

This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

What's News ?

Royal Children's Hospital Fundraiser Ride—Sat July 3rd 10 am start from Jells Park

For the past month I have been giving advance notice of our forthcoming Children's Hospital Fundraiser Ride. This is to be held **NEXT SATURDAY JULY 3rd**. We will be meeting at the Jells Park Kiosk for a 10 am start.

Since this ride will take the form of a **RETRO RIDE** the idea is to bring out your oldest bike and riding gear. Try to remember what you might have worn on the first time you rode with us. It might have been jeans and a jumper, it might have been your trackie dacks. We will be ignoring the fashion police and having some laughs instead.

Each participant will donate \$5 to the collection (more if you want). Anyone who does not enter into the spirit of the ride will be "fined" \$10. All proceeds will go towards Glenda's fundraising for the Royal Children's Hospital. This is a most worthwhile cause and I would really encourage all our riders to make the effort to participate.

The ride itself will be down to Carrum and back. We will be following the Dandenong Creek Bike path. It is flat all the way and suitable for just about any type of rider. This is also the perfect opportunity to invite along a friend or two.

You might like to arrive at the kiosk at 9.30 am and grab a coffee before the ride starts.

Most of our readers would probably know by now that **Glenda Wise** has now completed her marathon ride back and forth across the continent and is safely back home in Belgrave Heights. She completed the final few kilometres on the second anniversary of her brother's death and it was a fitting testimonial to his memory. I am sure that she will have a plethora of stories and anecdotes to share with us of her experiences.

Bob Andrews is also back in Melbourne following his challenging trek in the far north of Western Australia. This was part of his training for the forthcoming Ghostriders South America

Challenge which is now only two month's away.

Our next group training walk for the **South America team** will take place on **Sat July 10th** so watch out for details in next week's newsletter.



Our **Annual Mid Winter Dinner** is on Sat 17th July. Glenda Wise has generously offered to assist with the running of this event. She has booked the Royal Hotel Bistro in Upper FTG. If you would like to reserve places for this dinner, please contact her via email (glenda@glendartist.com) without delay. It is open to all Ghostriders, partners and friends.

Monday June 28th 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

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.

Upcoming Rides & Activities

June 29th -Tuesday Morning Fitness Group

Starts from 33 Emerald Lake Rd at 10 am sharp

Thurs July 1st—Warby Trail Ride

Start at Woori Yallock at 12 noon or COGS at 1.00 pm or Woori Yallock at 1.40 pm. First Thursday of the month means lunch in Warburton rather than Milgrove.

Sat July 3rd—RETRO RIDE 10 am start

Jells Park Kiosk to Carrum and back. Charity fundraiser ride for the Children's Hospital. (see above for more details)

Tues July 6th—Fitness Group BIKE RIDE 10 am start .

Today we will be having a mountain bike ride along the bike paths between Emerald and Cockatoo.

The ride will start from 33 Emerald Lake Rd at 10am. It's a relatively short ride but does have a few challenging short hills.

Thurs July 8th—Warby Trail Ride

Start at Woori Yallock at 12 noon or COGS at 1.00 pm or Woori Yallock at 1.40 pm.

Sat July 10th—South America Training Walk

Watch for more details next week.

July 13th -Tuesday Morning Fitness Group

Starts from 33 Emerald Lake Rd at 10 am sharp

Sat July 17th—Mid Winter Dinner— Royal Hotel FTG email

Glenda (glenda@glendartist.com) to book. Everyone is invited.

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.

Advance Notice

Sunday July 25th—Beach Rd Ride

The previous Beach Rd ride was cancelled because of poor weather so hopefully we will get better conditions this time. The plan is to ride from the end of North Rd down to Mornington for lunch. The ride will commence at 9.00 am. The total distance will be about 90 km so it is not suited for beginners.

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).



Riding across the Roof of the World

By "Mega" Mike Litchfield

If you've ever wondered what it would be like to ride into a never ending cyclonic headwind with a punctured lung while trying to change gears with our mouth because your hands are frozen to the handlebars then a cycling holiday in Tibet may be just the trip for you!

The 3 week, 1,000 km supported ride across the roof of the world by way of Everest base camp provides for stunning landscapes. Towering ridges and barren wind swept landscapes gradually give way to amazing views of the Tibetan Himal with 7,000 metre mountains prominent. Devout religious beliefs pervade throughout this beautiful land.

We quickly uncovered our first mistake when we discovered that the trip's published 10/10 rating was not in fact a Michelin Star rating but a measure of the level of insanity required. Mistake no. 2 was believing that spending two weeks of hard riding in NZ prior would help us acclimatise for Tibet.

Mistake no. 3 was making the comment on approach to our first 5,000 metre pass that it looked nothing worse than the gradient we'd ridden on many occasions on

Donna Buang. What we didn't realise until climbing the pass though was that we'd never ridden Donna Buang while trying to breathe through our ears!

The constant headwinds made rolling downhill nearly impossible. Riding with Kev I often had to beg him to take the lead role after I found that my spinaker sized shape was perfect for going backwards.

A 95km ride into a strong headwind on day 6 was nearly enough to finish Kev off. I knew he was in trouble when he started having a 1-1 discussion in the tent with the Dali Lama. A compulsory stay in the portable breathing chamber was enough to put Kev on the way to recovery where a one fingered salute signalled to all that he'd recovered and was back to normal!

The bitumen road surface at least until near Everest was superb having been laid in time for the Beijing 2008 Olympics. The 3 days of off road riding into & out of the Mt. Everest national park though were by comparison roads from hell with a rutted 25km section on the Everest approach road taking

riders 5 hours.

Camping at Rongbuk in full view of Everest was one of life's unforgettable experiences while the 2,000 metre descent over 40 km's from Nyalam to the Nepal border was a fantastic way to end the Tibet experience. This surely has to be one of the most amazing downhill

rides in the world riding on switchbacks through a spectacularly narrow gorge with a view back showing the Tibetan plateau towering in cloud.

Would we do it again ... all I can say is that Kev & I both intend to employ solicitors to read the fine print before doing any future cycling trips !!!



Kev and Mike celebrate surviving another day on the Tibetan Plateau



It's a long, cold road ahead but someone's got to pedal it

But Wait—There's More.....

Q. How can you tell a ghost proofed bicycle ?

A. It has no spooks in it.

Q. What do you get if you cross a bicycle with a rose ?

A. Bike Petals

Q. Why did the accountant have to stop riding his bike ?

A. He lost his balance ?

Q. Which Elizabethan sailor could stop bikes ?

A. Sir Francis Brake.

Q. What is the cheapest bike ?

A. A penny farthing.

A Word a Week

I won't try to use this one in a sentence, but it was used in one of the works of Shakespeare, so it is a real word. The word is "honorificabilitudinitatibus". It certainly would be a good word to throw into a wedding speech—but what does it mean ?

Send your entries to ghostriders@netspace.net.au. The first correct entry will receive a free acknowledgement in next week's newsletter.

(You might also notice that the word has the unique distinction that it alternates vowels and consonants all the way through).

Future Adventurers Wanted

If any of our readers felt inspired by reading this newsletter I would encourage you to step out of your comfort zones and have an adventure of your own. We still have a small number of vacancies in our 2011 European Ride and I am also in the early stages of researching and planning another ride in the Chinese Himalaya. If you would like information about either of these rides, just drop me an email or give me a call on 5968 3307.