

This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

What's News ?

Warby Trail Etiquette

Anyone who has been reading the local papers over the past few weeks would already know that there have been a large number of letters from angry members of the public criticizing the behavior of cyclists on the Warby Trail. In last week's edition of the Trader newspaper alone I think there were 5 separate references to "cyclists behaving badly" on the trail.

As we are the most well known and easily recognised cycling group on the trail, it is obviously of relevance to us. The most common complaint relates to cyclists treating the trail as a high speed training route rather than a shared bike, horse and pedestrian path. While I am sure that most of our riders could recount numerous problems with deaf or inattentive walkers, owners of loose dogs and riders on

barely controlled horses, nevertheless the onus is also on us to set the very highest standard of consideration and courtesy whenever we are riding on the trail. There is a danger that, if the complaints continue to mount, the council may install additional chicanes and speed bumps to restrict the speed of cyclists. This would really detract from the enjoyment we derive from our favourite ride.

Great Southern Rail Trail 26th April

This afternoon nine of our riders travelled down to Gippsland to ride the Great Southern Rail Trail. Once again the weather was extremely kind to us, rewarding us with delightful conditions for the entire ride. This trail really is one that all our riders should sample. Although some of you seem to think that it is a long way to drive for a ride, in fact it takes only a little over a hour's drive from Emerald. The drive itself is almost as

much fun as the ride, as it passes through some of the prettiest countryside in the entire state.

Warby Trail Breakfast Ride Thursday April 29th

This coming Thursday we will be replacing the regular afternoon ride with our first **Warby Trail Breakfast ride**. Our plan is to meet at the Wandin car park (NOT at COGS) for a 7.00 am start. We will ride out towards Milgrove for approx 1 hour before turning back to Wandin for breakfast at the new Carriage Café. We would like to arrive at the Café at about 9.00 am for breakfast. After breakfast you will only have a relatively short ride back to the cars at Wandin. Of course if you still have some surplus energy you could continue to Mt Evelyn or further. I would encourage all of our riders to fight the tyranny of the warm doona and join us for breakfast.

Adventure Updates

Most of you would already be aware that a number of riders have recently partici-

Monday April 26th 2010

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

pated in some overseas rides while others are currently right in the middle of their adventures. Later in this newsletter you can read up on what our riders have been up to.

Regular Thursday Ride Details

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

- 11.15 am Early Starters**—Meet at Woori Yallock and ride the full trail 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 meet with the rest 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** leave for the ride to Milgrove where we stop for lunch before the ride back to your 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).

Coming Rides & Other News

Thursday April 29th Warby Trail Breakfast Ride 7.00 am start at Wandin

Our plan is to ride from Wandin to Milgrove before returning for breakfast at the Carriage Café. Bookings are required in order to get the "special menu". This will take the place of the regular afternoon ride on this day.

Thursday May 6th Warby Trail Ride

Start at Woori Yallock at 11.10 am (early group) or 12 noon (main group). All meet at COGS at 1 pm or Woori Yallock at 1.40 pm. Since this is the first Thursday of the month lunch will be at Warburton.

Sat May 8th Reefton Pub Ride

One of our favourite rides. Meet at Launching Place Pub at 10.00 am for a ride up to the Reefton Pub and back again. Best suited for road bikes or hybrids. Because of rolling hills this ride is not suitable for beginners.

Thursday May 13th Warby Trail Ride

Start at Woori Yallock at 11.10 am (early group) or 12 noon (main group). All meet at COGS at 1 pm or Woori Yallock at 1.40 pm

Saturday May 22nd Information Night for All those Interested in Our 2nd European Ride

If you would like to find out more about our 2nd European ride (to take place in Sep 2011) you really need to come to this meeting. It will start at 7.00 pm at my place. Bookings are essential if you want to attend the meeting. Already the indications are that this trip will fill more quickly than any previous trip so I would strongly advise you not to hesitate or you will almost certainly miss out.

Bob & Judy Patterson will soon be departing for Canada where they will be living for about 7 weeks. We wish them a safe and fun trip as they spend time with their son who is now living there.

A word a Week....

If someone described you as "callipygian" would you be flattered or upset ?



A Word from our Adventurers

Mike and Kevin's Wonderful Tibetan Traverse

Mike and Kevin are currently partway through their epic ride across the Tibetan Plateau. They recently sent this email as evidence they are still alive.

"Hi Troops

The latest update on the amazing adventures of Henley and Litchy . When they said it was rated 10/10 they were dead right . Everyone on the ride has come down with something and one of our Kiwi mates has not ridden for 2 days - he paid a visit to the local hospital for x-rays and tests but all ok . We are currently in Shigatse for our first rest day and Mike and I have just finished a tour of the city , 2nd largest in Tibet , and what a buzz . The smells are well known to most of us but this place is up there with the Best .

I have recovered from my dose of the Trots {more like the gallops } and was able to

have my first feed in 4 days which allowed me to climb the 1st of 6 5000 mt passes . The gradients are not steep [not yet anyway] but coupled with the altitude and the BLOODY HEADWINDS, the going is really tough . It's amazing how disoriented you become at altitude and out of breath . Even sipping from your water bottle is enough of an interruption to breathing to have you gasping for air so up near Everest base camp at 5200mt there may be a few problems . Mike picked up a head cold early in the trip and it's really taking it's toll , climbing a few flights of steps is an ordeal . Yesterday's ride was one of our few flat days and Mega felt better so at the start the fast guys took off sitting on about 35kmh and then the BIG AUSSIE came over the top of them [they were a frag surprised]. When we get back everyone has to ask Mike about his innings with Ricky Ponting , it's a laugh .

In the next few days the climbing starts in earnest with two 5000mt passes in one day so it could become interesting , especially if 40 knot winds pop up .

There probably wont be too many chances to send emails in the next few days .

Glad the Wang W/E turned out a bewdy, and Phil , you can't tell us anything about sore crutches , 27 deg , wouldn't mind a slice of that . The weather here has been magic clear blue skies so if the wind racks off should be great . Hope everyone is well and staying out of trouble .

Let's get one thing straight , especially you Bobbert , i do not wish to receive emails re the Mighty Dogs if they lose . Everyone take care Best Wishes Kev and Mike"

They are due to finish their trip in Kathmandu on the 9th May.

Juri and Connie's NZ Ride

Connie and Juri recently completed a three week unsupported ride in New Zealand. You can see their pictures here :

Actually I did not realise that Connie actually grew up in New Zealand so it was in many respects, a return to her roots.

Glenda's Nullabor Challenge

In case some of you did not already know—Glenda is soon to set off on her own unique adventure as she cycles across the Nullabor from Adelaide through to Perth.

What makes this ride really one of a kind is the way that it is going to be conducted. Not only will Glenda be riding solo a vast distance, but she will be riding *into* the prevailing headwinds (just to increase the degree of difficulty a notch or two).

If that was not enough, her "support crew" is a 92 year old driver with a 1959 Mercedes Benz. I should also add that it is NOT a Mercedes Benz sedan, but a 1959 butcher's van !!!!

I guess Glenda does not believe in doing anything by halves. Could this really be the same person who joined our group just 4 short years ago, barely able to ride a bike ?

How great it is to have the courage to follow your dreams !

<http://members.iinet.net.au/~jdekter/main/main%20page.html>

Picture of the Week



Doing my patriotic duty by eating the world's biggest Anzac Biscuit on our Annual Anzac Day Ride

Fish Creek—April 26th 2010

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More Images from The Great Southern Rail Trail—April 26th



We met this couple on this unusual recumbent tandem bike at Meeniyan. I don't think I have seen another one like it.