



Friday Medium Cycling Program Term 3 and Term 3 Break 2023

Class Leader; Heinz Herrmann 0458 798 746

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21/07 9.09 train MYKI	Boronia Station: Train to Blackburn -Rail Trail to Box Hill - Miller St - Whitehorse Rd, - Dorking Rd at round-about (Wimmera St) left on Bushy Creek Reserve Trail, crossing Station St & Elgar Rd to Elgar Park - lht Koonung Ck Trail - Main Yarra Trail - Convent (lunch)- Hawthorn Stn- train to Boronia. 35? Km (M) Ride Leader:
28/07 Four Creeks ride	Boronia Stn - Rail trail to Bayswater - Heathmont- Ringwood - Mullum Mullum Ck- Croydon (coffee)- Tarralla Ck - Bayswater -Dandenong Ck - Koomba Park - Eastlink to High St Rd - Blind Ck - Knox City - Blind Ck - Boronia. 45km (E) Ride Leader :
04/08	Boronia Stn -Bayswater- Tarrella Ck Trail to Croydon - Railway Cr- Silcock Reserve - Dorset Rd lht to Smith Ave- Rail Crossing to Sherlock Rd to Mooroolbark Shops - Brice Ave- Lights at Hulls Rd- Cardigan Rd- Pembroke Reserve- Pembroke Rd- Durham Rd- Tamworth Rd-walkway to Mt Dandy Rd- rht- Cherylne Cr -Butler St- Pinks Reserve- Liverpool Rd to Chandler Lane - Dandenong Ck trail -Bayswater- Boronia 40?km (E-M) Ride Leader:
11/08	Boronia Rly Stn - Upper FTG - Talora Drive - Fairway Drive - Killcunda Drive - Kellets Rd - Stud Rd - Wellington Rd - Jells Park - East link - George St - Stud Rd - Ferny Creek - Coffee UFTG- Boronia 45Kms (E) Ride Leader -
18/08 9.09 train MYKI Bring lunch	Boronia Stn- Train to Mitcham - Railway Trail to Blackburn- Blackburn Lake- Gardiners Ck to Alamein- Anniversary Trail- Gardiners Ck- Ferndale Trail-Anniversary Trail to E.Camberwell (Train home option)- Outer Circle to Whitehorse Rd- Glass Ck Trail to Hays Paddock (LB)- Koornung Trail - Bushy Ck Trail to Box Hill- Rail Trail to Blackburn- Train home 50Km M (LB) Ride Leader: Heinz
25/08	Boronia Rly Stn - Blind Creek - Knox City - Jells Park - Wheelers Hill and Monash Gallery of Art (break) - Dandenong Creek Wetlands - Wellington Road - Worseley Drain - Wellington Village -Dandelion Dve- Ferny Ck- Scoresby Road - Boronia. (E) Approx 38kms Ride Leader - Rod
01/09	Boronia Stn - Scoresby Rd - Knoxfield lake - O'Connor Rd - FTG Rd - Jells Park - Wellington Wetlands - Wellington Rd-Stud Rd - Ferny Ck - UFTG for coffee/Lunch 35 Kms (E) Ride Leader:
	End of Term 3
08/09	Boronia Stn - Bayswater - Dandenong Ck - Eastlink - Heatherton Rd - Simpson Park - Orient Ave - Alwyn St - Rooks Rd - Bellbird Dell - Morack Rd - Java Café - Burwood Hwy - Stud Rd - High St- Scoresby Rd - Blind Ck - Boronia. 30km (E) Ride Leader
15/09 9.09 train MYKI	Boronia Stn - train to Ringwood -Mullum Mullum Ck to Yarra - Petty's Orchard - Westerfolds Pk - Main Yarra Trail- Burke Rd bridge - under freeway to Hyde Pk - Outer Circle rail trail - E. Camberwell- train home. (M) (LB) 45km Ride Leader:
22/09	Boronia Rly Stn - Bayswater - Dandenong Ck - Koomba Park- Jells Park - Wellington Rd - Wolseley Drain - Coffee Wellington Village - Dandelion Dve - Ferny Ck- FTG -Boronia 40 km (E) Ride Leader:
29/09 9.09 train MYKI	Boronia Rly Stn - by train to Richmond Rly Stn - Gosch's Paddock - Botanic Gardens Tan (anticlockwise) - cross St Kilda Rd to Albert Rd- around Albert Park Lake (clockwise) follow Kerford Rd - Beach Rd - Port Melbourne - Todd Rd - Westgate Park trail - Lorimer St - Southbank- Yarra - Gardiner Ck - Ferndale Trail - Anniversary Trail - East Camberwell Stn - Train to Boronia (E-M) (LB) 43Kms Ride Leader -
06/10	Boronia Stn -Underwood Rd - Blind Ck - Scoresby Rd - Knoxfield Lake - O'Connor Rd - FTG Rd - Jells Park - Shepherds Bush - Koomba Park - Dnong Creek -Bayswater - Boronia 35 Kms (E) Ride Leader:

Safety Rep: Gordon Smith First Aider: Mary Lewis

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

- When the forecast temperature is between 30°C and 34°C the program may be changed by the class leader and when the forecast temperature is >34°C the ride is to be automatically cancelled

Please ensure that you are familiar with the notes on the reverse of this program.



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 Library at U3A Parkhills or may be accessed on line www.u3aknox.org.au with the link to *Policy and Procedures/Cycling Policy*]. A copy of the Cycling Group Handbook will also be sent to new members after joining.

In summary of that Policy but not limited to:

1. 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.
2. **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.**
3. 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.
4. **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.
5. 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.**
6. To advise the leader if you intend to leave before the scheduled finish of a ride or to deviate from the planned/taken route.
7. 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.
8. You are responsible for obeying the Road Rules and showing courtesy to other riders, pedestrians and road users.
9. To maintain your bike in good order/roadworthy condition and wear/use legally required safety equipment at all times.
10. On a rotational basis you may be required to lead a ride and to undertake rear of riding Group radio operation.
11. 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.
12. It is essential to carry a spare tube. Where possible others can assist with running repairs or provide advice.
13. U3A Knox Inc does **NOT** indemnify or provide public liability, personal accident or any other insurance covers to ordinary members.
14. To abide by any applicable rules/policies established from time to time by U3A Knox Inc.
15. 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 activate the telephone tree and or email you [where available] to advise of any changes.
1. When using the train, unless otherwise advised, board the train departing from Boronia as advised in the rides program. **Remember to bring your MYKI card and ensure you have sufficient credit to cover the trip** To limit/avoid inconvenience to other passengers, spread out and board either last or second last carriage.
2. 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

