

Information Corner



The Good Oil

Warby tips Tyres

Your tyres should be in good condition, if there are threads showing on the side walls, or white bits showing where there should be black – replace your tyre.

If you aren't sure, ask a WARBY. Ensure the tyre pressure is correct. Thumb pressure is not always accurate, and soft tyres slow you down and increase the chance of punctures.

WARBYs are at the front gate with pumps each day.

Always carry a spare tube, pump and repair kit. WARBYs and mechanics carry some spares, but it's a lot better if you are self-sufficient, and punctures always happen when there is no help in sight.

While we are talking about tyres, knobby mountain bike tyres will slow you down on bitumen, and you don't need them on roads. As a general rule, narrower and smoother tyres roll along more easily. Wider tyres give you a softer ride, and more traction on soft surfaces. Like lots of things in the biking world, the choice will always be a compromise.

You can get new tyres from the mechanics at camp, and they can normally fit a new set over night.

Campsite Hints:
Remember to walk your bike on the Campsite.

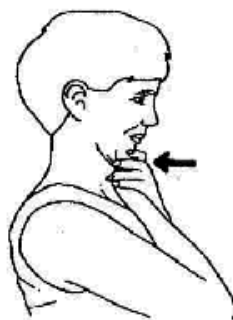
A Special thanks to:



For welcoming us into town

Stretching Neck

Pull your chin in. At the end position take hold of your chin with your hands. Push your chin carefully further backwards hold for a minute and feel the stretch in your neck



The Annual Talent Quest is back on again on rest day in Mudgee!
Get your act on!
Auditions are at 3pm

The show starts at
7:30PM
In Café De Canvas.



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 2 and 3 - 210km Anti-Clockwise and Clockwise

This is the one that started it all. This ride takes you around Port Phillip Bay, commencing at Alexandra Gardens in the City of Melbourne, then heading in an anti-clockwise direction to Queenscliff, followed by a ferry to Sorrento, and finishing back at Alexandra Gardens in Melbourne.

Alternatively, head clockwise heading to the Mornington Peninsula before boarding the ferry and riding back down through Geelong

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



Day 5: Cudgegong Valley - Rylstone to Mudgee

Today's flat roads will make for a pleasant ride as you meander through the countryside. Today's length of 56km's is a relatively short one and you have the pleasure of cruising along a mostly downhill route. Coming into day five you would have already witnessed some wonderful scenery and this trend continues as you ride through the countryside. There will be wineries aplenty on your way to Mudgee.

Breathe in the fresh air, take in the views and cruise your way on in to Mudgee to enjoy a well earned rest day.



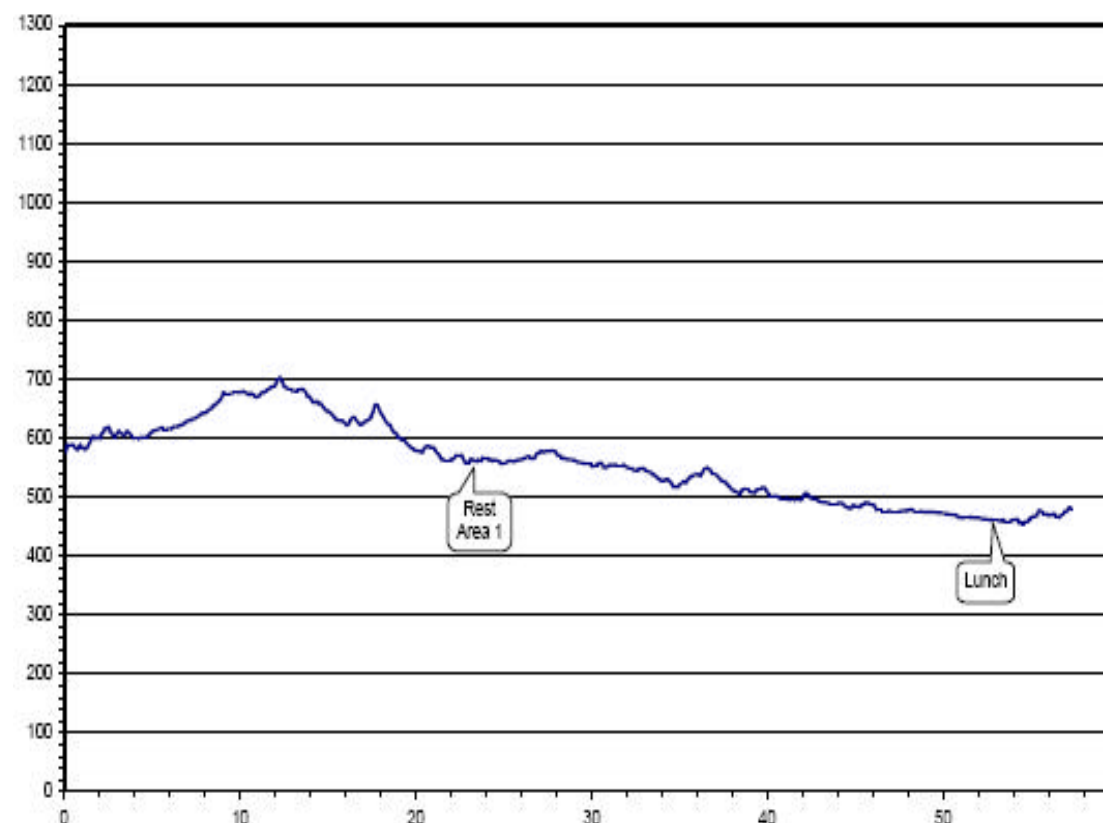
MENU

Lunch: Gourmet Roast Beef, cream cheese and lettuce sandwich
V. Gourmet sandwich with egg, snow pea sprouts and homemade mayo
Diner: Penne Pasta with meatballs and fresh tomato sauce. Topped with parmesan and a side salad
V. Penne Pasta with a crushed mushroom cream sauce and parmesan
Desert: Italian style trifle

QUOTE OF THE DAY

Work like you don't need the money,
Sing like nobody's listening,
Dance like nobody's watching,
Love like you've never been hurt,
Live like Earth is Heaven.
- Anon

Route Profile



Riding Tally

Today's Length:
55KM

You've done:
275KM

You've got
475KM

to go!!

Terrific Towns - Colourful Communities

Today the Mudgee Region offers an abundance of fine wine, fine food, fine arts and fine architecture.

Mudgee is one of the fastest growing premium wine producing regions of Australia. Wines from Mudgee are at the forefront of Australian and international competition. Reds in particular have achieved an outstanding reputation. More than 40 cellar doors are open to the public, providing visitors with an opportunity to sample the distinctive wines of the region and to talk with the winemakers responsible. For the beer connoisseur there is the Mudgee Brewing Company, a boutique brewery producing traditional style handcrafted fresh beer.

Locally produced fine food and honey also offer taste sensations. Among the many tempting destinations for these treasures are High Valley Wine and Cheese Company, Oakfield Country Store at the Country Comfort Parklands Resort with its home-made chocolate specialties, Honey Haven and Heart of Mudgee.

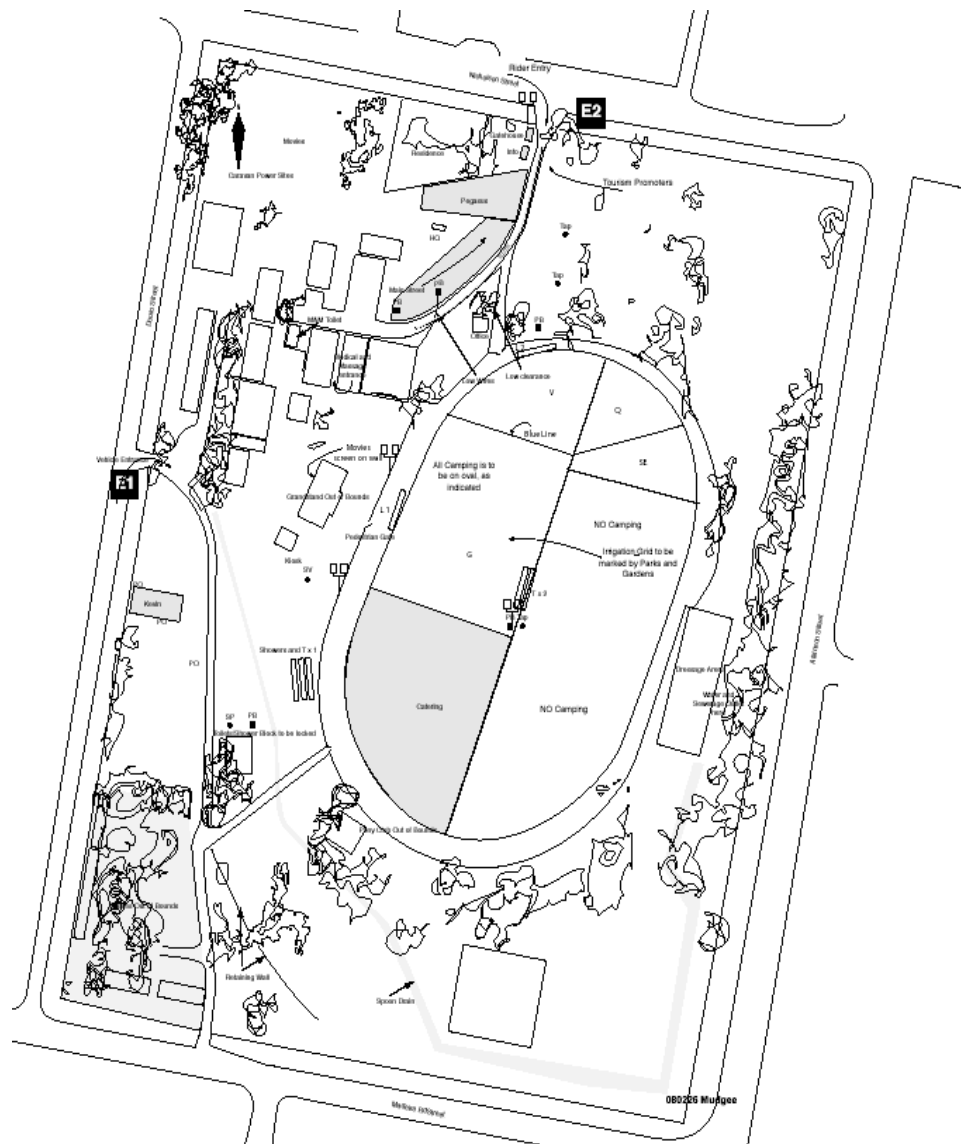
Galleries throughout the region offer everything from paintings and pottery by local artists to hand-spun woollen fashions and origi-

nal jewellery crafted in silver and gold. Of special note, both artistically and architecturally, is the beautiful Mudgee railway station, built in 1884, which houses Mandura art and craft studio as well as a restaurant.

Just 28km to the north, the gold rush town of Gulgong, famed for being depicted on Australia's first \$10 note, offers heritage charm, a first-rate museum and a world-class ceramics gallery.

Did you know?

One of Australia's most famous poets and short-story writers, Henry Lawson (1867-1922), had very strong ties to Mudgee. His parents were married here in 1866. And he was raised from the age of six months to 15 years in a cottage 8 km north of the town at Eurunderee. Lawson was educated at Eurunderee and Mudgee and many of his stories are inspired by his memories of the area



ENTERTAINMENT INFO

Café De Canvas

7:30: Gallie—his last performance for the 2008 Great Escapade is sure to be a good one.

Visit Gulgong - More Than History

Gulgong are throwing their historic and thriving town into the Great Escapade mix by showcasing their Contemporary Art Gallery, brilliantly presented Pioneers Museum, Longest running Opera House in Australia – complete with Australian History Performance planned for the Great Escapade's stay in the region, Tours of the historic town, Visits to Henry Lawson Centre and much much more!

Historic Gulgong contains many attractions you would expect from an old gold mining town where Henry Lawson lived in his early days. Walk along the winding streets of Gulgong that follow original gold mine claims and discover different types of heritage buildings including cottages, commercial premises, chapels, churches and the Opera House Theatre, many of them more than 110 years old. Visit the Henry Lawson Centre and trace the poet's life, call in at the Pioneers' Museum and see how people lived, dressed and worked in Gulgong up to 150 years ago. Examine their machinery and see an operating printing press. Attend the Prince of Wales Opera House, still entertaining people today, and imagine how it was when Dame Nellie Melba and many other entertainers performed on this stage. Explore Red Hill with its gold mine shaft, see the Catholic and Anglican churches, chapels and meeting halls. Stay in Gulgong to enjoy the Eisteddfod, Henry Lawson Heritage Festival, Gulgong Folk Festival, Gulgong Show, club events and plays and theatre.

Gulgong abounds with artists, potters, tapestry workers, craftspeople and artisans, find their skilled works displayed at workshops and galleries. Gulgong is surrounded by attractive scenery, historic farms and many vineyards with cellar door sampling and sales.

FUN CORNER

Sudoku

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

JOKE OF THE DAY

Q. Why is Cinderella so uncompetitive at cycling?

A. She has a pumpkin for a coach!

HAPPY BIRTHDAY



Juniper
Glenda
Jose
Keith
Linda

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