

This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

Adios—We're Off

In just a few days I will be heading off to South America with the other members of our team for our Andean bike ride. This means that this will be the last newsletter until late October. For that reason I have tried to include as much as possible about our upcoming rides over the next two months. You might like to print this newsletter out and keep it for future reference.

While I am away any questions relating to the Ghostriders should be addressed to our reigning "King of the Trail", **Jon Bate**. He can be reached on **5968 4841**. Over the next couple of months our program of weekday and weekend rides will continue as normal and I would encourage you to take full advantage of the improving weather to get in as many rides as possible.

I am not sure when I first heard about the fabled "Lost City of the Incas" - Machu Picchu. What I do remember from that first encounter is that has fascinated me for most of

my life. Although in some respects it seemed about as remote as Mars, I have harbored a dream that one day I would be able to walk its famous ruins. When my son and daughter-in-law spent last year travelling the length of South America it inspired me afresh to get off my backside and make the dream come true.

The fact that I will not only be standing in Machu Picchu in a couple of weeks time, but will be able to share the experience with some of my best friends, makes it even more special.

One of the people that will be travelling with us to Peru is my good friend Allan Barlin. I first met Alan when we both travelled to Nepal in 2002 to raise money for the Fred Hollows Eye Hospital in Kathmandu. I have fond memories of our group trekking the Langtang Himal region together and hatching plans for possible future return trips to Nepal.

In 2009 I had the privilege of returning to Nepal with 2 groups of Ghostriders and Allan jumped at the opportunity to join us. He was so impressed by the needs of the country that he returned there in early 2010 to do voluntary work in one of the remote hilltop villages. Allan is now extremely eager to explore a different part of the world with us.

Allan's story is typical of many. Once you make that first step and personally experience just how amazing the world is, it can give you perpetually itchy feet to see just what lies over that next ocean or mountain range.

Confucius famously said that a "journey of a thousand miles begins with a single step". When you don't know exactly what lies ahead, that first step can sometimes be scary. However once you have taken it, the world will never be the same for you again.

I will be bringing you a full account of the South America trip when we return in late October. Last week I watched the movie "Touching the Void" which docu-

ment goes towards costs of running the Annual Awards Night. Previous proceeds also partly paid for the CB radios we use on many of our rides.

Can you please all contact Andrew to let him know whether or not you will be participating in this year's Lungbuster ?

On the second page of this newsletter I have given more detailed information on all the rides that will be taking place in my absence. I would encourage you to print that page out and keep it for your reference.

The Ghost rider website will not be updated for the next 6 weeks or so. If you want any up to date information it is best to contact Jon Bate or one of our other regular riders.

be longest and most ambitious trip we have thus attempted. Not only will we find out whether our training has been sufficient but also whether or not all the Spanish lessons have been a waste of time.

Sat Sep 25th—Annual Donna Buang Lungbuster—staggered start from 8 am

This is our biggest event in the cycling year and something that we encourage all our riders to participate in—either as a rider or as a volunteer.

Andrew Dunne will again be overseeing this year's event and he has set up a special web site which will give you all the info you need. The address is <http://www.ard65.com/lungbuster2010>

All participants are asked to contribute \$5 towards cost of catering at the summit. Any resid-

Monday Sep 6th 2010

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ments the amazing survival story of Joe Simpson and Simon Yates. Simon Yates has asked to ride with us in the Andes and I am really looking forward to hearing some of his stories.

It is also worth noting that our 2011 European Ride is now FULLY BOOKED, even though it is still 12 months away. When I return from South America I hope to bring you news about the new adventure I have been hatching.....

On **Sunday September 12th** we are planning to run our ride from **Warburton to Narbethong** and back. This ride starts at Cement Creek car park at 9.30 am and follows the Acheron Way to Narbethong. See below for more info.

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 (See more info on page 2)

Tues Sep 7th—Tuesday Fitness Group—Mountain Bike Ride

This is a short (30 km) but challenging mountain bike ride taking in some local hills. We begin at my place at 10 am and ride through the forests to Gembrook and back again. Mountain bikes required.

Thurs Sep 9th Warby Trail Ride

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

Sun Sep 12th—Warburton to Narbethong Ride—9.30 am start at Cement Creek.

This is a popular ride. Taking in delightful quiet country roads. You will probably even see a lyrebird or two crossing in front of you.

September/October 2010

Our team of Ghostriders heads to South America and the Sacred Valley of the Urabamba River to undertake a challenging cycling/trekking trip in the Andes. This will



Ghostrider Program for September and October (keep for reference)

During our absence in South America the Ghostrider program of activities will continue as usual. Any questions relating to the Ghostriders should be addressed to our reigning King of the Trail **Jon Bate**. His phone number is **5968 4841**.

Some of our upcoming rides over the next couple of months are detailed below.

Sun Sep 12th—Warburton to Narbethong Ride

This will start at the Cement Creek car park. This is located about half way up the tourist road from Warburton to the Donna Buang summit. There are plenty of available parking spaces. The ride will commence at 9.30 am sharp. **Steve Warburton** will be the acting convenor. Any questions relating to this ride should be addressed to him (Ph **5968 5618**). Any riders wishing to expend more energy could start at the base of Donna Buang and ride up to Cement Creek before the main ride starts.

Saturday Sep 25th—Annual Donna Buang Lungbuster

Of course this is our biggest ride of the year and I would encourage all our riders to be involved, either as a rider or as a volunteer helper. We need people to assist

with starting/timekeeping, photography, catering and luggage transport. For those who are not familiar with the Lungbuster we run a staggered start from the Launching Place Pub car park. The earliest starters will be leaving from 8.00 am and others will be leaving at 10 minute intervals with the fastest group leaving last. The aim is to get most riders arriving at the summit at about the same time.

Andrew Dunne will once again be looking after the organization for this ride and he has set up a special web site for everyone's information. This is www.ard65.com/lungbuster2010

You should all check out that website to acquaint yourself with the arrangements that Andrew has put in place. The big question is "will Juri Dekter be able to maintain his unblemished record of setting the quickest time?"

Sunday Oct 3rd—Bayside Bike Paths to Docklands (10 am start)

This is a repeat of the popular ride that was conducted a few weeks ago. It starts at the beach end of South Rd. You meet at the car park where the big "obelisk" is. (It is actually a war memorial). The ride then

follows the bike paths along the bay through Brighton, Elwood, St Kilda and Port Melbourne to Docklands Precinct where you will have lunch under the remnants of a big Ferris wheel. The entire ride is very flat and therefore suitable to just about all riders. Best suited to hybrids or mountain bikes, although road bikes would probably be OK as it is almost all sealed.

Jon Bate will be the convenor of this ride. A great opportunity to bring along a friend or partner.

Sunday October 17th—Big Bay Ride—7.00 am start from Frankston

This is the one day of the year when the cyclists outnumber the car drivers. An ideal opportunity to show everyone just how many riders there are in Melbourne. While 20,000 or more riders will be participating in the "Around the Bay in a Day" ride we will be running our own (free) version whereby we start at Frankston and ride down to Portsea and return.

We will be meeting in Frankston at 7.00 am near the Subway store (opposite Macdonalds). The ride then follows the same route as the main ride so all you have to do is follow the masses. Where the main groups stop at Sorrento to catch the ferry, we continue down to Portsea for a quiet lunch before climbing back on the bike for the return ride. This is a challenging ride and definitely NOT for beginners.



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Tuesday Oct 26th—Upper Yarra Dam Ride 9.30 am start at Launching Place.

This is a scenic ride along undulating roads to Upper Yarra Dam and back again. It starts at the Launching Place Pub car park at 9.30 am and follows a mixture of back roads to Warburton East and then the main road to the Upper Yarra Dam. It will be a good opportunity to see if any of the rain has found its way into our catchments.

This ride is best suited to road bikes and is not suitable for beginners. I hope to be back in time to participate in this ride and give you some news about our South American adventure.

Thursday Afternoon Warburton Trail Rides

These will continue as usual with our main group starting at Woori Yallock at 12 noon, then meeting up with the secondary group at COGS at 1.00 pm. Any questions about these rides should be addressed to **Jon Bate**.

Tuesday Morning Fitness Group

This group will also continue as usual in my absence with walks starting from the bottom of my driveway at 10 am each Tuesday. On the FIRST Tuesday of each month we leave the walking shoes behind and climb on the mountain bikes for a short but challenging bike ride to Gembrook and back again. The mountain bike rides also start at my place at 10 am. Any questions about these events should be addressed to **Mal Bowmaker** (Ph **5968 4922**).

WARBY GHOSTRIDERS

ANNUAL MOUNT DONNA BUANG LUNGBUSTER

MOUNTAIN GOAT MAYHEM

Saturday 25th September 2010



Staggered start from 8.00 am
Rail Trail car park
(next to Launching Place Pub)



My Ghostrider Apprenticeship

By Dave McMorran

Editor's Note: This week I am very pleased to be able to introduce a new guest writer. David McMorran (aka Ghostrider number 92) has been riding with us for the past few months and has impressed us all with his keen attitude and his lively sense of humour. In his first article he tells us something of his introduction to our group of misfits.

It started with a kick. I never thought it would come to this. Apologies to Hot Chocolate but that does go well with cycling and skiing.

My kick start in cycling came in 2008. The company for which I work, CSC as in Team CSC pro-cycling, announced they were ending the cycling sponsorship so I had one last chance to get some pro-cycling riding gear really cheap. I have a picture of Stuart O'Grady in matching gear. All I had to do was one of the Around The Bay options. That meant 50km on the bike which was about 30km more than I'd ever done before and that was long ago.



After too many years of not enough exercise, I had no idea what it would take to ride 50km. So it was time to get the old bike out and go for a spin - an epic journey of 1.5km and I was exhausted. But that hill that starts all my rides from home still gives the heart and lungs a rude awakening. Following ad-

"My first thought was these people are nuts, they ride in the rain. And then I thought these people are nuts, they ride up hills, big hills. And then I thought I'm nuts, I'd better join in."

vice from work colleagues, I swapped the chunky tyres on my mountain bike for some slicks. Not knowing whether or not they would be doing more than just this one ride, I got cheapies which I later regretted.

From there, I was hooked. 50km wasn't enough and I vowed immediately to do the 100km in 2009. While chatting to Linda about this, she mentioned the Ghostriders. After checking the web site, my first thought was these people are nuts, they ride in the

rain. And then I thought these people are nuts, they ride up hills, big hills. And then I thought I'm nuts, I'd better

join in.

I thank all the Ghostriders for making my rides with the group so enjoyable

and thanks for the advice and assistance I've had but I recognise I still have plenty to learn. And thanks for the patience through a few incidents with those cheap tyres. I now have a pair of armadillos so hopefully that problem won't surface again for a while. And a big thank you to Dennis for his marvelous work in organizing the Ghostrider adventures.

The rules say it takes four rides to become a Ghostrider, though I feel I can't do the yellow jersey justice until I've done a lungbuster or triple Toolangi or both, ridden in really bad weather at least once, and own at least two bikes. All these are getting closer.

I never thought it would come to this. I find myself contemplating riding up a mountain, a real mountain. OK, it's not l'Alpe d'Huez but to me, it's not far from it. Can I make it? Do I want a did-not-finish beside my name or a did-not-start?

The final decision might be made on the Acheron Way next weekend.



From the Warby Archives Early Ghostriders on the East Gippsland Rail Trail—2004.

From left Dennis Dawson, Mal Doswell, Duncan Mayall, Richard Dodd (now living in Queensland) This picture was taken at the highest point in the Colquhoun Forest between Bruthen and Nowa Nowa at a place called the Siberia Crossing. Richard was a keen participant in our 2006 Great China Ride and also our 2009 Danube Ride.