

This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

Mon Jan 31st 2011

What's News ?

Last Wednesday we held our **Annual Australia Day** ride to Southbank in the city. We have found this ride a perfect way to celebrate our national day and last Wednesday was no exception.

Our peloton of 13 riders could have been excused that we must have ridden under a ladder after we suffered two punctures early in the ride. For **Bob Andrews** I think this makes his 5th puncture in the past couple of weeks. This time it was the brand new tube he had just installed that gave up after the first few kilometres. Bad luck or what ?

Fortunately, after the early misfortunes, the rest of the ride went off without a hitch. Lothar even decided to go against his doctor's advice by riding. Apparently his enforced rest was driving him crazy. **Lynda Farley** also demonstrated that she is a very capable rider by completing the entire 90 km ride with ease. Lynda is one of our 2011 Europe Riders.

I was somewhat surprised and certainly impressed when most of our riders rode straight up the Waverly

Rd hill without getting off to walk. This is a pretty serious hill in anyone's language. On the return trip it gave our riders a chance to set new personal best speed records on the way down.

In the city we were even entertained by a cavalcade of ancient bicycles and tricycles ridden by people in period costume.

Last Thursday we had the biggest turnout of riders for our regular Thursday ride that we have had for some time. It was especially exciting for me to see **Annette De Pledge** ride with us. Annette was one of our team of riders on our first China Ride in 2006 and I had not seen her since then. She lives in Albany in WA and is currently completing an extended caravan holiday with her husband.

Also joining our Thursday peloton for the first time was **Dan Price**. Dan is an experienced rider who has been a follower of the Ghostriders for some time and he assures me that we will see a lot more of him in the

future.

Don't forget that tomorrow (**Tuesday 1st Feb**) we will be conducting our monthly MTB ride to Gembrook and back. The ride starts at my place at 10 am sharp.

Over the coming few weeks we have a number of special rides coming up (see below for more details).

Next **Saturday 5th Feb** we will be conducting another **Toolangi hill climb**. This is one of the best rides around Melbourne for practicing your climbing techniques. The gradient is about 4% all the way to the top, meaning that you can just choose a gear and find your own rhythm. After the ride we will be having lunch at the Beechworth Bakery in Healesville.

On **Saturday 19th Feb** we will be running our popular **Pakenham to Drouin ride**. This ride follows the quieter roads south of the railway line. Lunch will be at the Drouin Bakery.

Wangaratta to Bright Rail Trail Weekend—April 1,2,3

This is another reminder about our Annual Wangaratta to Bright Rail Trail ride to be held on the

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first weekend of April. The plan is to drive up to Wang on Friday, staying overnight at the Warby Lodge Motor Inn. On Saturday we will be riding to Bright (via Beechworth if you are keen) and then staying overnight at the Best Western High Country Motor Inn in Bright. On Sunday we ride back to Wang. I am expecting a number of "guest" riders on this weekend and would love to have as many of our regular Ghostriders as possible come along to share the fun. All those attending will need to contact the motels to make their bookings.

How would you like to have an African Adventure?

Plans are slowly developing for the proposed 2012 African Adventure. This trip will begin in Cape Town and follow a clockwise route through a number of southern African nations. We will be visiting a number of tribal villages and game reserves as well as experiencing the mighty Victoria Falls. If you want to be kept up to date with developments, contact me now.

Upcoming Rides & Activities

Tues 1st Feb—Tuesday Morning MTB Ride

MTB ride starts from my place at 10 am sharp. All riders welcome.

Thurs 3rd Feb—Warby Trail Ride—start from Woori Yallock at 12 noon or COGS at 1 pm

Sat 5th Feb—Toolangi Hill Climb.

This ride will begin at the park behind the Coles Supermarket in Healesville at 10 am sharp. It is best suited to road bikes. The ride involves a climb of approx 12 km but it is not overly steep. Rated moderate.

Tues 8th Feb Tuesday Morning Fitness Group

Bushwalk starts at my place at 10 am sharp. All welcome.

Thur 12th Feb—Warby Trail Ride—start from Woori Yallock at

12 noon or COGS at 1 pm

Tues 15th Feb—Tuesday Morning Fitness Group

Bushwalk starts at my place at 10 am sharp. All welcome.

Thur 17th Feb—Warby Trail TWILIGHT RIDE.

Note that times are THREE hours later than normal times for the Thursday ride. Start at Woori Yallock at 3 pm rather than 12 noon. Stop for dinner at the Launching Place Pub.

Sat 19th Feb—Pakenham to Drouin Ride (9 am start at Pakenham)

Meet at the corner of Bald Hill and Racecourse Rds in Pakenham. Roda bikes or hybrids preferred. Rated moderate.

Annual Wangaratta to Bright Rail Trail Ride—April 1,2,3.

This year we will be conducting our annual Wangaratta weekend and I would like to invite you all to participate. We will also be having five interstate guests riding with us. The recommended motels are **Warby Lodge Motor Inn** (Wang—Friday Apr 1) and **Best Western High Country Inn** (Bright—Apr 2nd). You will need to arrange your own bookings.) Please let me know if you will be participating.

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).

This Week with the Ghostriders



Ghost rider Jerseys— Order Yours NOW

Over the past couple of months I have been inviting our riders to order an official Ghost rider jersey. These bright yellow jerseys are made in Australia by Body Torque and are hard wearing and highly visible. I would encourage all our riders to have a jersey so that they can be easily recognised as a Ghost rider. Their high visibility also adds to rider safety when riding on public roads.

In order to place an order I need a minimum of 10 orders and I am pleased to say that I am now getting

very close to that number. Once I have the "critical mass" I will place the order. This will almost certainly be the only chance during 2011 that you will have to secure a new jersey, so if you need a jersey, I would ask you to contact me with your size without delay. Jerseys are available in male and female styling and sizes to XXXL.

Once you have a jersey you should wear it on all our scheduled rides.

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For more information refer to www.garminoutdoor.com.au

GOLDCROSS cycles

Generous discounts for Ghostriders at all Goldcross Stores throughout Australia. Check out their website www.goldcross.com.au for the store closest to you.

Huge range of bikes, accessories, clothing, helmets and bike repairs— everything for the cycling enthusiast.

Australia Day Ride—Jan 26th



On Australia Day we pioneered a new route from Upper FTG to Southbank and I am sure we will follow this route on future rides. Thirteen riders participated in glorious riding conditions and enjoyed some great fellowship as we celebrated Australia Day on our bikes.

The image shows some of our riders at Southbank, getting ready for the return ride back to Upper FTG. In blue is Lynda Farley, one of our cycling team for our forthcoming 2011 European Ride.

Alongside the Yarra we stopped to watch a wood chopping competition. Having a look at some of the stomachs of those guys made me think that maybe wood chopping would be a more appropriate sport for me than cycling.

It was amazing that they could cut through a block of wood faster than my chain saw.



Thursday 27th Jan—Millgrove

The smiling lady at right is **Annette de Pledge** from Albany Western Australia. Annette was one of the team members of our 2006 Great China Ride. That was our first overseas adventure challenge and none of us knew what we were letting ourselves in for. For Annette it was an even braver decision as she did not even know who she was travelling with. She had found out about our trip on the Internet and wanted to be a part of it.

Annette is an example to many other timid souls who are afraid to take any sort of risk. There is a big world out there just waiting to be experienced. She has also cycled and travelled in many other parts of the globe.

Annette and her husband are currently on an extended caravan holiday around Australia and she took the opportunity of joining us for a ride along the Warby Trail last Thursday.



Annette pictured at left with "Little John" Dawson, another member of our 2006 Great China Ride. John and Annette were able to relive some treasured memories from our trip, clearly demonstrating that friendship is built through shared experiences.

Michael's Marvelous Adventure Down Under

I wonder how many of our riders realised that, over the past couple of weeks, our own **Michael Poods** has been over in South Australia participating in the Tour Down Under. Well, perhaps not as a contestant, but he did supply these images to show what exactly he has been up to.



Festival Atmosphere in Strathalbyn—awaiting the arrival of the riders.

On the road again, the ideal way to pretend that you are Crasher Lewis on his way to yet another National Title.

Michael's Adventure (continued)



Is it Lance Armstrong ? Robbie McKewen ? Michael Goss ? No it's the amazing Michael Poods, fresh from his exhausting training (and eating) trip to Europe and now ready to take on the Tour Down Under.



Approaching the finishing line, with the crowds only cheering for one man—the amazing Poods. He's certainly captured the hearts of the young South Australian female fans.



And did he win ? I guess it depends on what you mean by "win". He apparently had a wonderful time and that is what life is all about.



The real star of the Tour, resting in its hotel room after the ride. (also playing a dual role as clothes line).