

## BANYULE BUG LYCRA GROUP PROGRAM — February/March 2019

All rides start at Warringal Park (Melways Map 32 C4) unless otherwise indicated. Visitors always welcome — just turn up at the start time and say hello. Scheduled rides may be varied to suit conditions.

**Lycra Group** **Tuesdays & Sundays.** Start 8:15 am Dec-Feb, 9:00 am Mar-Nov. **Fridays** bi-monthly (80+km) with a 7:30 am start. BYO food/drink. Program below. Contact Ride Leader for information

**Night Ride** **Wednesdays** 8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights. ~20 km on Koonung or Yarra Trails. Good front and rear lights essential. Contact: Lou 9459 6887

**Easy-paced** **Sundays.** Start 8:15 am Dec-Feb, 9 am Mar-Nov. BYO food/drink. Contact John 0425 886 261

### February 2019 \*\*\* summer timetable — rides usually start at 8.15 am \*\*\*

	Ride/Event	Description	Leader
Sun 3	Preston Market 40 km <b>MAP</b> <b>*NEW*</b>	Studley & Sherwood Rds, Wingrove St, St Georges Rd, Cramer St, Preston Mkt, Robinsons, Cheddar & Dalton Rds. Ring Rd, Darebin Creek Trail, Dunne & Ruthven St, Ellesmere & Beetham Pde, Brown St, home	Lou B 0432 004 526
Tue 5	Valley Reserve 45 km <b>MAP</b>	Anniversary Trail (some H1, 1 x H2) to Alamein. Follow rail to Mt. Waverley (long H1) and Reserve for break. Return by Alvie Rd, Damper Ck Res, Swayfield Rd, Chain Res. Trail to Gardiners Ck Trail at Bennetswood. Then through Box Hill to Bushy Ck and Koonung Trails..	Maurie A 0409 186 082
Tue 5	<b>General Meeting — Watsonia Library, 7.30 pm</b>		
Sun 10	St Kilda Beach 59 km <b>MAP</b>	<b>Swimmers Special!</b> Bring budgie smugglers, bikinis, bronzed Aussie bodies. Out through Port Melb. Return by Tan, MCG and Dights Falls.	John Pi 0418 511 587
Tue 12	Brickworks via Glenroy 56 km <b>MAP</b>	St James Rd. Latrobe University, Ring Rd, Glenroy, Moonee Ponds Creek path, Brunswick streets. Rest. Return by old Brunswick and Northcote brickworks sites, Dawson St and Thornbury streets and paths.	Allen Pe 0458 363 343
Sun 17	Pound Bend 44 km <b>MAP</b> <b>*NEW*</b>	Koonung Trail, Clems Rd, Tindals Rd, Harris Gully Rd, Everard Rd, Pound Bend Tunnel Rd, Rest. Pound Bend Rd, H'berg - W'dyde Rd, Mullum Ck Trail, MYT, home. One longish H3 climb and a couple of shorter ones.	John Pe 0425 886 261
Tue 19	Ardrie Park 49 km <b>MAP</b>	Out by CCT, Gardiners Creek Trail to Ardrie Park. Return by Anniversary Trail	Robert R 0412 430 244
Fri 22 <b>7.30 start</b>	Ring Road loop c.100 km	(1) Go to the Ring Road bike path. (2) Ride around it, anti-clockwise.	Allen Pe 0458 363 343
Sun 24	Capital City Circuit 50 km <b>MAP</b>	Royal Park, Docklands (break), Southbank, Yarra Trail.	Bob W 0401 772 362
Tue 26	Elwood canal 57 km <b>MAP</b>	Trails to beach, St. Kilda and along canal to Gardenvale. Then streets to Murrumbeena and Trail to south end of Anniversary Trail. Some H1 on Anniversary Trail. Break at Gunn Reserve (Glenhuntly).	Simon Greaves 0412 986 874

### March 2019 \*\*\* CHANGE BACK to normal timetable — rides usually start at 9.00 am \*\*\*

Sun 3	Hawkstowe Park 50 km <b>MAP</b>	River Gum trail to Watsonia (H1), Ring Rd, Upper Darebin Ck.Trail, Mill Park Lakes. Return Plenty Rd path, Ring Rd, Plenty River Trail.	John Pi 0418 511 587
Tue 5	Museum Gardens 35 km <b>MAP</b>	<b>Late start 10 am — Could be Super Tuesday Bike Counting Day.</b> Details of event not yet confirmed by Bicycle Network	John G 0404 834 634
Sun 10	Kangaroo Ground 36 km <b>MAP</b> <b>*NEW*</b>	Ride or train to <b>Eltham Train Station</b> for <b>9.30 am start</b> (9.13 train from Heidelberg). Diamond Creek Trail, Hurstbridge, Flat Rock Rd, Kangaroo Ground Tower. Rest. KG-Wattle Glen Rd, Diamond Creek, DC Trail to Eltham. Train or ride to H'berg. Surmountable hill or two on the way.	John Pe 0425 886 261
Tue 12	Werribee & Federation Trail 80 km	Capital City, Footscray Rd, Bay Trails to Newport. Streets to start of Fed. Trail & follow to Werribee. <b>Train</b> return to South Kensington and ride 20 km home.	Alan Pr 0419 878 660
Tue 12	<b>Combined Dinner – Godfather's Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill - 6:30pm</b>		
Sun 17	Queens Park 46 km <b>MAP</b>	Out to Moonee Ponds via Capital City Trail, M.P. Creek Trail, Bent St. Return via MPC trail north to Gaffney St. then streets east home.	Bob W 0401 772 362
Tue 19	Newport Gardens ~65 km	Capital City Trail, Bay Trail via Williamstown to Maddox Rd. N to Lakes Res. for break. Home by similar to outbound.	Les D 9459 2701
Sun 24	Seven Trails 63 km <b>MAP</b>	Yarra, Anniversary, Gardiners Creek, Scotchmans Creek, streets (short H2, long H1), Dandenong Ck. Break Jells Park. Join Eastlink (some H3), and Koonung home.	Lou B 0432 004 526
Tue 26	Sandringham via M'bbin and M'lloc 58km <b>MAP</b>	Anniversary Trail south, rail trail to Huntingdale. Streets and paths (some unsealed) south past golf courses, thro' Karkarook and Braeside Parks, Waterways to coast at Mordialloc. Beach Rd to S'ham. <b>Trains</b> home.	Maurie A 0409 186 082
Sun 31	Glen Eira 60 km <b>MAP</b>	To city and Port. Bay Trail to Elwood to Gardenvale. Bike path beside Nepean Hwy to Milroy St intersection. Union St and Elster path to rail trail at Bentleigh. North past Ormond and west on Leila Rd to Murrumbeena Rd. Ann. Trail home.	John G 0404 834 634