

TTS Saturday Spring Schedule 2024

Date	Meeting Point	Run Name	Description	Longer/Shorter	Length	Coffee Venue
31/08/24	Park and Ride carpark at Uni Canberra opposite Radford	Rachel's Romp UC - Bruce-Oconnor-Black Mtn-Aranda	<p>From the Park and ride UC carpark turn left to Hyaden Drive and then left again. Turn right at Southern Cross Drive and follow the bike path until a right turn takes us through the AIS. 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. 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). Turn right here and make your way to the bridge over the GDE into Aranda. Follow the houses till Belconnen Way and find the Pedestrian bridge. Either cut through Brice back to UC and turn right and follow the path to Hayden Dr and back to UC.</p>	turn around at any point for a shorter run	13.5	Oscar Baker about 200m from start location

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7/09/24	Mawson Shops (Southlands)	Oakey Hill via Curtin and return via Torrens	<p>Starting at Mawson east carpark, head north onto the bike path running alongside the storm water drain. Continue along this path all the way until you reach the Cotter road underpass, turn left to stay on the bike path. Follow the bike path until it turn onto a dirt trail onto another bike path (keep the houses to your left and follow it around). Follow this until it forks onto a dirt track, take the track and follow it until you reach an intersection, take the path right towards Devonport St. Cross Devonport St. and into the Oakey Hill reserve, stay right past the power station and climb the hill (it's a long-ish climb!) Reach the reservoir and catch your breath while taking in the view. Press on down the hill until you reach an intersection, take a sharp left onto the track sticking to the back of the houses and follow it under Hindmarsh Dr. Stick to this bike path over Waldock St until it forks slightly right onto a dirt track, follow this behind the houses until you turn onto the Mt.Taylor base track. From here there a number of ways home. Follow this around to the track leading unto the summit, turn left to go downhill on the bike path, eventually past Melrose High school and back to Mawson</p>	<p>Shorter - cut thru Curtin and return via Wallock St Chifley (14km) Longer continue on Torrens fire trail to athloon Dr 19km</p>	16.40	Lil Milk bar (formerly Just a Bite) Mawson shops
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<p>14/9/2024</p>	<p>Denman Prospect (DP)shops</p>	<p>Namarag Park</p>	<p>Its is on fire trails from the DP shops.It is about 3kms to Butters Bridge, an amazing pedestrian bridge over the Molonglo. Once over the bridge explore the new, unusual and interesting Namarag Park . It is a park with an indigenous focus and has only recently opened. After a good look around, continue north on Namrag Trail to the Molonglo River Reserve, past the suspended pipeline and to the giant grey chimney which is about 6km. You can travel further on to Kama Nature Park (there is a gate and a sign) or continue onto the access road towards Belconnen turning at your leisure. Retrace your steps to the start of the Molonglo River Reserver (after the pipeline) and turn right to take the path closest to the river. This trail will loop around to the bridge and return path to DP shops.</p>	<p>Turn at any point. Suggest turn at Kama Nature park about 6.5km. Its 3km to start of Namarag Park.</p>	<p>6 - 13km</p>	<p>Morning Dew, Denman Prospect shops</p>
<p>21/09/24</p>	<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. It's a hilly course.</p>	<p>14km or 21.1km</p>	<p>14km or 21.1km</p>	<p>Frankies @Forde, Forde shops</p>
<p>28/9/2024</p>	<p>Coleman Court carpark, adjacent to McDonalds and the Meating Room café</p>	<p>Coleman ridge</p>	<p>From Coleman 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 Coleman Court</p>	<p>lots of options</p>	<p>10 - 16 km</p>	<p>Meating Room, Coleman Court</p>

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5/10/24	Yarralumla dog park, Brown and Banks St, entrance to Weston Park	West Basin	Follow the LBG bike path . Clockwise .	Various distances, if you add in Lennox extra loop, BMP and Weston Park	15.5 - 18.5	EQ Café, Deakin
12/10/2024	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
13/10/2024	Victorian country (Harrietville/Bright) class excursion		Harrietville half marathon. Events for 21.1, 10, 5 km along the beautiful Ovens River. All races are point to point	Register for the race at https://www.harrietvillehalfmarathon.com/ . Excursion registration at https://www.revolutionise.com.au/cr/events/247414		

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19/10/2024	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 features a loop around Curtin. Jead to wards the GG house via the new bike path on Dudley St. Turn left the bike path at GG house and then left again once through the tunnel under Lady denman,Follow the trails at the rear of Curtin houses and in between Curtin and Lyons. Follow the bike path adjacent to Melrose drive and then Adelaide Ave.	For a longer run tack on some extra kms along the path adjacent to Lady Denman Drive	13km approx	EQ Café, Deakin
26/10/2024	Bus Depot Markets car park	Wetlands and Central basin	A lap of Central basin and East basin clockwise, via Bowen Park, Comonwealth Ave Bridge, regatta point, under Kings Ave, Hospice, Diary Flat bridge returning to the Kingston foreshore	Add a loop of lennox Garden, 1.3km. Shorter - just a Central basin returning to Kingston via Kings Ave bridge.	13km	new Kingston Café, Café Mamma's
2/11/2024	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
3/11/2024	Rond Terrace, Commonwealth Park	Canberra Times Fun Run	Canberra Times fun run 10km and 14km			

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9/11/2024	Pine Island BBQ area	TTS Charity Murrumbidgee river run	Our fifth 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 and fruit provided. Hope to have a coffee van in attendance
16/11/2024	Mt Ainslie loop from ANZAC East	It's wedding day for Rachel and Shane	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
16 - 17/11/2024	Stromlo Forest Park		Stromlo Running Festival. All sorts of events	10,30,50km and others		
23/11/2024	Woden plaza car park , Melrose and Hindmarsh	Mt Taylor Loop	From the Woden Plaza cross Melrose Drive, run adjacent to Hindmarsh Drive taking the footpath under Hindmarsh then onto Eggleston Cres (past the "Y") then McFarland. Climb up McFarland Cres until reaching the fire trail heading east and south around Mt T until you hit Athllon Drive, then turn right onto Sulwood until opposite Manheim St then head back into Nature park onto higher fire trail, continuing to loop around Mt Taylor. Follow the power lines and/or road and hike path back to	Shorter - an out and back run or start and end from Chifley Longer - include Mt Arawang or an ascent of Mt	14 km	The Shed, Woden Plaza

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30/11/2024	Stromlo Forest Park car park	Stromlo to Molonglo/Zoo and return	<p>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</p>	Plenty of options	14	Denman Prospect café (new to us)
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RULES, Well sort of

All runs commence at 7am (3 minute rule applies) rain(if heavy 0 minute rule overrides 3

Be mindful of valuables left in vehicles

Due to the size of the group dogs on a lead please

Its generally warm so all runners must take their own water, few routes, if any, have taps or

Leave your device 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 on Saturdays

Tuesday/Thursday

Meet 6:30 (0 minute rule applies) at Lennox Garden, behind the Hyatt hotel. Its very busy at

Most Tuesdays - hill effort runs at Parliament House or Regatta Point or Treasury Gardens

Canberra Runners Club events

First Sunday every month is the jogalong for Women and Girls at Weston Park