

This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

What's News ?

It is amazing just how much can change in the course of one week. In the last newsletter I noted that our Cadel Evans had a real chance of gaining a podium place in the Tour de France. A few days later and that has apparently all slipped away with one disastrous session on the Col de la Madeleine. In the grand arena that is the Tour de France it only takes a few minutes to either make or break a cyclist's chances of success. Although it now looks like Cadel's chances are remote, I am sure that this year's race still has some surprises in store for us.

On **Tuesday 20th July** the Tour enters what is promising to be the most exciting mountain stage of the entire race. I am extending an invitation to you all to come and watch it with me. Bring your own drinks and nibbles and be prepared for a very late (and exciting) night. If you like you could bring a sleeping bag and stay around till the following morning. I also have a collection of other cycling movies and documentaries that could be viewed. If you would like to come along please

Upcoming Rides & Activities

Sat July 17th—Mid Winter Dinner—Royal Hotel FTG
Starting from 7.00 pm. A full a la carte menu will be available and drinks will be at standard bar prices. Come and spend a fun evening together.

Tues July 20th—Tuesday Fitness Group.
Walk starts at 10 am sharp.

Tues July 20th—Tour de France Mountain Stage
You are invited to join us as we watch the biggest night of the Tour on the BIG screen. Bring along some drinks and nibbles and settle in for a late night. From 8 pm onwards. RSVP to 5968 3307 if you plan to come.

Thurs July 22nd—Warby Trail Ride
Start at Woori Yallock at 12 noon or COGS at 1.00 pm or Woori

let me know by ringing me on 5968 3307.

Annual Mid Winter Dinner

The most important news this week concerns our upcoming **Mid Winter Dinner**. This will be held on Saturday 17th July at the **Royale Hotel Bistro in Upper FTG**. Although it is now too late to book with Glenda for this evening you may still be able to contact the hotel directly to make your own booking.

Warburton Trail or Lake Eyre ?

On last Thursday's ride along the Warburton Trail, many of our riders commented on the fact that they had never seen so much surface water lying in the surrounding paddocks. Although the trail itself has generally stood up quite well to the inundation, large nearby areas are now lying under a watery blanket. The creeks are also running over their banks with more water than I can recall seeing at any time in the last 8 years. It makes an impressive sight and hopefully gives some promise that Melbourne's drought might

Yallock at 1.40 pm.

Sat—July 24th—South America Training Ride
Start from Woori Yallock at 10 am

Sunday July 25th—Beach Rd Ride
The plan is to ride from the end of North Rd down to Mornington for lunch. The ride will commence at 9.00 am. Total distance is about 90 km so it is not for beginners.

Tues July 20th—Tuesday Fitness Group.
Walk starts at 10 am sharp.

Thurs July 29th—Warby Trail Ride
Start at Woori Yallock at 12 noon or COGS at 1.00 pm or Woori Yallock at 1.40 pm.

be drawing to close.

Earlier this week Maggie and I had a few days in Sydney and I was reminded afresh what a different climate they have up there. On the 14th July, right in the middle of winter, we were walking in warm sunshine along Cronulla Beach watching the numerous swimmers, surfers and even sunbakers! It would have been hard to imagine the same thing happening at St Kilda. A pity about the disastrous mess they call their public road system. I think we will stay in Emerald after all.

Time is now rapidly approaching for our next team to depart to complete our **South American Adventure Challenge**. After over a year in the planning it is hard to believe that in a few short weeks we will be cycling and trekking in the High Andes of Peru. As well as completing a series of training walks to help prepare for the high altitude Inca Trail, most of us have also been endeavouring to also learn a little Spanish to help us feel more at home in the culture. This trip will be the longest and most ambitious trip we have yet attempted and I am sure it will be a fantastic experience for everyone taking part.

Tuesday August 3rd—Mountain Bike Ride—starts at 10 am
Join us for a short but hilly mountain bike ride around the Emerald and Cockatoo trails. The ride will take about 75 mins, mountain bikes essential. Starts at my place at 10 am sharp.

Sunday August 8th—Bayside Bike Paths Ride 9.30 am start
This ride was pioneered last year and we all agreed it was sensational. We start at the end of South Rd and follow the bay-side bike paths to Docklands and back again. Lunch will be near the giant Ferris wheel (the famous one that had to be pulled down three weeks after it opened). A flat ride suitable for just about all riders. You also get to experience Melbourne from a different perspective.

Monday July 19th 2010

Contact Details

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At the same time the enrolments for our **2011 European Ride** have been steadily filling. Although this is still over a year away there are now very few places left. If you have dreamed of exploring Europe from the seat of a bicycle then this could be the chance you have been looking for. While it is always easier to think of many reasons why you can't have such an adventure, in the past 4 years over 100 people have now discovered how life changing such a trip can really be. If you would like some more information just give me a call so I can fill you in on all the details. (And you might just find it costs much less than you think.)

Tuesday Morning Fitness Group

Each Tuesday you are invited to join us for a brisk and scenic walk around the tracks of Emerald. Each walk starts at 10 am and is finished soon after 11 am. On the first Tuesday of each month we have a bike ride, instead of a walk. For more details give me a call on 5968 3307.

Everyone is invited to participate.

Regular Thursday Ride Details

Each Thursday we conduct rides along the Warburton Trail. Visitors are always welcome to join us. There are several alternative start times and meeting points to choose from.

11.10 am Early Group—Meet at Woori Yallock and ride the full distance down to Lilydale before meeting the second group at COGS at 1.00 pm

12 noon Main Group—meet at Woori Yallock and ride to COGS at Mt Evelyn to start the return ride at 1.00 pm

1.00 pm COGS Group leave and ride as a combined group to Woori Yallock where we usually arrive at about 1.40 pm.

1.50 pm Woori Yallock all riders re-group for the ride to Milgrove where we stop for lunch before the ride back to your chosen start point.

In this way all riders can choose a starting time and ride distance to suit their level of bike fitness. On the leg between COGS and Milgrove we expect all riders to stay together as much as possible (ie no bolting).



The Big Warby Trail Wet



View from the Woori Yallock bridge taken on Thursday 15th July.

Much of the area surrounding the trail is now under water. Maybe it was my vivid imagination but I could almost swear that I saw a guy with a long beard building a big boat on the outskirts of Warburton.

In spite of the recent high rainfall the trail itself has actually held up quite well. It has certainly given the recently resurfaced sections a thorough test.