandjalong Cres, Aranda Hello@twobeforeten.com.au	Tuggeranong
26-Mar-22		Northside	Hackett	Trail run	FIT Run #6 - Trail Northside - Majura to Ainslie	Bus stop at the top of Antill St near last houses in Hackett	Majura to Ainslie – Undulating run along the base of Mt Majura and Mt Ainslie to the War Memorial. Head up the hill towards Mt Majura, turn right and continue past water reservoir. Do a dog leg left then right on reaching a car park and gravel road. At t-intersection turn right downhill and go past metal gate on right and large telecom tower on left. At fork in the road take the left uphill fork and continue past a water reservoir and ACTEW building. At the War Memorial turn around and retrace your steps, taking the middle fork of three just before the ACTEW building (12 km). For a longer run do a loop of Mt Ainslie (14.6km) see FIT Sat Run #1 map	The Knox Made in Watson 1/13-15 Watson Pl Watson 6255 4615	Braddon
02-Apr-22	Relay for Life 3 April 2022	Central	Kingston Foreshore	Path	FIT Run #4 - Southside Path - Telopea Park East Basin	Park in car park off Eastlake Parade Kingston foreshore Meeting place is park area opposite Walt & Burley	Run around East Basin via Wetlands – Circuit around East Basin of Lake Burley Griffin. From Kingston Foreshore near Walt and Burley head north east towards the lake, passing Bowen Park, and turn right through the Kingston Foreshore development along Eastlake Parade then turning left onto Eyre St. Towards the end of Eyre St take a dirt path on the left into the wetlands. Follow this path around the wetlands arriving at a car park. Cross the car park and continue on bike path parallel to the old Dairy Flat road. Cross the Molonglo River and veer left onto bike path running along the north bank of the river. Follow this until King's Avenue Bridge, run under the bridge and loop back up and right onto the bridge and cross the lake. Veer right after bridge cross the road (at road works, soon to be an underpass) and back to lake edge. Turn right and follow lake back to Bowen Park, turn right, cross Wentworth Avenue and back to Telopea Park (10.1 km).	Dockside Café 29 Eastlake Parade, Kingston 6239 6379	Curtin
09-Apr-22	Canberra Running Festival - 10 April	Southside	Deakin	Path	FIT Run #53 - Southside Path Deakin to Weston Park	Café EQ Lounge Equinox Business Park 70 Kent St Deakin	Deakin to Weston Park – From EQ head north along Kent St and take right onto track after crossing Adelaide Avenue at Kinross St. Cross Kinross and pick up bike path through parkland and past Yarralumla Public school to lake. At lake turn left and another right at Weston Park entrance gate and head into Weston Park keeping the water on your right. On re-joining the main path turn left and past the Weston Park gate then retrace route to EQ.	EQ 70 Kent St Deakin 6161 1666	Downer
16-Apr-22	Easter	Northside	Higgins	Trail run	https://www.mapmyrun.com/routes/fullscreen/2275151365/	Left off Drake Brockman Drive, just west of intersection with William Hovel Drive, Higgins, Belconnen.	The Pinnacle – A hilly loop run on dirt fire trail around the Pinnacle. Head south keeping William Hovel Drive on left. At 500m take tunnel under William Hovel and head south east following along fence line. Take second major trail on right (about 1.5km) heading south. Trail heads downhill and moves around to east then north easterly direction as skirting the hill. After turning north take a right turn at T intersection heading east then north easterly. Turn left and head back with Springvale Rd on your right and past water tanks on left. Keeping houses on your right rejoin the outbound track at about 6.5km. Total 8km. Map of run: FIT Sat Run #26 – The Pinnacle	Two Before Ten The Aranda Shops, 68 Bandjalong Cres, Aranda Hello@twobeforeten.com.au	Tuggeranong
23-Apr-22		Central	Acton	Path	FIT Run #7 - Path Central - Acton Ferry to Molonglo Reach	Acton Ferry Terminal car park, Barrine Drive, Acton	Acton to Molonglo Reach – Head south on the bike path 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. Turn when the path heads up onto old Dairy Flat Bridge to cross the river. On return, run under King's Avenue Bridge and turn right to loop around and over the bridge. Take care with road works crossing Wentworth Avenue. Continue along the south edge of the lake veering left and going under Commonwealth Avenue Bridge and up path on far side. Take first turn left after crossing the bridge, rejoin the outbound path and back to Ferry Terminal (12.6 km).	New Café to be found in Acton	Braddon
30-Apr-22		Southside	Farrer	Trail run	FIT Run #9 - Farrer to Isaacs Ridge - Trail Southside	Athlon Drive heading south. Just past the last houses in Farrer, turn left at dirt road to small car park.	Farrer to Isaacs Ridge – Out and back hilly run along the back of the houses in Farrer to Isaacs Pine Forest. Head over animal barrier and follow dirt trail behind the houses. Head up hill to water reservoir and keep to main trail. Once leaving bush and near Yamba Drive take a sharp right and go under Yamba Drive and veer left. Stay on the fire trail through the Isaacs pine plantation; the plantation finishes and houses of Isaacs are on your left. Turn and retrace steps once you reach the end of the houses of Isaacs (12.5km)	A Bite to Eat 8 Chifley Pl Chifley ACT 2606 6260 3703	Curtin
07-May-22	Mother's Day weekend	Southside	Phillip	Path	FIT Run #25 Southside Path - Curtin to Oakey Hill	At the end of Irvine St, Phillip, past the Southern Cross Gym and Swimming Pool	Curtin to Oakey Hill – starting at the eastern end of Irving St, join the bike path and head north keeping the drain on your right and the houses, after crossing under the bridge of the large roundabout on Yarra Glen/Melrose Drive, on your left. After nearly 3 km, at the North Curtin oval, after crossing under the road (McCulloch St), skirt the oval and join a dirt path heading west. If you want a shorter run then turn back here and return to the start, 6km. Otherwise continue on the track which will gradually ascend and veer south. The houses of Curtin will be on your left still. At 6 km turn right down the hill and cross Launceston St. Keeping the houses of Lyons on your left head along the trail behind Lyons all the way to Hindmarsh Drive, turning left to join the bike path to Woden. At an underpass on your right (under Hindmarsh) take the path left behind a block of flats. At the next under pass go under Melrose Drive and end up on Furzer Street. Head towards the tall buildings, turn left, cross Launceston St and continue on Irvine until the starting point (10km, one big climb at 3km, path and dirt).	Space Kitchen 12 Furzer St, Phillip 6281 6668	Downer

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14-May-22		Northside	Campbell	Trail run	FIT Run #8 Trail Nothside - Mt Ainslie loop reverse	At the back of the War Memorial Treloar Cres Campbell	Mt Ainslie loop in reverse – Out and back hilly run along the base of Mt Ainslie in a southerly direction. Cross Mt Ainslie Drive and BBQ area head on foot path up the hill. Turn right at second fire trail and continue around Mt Ainslie in an anticlockwise direction: veer right at three way intersection, cross Mt Ainslie Drive turning left after building. Continue on fairly straight undulating road and then take left bend and start to climb hill. Stick to the main trail turning left at bottom of long downhill and continue in a southerly direction on the flat trail. Take a left uphill and past water reservoir and ACTEW building (on your left). At tree in middle of three way intersection take a left uphill and arrive at the starting point. Turn right and back to Remembrance Park. The loop run is 10km or turn and retrace the route for a shorter run.	Pedlar 65 Constitution Ave, Campbell ACT 2612 (02) 5100 5929	Tuggeranong	
21-May-22		Southside	Weston Creek	Path	FIT Run #24 - Path Southside - Weston Creek to Governor Generals	Car park behind McDonalds	Weston Creek to the Governor General's – From car park head east to bike path. Turn left and head north on bike path parallel to Streeeton Drive. Go under Streeeton Drive and continue right/north parallel to Streeeton Drive. At Cotter Road intersection cross Cotter road and take the bike path heading north. Continue on bike path under Tuggeranong Parkway, over bridge and turn right at T-intersection. Take underpass left and head up hill beside the Federal Golf Course until Dunrossil Drive. Turnaround here and retrace the run (12.6 km, flat with a couple of climbs, bike path)	Meating Room 45 Liardet St Weston Creek 6288 6328 meatingroom.com.au	Braddon	
28-May-22	Reconciliation Day Long weekend 31 May	Northside	Forde	Path	FIT Run #26 Northside - Path - Yerrabi Pond and Mulligan's Flat	Frankie's at Forde	Yerrabi Pond and Mulligan's Flat - Starting outside the cafe cross Zakharov Ave the road, go through Heritage Park on the path towards main road, go under Horse Park drive and run around pond in clockwise direction (pond will be on your right). When you approach Horse Park after pond, turn left on the path. Run until you get to the underpass and run under Horse Park Drive. Follow the path keeping houses on right. When you get to Handbury Way turn right and go under Amy Ackman St onto Mulligans Flat Rd. Follow path back to cafe. Short Run - around Yerrabi Pond ~4km. Long run includes loop to Mulligan's Flat - 8.36 km. Even longer run do another lap of pond - 12.4 km	Frankie's 1/26 Francis Forde Blv Forde 0429 781 704 info@frankiesatforde.com.au	Curtin	
04-Jun-22		Southside	Farrer	Trail run	FIT Run #9 - Farrer to Isaacs Ridge - Trail Southside	Athlon Drive heading south. Just past the last houses in Farrer, turn left at dirt road to small car park.	Farrer to Isaacs Ridge – Out and back hilly run along the back of the houses in Farrer to Isaacs Pine Forest. Head over animal barrier and follow dirt trail behind the houses. Head up hill to water reservoir and keep to main trail. Once leaving bush and near Yamba Drive take a sharp right and go under Yamba Drive and veer left. Stay on the fire trail through the Isaacs pine plantation; the plantation finishes and houses of Isaacs are on your left. Turn and retrace steps once you reach the end of the houses of Isaacs (12.5km)	A Bite to Eat 8 Chifley Pl Chifley ACT 2606 6260 3703	Downer	