



BBCNEWSLETTER 2023.06.05

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 37+ - For week ending Sun 04JUN2023.

Monday – 3+ (See report)

Tuesday – 4 (3 to Woodburn, 1 to Wardell)

Wednesday – 7 (5 + 2. See report)

Thursday- ? ()

Friday – 8 (See report)

Saturday – 7 (See report)

Sunday – 8 (See report)

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

UPCOMING EVENTS

CLICK ON EVENT TO OPEN

WOODBURN

JUN Tue 6th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

JUN Wed 7th 7AM. Coles, Fox St.

WARDELL 2

BROADWATER

JUN Fri 9th 7AM. Coles, Fox St.

RIDERS CHOICE

JUN Sat 10th 7AM. Henry Rous Tavern

GEOFFREY GARDEN'S FUNERAL

JUN Sat 10th 10AM Rainbow Chapel
74 Kalinga St, Ballina

DEVILS ELBOW REVERSE

BROADWATER

JUN Sun 11th 7AM. Coles, Fox St.

MOYLANS-WARDELL

JUN Mon 12th 7AM Coles, Fox St.

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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.

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BBC MEMBERSHIP & INSURANCE

Monday Ride Report

- Peter



I rode with Ian Gailer and Bruce Quinn to Wardell via Pimlico Road and back to the ferry. Right from the start, Bruce raced to his car to get something more suitable to wear for the cold 6am temperatures _ a flannel shirt did the trick. Both Ian and Bruce had a hard ride yesterday and so they set out to take it easier today. Even so, the pace was still warmed up, perhaps to take the chill out of our bodies.

We met Bill on the Ballina side of the ferry crossing. He was riding a mountain bike to ease the pressure off his sore infected foot. Bills recovery is slow, but seems to deal quite well through his healthy sense of humour.

Tuesday Ride Report

- David

Only two riders turned out, namely Michael and Dave with Garry Whitfield completing the missing man formation. The route followed was the old traditional one using the back roads. Surprisingly, the surface of Kilgin Road was excellent as it has received a lot of repairs. Median speed was 30-31 km/hr which was excellent considering that both riders had not ridden a long distance itinerary for some weeks and there was always the annoying crosswind. Good coffee and muffin at the Woodburn River Cafe.

Wednesday Ride Reports

- David and Peter

Five riders braved the cold morning for the traditional high country circuit. Tom, John, Buster, Garry and Dave were the heroes. Dave could only manage a road bike after Tuesday's epic ride and Garry does not own a mountain bike.

All three other riders remained true to the ride concept. Weather was typical of a winter morning, brisk but fine and pleasant. The ride was fairly quick with a return to the Proper cafe around 9 AM.

The air in the high ground was very clear and the twin peaks of Mount Barney were clearly visible. Garry has still not been able to bring himself to purchase the draught horse which is still for sale up in the hills.

- David

I met Marc Mears outside his place at 6am for our ride to Wardell. The brisk weather forced me to wear long-sleeves for the first time, but Marc braved the elements wearing his summer kit _ which he regretted later.

The ride to Wardell via the highways and the return trip to the ferry was done at a reasonable clip for two overweight riders. We averaged over 32 kph. We got to the ferry just before 7am. We saw the above group heading out along Kalinga Street as we were coming into Ballina.

Marc mentioned that he may soon be getting a new bike. He currently has his mind and heart focused on the Colnago Arabesque vintage bike model. It sure looks snazzy (see photos and link below).



- Peter

Friday Ride Reports

there were eight riders. Four rode the extra loops to Wardell and back, and they are the only ones I can report on. They were Tom, David, Michael and Tom. Overall, this quadruple performed on equal terms and because of that we were all equally exhausted by the time we got to the ferry. However, what happened after the ferry was unexpected.

Seven riders turned up to the Proper Cafe, except for Tom. I heard that he got a flat tyre near the Ballina Scout Hall. Because Tom is quite efficient in tyre repairs we had no reason for concern. Minutes passed away without seeing Tom. I knew something was wrong, so I gave him a call. Tom was walking to the cafe and was already in fox Street. His brand new spare inner tube had a manufacturers fault along one of the seams. It was a flat without ever being used. I rode down to meet Tom and we both quickly got his wheel back in order for him to ride the rest of the way home.



- Peter

Saturday Ride Report

Chasing Dreams

- Marc

Saturday rides can feel fast...well for me at least...we are not all built with the legs of Mark Cavendish or a Columbian climbers weight but we all do what we can and we all live in our own little world when we are on a ride. This mornings ride deviated a bit from the norm. Tom and Pete were feeling in the mood for a more casual short and flat ride and despite Dave dropping the word "hill or hills" at regular intervals in the route discussion, on this particular morning his care for our training regime and desire to see us "peaking in 2 weeks time" where cast aside and we settled on a steady pace to Wardell with an "at your own pace" back down River Drive.

This is dangerous talk. At your own pace is actually code for "can you bury yourself to catch the wheel in front" and despite already knowing this, like some sort of narcotic the urge was too much to resist. Someone should do a PhD on how compelling this urge is, I am sure it is up there with crack cocaine! I thought I was ready. I wasn't.

The ride out to the highway and down to Pimlico started easy at 28-30kph and we lost Pete early on. Hot foot is something I have never experienced to a significant degree but I have heard about how debilitating it can be and Pete turned round early and decided to play cheerleader and camera man

for our finish at the Proper Café. We won't talk about Simon's horizontal slide across the line. Craig joined us just before River Drive and once on the road home our little peloton detonated and for the



ROD

TOM

DAVID

CRAIG

MARC

second time in a month I found myself in no-mans land. Simon went in the break, Craig joined him and I tried. For some reason mumbling "nurse" under my breath as I try to bridge across doesn't help and my calls are never answered. 10km out in no-mans land is a place to "find yourself" and I tried... O how I tried. That last 2kms to the ferry is always a mental and physical challenge out in the wind with no protection from the river breeze and today was no exception. Yet I only have myself to blame. I decided to try and bridge from where I should have been to where I wanted to be and as we all know, that is the stuff of dreams.

As I sit here with sore legs I contemplate how I was caught unprepared and at coffee when asked if would ride Monday I didn't even think twice before saying yes. Sometimes they get you when you are weakened. C'est La Vie. Can't wait for Mondays to try again!



Tom

Marc

David

Sunday Ride Report

- David

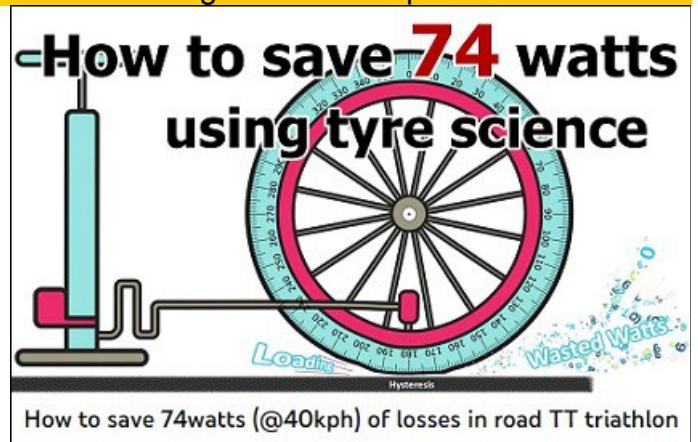
An excellent field of 8 starters braved the potential showers. Tom, Bruce, Garry, Richard S., Bobby, Dave, David and Tony. The destination was Broadwater via the coastal route. A slight headwind slowed the outward leg slightly and Richard S. peeled off at Wardell. Group cohesion was excellent all the way to the shelter shed.

Despite light showers, the group were able to use the slight tailwind and successfully sat on 30 km/hr all the way back to the ferry for a very satisfying ride. Given the cold day, the coffee at the Proper cafe was most welcome.



A REMINDER that there will be a funeral service for Geoffrey Garden in the Rainbow Chapel, 74 Kalinga Street, West Ballina. The service will commence at 10 AM.
Hope to see you there.

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

| | Tue. 6 Jun | Wed. 7 Jun | Thu. 8 Jun | Fri. 9 Jun | Sat. 10 Jun | Sun. 11 Jun |
|---------------------|------------|------------|------------|------------|-------------|-------------|
| | | | | | | |
| Max (°C) | 21 | 21 | 21 | 23 | 21 | 21 |
| Min (°C) | 12 | 11 | 10 | 12 | 9 | 10 |
| Chance of rain (%) | 70 | 60 | 50 | 10 | 60 | 80 |
| Rainfall range (mm) | 0 to 2 | 0 to 1 | 0 to 1 | 0 | 0 to 1 | 0 to 6 |

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

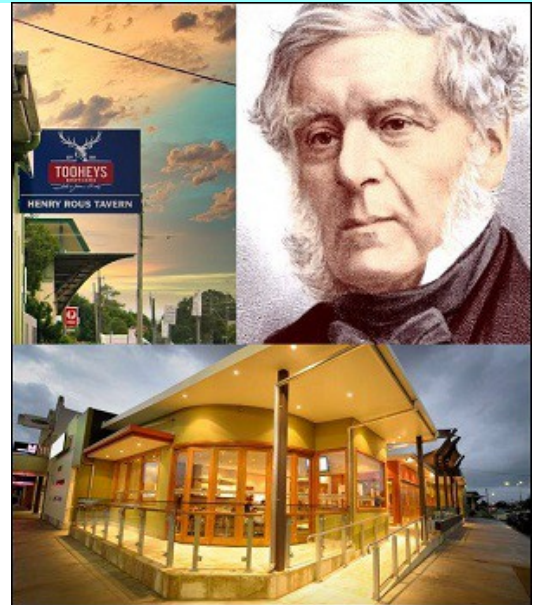
Where to Trail Ride

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

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



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 right-hand image has 10 alterations. Can you spot them?



Colnago Arabesque

Answer: <https://drive.google.com/file/d/11jXCjn3RbH8rf45AW29YVLQq6Q79AZ1/view?usp=sharing>

SOMETIMES AFTER I CLEAN MY BIKE



I JUST SIT AND STARE AT IT

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