

# This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

## What's News ?

According to the official annals of the Ghostriders we have now just passed our **Eighth Birthday**. Our records show that on July 2nd 2002, John (Hooters), Bob (Crasher) and myself rode the Warburton Trail for our first officially documented ride. That date was also significant because it was then that John attached massive amplified hooters on his bike and unleashed the mysterious "Ghost Whistle" that gave rise to our name as the "Ghostriders".

Since that date in 2002, according to my calculations, I have now ridden the Warburton Trail over 400 times. From the blazing heat of a Melbourne summer to the frigid depths of a Yarra Valley winter, we have faced and prevailed over just about every set of conditions you could imagine. Of course we have also enjoyed many magnificent rides under a cloudless sky with the temperature hovering around 25C.

It has been encouraging to see that our beloved trail is now getting some long overdue upgrades.

In particular I discovered last week that construction has now finally begun on the overhead bridge across Maroondah Highway at Lilydale. This will effectively unite the full length of the trail from Lilydale Station to Warburton. I would encourage our riders to regularly ride down to the Lilydale end of the trail to keep an eye on progress.

We also found that a large section of the trail near Yarra Junction has been resurfaced. Not only has a thick new layer of surface been added but this time they are doing it correctly by compacting the new surface. Work is also progressing on the rebuilding of all the bridges along the way. The combined result of all these improvements will be to give us a much more enjoyable ride. Now all they need to do is get the horses off the trail.....

### Tour de France = lot's of VERY late nights

It's that time again. Time to huddle up in some warm clothes in front of the fire and watch the biggest cycling event in the world. All stages are covered

on SBS and I would like to invite anyone interested to come and watch the biggest mountain stage at my place on Tuesday July 20th. BYO drinks and nibbles.

### Tuesday Morning Fitness Group—Bike Ride 6th July

The next Tuesday morning group will be held tomorrow (6th July). Since this is the first Tuesday of the month we will be completing a mountain bike ride instead of the usual walk. The ride will start at my place at 10 am and should be complete by 11.30am. This is a great opportunity for those wanting to get in an additional ride for the week.

Our next weekend activity will take place next **Saturday 10th July** and will be another training walk for the **South America team**. We will be meeting at the **Millgrove Bakery** at 10 am for a walk along the O'Shannessy's Aqueduct path. It is anticipated that the walk will take about 4 hours. Everyone is invited to join us.

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**

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.

### Sunday August 8th—Bayside Bike Paths Ride 9.30 am start

This ride was pioneered last year and we all agreed it was sensational. We start at the end of South Rd and follow the bay-side bike paths to Docklands and back again. Lunch will be near the giant Ferris wheel (the famous one that had to be pulled down three weeks after it opened). A flat ride suitable for just about all riders. You also get to experience Melbourne from a different perspective.

## Monday July 5th 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

**FTG.** If you would like to reserve places for this dinner, please contact her via email (glenda@glendartist.com) without delay. We need all our riders to contact her to let her know whether or not you will be attending. It is open to all Ghostriders, partners and friends.

In this week's newsletter I have also included a special feature on Glenda's recent ride across Australia to Perth and back again. If any of the readers have been harboring dreams of such a riding adventure, maybe this will give you the inspiration you need.

### 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).*

## Upcoming Rides & Activities

### 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

Meet at Millgrove Bakery at 10 am. Bring good walking boots, drinks and nibbles. All welcome.

### July 13th -Tuesday Morning Fitness Group

Starts from 33 Emerald Lake Rd at 10 am sharp

### Thurs July 15th—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 17th—Mid Winter Dinner— Royal Hotel FTG

Everyone please RSVP to Glenda (glenda@glendartist.com). 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.

### Sunday July 25th—Beach Rd Ride

The previous Beach Rd ride was cancelled because of poor weather so hopefully we will get



## A Ride Across Australia An Interview with Glenda Wise

All our regular readers would already be aware that one of riders, Glenda Wise, recently completed a double crossing of the Australian continent on her bicycle. I caught up with her for the following interview.

### **Tell us a little about yourself.**

I am an art teacher and illustrator, currently living in Belgrave Heights but I plan to soon relocate to somewhere with a little more sunshine.

### **How long have you been riding?**

I only started riding when I signed up for a cycling trip with the Warby Ghostriders to Yunnan Province of China in 2007. It changed my life.

### **Have you completed any previous adventure trips?**

Yes, as I mentioned I took part in the 2007 China Ride and also went back to China in 2008 to complete another ride in Guizhou and Guangxi Provinces. In 2009 I participated in the Ghostriders' Nepal trip where we completed a challenging trek to Kopra Ridge in the Himalayas. You can see that I now live for an annual adventure of some sort.

### **How did you get the idea to ride across Australia?**

A great friend of mine, Frank Hands (aged 91), wanted to return to Fremantle to revisit the

place where he was stationed during WW2 and asked if I would like to join him on his trip. I said YES.

### **What type of support did you have on your ride?**

Frank drove ahead of me in his 1959 Mercedes Benz van. It was bright red and he had owned it since new.

### **And what type of bike were you riding?**

I was riding the flat bar HASA road bike that I purchased from Miss Wu's bike shop in Kunming during the 2007 China Ride.

### **Can you describe a typical day on the ride?**

Each day Frank would drive ahead 30 km or so and I would ride out towards him. When we met up I would refill my water bottles and work out the arrangements for the rest of the day. In the evening we pulled into a road house or a camp site for an overnight stay. At the start of the ride I only covered about 50 km during the day, but as my fitness increased, I was able to cover up to 130 km or more each day.

### **How many punctures did you have?**

Actually I didn't have a single puncture. I didn't even pump up the tyres for the entire 42 days

of the ride. Peter Warren supplied me with spare tubes but as it turned out I didn't use any of them.

### **What route did you follow?**

We drove directly to Port Augusta where I began the ride. I then rode directly across the Nullarbor to Norseman, then down to Esperance, Albany, Perth, Kalgoorlie, Norseman then back across to Port Augusta. From there I continued to Mildura, Swan Hill and finally stopped riding at Shepparton.

### **Did you have any scary moments?**

Although most of the road trains were terrific I did have one very anxious moment when I was simultaneously approached by three of them (two from behind and one ahead). The one behind gave me no warning and, when I finally heard it coming, it gave me such a fright that I ended up falling in its path. It braked suddenly and swerved into the path of the oncoming truck. No one was hurt

but it was frightening.

### **What was the highlight of the trip?**

There were two highlights that stand out. The first was the wonderful freedom of being so far away from the pressures of life—just being alone with only my bike for company. It was so liberating. The other highlight was the wonderful, inspiring and interesting people I met along the way.

### **How far did you end up riding?**

I rode 3,000 km in 40 days, finishing the final leg on the second anniversary of my brother Steve's death.

### **I know you were raising money for charity, how did that go?**

I was riding for the Starlight Foundation and the Royal Children's Hospital and raised a little over \$700 during the ride.

### **Will you be having another adventure?**

Of course, I love adventure and plan to have at least one every year. It's what I live for!



Glenda, Frank and THE famous 1959 Mercedes Benz van

## But Wait—There's More.....

**Geoff Vigar** has been missing from the peloton quite a bit lately due to ongoing problems with his arms. He has also recently had two benign tumours removed which will keep him off the bike for another month. I am sure we all wish Geoff a complete and speedy recovery.

I would also like to express our condolences to **Jon and Anne Bate** on the recent death of Jon's father. Jon has been in Adelaide for the past week or so finalising his father's affairs.

**Lothar Rockmann** also recently suffered a bereavement when his

aunty passed away in Germany.

**Terry and Sue Drummy** have now left for their annual migration north. He will not be back until early September. Of course I reminded him that he will be back in plenty of time for the Annual Lungbuster.

*If any of our riders have news that they would like to share with the rest of the group all you have to do is email it to me. It is a very convenient way to keep in touch.*



The long, long road west

## More Images from Glenda's Big Trip



"I am sorry officer—I really didn't realise it was illegal to put on lipstick while riding"



"That camel looks like it has been eating 'happy grass'"



"Only 909 km ? That should take 2 or 3 days at most"



"Well I'll be danged, I always thought the motor was at the back of this thing"



You're right—size DOES matter !



Erden Eruc on his way to circumnavigating the earth. Along the way he was also summiting the highest mountain on each continent and rowing across all the oceans.  
(But could he ride the Warby Trail in the middle of winter ???)