

Information Corner

2008 Great Escapade™

The Good Oil

Day 2 - Railways to Caves - Lithgow to Oberon



Oberon Museum

Oberon is uniquely located adjacent to the Greater Blue Mountains World Heritage Area as well as the Kanangra Boyd National Park and Abercrombie River National

Park. Just a short trip from Oberon you can do Trail Riding, visit the ghost town of Yerranderie, take a 4WD tour through the wilderness, enjoy worldclass fishing & hiking and many more things to do. Oberon offers up winter snow and summer sun in a great location and a great town!

Today's rolling hills will get your legs pumping but it's not too long a ride. At 62km it is a bit of a challenge but it will be over before you know it. Just remember to take in the views along the way.

MENU

Lunch: Turkey, Swiss cheese and lettuce wrap
V. Roast Mediterranean vegetable wrap with fetta

Diner: Butter Chicken, coconut rice and garden vegetables
V. Chick Pea curry, coconut rice and garden vegetables

Desert: Mango Sunrise

QUOTE OF THE DAY

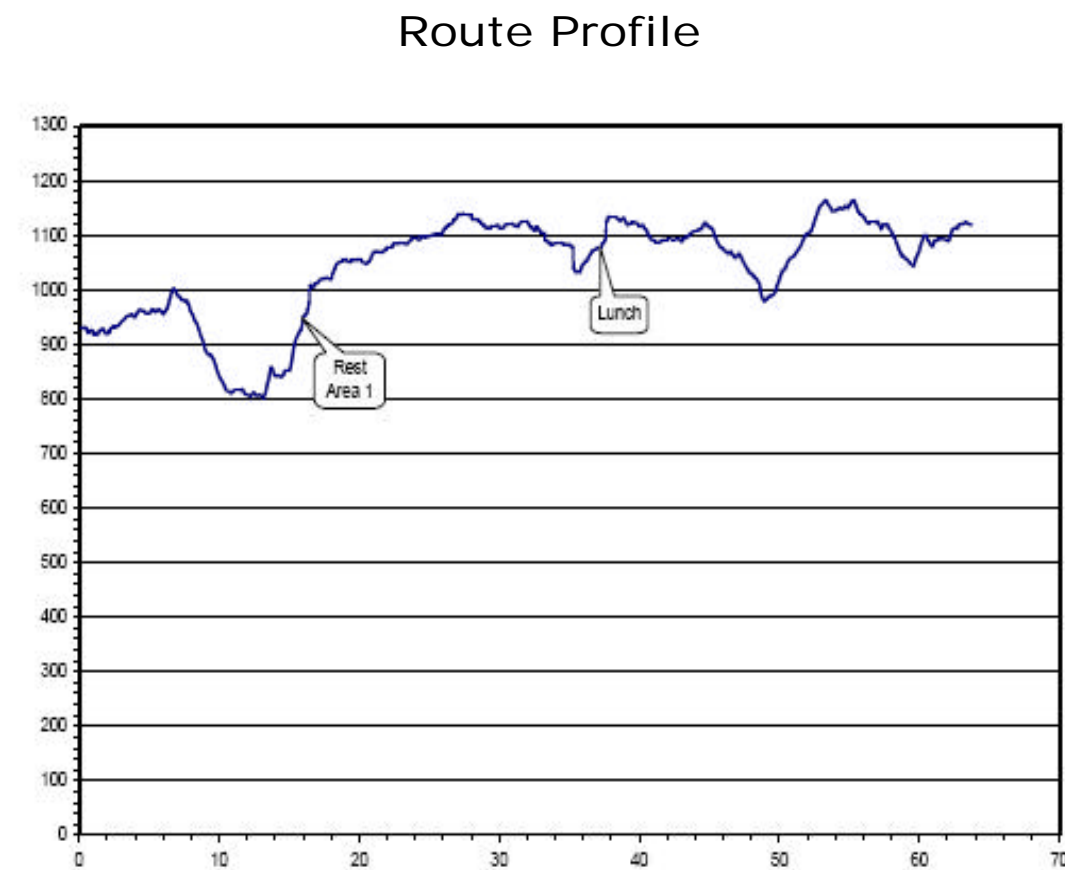
What ever the mind of man can conceive and believe, it can achieve.
- Napoleon Hill

Riding Tally

Today's Length:
62KM

You've done:
80KM

You've got
670KM'S
to go!!



There are a record number of eight different ride options for the **2008 Around the Bay in a Day®** - **Get Sponsored for The Smith Family**. Choose your challenge!

Ride Option 1 - 250km Anti-Clockwise

A big challenge, this ride takes you around Port Phillip Bay, with extras! Commencing at Alexandra Gardens in the City of Melbourne, you head in an anti clockwise direction to Queenscliff, followed by a ferry to Sorrento, and finishing back at Alexandra Gardens in Melbourne.

Key Dates:
 Registration Opens 7 April
 Free Jersey Incentive Closes 23 June
 Registration Closes 3 October

Sunday 19 October
www.aroundthebay.com.au
 Email atb@bv.com.au

A Special thanks to:

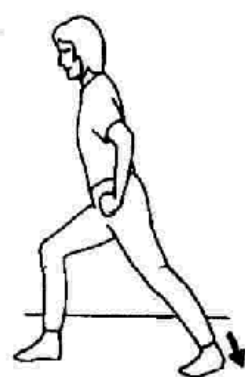
OBERON COUNCIL

For welcoming us into town

Always wear bike gloves they provide comfort, absorb shock, provide a better grip, eliminate sweaty palms and of course, if you do happen to fall there will be no nasty bed rock embedded in your palms. They also look good.

Naughty bits
 We recommend knicks with a good quality chamois, and washed daily. If you get chaffing, get some chamois cream and put it on before you ride – it can work magic. If you haven't got knicks, be sure to wear something cool, that doesn't restrict movement.

Stretching Calf Muscle
 Stand with your feet hip width apart and step forward. Keep back foot flat, heel on ground, keep knee locked back, bend forward leg. Feel stretch in calf muscle.



Warby tips Getting Dressed.

Equipment for Your Head
 Ensure your helmet is not too far back or too far forward – a lot of people have the helmet tilted back, exposing the top of the head.
 The helmet should be on firmly and the straps connected below your chin.. The straps should form a nice "Y" on each side of your head, with your ear sitting in the top of the Y. The join of the Y sits slightly below the ear, on the jaw muscle. If in doubt, talk to a WARBY.
 If you haven't got glasses, get some. Glasses protect you from bugs and dust that may be in your path. Your glasses should be properly UV rated; they don't need to be expensive – many of the "safety glasses" you buy in hardware stores will suffice.

Arms and Legs
 While we are talking about UV, be sun-smart. Wear long sleeve tops if possible. Carry sunscreen with you, unless you are Cadel Evans, you will be spending several hours on the road. If bike shorts are being worn, get sunscreen is on your legs, not just on the front but also on the back of your legs, as they will get burnt!!



Go Underground

Visit the **Jenolan Caves**, 30km from Oberon. The most spectacular and best-known Limestone caves in Australia. They are believed to have been first explored by European settlers in 1838 and are surrounded by beautiful bush trails with many lookouts. The "Jenolan Caves" is the home to many colourful birds and native animals.

Tours will be operating out of Oberon during the day of Sunday 30 March departing the campsite from 12:30pm and departing approximately every half hour until 5:30pm / 6:00pm. The tour takes in the Lucas Cave, the largest in the Jenolan system. It contains the famous 'Cathedral' chamber, which is used regularly for concerts and weddings. The cave also features the tallest and widest chambers in the Jenolan caves. The tour lasts 1 1/2 hours and the cost includes transport from the campsite. **Call the Jenolan Caves office on 1300 76 33 11 for more information.**

Campsite Hints

Remember that tents are not made of bricks so please keep the noise to a minimum at night and early in the morning.

Did You Know?

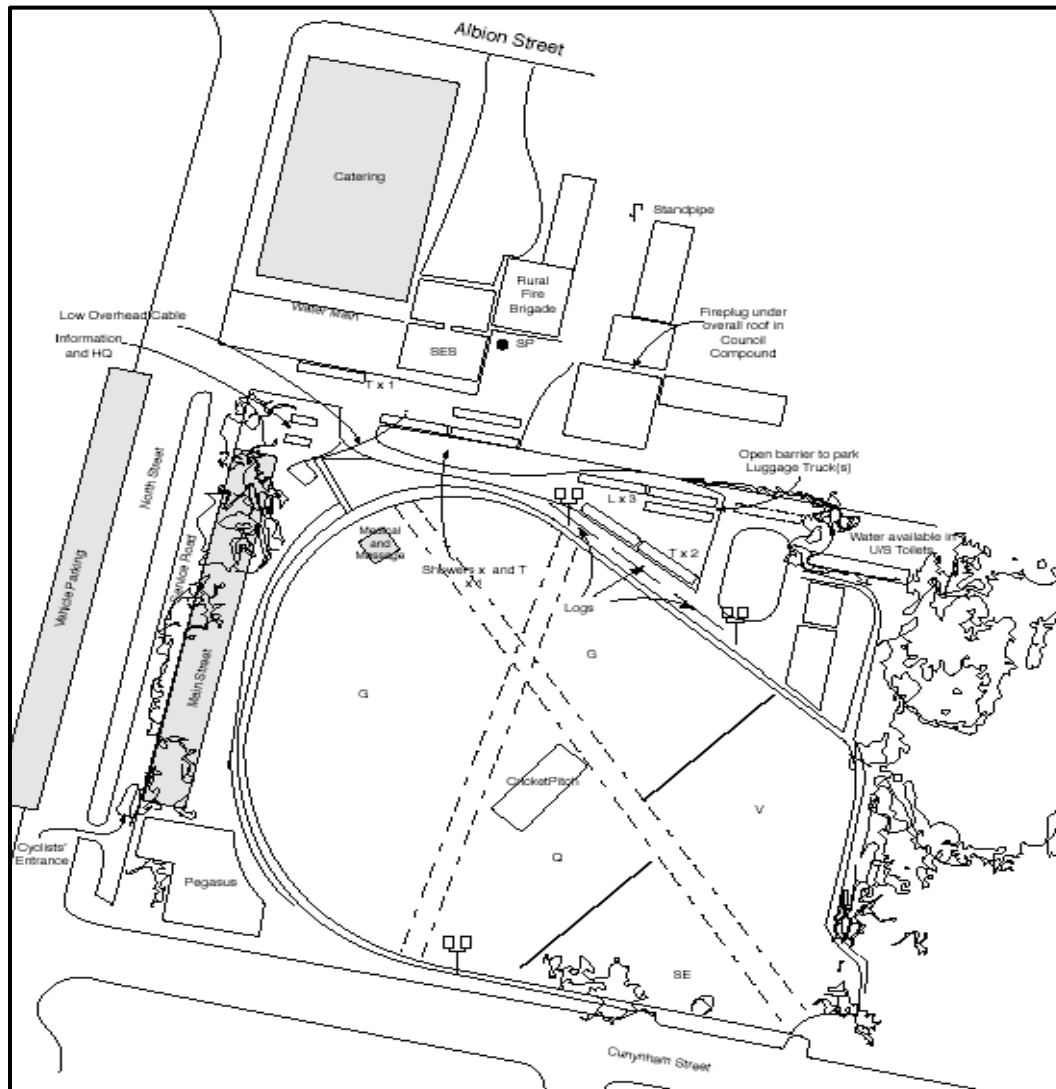
Oberon is the highest town in the Blue Mountains region. They often get full snow in Winter!



Things to see and do in the Oberon community

Take a Dip

As a special treat for us, the Oberon Community swimming pool will be open a little longer than usual so that we can make use of it on the Ride. The pool is located behind the campsite and has an average temperature between 24-27 degrees. The perfect way to unwind from a days ride.



ENTERTAINMENT INFO

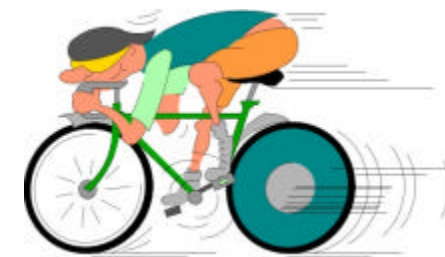
Café De Canvas

4:00pm Gallie—back again to perform his solo covers and originals

7:30pm Stoked—a local rock cover band, ready to rock you out with some classic rock tunes!



Join in the Fun! Be Part of the Launch of the Oberon to Hazelgrove Pioneer Rail Trail



Come on your Bike, your Goffer, with the Pram or just walk the Trail
Meet at the Museum opposite the Recreation Ground at 2.30pm

Official Launch and ribbon cutting at 3.00pm
Sunday 30 March 2008

Sudoku

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

JOKE OF THE DAY

A tandem rider is stopped by a police car.

"What've I done, officer?" asks the rider.

"Perhaps you didn't notice sir, but your wife fell off your bike half a mile back . . ."

"Oh, thank God for that," says the rider - "I thought I'd gone deaf!"

HAPPY BIRTHDAY



Alex
Helen
Olivia

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