



**Friday Medium Cycling Program
Term 4 and Christmas Break 2023
Class Leader; Heinz Herrmann 0458 798 746
Email: heinz.herrmann@bigpond.com**

13/10/2023	Boronia Stn - Blind Ck- Scoresby Rd - Knoxfield lake - O'Connor Rd - FTG Rd - Jells Park - Shepherds Bush -Bushy Park Trail - Java Café (cuppa) -Overpass - Koomba Park - Dandenong Ck - Bayswater - Boronia ??Km (E) Ride Leader:
20/10 Cars	Jells Park - Dandenong Ck -Tirhattuan- Dandenong Hub Coffee -Yarraman - Return Eastlink Trail - Jells Park- 50+Kms (E) Ride Leader
27/10 9.09 train MYKI	Boronia Stn - Train to Richmond -ride to Jolimont- train to Rushall Rly Stn - Merri Ck Trail - Western/Metropolitan Ring Rd - Darebin Ck Trail - Alphington -Convent (lunch) - Yarra Trail - Hawthorn Stn- Train home About 40 km (M) (LB) Ride Leader : Heinz
03/11 Cars 9.00amstart	Braeside Park, No 1 Car Park , Mel 88 D8 - Waterways Estate - Mordialloc - Ricketts Point - Paterson River - Wells Rd - Waterways - Braeside Park 40km (E) Ride Leader: Dieter
10/11	Boronia Rly Stn -Blind Creek trail- Knox City- Burwood Highway - Jells Park - Wetlands Trail- Wellington Rd - Coffee Wellington Village - Dandelion Drive -Ferry Creek Trail to Upper FTG - Boronia 43 km (E) Ride Leader: Rod
17/11 Four Creeks Ride	Boronia Stn - 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: Alan
24/11 9.04 Train MYKI	Boronia Stn - Train to Flinders St - Docklands- Moonee Ponds Trail to Capital Trail - Royal Park - Upfield Rail Trail to Bakers Rd Coburg - Merri Creek (lunch at Ceres) - Yarra Trail - Hawthorn - Train Home. 35+Km (E-M) (LB) Ride Leader: Walmer St detour
01/12	Boronia Stn - Bayswater - Dandenong Creek - East Link to Canterbury Rd - Heatherdale Rd - Simpson Park - Orient Ave_ Alwyn St - Pipe Line track - Blackburn Lake - return via Springvale & Canterbury Rd Cnr- -Husband Rd-Terrara Rd - Bellbird Dell- Morack Rd - Burwood Hwy- Knox City- Boronia. Approx 40+km (M) Ride Leader:
	End of Term 4
08/12 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:
15/12 9.04 train MYKI	Train to Blackburn - Gardiners Ck - Anniversary Trail to Alamein - Gardiners Ck - Ferndale Trail - Anniversary Trail - Outer Rail Trail - Convent - Hawthorn Station - train home. Check distance (E - M) (LB) Ride Leader:
22/12	Boronia 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 - Ferry Creek - Coffee UFTG - Boronia Approx 45Kms (E) Ride Leader:
29/12	Boronia Stn - - Bayswater - Croydon - Croydon Rd- Maroondah Hwy - Bushy Ck to Mooroolbark and Cambridge Rd - Montrose- Sheffield Rd - Basin (coffee) - Boronia 35km (M) some hills Ride Leader:

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:

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 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 activate the telephone tree and or email you [where available] to advise of any changes.
2. 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.
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