

This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

What's News ?

Now that we have entered into Winter, it is time when many of our riders begin their annual northerly migrations. It seems that half of our ageing peloton is up on the Gold Coast, languishing in the sunshine, while the few stalwarts keep the flag flying back home in Melbourne.

I know it takes a little more dedication (not to be confused with stupidity) to head off up the Warby Trail when the temperature is in single digits and your nose is flowing faster than Brumby's Big Pipe. On the other hand winter rides can offer a special kind of challenge that makes the hot cup of coffee taste just that much sweeter. At least you don't need to stop and drink all the time.

Who Wants a Weekly Walk ?

For the past few weeks I have rediscovered the enjoyment of walking. Each day I have been heading out

on a brisk 6.5 km walk around some of the fantastic walking trails that we are so fortunate to have in the Emerald area.

With the kaleidoscope of vivid autumn colours on all sides each walk is a great opportunity to appreciate the beauty of nature and also work on my own health at the same time.

I would like to invite any of the readers to join me on each Tuesday walk. Each walk will leave my place at 10.00 am sharp and takes about 60 mins. You don't have to be a Ghost rider, or even a cyclist for that matter. All you need is a good pair of walking shoes and suitable clothing for the weather. You might even start a new healthy habit.

If you would like more information about these walks just give me a call.

Future Overseas Adventure Challenges

Since the start of this year I

have been quietly researching a few options for possible future Overseas Adventure Challenges. Thanks to the wonders of the Internet and to the power of email I have been putting together the early framework of another remote and challenging ride in the Chinese Himalaya. At this early stage I have not worked out any dates but I do have some cost estimates.

What I am seeking is expressions of interest from anyone who would like to be kept informed of future developments regarding this possible trip. Just drop me an email and I will keep you in touch. You are not making a commitment, just expressing an interest.

Retro Ride—Sat July 3rd Charity Fundraiser

The AFL footballers have it, the Aussie cricketers have it, so why not the Ghostriders? For some time I have been thinking about running a "Retro Ride". What I am thinking of is a designated ride where we all return to our cycling roots. The idea is that we would get your old-

Monday June 7th 2010

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est bike (if you have one) and dress in the type of gear that you wore to your first ride. Old trackie dacks, jeans, T shirts, jumpers, tennis shoes?

The point would not only be to remind us how far we have come, but also to have a bit of a chuckle at the same time. I would also like to see this ride be used as a fundraiser for a nominated charity. Each rider would pay \$5 to be a part of it but any rider not entering into the retro spirit would pay double as a fine. If you have a suggestion as to which charity we should support, please let me know.

The date that has been set aside for this ride is **Sat July 3rd**. This will be a Jells Park to Carrum Ride. I would encourage all our riders to share in this fun and worthwhile activity. Mark this date in your diaries now.

Upcoming Rides & Activities

SUNDAY June 6th—Beach Rd Ride 9.00 am start (TBC)

Our initial plan is to start from the end of North Rd at 9.00 am sharp and be riding down to Frankston and back. Road bikes preferred. It is a flattish ride but we will aim to keep a respectable speed (probably between 25 and 30 kph). **Since the final format of the ride will depend on those attending I need everyone planning to participate to contact me to let me know beforehand.** Depending on the response I may adjust the arrangements slightly. Check the website on Saturday night for final confirmation.

Thurs June 10th—Warby Trail Ride

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

Yallock at 1.40 pm.

Monday June 14th—Queens Birthday Ride—Inner City Bike Paths Route

This is a very popular ride which will show you some of Melbourne's best bike paths. There are a variety of start points so that you can adjust your total ride distance between 45km to 90 km. Best suited to mountain bikes or hybrids. Morning tea will be at Ivanhoe Golf Club and lunch at Studley Park Boat House. I would encourage all our riders to come along and join in the fun on this ride as it really has something for everyone. **Ross Bury** will be the convenor and chief guide for this ride as he knows all the paths thoroughly. The complete ride details can now be

downloaded from our web site, as well as the elevation profile.

Thurs June 17th—Warby Trail Ride

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

Sun June 20th—Mt St Leonards Training Walk

Everyone is invited to join in this challenging 15 km walk. Watch out for more information and starting time.

Sat July 3rd—RETRO RIDE

Jells Park to Carrum and back. Charity fundraiser ride.

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



Picture of the Week



Regular Riders on the Warby Trail would have noticed that the big shed near Wandin has finally collapsed. It appears that persistent efforts by the termites have paid dividends.

Without Comment



Are you looking for a New Bike ?????

Some of our readers might be interested to know that **GOLD-CROSS CYCLES** are currently running a sale with a genuine 50% off a wide range of new bikes. They even have full carbon frame **FUJI SL1 Comp** road bikes with great components for only \$1599 (a HUGE saving).

I went to their store in Fountain Gate and was very impressed with their range and prices. Their service was also very professional and efficient. They also have a huge range of components and clothing at fantastic prices. Well worth a visit before the sale ends. And in case you were wondering—YES I did yield to temptation!

