

Course Directions –

2012 B Fit 4 Shaw City Walk

1. Start – Frankston Pier
2. Head north along foreshore track. Continue over Kananook Creek Footbridge
3. Continue along boardwalk / footpath
4. Arrive Frankston Lifesaving Club
5. Follow path around to Wells Street, cross Well Street and turn left over the bridge.
6. Take the immediate left and start on foreshore track
7. Continue along walking track until arriving at Flochhi Ave footbridge turn left
8. Cross Kananook Creek over Flocchi Ave footbridge. Turn right onto walking track
9. Continue along walking track until arriving at Allawah Av (Note: At time of print, the track is blocked at Allawah Av for repairs. However the repairs will be finished before the day of the event.)
10. Follow track until arriving at pedestrian footpath running along Nepean Hwy
11. Turn left onto footpath, follow until arriving at Gould St (Tennis Courts)
12. Cross Gould St and head right towards toilet block
13. Take the beach track on the left
14. Follow track until arriving at Keast Park, Seaford.
15. Continue through Keast Park clearing towards drink station
16. Exit Keast Park along footpath that follows along the car park
17. Turn left at car park, staying on footpath
18. Continue along footpath (staying on Nepean Hwy) heading North towards Mordialloc
19. Arriving in Mordialloc continue over the pedestrian bridge
20. Take the 2nd footpath on the left towards the Peter Scullen Reserve Shelter
21. Arrive first checkpoint
22. Exit checkpoint taking the beach path on the right
23. Follow the beach path until arriving at the sand's edge
24. Turn right proceeding along beach path to Parkdale Surf Club
25. At Parkdale Surf Club follow the path as it ascends to Beach Rd, stay on the path
26. Once past the Park Surf Club take the first left (a shared driveway)
27. Arriving at the base entrance to the Parkdale Surf Club (at the sands edge) turn right and continue along beach path
28. Continue along beach path passing Mentone Life Saving Club. Continue along beach path until arriving at McBean Ramp
29. Proceed up McBean Ramp
30. At the top of McBean Ramp take the sharp left turn onto the sandy beach track
31. Continue along beach track until arriving at the exit gate
32. Pass through the gate. Turn left following the shared footpath (immediately passing by the Beaumaris Motor Yacht Squadron)
33. Continue along shared footpath. Approximately 500 metres arrive at Beaumaris Drink Station (car park opposite Old Beaumaris Hotel)
34. Exit drink station continuing along share footpath

35. Follow shared footpath until arriving at Ricketts Point. Cross car park entrances obeying road laws. Proceed with caution
36. Continue along shared footpath passing Beaumaris Yacht Club
37. Stay on shared footpath until arriving 'Clock Tower' Reserve (Opposite Balcombe Rd, Black Rock) – Arrive Check Point 2 – Clock Tower
38. Exit Clock Tower Reserve following gravel shared footpath
39. Continue along shared footpath past Sandringham Sports Oval –stay on shared path
40. Continue along shared footpath until arriving at Green Point Reserve, Brighton (opposite South Rd, Brighton) arrive drink station
41. Exit drink station and continue along shared until arriving at Middle Brighton Municipal Sea Baths
42. Proceed through Sea Baths car park towards Middle Brighton Pier
43. Turn right onto Sandown Street Beach Share footpath
44. Continue along shared footpath past the North Rd Cafe
45. Following shared footpath arriving at Checkpoint 3 - Elwood Park (Wattie Watson Oval)
46. Exit Checkpoint, returning top shared footpath continuing city bound
47. Continue past Elwood Sailing Club
48. Continue along past Point Ormond
49. Cross over the Elwood canal using the foot bridge
50. Continue along shared footpath passing M.O Moran Reserve (Following footpath around a right hand bend towards Marine Pde)
51. At Marine Pde, turn left onto the footpath and proceed towards the St Kilda Marina
52. At the end of the Marina car park, rejoin shared footpath (note the shared footpath is on the left, not the pedestrian footpath on the right)
53. Continue along shared footpath until arriving at Catini Gardens arrive drink station
54. Exit drink station continuing along shared footpath
55. Arrive Pier St – Cross Pier Rd continue along shared footpath
56. Arrive North end of Pier Rd – Cross Pier Rd continue along shared footpath adjacent to Beaconsfield Pde
57. Continue along shared footpath until arriving at the intersection of Beaconsfield Pde and Kerford Rd
58. Continue along shared footpath past Kerferd Rd
59. Continue along shared footpath until arriving at the roundabout (Beaconsfield Pde & Princes St). Remain on the path, using zebra crossings to continue along shared foot path
60. Continue past the Spirit of Tasmania docking port
61. Stay walking along the shared path (you will be right next to the water)
62. Follow the path around, walking past the start of the beach
63. Arriving at Westport Reserve (on your right) you will see the finish line approaching. Stay on the shared path until you see the turn off towards finish area
64. Turn right at stationed marshal
65. Congratulations you made it! Well done!