BIKE: Starting outside the pool on Monash Avenue, bike riders will proceed north and turn left into McCallum Street, then at the roundabout they turn right into Curlewis Street and head north. At King Street they will turn right. They will ride the length of King Street, then turn right into Arnoldt Street before turning left into River Road. They will ride the length of River Road, until they come to a T intersection. Here they will turn right onto Murraydale Road and continue until they reach the Butler Rd T intersection. Here they will do a U turn and return along Murraydale Rd to Runciman Road where they turn left and ride the length of Runiciman Road before doing another U turn. Riders will return to Murraydale Road, turn left and continue until they reach River Road and turn left again. Riders will then return to finish in Riverside Park along the same route as they came. Distance 24km.

