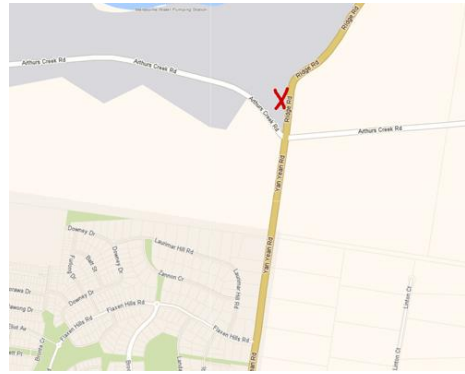

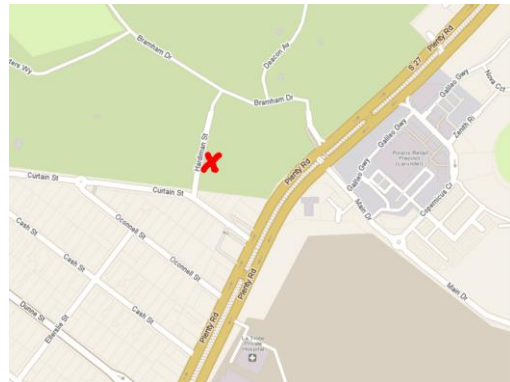




# DCR Timetable September 2018

Tuesday	Thursday	Sunday
<p>28<sup>th</sup> August 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Gear Shifter Marngrook Oval</p>	<p>30<sup>th</sup> August 7pm – Group Run Marngrook Oval</p>	<p>2<sup>nd</sup> September 8am – Group Run <b>Trail:</b> Ridge Rd, Doreen <b>Meeting place:</b> Corner of Ridge Rd and Arthurs Creek Rd. Parking on the side of the road (no official car park). <b>Time:</b> 8am</p> <p><b>Note:</b> there are no toilets or taps at this venue ***BYO Water and tissues in case of emergency pit stop!***</p> 
<p>4<sup>th</sup> September 7pm – Group Run Marngrook Oval</p> <p>7:30pm – 200m repetitions on the 2mins Marngrook Oval</p>	<p>6<sup>th</sup> September 7pm – Group Run Marngrook Oval</p>	<p>9<sup>th</sup> September 8am – Group Run <b>Trail:</b> Diamond Creek/Main Yarra Trail <b>Meeting place:</b> Eltham Lower Park. At playground near roundabout, Main Rd, Eltham</p> 
<p>11<sup>th</sup> September 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Reducing Recoveries Marngrook Oval</p>	<p>13<sup>th</sup> September 7pm – Group Run Marngrook Oval</p>	<p>16<sup>th</sup> September 8am – Group Run <b>Trail:</b> Darebin Trail <b>Meeting place:</b> Bundoora Park Enter via the main entrance (Fairway drive), take first left into Hardiman St Carpark - see X on map)</p> 

<p>18<sup>th</sup> September 7pm – Group Run Marngrook Oval</p> <p>7.10pm – Beep Test 7:30pm – Double-Trouble Marngrook Oval</p>	<p>20<sup>th</sup> September 7pm – Group Run Marngrook Oval</p>	<p>23<sup>rd</sup> September 8am – Group Run <b>Trail:</b> Main Yarra Trail <b>Meeting place:</b> near Heidelberg Football Clubrooms <b>* Option:</b> Long run into the City from Eltham or Heidelberg (see <i>Melbourne Marathon event on DCR members Facebook group for more information</i>)</p>	
<p>25<sup>th</sup> September 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Hill Repetitions Meet Ryans Reserve, Broadgully Rd Diamond Creek</p>	<p>27<sup>th</sup> September 7pm – Group Run Marngrook Oval</p>	<p>30<sup>th</sup> September 8am – Group Run (sealed paths) <b>Trail:</b> Aqueduct Trail <b>Meeting place:</b> Corner Godber Rd &amp; Allendale Rd (top of hill), Diamond Creek <i>Please be considerate to locals when parking and making noise before we run. Gather on the path not the road.</i> <b>Note - no toilets or taps at start.</b></p>	
	<p>30<sup>th</sup> September 8am – Trail Running option <b>Trail:</b> Plenty Gorge <b>Meeting Place:</b> Yellowgum carpark off Goldsworthy Lane, Plenty</p>	