

This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

What's News

Since arriving back from South America I have spent a lot of time sorting through thousands of images and data downloaded from the Garmin GPS. I have not even started on the videos that were recorded and already I am feeling a little overwhelmed at the job of making sense of it all. The web site now holds quite a number of pictures which will give you some brief overview of some of the experiences we had. I have also included some more images and commentary later in this newsletter. I trust you will find them interesting.

Great News for All Ghostriders at all Goldcross Stores

Before leaving for South America I mentioned that I had been having discussions with **Goldcross Australia** with regard to significant discounts for all Ghostriders at Goldcross stores. I am pleased that these arrangements have now been confirmed.

I guess all our readers would be aware that **Goldcross** operates a number of cycling superstores across

Australia and have plans to open a lot more. They are owned by the same company that runs Supercheap Auto. If you have already visited a **Goldcross** Store you will know what a huge range of bikes, bike accessories and bike clothing they stock.

The arrangement we have with **Goldcross** is that they will provide all our riders with a discount of at least 10% off all items they sell. The discount will also apply to servicing and bike repairs. In addition all Ghostriders will get a free dynamic bike fit with all new bikes purchased. We will also get advance notification of upcoming special offers and sales.

Since there are Goldcross Stores scattered all over Melbourne, all our riders should be able to find a store close to their home or work. In order to claim the discount you will need to be able to show ID showing you are a Ghost rider. Some of you may already have one of the ID cards I produced a few years ago, in which case that would suffice. If you do not

have a rider card, drop me a line and I will print and laminate one for you. You may also be able to use it to negotiate discounts at other cycling outlets as well.

I am excited that Goldcross has chosen the Ghostriders as one of the first bike groups through which to promote their brand.

Ghost rider Jerseys—Do you need one ?

There are now a number of newer riders who do not have a Ghost rider jersey and some of our regular riders may be in need of a replacement. I have contacted Body Torque and they require a minimum order size of 10 units in order to proceed with printing.

The cost for the "official" jersey is still \$95 and a full range of sizes is available.

Several people have already contacted me with regard to placing an order but we do not yet have enough to place an order. If you would like your name to be added to the list please contact me with your required size and contact details.

Monday Oct 25th 2010

Temporary Contact Details

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

If you are planning on riding regularly with our group, the jersey is a great way to show that you belong. Its high visibility also makes it a highly recommended safety accessory for all our road rides.

If you need any further information, feel free to ring me on 5968 3307.

Situations Vacant—Reccy Riders

On Sat Dec 4th we will be introducing a new ride into our calendar. This ride was featured in the "Where to Ride" guide produced by Bicycle Australia. The only trouble is that no one I know has ridden it yet. I am therefore looking for 2 or 3 others to join me on a reconnaissance ride of this route, to be done sometime in the next couple of weeks. If you are interested in testing out a new route please let me know. The ride starts and finishes in Belgrave and takes in Lysterfield Lake Park. It is a mountain bike ride and rated "moderately challenging". Approx 45 km. Call me on 5968 3307 if you would like to come along.

Upcoming Rides & Activities

Thurs Oct 28th Warby Trail Ride
Start at Woori Yallock at 12 noon or COGS at 1.00 pm or Woori Yallock at 1.40 pm.

Tues Nov 2nd—Cup Day Ride—Tonimbuk Loop.
This ride starts from Pakenham at 9.30 am and follows a mixture of sealed and unsealed roads through the Black Snake Forest to Gembrook. After lunch at the bakery we return via the sealed roads back down to Pakenham. Mountain bikes or hybrids required.

Thurs Nov 4th Warby Trail Ride
Start at Woori Yallock at 12 noon or COGS at 1.00 pm or Woori Yallock at 1.40 pm.

Tues Nov 9th—Tues Fitness Group

Brisk bushwalk starts at 10.00 am from my place. The duration is approx 1 hour.

Tues Nov 9th—Mountain Bike Ride—10.00 am start
Because of Cup Day our normal mountain bike ride has been delayed from 2nd Nov to 9th Nov. The ride starts at my place at 10 am sharp and takes in about 38 km of sealed and unsealed roads and tracks. A great workout. Lunch at the Gembrook Bakery.

Thurs Nov 11th—Warby Trail Ride—TWILIGHT RIDE.
This is the first of our designated twilight rides where we delay the start of the ride by three hours so that we finish in twilight. All riders are invited to share a meal at the Launch-

ing Place Pub on the return leg. Mark this special date in your diaries now.

Advance Notice—Sun 21st Nov—Big Kev's Ride (TBC)
This ride is yet to be confirmed but, if it does proceed, it will take in a variety of roads in the Diamond Creek area. Watch out for future updates closer to the date.

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).

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A Suggestion re Planning for Future Weekend Rides

Last Saturday we had a ride scheduled to Upper Yarra Dam. The only problem was that the weather on Saturday morning was appalling—continuous steady rain. Being the eternal optimist I packed the bike and headed off to Launching Place and proceeded to wait for the next 30 minutes. By the appointed starting time only one other rider had appeared and, since the rain was still falling heavily, we decided to cancel the ride and return home.

During the morning of the ride the only communication I had received was from someone telling me that they had de-

ecided not to ride. The problem arose when, later that morning two others apparently turned up for the ride and wondered what had happened to everyone else.

This is a problem that I would like to avoid in future and therefore I am suggesting a new protocol for weekend rides. In many (maybe most ?) other groups, people intending to join a ride contact the convenor beforehand and let them know of their intentions. This is a simple matter of courtesy and it also lets the organiser know which riders will be taking part. If, for any reason, the ride has to be altered or cancelled, it is then relatively easy to contact the

riders concerned and let them know.

I would like to suggest that we adopt a similar system. Whenever a scheduled ride is drawing near all you would need to do is shoot off an email along the grounds of “count me in for the ride on.....”. In that way the convenor would know in advance which riders will be attending.

This may help avoid any confusion occurring on future rides. Our next scheduled special ride is Tues 2nd Nov (Cup Day). So let’s give the new system a try then.

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

GOLDCROSS[®]
cycles
Generous discounts for Ghostriders at all Goldcross Stores. Check out the website www.goldcross.com.au for the store closest to you.
Huge range of bikes, accessories, clothing, helmets and bike repairs.

Some More Images from South America



Part of the circuitous road down from the Abra Malaga Pass to Ollantaytambo. The road just switched back and forth all the way down to the valley floor. This was also the only part of the trip that we were really cold.



View from the railway station at Ollantaytambo towards the Veronica Massif. This railway had previously been connected to Cusco, but the floods earlier this year swept away 60 km of the tracks. We stayed in a small hotel that was actually part of the railway station.



Part of the well preserved Inca complex at Ollantaytambo. The full extent of the Inca engineering was mind blowing.



Looking down the Rio Urubamba in the direction of Machu Picchu. The sides of the river bank have been severely damaged in the recent floods.

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Extensive Inca ruins high above the Rio Urubamba. Contrary to popular myth, Machu Picchu is not the only large scale Inca ruin in Peru. In fact there are many others if you know where to look.



Time for a quiet moment of reflection. Anne admires the towering peaks above the Inca Trail on the way to Machu Picchu.



Some of the trails we walked were well off the normal "tourist trail" and therefore we had them all to ourselves.



The path grows steeper and steeper as we approach the Sun Gate and get our first glimpses of the so called "Lost City of the Incas".



Our first glimpse of Machu Picchu and a view that most western tourists never get to see. After hours of upward climbing to the Sun Gate you cross the ridge and are presented with an image that you will never forget. The ugly road below is the route by which most travellers catch the bus up from Aguas Calientes to Machu Picchu. Take my advice, if you ever go to Machu Picchu you *must not* reach it by bus—you have to experience it from the Sun Gate.



Closer view of Machu Picchu taken from the Inca Trail below the Sun Gate. The entire top of the mountain was removed to build the city and to sculpt the extensive terracing. Many of the original buildings are extremely well preserved apart from the missing thatched roofs. The entire location is one of the most magical sites you could ever imagine and yet the town was abandoned when the Spaniards arrived in Cusco. The actual site of Machu Picchu was not known to the Spaniards (or else it would have been largely destroyed).