



# BBCNEWSLETTER 2023.06.12

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 21 - For week ending Sun 11JUN2023.

Monday – 2 (See report)

Tuesday – 1 ( )

Wednesday – 4 ( )

Thursday- ( )

Friday – 6 (See report)

Saturday – (See report)

Sunday – 8 (See report)

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### KEY: GREEN(slow) BLUE(med-fast) UPCOMING EVENTS

CLICK ON EVENT TO OPEN

#### WOODBURN

JUN Tue 13<sup>th</sup> 7AM. Coles, Fox St.

#### HOUGHLAHANS MTB

JUN Wed 14<sup>th</sup> 7AM. Coles, Fox St.

#### WARDELL 2

#### BROADWATER

JUN Fri 16<sup>th</sup> 7AM. Coles, Fox St.

#### RIDERS CHOICE

JUN Sat 17<sup>th</sup> 7AM. Henry Rous Tavern

#### TIME TRIAL TRAINING

#### BROADWATER

JUN Sun 18<sup>th</sup> 7AM. Coles, Fox St.

#### MOYLANS-WARDELL

JUN Mon 19<sup>th</sup> 7AM Coles, Fox St.

## Monday Ride Report

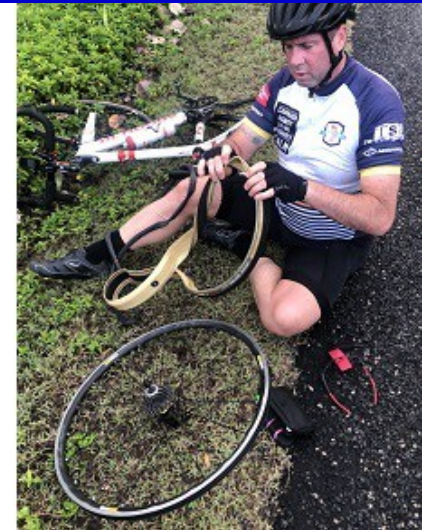
- Peter

Only two braved the warm winter weather, with no rain nor any strong winds. Marc and myself planned to ride with a 6AM group, but nobody else turned up. We waited till 6:30 because this group sometimes postpone their rides for half an hour; but still nobody else turned up. So we headed out to do our Wardell route.

For some reason I felt run-down while Marc felt on top of the world. You can guess then happened. Marc was good enough to draft me most of the way around the circuit. The wind came from the SE which really did not help us at all until the last kilometre to the ferry where the road curves towards the NW.



Halfway to the ferry, Marc got a puncture. One hundred metres later he got another puncture. Marc used my spare inner tube (without a leaky patch) which got him safely home. We eventually arrived at the Proper Cafe, just in time to celebrate David Cowdrey's 80<sup>th</sup> birthday. David is a great role model for all riders under 80 to aspire to. He is a strong all-round rider who can show us his back wheel in all terrain and even over long distances. Congratulations David, may you have many many years of cycling enjoyment.



## Tuesday Ride Report

- David

Only Dave turned up for this one probably due to the forecast of rain. This was a real shame as the entire ride was dry except for the last two km on return into Ballina Town. Riding conditions were excellent and followed the route Wardell, Broadwater, Woodburn with return via Kilgin and Bagotville roads. The ride was only made possible by the rejuvenation resulting from the Large cappuccino and muffin consumed at Woodburn.

## Wednesday Ride Reports

- David

At 7:AM four keen mountain men headed into the heights in clear dry conditions. The riders were Richard S, Stewart, Dave C. and Garry. The ride was conducted at a pace suited to the slowest rider

so everyone had a fun time. Garry looked his draught horse in the eye but failed to offer a bid. The light rain shower arrived after we sat down for coffee so we must be living right. This ride is suited to all comers so if you have not joined us think about giving it a go in coming Wednesdays. It is a very scenic route. A MB is preferred but a RB also works very well.

## Friday Ride Reports

- Peter

St David



Six riders left from Coles car park to Wardell. Three carried on to Broadwater, they were David, John and Peter. The others, Tony, Bob and Buster rode back to the ferry from Wardell.

We all performed well. John did not feel so confident by the time we got to Broadwater, but he proved himself wrong by carrying out some really strong turns up the front. Perhaps David shared some of his energy to John while resting at Broadwater. All six met at the Proper Cafe.

## Sunday Ride Report

- Simon and Dave C.

We had a good group that kept the pace up. Sunday's ride was cool and crisp; reportedly 9 degrees at 6.00am when I left home (Lennox Hd). There were two groups with Dave C, Marc, Gary and I going to the Devils Elbow, and the other group going to Broadwater.

We set a good pace into the headwind down to Wardell via the freeway, with all of us pulling respectable turns on the front, then turned right to Meerschaum Vale. Had to stop in the sun at the Meerschaum Vale community hall to warm up after the cold and foggy forest section around the Bagotville Rd turnoff.

The undulating nature of Marom Creek Rd set us up for the climb through the Devil's Elbow and onto the Alstonville Plateau where the speed once again picked up. Marc was having some freehub issues which meant he couldn't coast downhill, so the descent down the Alstonville cutting was a lead by him with us getting a fantastic draught off the big fella!

Coffee and cake at the Proper Cafe was timed well as both groups turned up almost simultaneously.  
- Simon

The ride today was nominally Reverse Devil's Elbow, however the group of eight split in two with one group using the flat route to Broadwater and the others heading into the hills. David 2, Tony, Bobby and Buster enjoyed an electric assist outbound and then a tailwind all the way home and timed their return so we all ended up at coffee together. Riding conditions were excellent.

Simon, Marc, Garry and Dave C. followed the Freeway to Wardell, then onto Wardell Road, Marom Creek Road and the Devil's Elbow and then Rous Mill Road, Cemetery Road, Ellis Road to Alstonville and a huge high speed descent down the cutting to Ballina. Ellis road especially consists of endless rolling hills and was highly enjoyed. Dave C. got dropped when leading on the cutting descent when the group overtook with a high closing speed but all came together before reaching the roundabout.  
- Dave C.







**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. 13 Jun	Wed. 14 Jun	Thu. 15 Jun	Fri. 16 Jun	Sat. 17 Jun	Sun. 18 Jun
						
Max (°C)	23	23	19	20	20	21
Min (°C)	10	10	7	6	7	8
Chance of rain (%)	40	5	0	20	60	40
Rainfall range (mm)	0	0	0	0	0	0

## 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://grafton.tidyhq.com/> and/or <https://www.facebook.com/graftoncycleclub/>

**Grafton Events Feb-Jun:** [https://drive.google.com/file/d/138CvHjUyUg0HYkXqSbQhMdP2EBErHOQb/view?usp=share\\_link](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:

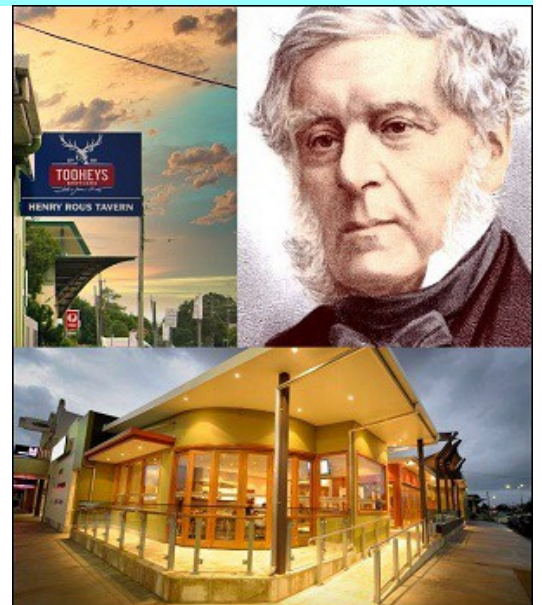
**Kyogle MTB Club:** <https://www.facebook.com/kyoglemountainbikeclub>

## SPONSORSHIP NEWS

- BBC



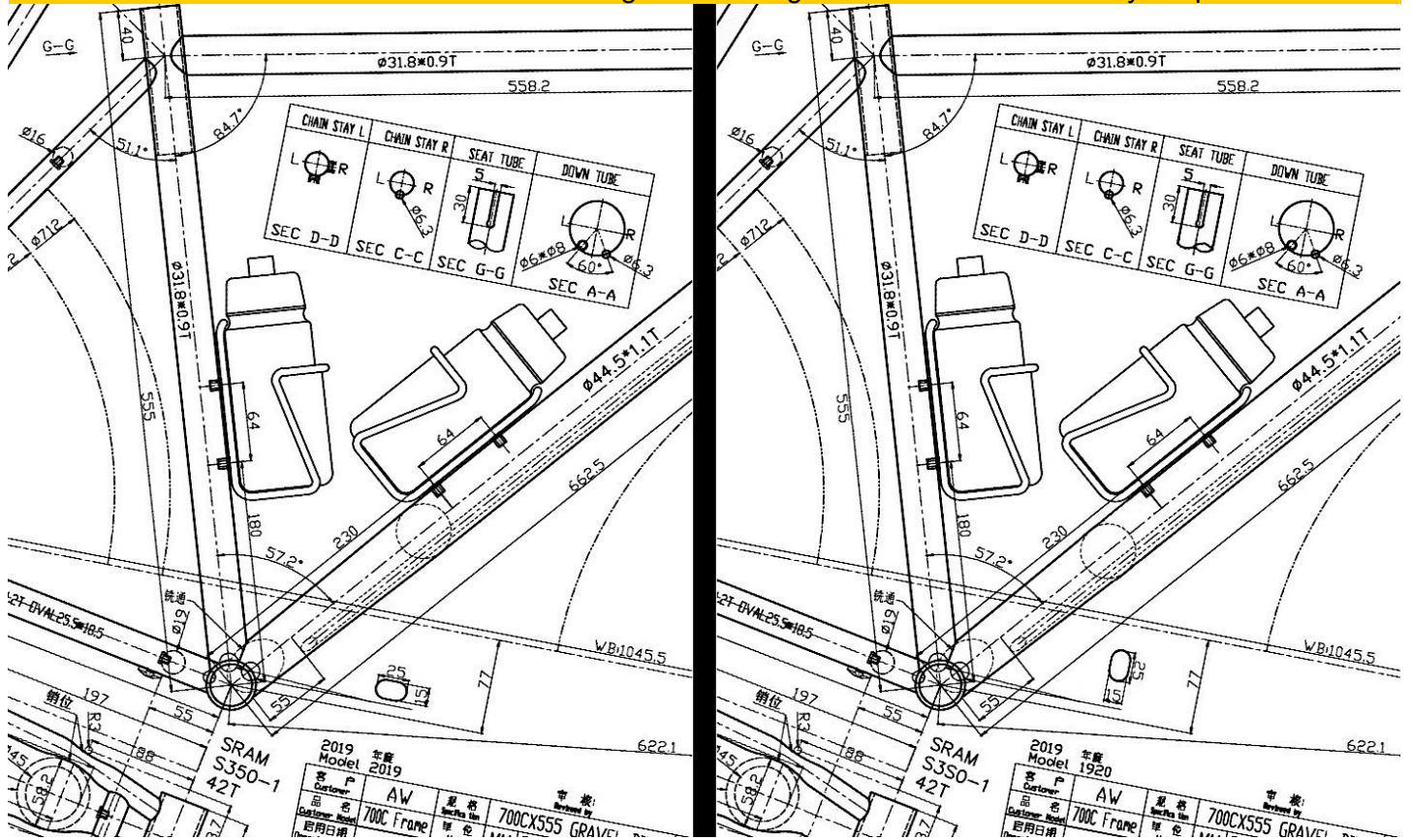
THE BICYCLE EMPORIUM  
158 River Street Ballina  
<http://thebicycleemporium.com.au/index.html>



THE HENRY ROUS TAVERN  
177 River Street Ballina  
<https://www.henryrous.com.au>

continued.....

**SPOT THE DIFFERENCE** The right-hand image has 10 alterations. Can you spot them?



Answer: <https://drive.google.com/file/d/1mMmGaX5EaWeLx4NItIEoqusvzRVGz5xz/view?usp=sharing>



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