

BANYULE BUG LYCRA GROUP PROGRAM — June/July 2019

All rides start at Warringal Park (Melways Map 32 C4) unless otherwise indicated. Visitors always welcome — just turn up at the start 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
The Yum Run	Thursdays 9.00am from Warringal. 40 km loop — Koonung, Mullum and MY Trails with a stop at Petty's Orchard for delicious baked treats and coffee. Way to go! No leader – whoever turns up, joins in.

June 2019 *** rides usually start at 9.00 am ***

	Ride/Event	Description	Leader
Sun 2	Three Northern Velos 38 km MAP	Take spins around Brunswick, Coburg and Preston velodromes. Streets out to E Brunswick, Merri Trail to N Coburg, on to Reservoir, Dunne St, La Trobe Uni and Macleod home. Optional: extend to ~50 km by going north to Ring Rd then back down Watsonia Rd	John Pe 0425 886 261
Tue 4	Flemington Race Course 48 km MAP	Out Main Yarra Trail, CCT, through Royal Park. At Zoo follow Poplar Ave. Ascot Vale streets to racecourse. Rest. return by Kensington, North Melb, Carlton streets to CCT and home.	Robert R 0412 430 244
Sun 9	Caulfield Park 47 km * New *	Piloted by Arthur Ireland, we'll head out to Caulfield using a fresh new set of trails and streets. Prepare to be amazed!	John Pe 0425 886 261
Tue 11	Woodlands Park 56 km MAP	Out by Ivanhoe, Thornbury Streets, MPC to Strathmore. Woodlands Rd to W'lands Park (Rest) Bulla Rd to bike path adj to freeway, Mathews Av. Macoma St to MPC. Gavin Park, Kent St, Upton Trail, Bakers Rd, Jacka St, Regent trail, Reservoir Streets, DCT to Springthorpe, home.	Maurie A 0409 186 082
Sun 16	Eastern Rail Route 45 km MAP	Koonung, Mullum Mullum, Eastlink Trails to Heatherdale station. Follow streets and paths W along rail (break at Blackburn Lake) to E. Camberwell. Ann. and MY Trails to start.	John G 0404 834 634
Tue 18	Croydon 60km MAP	Out by Koonung Trail, Mitcham Streets and Dandenong and Tarralla Creek Trail to Croydon for break. Home by Croydon Streets, Mullim Mullim Trail, Springfield Rd and Koonung Trail. (Some gravel paths and H3 climbs at Mitcham and Croydon.)	Alan Pr 0419 878 660
Fri 21 7.30 start	Warburton ~99 km	Meet 7.30 am at Warringal Park. Out to Box Hill Station, rail to Lilydale. Rail Trail to and from Warburton. Train to Box Hill, then home. Enjoy the Northern Solstice and Australia's shortest day of the year.	Allen Pe 0458 363 343
Sun 23	Diamond Creek 47 km MAP	Out and back by MYT/ Diamond Creek Trail to Diamond Creek for break. Alt return - Grand Blvd, Panorama, Bonds, Rosehill, Beverley Rds	Bob W 0401 772 362
Tue 25	Boeing Reserve 53 km MAP	Out by Darebin Ck Trail (H2 to Waiora Rd), Cheddar Rd path, Ring Rd, Moonee Ponds Ck Trail to break at Boeing Res. Continue down creek, then Pascoe Vale streets to Merri Ck Trail, Thornbury streets.	Les D 9459 2701
Sun 30	S Melb Market 47 km MAP	Out by MYT, Park Rd, Napier St, Fed Square, Southbank, Normanby Rd, Cecil St. Return Ferrars Rd, Moonee Ponds Ck, Manningham St, Blyth St, Arthurton Rd, Donaldson Ck Reserve, Banksia St	John Pe 0425 886 261

July 2019 *** rides usually start at 9.00 am ***

Tue 2	Sunbury via C'gieburn ~64 km. MAP	Ride Hume Trail to Craigieburn. Mt Ridley, Konagaderra, Wildwood, Gellies Rds to Sunbury (~64 km). Train return to city and train or ride home.	Allen Pe 0458 363 343
Sun 7	Kings Domain 45 km MAP	Yarra Trail, north side to Domain and south side return.	John G 0404 834 634
Tue 9	Kororoit Creek Ext 74 km MAP	Out by Wilson Reserve and CCT to Newmarket. Racecourse Rd and Geelong Service Rd to Fed Trail and Kororoit Creek Trail. Rest. Home by Kororoit Creek Trail. Furlong, Mitchell St. Acot Vale streets and Park St.	Maurie A 0409 186 082
Tue 9	Combined Dinner – Godfather's Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill — 6:30pm		
Sun 14	Blackburn Lake 40 km MAP	Out by Koonung Trail and streets. Return by Mitcham pipe track and streets to Koonung Trail.	John Pi 0418 511 587
Tue 16	Caroline Springs 79 km (64 km opt) MAP	Out to Nth Melb station. Train to Ginifer. Bike lanes, streets, paths around Taylors Lakes, Hillside, Caroline Springs. Return by Sunshine, M Ponds, Brunswick streets etc. (Opt: train from Ginifer to Nth Melb.)	Alan Pr 0419 878 660
Sun 21	Lower M'byrnong River 49 km MAP	Thornbury, Brunswick, Moonee Ponds streets to River. Break at Pipemakers Park. Then continue down river Trail to Footscray Rd Trail and home by Capital City Trail.	Lou B 0432 004 526
Tue 23	Niddrie 55 km MAP	W to Maribyrnong R. N onto Steeles Ck Trail and follow to Valley Lake, Niddrie. Calder o'pass; Trail to Airport West SC. Downhill to Moonee Ponds Ck at Boeing Res. Down Trail and then streets east home.	Robert R 0412 430 244
Sun 28	Ceres 40 km MAP	To Fairfield by Yarra Trail, then Merri Creek Trail to Ceres for break. Merri Creek Trail to Broadhurst Av exit and Reservoir streets to Darebin Trail	Bob W 0401 772 362
Tue 30	Sandridge Beach 50 km MAP	Yarra Trail, City to beach. Return by Lorimer St, Docklands, Royal Park (H1).	Allen Pe 0458 363 343