



Tuesday Cycling Program

Knox U3A Term 1 2020

Leader: Gerry Lane
9720 7607 / 0404 302 277

Assistant: Martien Pruyers
9758 5200 / 0413 825 654

Date	Meeting Point /Dist.	Ride Route
28/01/20	U3A 25km	Blind Creek- Rail Trail – Boronia – Bayswater- Dandenong Creek – Colchester Rd/ Mountain Hwy – Alchester Shops (cuppa) – Dandenong Creek return Bayswater – Boronia – Blind Creek - U3A.
04/02/20	U3A 30km	Blind Creek – Jells Park– Dandenong Creek Track to Wellington Rd –Stud Rd path to Ferny Ck trail- Knox Athletic track to Scoresby Rd path to U3A.
11/02/20	Boronia Stn 30km	Train:-Southern Cross- Southbank –Lorima St- Westgate Park- Port Melbourne (cuppa) - Bayside Trail – Sandringham (lunch).
18/02/20	U3A 25km	Blind Creek-Boronia - Bayswater via rail trail- Dandenong Ck - Koomba Park- Burwood Hwy Overpass- Eastlink Path to George St-Stud Rd to –High St Pathway- Burwood Hwy-Scoresby Rd-U3A.
25/02/20	U3A 25km	Blind Creek to Norton’s Park- Shepherd’s Bush-Link Ave-rht/lft Appletree Dr, at Torwood Av- rht/lft into Creswick St,lht Wellesley Rd rht Snowden Dr, lft Gallaghers Rd-rht Hinkler Rd, thru park at The Outlook-lft Glen Rd - Springvale Rd –The Glen Waverley Shopping Centre (cuppa)-return same trail back to Knox City and U3A.
03/03/20	Boronia Stn 30km	Train:-Richmond – [Inner Trail] – Gosch’s Paddock to Yarra Trail east to Gardner’s Creek Trail- Anniversary Trail- Outer Circle at Alamein- Trail to Camberwell
10/03/20	U3A 25km	Blind Creek – Rail Trail to UFTG (early cuppa) –Ferny Creek Trail to Rowville wetlands – Karoo Rd – Ferny Creek - Stud Rd – Knox City – U3A
17/03/20	U3A 26Km	Blind Ck- Stud Rd –Scoresby Village- (early cuppa) –Stud Rd -Kellets Rd- Karoo Rd-Retirement Village-Ferny Creek Trail- UFTG Rail Trail to Blind Ck & U3A - (BYO BBQ Lunch)

NOTES: Meeting time is 9.00am at the mentioned location whether U3A at Football Clubrooms or Boronia Railway Station west side, Do not block pathway with bikes for other Train users.

If Train is listed, the last carriage of the 9.09am train to Melbourne is boarded. Bring your MYKI ticket on days of train travel.

Remember: water bottle. Sunscreen.

Notes for safe and enjoyable riding:

Rides

Rides vary, but are mainly between 25 to 40 km, excluding travel to and from the start and finish.

Speed is regulated by the slowest rider, it's not a race. Some trails have steeper gradient and may have unmade path sections.

On all rides bring a bottle of water to refresh, and on most rides a break for morning coffee is taken and a lunch is an option at end of ride whether using train or a local ride.

Starting points are noted on the Term Cycling Program, rides commence at 9am –local ride is U3A, or if train is used 9.09am from Boronia Station, using the last carriage of the train to reduce inconvenience.

Need to maintain your bike in a good roadworthy condition. It is suggested you carry a spare tube. Where possible others can assist with running repairs or provide advice.

Also suggested that you wear sensible clothing, use sun screen, remain adequately hydrated and bring a snack to eat, and money for cuppa and meal.

When the forecast temperature is between 30°C and 34°C the program may be changed by the Class Leader and agreed upon.

Two Way Radio's are used as a safety device for whole group in cases of incidents, eg: punctures, accidents.

Rides during U3A Term Recess commence at Boronia Station and are social riding for interested participants; they are not part of the official U3A programs.

Please read and be familiar with.

1. U3A Knox Inc. does NOT indemnify or provide public liability, personal accident or any other insurance covers to ordinary members.
2. You need to abide by any applicable rules/policies established from time to time by U3A Knox Inc.
3. You are responsible for ensuring your medical fitness for this class, if you have any concerns, seek medical advice from you doctor before participating at any time in this class. Don't ride when unwell.
4. Wear /carry your U3A identity name tag including details of an emergency contact telephone no. Ensure you carry details of any relevant medical condition or vital medication to alert medical professionals who may be called on your behalf to provide treatment in or following an accident/emergency. Let the leader know of existing medical conditions.
5. If you intend joining the class at other than the listed starting point on the program please advise the Leader of your intentions.
Also advise the Leader if you intend to leave before the scheduled finish of a ride or to deviate from the planned/taken route. (have a buddy to ride with in situations such as these to help with the unexpected).
6. Please observe the Road Rules and show courtesy to other riders, pedestrians and road users.