

Warby tips

Hi, WARBYs (We are Right Behind You) are riding volunteers, who offer minor mechanical help and advice. You'll soon notice us in green and gold jerseys, and orange flags.

At least one of us will always be the last rider at all times, so no matter how slow you might think that you are, you won't be the last rider into camp.

We will also be on the front gates each morning from 7 am.

We're here to help; please feel free to have a chat or ask us a question. We even give out the odd lolly.

Each day we will be putting some tips in the Good Oil.

For now, we need to say this – drink up. There may be a drought, but you need to keep well hydrated. Get out early, if you know that you like to take your time. Watch the sun, we are on day light saving time, and the cool early mornings can be deceptive.

Top Shots of your Ride!

Our official Ride photographers
Mike & Elle's Top Shots Photography

Will be on the Ride at all times, taking pictures for you to purchase each day and at the end of the Ride. Look out for the "Photo Spot Ahead" sign and get your best smile ready!

A word from our sponsor



Did you know that the average age of diagnosis is just 30 years of age?

MS stands for **Multiple Sclerosis**, a disease of the central nervous system affecting more young adult Australians than any other neurological condition.

Did you know?

- Three times more woman are affected by MS than men
 - Over 16,000 people currently have MS in Australia
- 5 people each working day are told they have MS

The 2008 Great Escapade is partnering with the MS Society and encouraging all Riders to *get on their bike* and fundraise to help people affected by Multiple Sclerosis across New South Wales and Victoria.

Lost Property

It may only be day 1 but remember if you find lost property please hand it in to the Happy Helpers on main street who will keep it all locked away ready to be found.

Stretching

Quadriceps

Stand holding on to a support with one hand and to the ankle with the other hand. Pull the ankle towards your bottom keeping your knees together



A Special thanks to:



For welcoming us into town



Day 1 - Lithgow

Loop the Loop?

Welcome to the beginning of the 2008 Great Escapade! Begin your Great Escapade with a scenic Lithgow Loop Ride! The route opens at 9:00am from the campsite. Along the route you will get to see a few things which Lithgow has to offer. Ride past the Lithgow Tourist Information centre, with its iconic Miner Light, a symbol of Lithgow's place in Australian History. Heading around the western edge of Lithgow, we turn back towards town, going past the Lithgow Small Arms Museum. Did you know that Lithgow produced most of Australia's munitions during the Second World War? Take a tour through the museum and see some of the things they produced. Stop in at the Blast Furnace Park for lunch for a little more Lithgow history. The final part of today's ride, takes you up to the State Mine Railway Heritage Park. There's plenty of things to see and do here, take a short tour, stroll through the museum and plenty more. It's a short ride back into the Campsite, past the Marjorie Jackson Reserve, named after Lithgow's most famous Olympian. After the short day's riding, there's still plenty of things to see and do in Lithgow! Take a tour to the Zig Zag Railway, stroll around town or complete the Lithgow Hoteliers Scavenger Hunt, plenty of options!



Lithgow
Lithgow is surrounded by World Heritage areas and is renowned for its rugged terrain and unspoilt eucalyptus forests. What better town to begin the escapade in. Take this

day to explore the town and its surroundings or participate in the loop ride that has been organised for you. Take this day as a warm up to the challenging and rewarding series of rides ahead of you.

MENU

Lunch: Gourmet roll with chicken, avocado, sundried tomato and lettuce
V. Gourmet roll with artichoke, sundried tomato, lettuce and pesto

Diner: Roast Lamb, rosemary potato and green bean salad.

V. Pumpkin and ricotta baked parcels, rosemary potatoes and green bean salad

Desert: Chocolate Mousse

QUOTE OF THE DAY

Man who don't cycle on day will not have fun

Riding Tally

Today's Length:
18KM

You've done:
18KM

You've got

732KM's

to go!!



Lithgow

With tranquil vista and serene landscapes the environment that surrounds Lithgow is abundant in wildlife and picturesque mountain panoramas. Discover the breathtaking beauty of World Heritage Listed wilderness, with its rugged terrain and unspoilt eucalyptus forests Journey into Lithgow's history. Set amidst mountain splendor, Lithgow is a town rich in culture. Immerse your self in Aboriginal tradition, step back in time to an era where steam dominated transport and where industry was our backbone. Indulge your passions. Luxuriate with a spa or massage, tantalise your taste buds with local fresh cuisine, find a unique gift in one of our galleries or simply relax with that someone special. With winding mountain roads, cross county trails and even the odd downhill run, Lithgow is the perfect place to see by bike. The adventure is up to you.



Campsite Hints

Distinguish your tent by putting a flag or other identifying feature on it so you don't go to bed in the wrong tent!

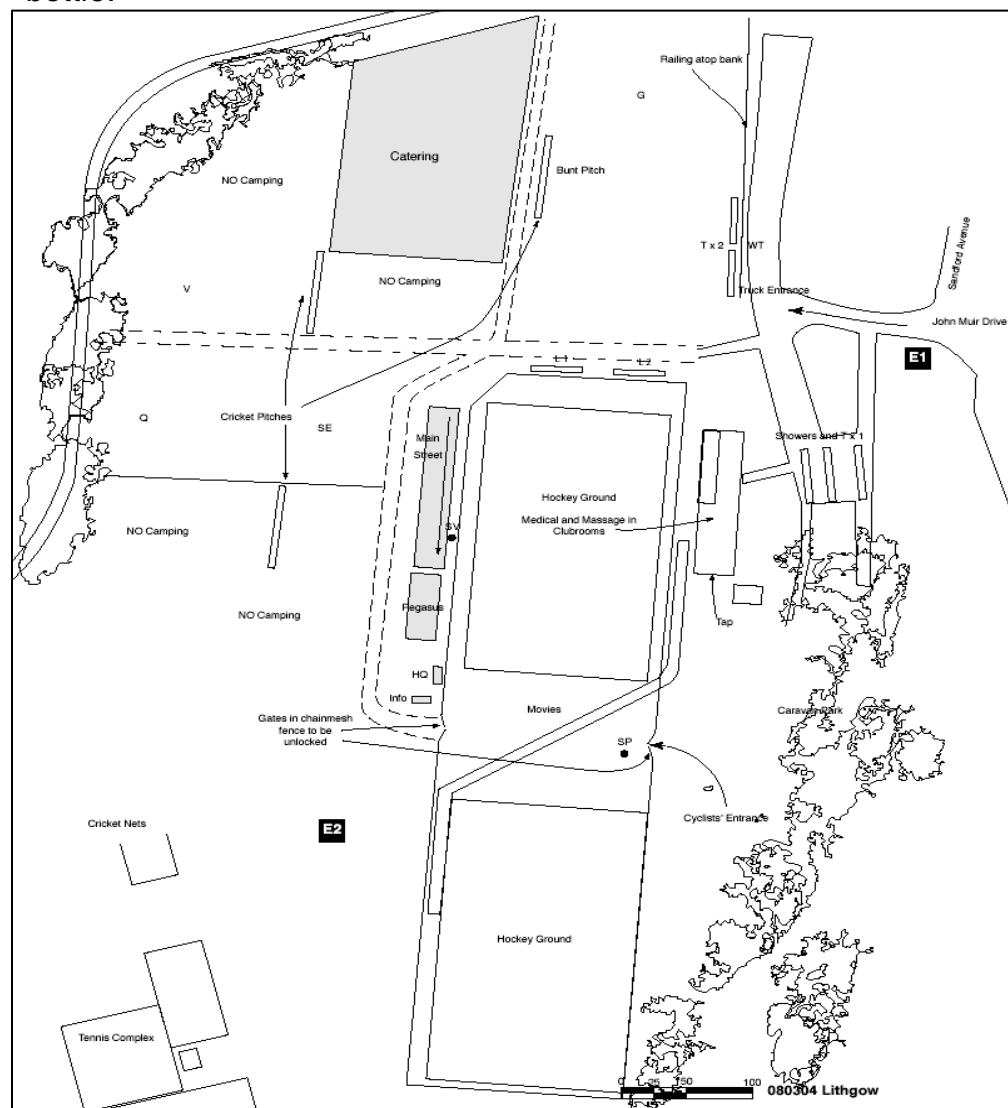
Hartley Valley Tea House
Home to the wonderful eccentric teapots from Wensleydale in England, browse through the range of superb arts, crafts and creations, all of which make beautiful souvenirs. Morning tea's and light lunches available.

Blue Sky Restaurant
The Blue Sky Restaurant specialises in Chinese cuisine using the finest quality ingredients. The restaurant is fully licensed and offers a good range of beer, spirit and wines by-the-glass or bottle.

The Tarana Shop
Great coffees, all day breakfasts, delicious morning & afternoon teas and stylish cafe lunches. The shop also features an array of quality jams, sauces, preserves & oils. Convenience items are also available.

ENTERTAINMENT INFO

Café De Canvas
7:30pm—Gallie— a regular bike ride performer, let Gallie entertain you with his fantastic mix of covers and originals.



Five Must Sees in Lithgow:

- Escape into our wilderness* – Surrounded by the wonders of World Heritage listed wilderness, special places to visit include the Glow Worm Tunnel, Newnes and the Capertee Valley.
- ZigZag Railway* – Be transported back in time with a ride on the steam engine. The Great Zig Zag Railway, the original rail line into the Lithgow Valley, was opened in 1869 and was hailed as an engineering masterpiece of the 19th century.)
- Museums* – Be transported back in time at one of our local museums. See Australia's early Colonial history at Hartley Historic Site, learn of Lithgow's social and precision engineering history at the Small Arms Museum, or visit an old coal mine site at State Mine Heritage Park
- View the Capertee Valley*, the world's second largest enclosed canyon
- Ride to the top of the highest scenic lookout* in the Blue Mountains at Hassans Walls Lookout



Sudoku

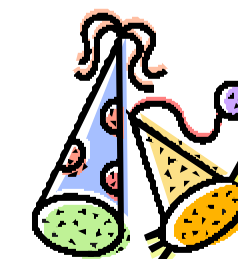
3	1	9			6			
		5	1			8	4	
	2		9	7				1
7	6			1		3		
		3	5		7	2		
		1		6			9	4
9				5	3		7	
	8	6			4	9		
			8			4	6	2

JOKE OF THE DAY

Q. What do you call a bicycle built by a chemist?

A. Bike— carbonate

HAPPY BIRTHDAY



Kim
Elizabeth
Stephen
Adrian

The Great Escapade team would like to wish you a very Happy Birthday.