

This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

What's News ?

Before getting around to all matters cycling, I would like to wish all our riders, partners and families a very happy and safe Easter break.

Last Thursday we had the privilege of formally welcoming **David McMorran** as **Ghost rider Number 92**. David was introduced to our group by Linda House and it has been so good to see the way that he has enjoyed his short time with us. I trust that he will have many great rides and adventures with us in the years ahead.

As the countdown ticks by I wonder who will have the unique distinction of becoming Ghost rider number 100.

Our long awaited Wangaratta to Bright Rail Trail weekend is now only a few days away. I would hope that by now you have already all booked your ac-

commodation. Although it may already be too late to secure a room in the High Country Inn, it may still be possible to get a room elsewhere in Bright. Since people have all made their own arrangements I do not have a final count on how many will be taking part. It would help if those that are planning to share a meal together on the Friday night could let me know what time they will be arriving in Wang. The meals shared together are almost as important as the riding itself and it would be a shame for anyone to miss out.

We also need a couple more drivers to assist with transfer of luggage between Wangaratta and Bright.

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 Coun-**

try 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**

Are you interested in a Breakfast Ride along the Warby Trail on Thursday 29th April?

Many of you would have seen the new "Carriage Café" now built alongside the trail near Seville. This café serves breakfasts on Thursday mornings from 9.00 am onwards and I thought it would be good fun to conduct a "Breakfast Ride" followed by a group breakfast. My suggestion is that we start at Wandin at 7.00pm and then ride to Milgrove before returning to have breakfast at the café. We would probably be finished by 10 am.

I have already had a number of people indicate their intention to participate in this ride, although we still have not reached the required

Monday April 5th 2010

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threshold of 10 that we need for the café to put on a "special breakfast". If you still haven't responded to let me know of your intentions, can you please shoot me an email as soon as possible ?

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).

are also back from their trip and we look forward to reading the stories of their adventures in the near future.

Andrew Dunne is now free of the leg brace and has been given permission to start some gentle exercise. He has also been able to use the stationary bike for up to 10 mins at a time twice a week. Hopefully he will be back riding with us before the year is over.

Coming Rides & Other News

Thursday April 8th
Regular Warby Trail Ride
starting from Woori Yallock at 11.15 am or 12 noon, COGS at 1.00 pm or Woori Yallock at 1.40 pm.

Thursday April 15th
Regular Warby Trail Ride
starting from Woori Yallock at 11.15 am or 12 noon, COGS at 1.00 pm or Woori Yallock at 1.40 pm.

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).

Monday April 26th
Anzac Day Ride
Great Southern Rail Trail

This has become something of an Anzac Day tradition and I would like to invite you all to join us in some delightful Gippsland riding along the Great Southern Rail Trail from Meenyan to Foster and back. 10 am start at Meenyan. Best suited to mountain bikes or hybrids.

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.

Other News

Juri and Connie Dekter are now safely back in Australia following their epic New Zealand bike ride. The other group of NZ riders

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The 2010 Paris Roubaix You are Invited !

There is little doubt that the Paris Roubaix ranks foremost in the pantheon of European one day bike races. First run in 1896 it is also regarded as one of the toughest rides there is.

Famous for its appalling conditions and rough cobblestoned sections it takes a severe toll on both bikes and riders alike. As part of his spoils the winner receives a mounted cobblestone to symbolise the achievement.

Such is the severe nature of the ride that many bike manufacturers have designed special bikes, just to be able to survive the demands of the ride.

Although still called the Paris Roubaix, in fact the race no longer starts in Paris but rather in Compiègne, about 60 km from the centre of

Paris. The distance is a little over 260 km and it is usually achieved at an average speed of over 40 kph.

Of course the narrow roads and poor surfaces combine with the often poor weather conditions to cause some spectacular crashes. It is common for many riders to have to abandon long before they reach Roubaix.

In 2007 Stuart O'Grady became the first (and only) Australian to win this prestigious event.

Throughout its long history there have been a series of controversies and disqualifications. These make very interesting reading for anyone with an interest in cycling history and trivia.

The 2010 Paris Roubaix is being held on **Sunday April**

11th. I was excited to find that SBS will be broadcasting the event, starting from 10 pm on Sunday evening. For that reason I would like to invite all those interested in witnessing some cycling action and history come to watch it on the big 8 foot screen at my place. Just bring along some drinks and nibbles to

share and settle in for a very late night.

If you want to come a little earlier we can watch some other cycling videos before the race.

If you would like to come over, just drop me an email or give me a phone call so I know how many will be coming.

Future Overseas Adventure Challenges

Arrangements for our South America Adventure Challenge are now finalised. This will easily be our longest and most ambitious overseas challenge yet combining a variety of cycling and trekking experiences in Peru, Argentina and Uruguay. In the process we will be cycling some of the highest roads on earth and also completing the fabled Inca Trail to Machu Picchu. This has been a dream of mine for many years and it is fantastic to be able to share it with such great friends and fellow travellers.

not only the perfect way to explore a foreign country but it is also the best way to learn about yourself at the same time.

I am now in the early stages of planning for 2011 and would invite any of our readers to join me on our journey of discovery. There are several options I am researching and I will soon be holding an information night for anyone interested in finding out more.

Watch out for further details in the near future.

By the end of this year approximately 100 people will have taken part in one or more of our overseas challenges. It is

Picture of the Week



Crasher Lewis makes his spectacular debut in bike racing. Picture taken some time prior to his win in the 1925 National Titles.

In a world of change, some things are always constant.