



FRIDAY MEDIUM CYCLING GROUP PROGRAM

TERM 2 and Term 2 Break 2023

Class Leader: Heinz Herrmann 0458 798 746

28/04	Boronia Rly Stn - Upper FTG - Ferny Ck - Stud Rd - Wellington Rd - Wetlands - Jells Park - East link - FTG Rd - Stud Rd - Ferny Creek - Coffee UFTG- Boronia 40Kms (E) Ride Leader - Mike
05/05 Cars 9.00am	Woori Yallock- Warburton Trail to Warburton (Lunch Break) - return to Woori - Coffee at Woori Bakery (Options to commence and end the ride at Wandin adds 20km, Killara 8km, Seville 14km) 35kms, (M) (LB) Ride Leader: Ian F.
12/05	Boronia Stn -Bayswater - Dandenong Ck - Eastlink Trail - Mullum Mullum Ck - Highland Rd - Maroondah Hwy - Bellara Dve - SE along Creek reserve to Manchester Rd - in the vicinity of the Rly line to Croydon - Bayswater- Boronia 40km? (E-M) Ride Leader:
19/05	Boronia Stn - Blind Ck Trail to Stud Rd- North to Dandenong Ck Trail- Heathmont Trail to Ringwood Lake- Mullum Mullum Trail past Eastland - Eastlink Trail to Dandenong Ck Trail -Koomba Park- Burwood Hwy trail- Knox City -Blind Ck - Boronia. 35+Km (E-M) Ride Leader:
26/05 Train MYKI	Boronia Stn - Blind Ck - Jells Park - Glen Waverley - Scotchmans Ck - Gardiners Ck - Yarra Trail - Southbank - Train from Flinders St. Optional ride home from Huntingdale. 40 km (E-M) (LB) Ride Leader- Rod
02/06	Boronia Stn - Underwood Rd- St Elmo Ave- Forest Rd-The Basin, Mtn Hwy - Colchester Rd -, Dandenong Ck, Koomba Pk, Burwood Hwy to Knox City-Blind Ck-Boronia. 35km (M) Ride Leader. Note:some on-road riding
09/06	Boronia Stn - Blind Ck-Dandenong Ck- Tirhatuan Pk- Return to Wellington Rd- Worsley Drain- Wellington Village- Ferny Ck- FTG- Boronia 40Km (E) Ride Leader:
16/06 9.09am Train MYKI	Boronia Stn - Train to Ringwood - Mullum Mullum trail to Westerfold Pk- Ruffey Pk -Church Rd- Koorung Trail towards city -Bushy Ck trail (Turn off at Hockey field near Elgar Rd) to Box Hill -Rail trail to Laburnum & Blackburn- train to Boronia. 40+ km (E-M) (LB) Ride Leader: Heinz
End of Term 2	
23/06	Bayswater - Dandenong Ck - Eastlink Trail - Mullum Mullum Ck - Croydon - Bayswater - Dandenong Ck - Colchester Rd - Mountain Hwy - (Coffee Basin)- Forest Rd - Boronia 36km (E-M) Ride Leader:
30/06	Boronia Rly Stn - Upper FTG - Talora Drive - Fairway Drive - Killcunda Drive - Karoo Rd -Murindal Rd - Napoleon Rd - Dandelion Dve - Wellington Rd - Jells Park - East link - FTG Rd - Stud Rd - Ferny Creek - Coffee UFTG- Boronia Approx 45Kms (E) Ride Leader:
07/07 Train MYKI	Boronia Rly Stn - Blind Creek trail - Eastlink trail - Yarraman RS - train to Huntingdale (Carmen's) - Oakleigh - Atkinson Street - Scotchman's Creek trail (Lunch Brickmakers Pk) - Jells Park - Dandenong Creek trail - Blind Creek trail - Boronia RS. (M) (LB) 48kms Ride Leader: Rod
14/07 Cars 9.00am Start MYKI	Cars to Mullum Mullum Reserve (Melway 34 H7) Mullum Mullum Creek trail- Diamond Ck Trail - Eltham- explore Maroondah Aquaduct Trail - Diamond Creek - Wattle Glen -Hurstbridge- train to Eltham -Return to Cars. Check that trail is open Approx 45km (M) (LB) Ride Leader - Heinz

Safety Reps: Gordon Smith Mary Lewis

When the forecast temperature is between 30°C and 35°C the program may be changed by the class leader and when the forecast temperature is >35°C the ride is to be automatically cancelled.



Please ensure that you are familiar with the following notes:-

To participate in this class you accept/understand/agree to the following:

1. That you have read, understand and agree to abide by the *Policy and Procedures Practice Manual "Policy, Emergency and General Procedures for all Cycling Classes"*. [The policy document is located in the *Policy and Procedures Practice Manual* located in the U3A Library at Parkhills or may be accessed on-line www.u3aknox.org.au with the link to *Policy and Procedures/Cycling Policy*].

In summary of that Policy but not limited to:

2. If you are NOT ATTENDING class to notify the Leader of your intended absence.

U3A Knox policy provides that if you are absent from class on 3 consecutive occasions without notifying the Class Leader, your position can be deemed vacant and offered to the next member on the waiting list.

3. **YOU ARE RESPONSIBLE FOR ENSURING YOUR MEDICAL FITNESS FOR THIS CLASS. IF YOU HAVE ANY CONCERNS, SEEK MEDICAL ADVICE BEFORE ENROLLING OR PARTICIPATING AT ANY TIME IN THIS CLASS.**
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 and at your expense following an accident/emergency. NOTE qualified medical/first-aid treatment is NOT provided in this class.
5. **PRIOR** to any scheduled ride you must be satisfied that you can complete the listed ride and to generally keep pace* within the Group during that ride. If you are uncertain do not attend on the day. To attend and commence the ride in the circumstances may jeopardise your safety, unfairly cause delay and disruption to the class and will likely result in you making your own arrangements to return home. You may wish to discuss your circumstances with the class leader to determine if any options are available.
6. Advise the leader if you **INTEND JOINING THE CLASS AT OTHER THAN THE LISTED STARTING POINT ON THE PROGRAM, THE LEADER WILL NOT ASSUME YOUR INTENTIONS.**
7. To advise the leader if you intend to leave before the scheduled finish of a ride or to deviate from the planned/taken route.
8. If you do not to complete a ride, deviate from the programmed or planned route, or choose for any reason not to ride within the group between the ride leader and nominated rear rider you are deemed to be absent from the class for that period.
9. You are responsible for obeying the Road Rules and showing courtesy to other riders, pedestrians and road users.
10. To maintain your bike in good order/roadworthy condition and wear/use legally required safety equipment at all times.
11. On a rotational basis you may be required to lead a ride and to undertake rear of riding Group (Whip) radio operation.
12. Changes to the program may be made only by the Leader, or only if agreed to by the leader and a majority of members present subsequently agree to any such proposal.
13. It is essential to carry a spare tube. Where possible others can assist with running repairs or provide advice.
14. U3A Knox Inc does **NOT** indemnify or provide public liability, personal accident or any other insurance covers to ordinary members.
15. To abide by any applicable rules/policies established from time to time by U3A Knox Inc.
16. In easy (E) terrain and favourable weather conditions a minimum of 18kms is appropriate for this class. However, it is accepted occasionally a rider/s may for any number of reasons not be able to keep pace within the Group or the pace may slow temporarily.

Notes:

1. **Starting time for this Term is 8-30am.** If the ride is cancelled or the starting time or place varied, the Leader will SMS, phone or email you [where available] to advise of any changes.
2. When using the train, unless otherwise advised, board the train departing from Boronia at **the time advised in the rides program.** To limit/avoid inconvenience to other passengers, spread out and board either the last or second last carriage.
3. It is suggested that you wear suitable clothing, use sunscreen, remain adequately hydrated and take something to eat. If a lunch break (LB) is indicated, unless otherwise advised, it is suggested that you take a light lunch. You may not always be able to readily purchase lunch and often attempts to do so will unreasonably delay the class.

LEGEND: (km) Approx distance, (E) Easy, (M) Medium, (D) Difficult, (LB) Lunch Break