

# This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

## What's News ?

### Final Thursday Ride for This Summer

Last Thursday was the final weekday ride for this summer and it was fantastic to see so many riders take the opportunity to enjoy the sensational weather. I am sure that many will heave a sigh of relief when this fire season ends. After the horrors of last year we were so fortunate to have a comparatively mild summer with no serious bushfires.

No only did we have a great turnout of riders for last Thursday's ride but I was especially pleased with the way that the ride was conducted. Everyone seemed in high spirits and we managed to ride in a cohesive manner for the entire ride. I would definitely give it a 10/10.

As far as the Thursday rides are concerned I think we should now recognize the obvious by revising the rec-

ommended start time to 12 noon at Woori Yallock. This is what the vast majority of riders have decided to do anyway and it certainly does have some considerable advantages.

I would suggest that our recommendation should be that riders start at Woori Yallock and then progress to COGS at whatever pace they are comfortable with. Those that want a hard workout can go flat out while those that want a chat could ride at a slower pace. Most riders take between 40 to 50 mins for the ride to COGS.

We would then have a short rest break before leaving COGS at 1.00 pm. This part should be conducted at a speed that enables all riders to stay together (no bolting). Generally this means that we would be back at Woori Yallock at approx 1.45pm. After another short rest break at Woori, we would continue to Milgrove as a group. At Milgrove riders

can choose whether to continue to Warburton or stop at Milgrove. On the return ride we would encourage riders to stay together but understand that some may have time constraints that make this difficult. The ride would then "officially" end at Woori, although some riders obviously will need to continue through to Mt Evelyn.

As a further variation I would also suggest that some riders consider leaving Woori at 11.15am and ride the entire trail down to Maroondah Hwy before turning back to meet the main bunch at COGS.

Any other feedback and comments would be appreciated.

### Wangaratta to Bright Rail Trail Weekend—16th to 18th April 2010

As most of you would already be aware the weekend of 16th to 18th April has been set aside for the Annual Ride along the Wangaratta to Bright Rail Trail. When I asked for expressions of interest a couple of months ago, a significant number of you indicated your intention

progress after having a stent inserted in her coronary artery.

**Connie and Juri Dekter** have loaded up the panniers and headed off to New Zealand for a fully self supported cycling trip. They will be away for about 4 weeks.

**Dennis Wilson** is now the proud owner of a new FELT hybrid bike. I am sure that

Monday Mar 1st 2010

#### Contact Details

- Contact Person: Dennis Dawson
- Email: [ghostriders@netspace.net.au](mailto:ghostriders@netspace.net.au)
- Web: [www.warbyghostriders.com](http://www.warbyghostriders.com)
- Mail Address: PO Box 196, Emerald, Vic 3782
- Phone: 5968 3307
- Mobile: 0419 106 324

to participate in this extended ride.

In Wangaratta we usually stay at the **Warby Lodge Motor Inn (Ph 5721 8433)**. You will all need to make bookings for **Fri 16th April**.

Our preferred motel in Bright is the **The High Country Motor Inn**. I have asked them to reserve a half dozen rooms for us for **Sat 17th April** but everyone will need to confirm their booking by ringing the motel directly on **5755 1244**. **I would advise you to do this immediately as they will not hold those rooms for us for very long**. When you make your booking you need to let them know that you are part of the Ghostriders booking.

I would encourage all our riders to participate in this fantastic ride and social function.

we won't see him for dust now. He is even developing a taste for cream cakes so this guy has real potential.

Last Thursday **Don Billing** became Ghost rider number 91 after completing his prescribed 4 rides. We look forward to seeing a lot more of him in the months ahead.

## Coming Rides & Other News

### Thursday March 4th—Warby Trail Ride

Start from Woori Yallock at 12 noon, COGS at 1.00 pm or Woori Yallock at 1.40 pm. *Since this is the first Thursday of the month we will be stopping for lunch in Warburton rather than at Milgrove.*

### Monday March 8th (Labour Day) - Altona Bike Paths Ride (NEW)

This is a new ride proposed by Bill Vandendool. We will start at the Strand Car Park in Newport 9.00 am sharp. We will then follow sealed bike paths to Werribee, Point Cook and Altona. The ride is

basically flat and about 90 km in total. Rated Easy/moderate. Suitable for most types of bikes.

### April 16th to 18th Wangaratta To Bright Rail Trail (see above)

Join in the fun when we ride one of the best rail trails in Australia. It's sealed all the way so you can bring any type of bike. You will need to book your accommodation without delay (see above for more details).

#### Other News

**Margaret Partel** is now home from hospital and making good



## Thursday 25th Feb The Perfect 10/10

After the horrors of the previous summer I suspect that everyone will heave a collective sigh of relief that this summer has been so mild by comparison. Last Thursday was our final weekday ride for the summer and it was great to see that the weather bureau had cooperated by providing us with an absolutely perfect day for riding.

In fact the conditions were so perfect that I decided to pack the bike earlier than usual and ride the entire trail down to Lilydale and back before meeting the main group at COGS. During last week's filming I had been reminded just how good the final section of the trail between Mt Evelyn and Lilydale is, and it is shame that we don't ride it more often.

Although I got off to an early start I had not gone far before I met up with Gary on his new single speed mountain bike. We spent the next twenty minutes or so catching up on what he has been up to. In that space of time Tom passed by about three times (in different directions). That guy does so many transits of the Warby Trail that we should give him the new nickname "Pendulum."

I continued on my way up the hill to COGS and down the long slope to Lilydale. The surface here is wide and smooth and makes for very enjoyable riding. At the bottom I immediately did a U turn and retraced my path (but at a considerably slower speed). In spite of the delay and the detour I still

arrived at COGS by 12.30 and had a long wait while the others progressively arrived. By the time we were ready to leave we had about 15 riders in the peloton and a number of others joined further down the trail, making this the largest group we have had for some weeks.

In spite of the large peloton I was thrilled to see that everyone was content to ride at a sociable speed. This gave a great opportunity to chat as we rode along.

After an extended break at Woori Yallock I found that the peloton had grown even further (to about 25 riders), meaning that we would be able to farewell summer in style.

Even more remarkable was the fact that we were able to maintain good discipline all the way to Milgrove where some continued up the hill to Warburton. I considered that I had already done enough kilometres and headed

straight for the coffee shop. Connie also celebrated her last ride before her forthcoming NZ ride by taking on the most calories any of us had ever seen in a single sitting. I don't know how she manages to stay so slim.

When the entire peloton had regrouped we were able to officially welcome Don Billing as Ghost rider number 91. In the short time he has been riding with us he has demonstrated that he loves his cycling and I am really looking forward to getting to know him better in future rides.

The weather had been so kind and everyone was in a relaxed state of mind so that nobody seemed in a hurry to get back on the bikes after lunch. Eventually we managed to rustle up a cycling quorum and get underway. To my amazement we were still in good formation at the Launching Place traffic lights. Perhaps this was a first for the return ride.

This had been close to the perfect ride and a fitting way to celebrate the end of summer and the arrival of a cycling friendly autumn.

## Overseas Adventure Challenges What's Next ????

Over the past few weeks I have been busy looking at options for possible future overseas adventure challenges. I am pleased to say that a few options are now starting to take shape.

Some of the possibilities I have been exploring are briefly outlined below.

### 1. Another Trek in the Nepal Himalaya

This is actually not a cycling trip but a trek (similar to the one we did in 2009). The area I am looking at is the Everest Region. The trip would last for 16 to 18 days and cost approx \$3000 plus air fares.

### 2. A Return to Tiger Leaping Gorge

This would be a similar ride to the ones we completed in 2006 and 2007. It takes place in Yunnan Province of China in some of the most spectacular scenery you could ever imagine. If you want a challenging ride surrounded by towering snow capped peaks this is for you. Approx 18 days, cost approx \$2200 plus air fares.

### 3. The Shangri La Ride (NEW)

This is a new ride under development into a region seldom reached by westerners. The ride takes place on the Tibetan border and visits incredible wilderness areas. It would involve a couple of nights under canvas. Approx 18 days, cost approx \$2200 plus air fares. Challenging.

### 4. Return to Europe to Complete the Danube Ride

This would see us follow the Danube from Ulm in Germany all the way through to Vienna. It is a longer ride than the one recently completed but the grading is easy, making it ideal for the casual cyclist. After the ride you can head off to anywhere else in Europe at a very modest cost. Approx 20 days, approx cost \$3600 plus air fares.

### 5. Japan Cycle

I am still waiting on more information about this but I suspect that the cost will be a little high.

The prices quoted include just about everything you need, including bikes, accommodation, most meals, guides, etc, etc. There are very few additional charges. Over the next few weeks I will be holding some information nights for anyone wanting more informa-

tion.

In all cases the trips are specially designed for us. They are only open to Ghostriders, partners and friends. They will not be advertised for the general public and in every case the price has been discounted for us. Almost 100 people have now participated in one of our previous trips.

If you would like to express your interest in any of the above trips you should email or ring me without delay. Numbers are limited to approx 15 places and once those places are filled it will be too late to join.

If have any questions ring me on 5968 3307.

**Remember that every great adventure starts with a dream.**

**PS It is still not too late to be a part of our Peru Adventure later this year.**