



BBCNEWSLETTER 2023.05.15

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 26 - For week ending Sun 14MAY2023.

Monday – 7 (See Report)

Tuesday – 1 (Tom rode to Wardell twice due to ferry closure)

Wednesday – 8 (See report)

Thursday- 0 (Too wet)

Friday – 0 (Too wet)

Saturday – 3 (Tom on rail-trail. Simon and Richard.B. on their own rides)

Sunday – 7 (See report)

Join our mailing list: bbclubnews@gmail.com

4 Week Free Trial Memberships

[BBC Certificate of Currency](#)

are available to anyone who has not held an AusCycling membership in the last 3 years.



KEY: GREEN(slow) BLUE(med-fast)

UPCOMING EVENTS

[CLICK ON EVENT TO OPEN](#)

EVANS HD - WOODBURN

MAY Tue 16th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

MAY Wed 17th 7AM. Coles, Fox St.

WARDELL 2

WARDELL LOOPS

MAY Fri 19th 7AM. Coles, Fox St.

BROADWATER EXPRESS

MAY Sat 20th 7AM. Henry Rous Tavern

VBR- MURRAYS RIDE + LOOPS

BROADWATER

MAY Sun 21st 7AM. Coles, Fox St.

MOYLANS-WARDELL

MAY Mon 22nd 7AM Coles, Fox St.

Monday Ride Report

- Peter

At 7am the weather was cold with a reasonable SW wind. This may have deterred half of the usual riders. John, Shorty, Dave, Bruce, Tony and Tom rode to Wardell via River Drive. I heard that Tom did most of the lead into the wind to Wardell, while Shorty led most of the way to the ferry.

I decided to make more of an effort than what the above Monday non-sweat ride entails. So I went to Wardell via Pimlico Road, a few minutes before the 6am guys. From the start I was just cruising along, half expecting the 6am group to catch me. However, by the time I got to Pimlico road, they were still not seen, so I upped my pace that suits me best for the rest of the ride. Even so, I was still expecting these guys to catch me but I never saw them even after waiting 10 minutes for the ferry. I assumed that they rode another route. I was told later that they missed my ferry by about a minute. Hmm, I wonder if the cold weather slowed them down.

Wednesday Ride Report

- Bruce and Peter

This Wednesday there was only two mountain bike rider starters for the Houghlahans circuit. Bruce and John on his MTB. John thinks 26 kph is a good speed along the flat to Teven; Bruce was struggling in his slip stream. John had a few waits on the hill tops. Both enjoyed the ride.

- Bruce.

Jack, Kevin and Richard S. left Cole car park at 7am and rode to Wardell and back.

Marc and Peter started their ride at 6am from Marc's place, while Tom started his ride at 7am from his place. The three went to Wardell via the highway and returned via River Drive to the ferry. Tom rode at his restricted pace due to health issues which annoys his to no end (it's very common for cyclists to be frustrated when nobbled, no matter of the circumstances, they seem to have an innate need for hammering out the speed). We all hope that Tom will one day find the right cure for his dilemma.

Marc and myself saw Tom heading out of Ballina as we were coming in. Our rides are training rides. We push each other to explore new levels of performance. I believe we are currently gaining more stamina and speed from these rides.

- Peter.

Saturday Ride Report

- Tom

Tom rode the rail trail on his mountain bike. His wife and daughter rode the trail too. Tom fell off his MTB from the very start of the long ride and injured his knee. By the time Tom got back home his knee was swollen up. He is currently convalescing at home and waiting for his knee to recovery as well as the wet weather we have been getting.

Well the gloomy weather of recent days did not stop us from giving it a go. It was either ride or suffer cabin-fever. At the starting point it became obvious that half of our usual riders weren't yet too sick to stay home. So a group of six riders left Ballina at 7am to ride to Broadwater and return. Bruce, Dave, and Tony rode along the old highway route, while Richard H. Marc and myself hit it along the Expressway to Broadwater.

Along the way we saw several rainbows, some of which shared their short light showers us. This did not bother us since we were already soaked through from road spray from passing vehicles and other cyclists from the wet roads.

While resting at Broadwater I was soon surprised to see Bruce, Dave and Tony turn up so soon. Dave lead a good eighty percent of the way, I was told. On the way back, Bruce, Richard and Marc led the way to Wardell, a short 8.5 km, at a cruising pace. At Wardell, the three of us kept on riding while the other three took a short breather.

Being unleashed from the group, we took the pace up to 34 kph plus. We all worked hard and consistent along the way. I am amazed how well Richard and Marc are improving considering how the small amount of riding they do, but when they do they do it very well.

The big surprise came from today's ride was when I saw on Strava that Mark Downey rode 92 kilometres. Mark rode to Woodburn and back. His average speed is climbing and we wonder if he will start riding with us and start giving us a hard time like he used to a few years ago _ we all hope so. Weather permitting, some of us will be riding, hopefully with Mark, next weekend on our Vintage Bike Ride _ a good 70 km of retroactive cycling.



RICHARD. H.



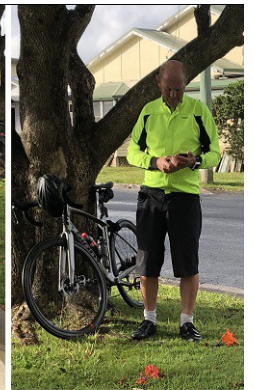
MARC



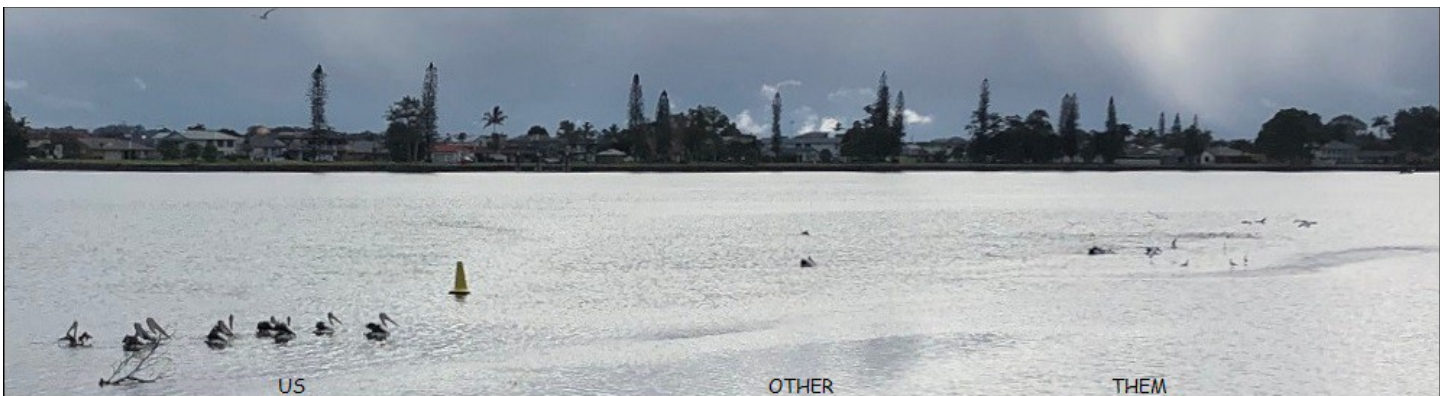
BRUCE



TONY



DAVE



US

OTHER

THEM

The OTHER wants to be THEM



It is very sad to have learnt that Geoffrey Garden passed away last Tuesday afternoon (09MAY2023). Geoffrey, also known as Gipsy, spent the last three weeks in a hospital with respiratory complications. He passed away after contracting pneumonia.



Geoffrey Garden was an International Cyclist, NSW State Champion, and Multiple Australian Record holder. The two events that stands out for me was gaining second place in the inaugural "Mountain Classic", the Grafton to Inverell (1961) race. About the race, Gipsy told me that 70 miles (112km) of the 142 was dirt road, and suffered a few punctures along the way. The other events were the Australian records for both the hundred mile (160km) and fifty mile (80km) titles.

the Brunswick Club in Victoria, who flashed home to a comfortable victory covering the 142 mile journey in 7 hours 39 mins. 11.5 secs.
Grindall won by one and a half minutes from Enfield-Burwood rider Geoff Garden, with St. George's Tom Tolly a minute back in third place.
Of the locals Des Glen and Jack Griffin, both of Inverell, finished sixth and ninth respectively.
Alan Grindall described the course as the toughest he had ridden over.
Close on 40 riders started in the event, but only 17 finished.
Many others were forced out by weariness, cramp and broken bicycles.

Amazing rides
Garden rode his 100 miles in 4hr 22min 22sec and a week later covered 50 miles in 1hr 58min 33sec.
Both are Australian records and have seldom been beaten in the world.
In fact, two hours is considered good racing time for a 50 miles race at an average of 25 m.p.h.



The photo on right is of recent years when Geoffrey was involved with a cycling club in Thailand.

Joel Garden has organised a funeral service for his father at Guardian Funerals, Rainbow Chapel, 74 Kalinga Street, West Ballina at 10 am on Saturday, 10th June.

Hope to see you all at Geoffrey Garden's Memorial Ride this time next year.

OTHER BITS & PIECES Click on the 2 images below to open



6-DAY BALLINA (FORECAST). Click image to open METEYE (2478 for Ballina).



Forecast for Ballina

Save location	Tue. 16 May	Wed. 17 May	Thu. 18 May	Fri. 19 May	Sat. 20 May	Sun. 21 May
Max (°C)	21	22	21	20	21	21
Min (°C)	13	13	12	11	9	9
Chance of rain (%)	90	95	90	80	70	60
Rainfall range (mm)	1 to 20	2 to 15	1 to 8	0 to 4	0 to 3	0 to 1

HE SAID A WOMAN'S PLACE IS IN THE KITCHEN



SO I DROPPED HIM

Where to Race

Here are a few links for our racing club members to represent our club in:

Byron Bay <https://www.byronbaycycleclub.org.au/home-1> and/or

<https://www.facebook.com/byronbaycycleclub/>

Yamba <https://yambacc.tidyhq.com/> and/or <https://www.facebook.com/YambaCC/>

Murwillumbah <https://murwillumbah.tidyhq.com/> and/or <https://www.facebook.com/MurbahCycleClub/>

Grafton <https://graffon.tidyhq.com/> and/or <https://www.facebook.com/graffoncycleclub/>

Grafton Events Feb-Jun: https://drive.google.com/file/d/138CvHjUyUg0HYkXqSbQhMdP2EBErHOQb/view?usp=share_link

Where to Trail Ride

Here are a few links for our MTB club members to represent our club in:

Kyogle MTB Club: <https://www.facebook.com/kyoglemountainbikeclub>

SPONSORSHIP NEWS

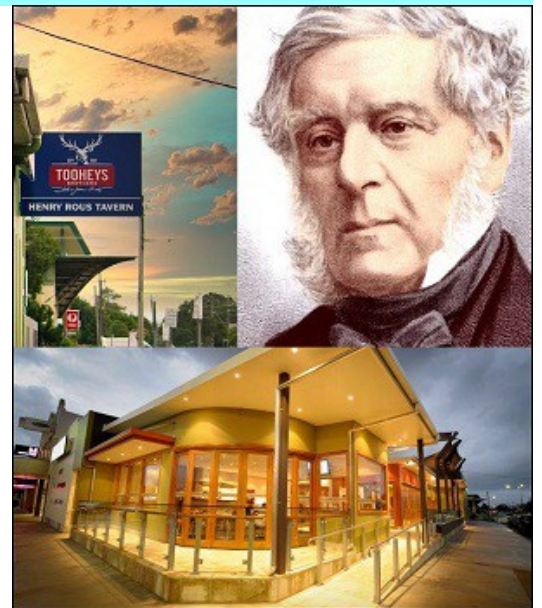
- BBC



THE BICYCLE EMPORIUM

158 River Street Ballina

<http://thebicycleemporium.com.au/index.html>



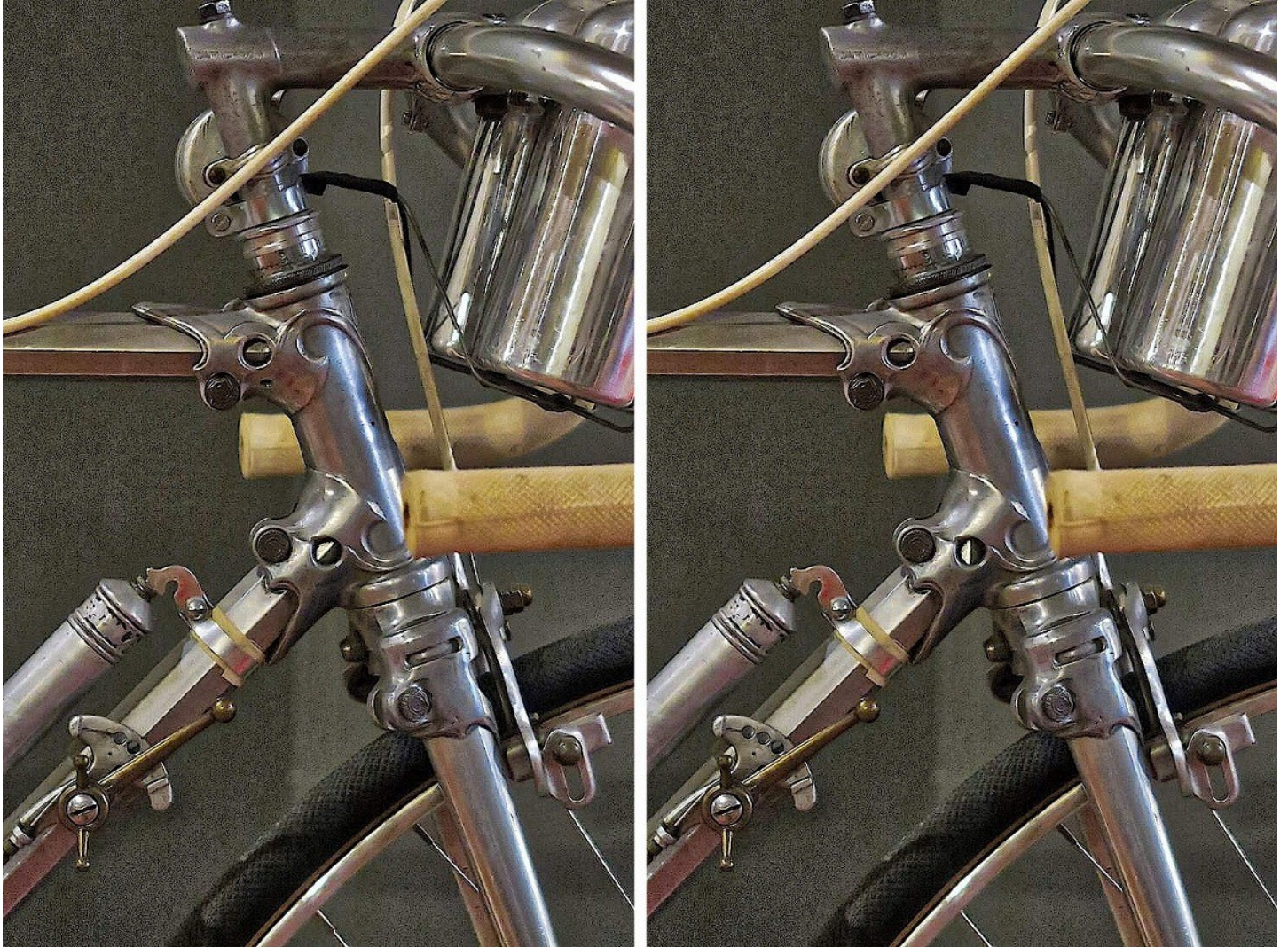
THE HENRY ROUS TAVERN

177 River Street Ballina

<https://www.henryrous.com.au/>



SPOT THE DIFFERENCE The R-H image has 10 alterations. Can you spot them?



ANSWER: https://drive.google.com/file/d/1C-LUivyelBx7zcUCOzMfATMxhfyZzvCk/view?usp=share_link



WHENEVER
I AM
READY TO
GO FOR A
RIDE,
THE BIKE
GETS ALL
EXCITED
TOO!

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