



# BBCNEWSLETTER 2023.06.19

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 38 - For week ending Sun 18JUN2023.

Monday – 8 ( )

Tuesday – 4 (See report)

Wednesday – 6 (See report)

Thursday- 2 (Tom and Richard Brown did their own solo rides)

Friday – 8 (See report)

Saturday – ? ( )

Sunday – 10 (See report)

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4 Week Free Trial Memberships

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

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

CLICK ON EVENT TO OPEN

#### WOODBURN

JUN Tue 20<sup>th</sup> 7AM. Coles, Fox St.

#### HOUGHLAHANS MTB

JUN Wed 21<sup>st</sup> 7AM. Coles, Fox St.

#### WARDELL 2

#### BROADWATER

JUN Fri 23<sup>rd</sup> 7AM. Coles, Fox St.

#### RIDERS CHOICE

JUN Sat 24<sup>th</sup> 7AM. Henry Rous Tavern

#### Vintage - COOPERS SHOOT

#### BROADWATER

JUN Sun 25<sup>th</sup> 7AM. Coles, Fox St.

#### MOYLANS-WARDELL

JUN Mon 26<sup>th</sup> 7AM Coles, Fox St.

## Tuesday Ride Report

- David

Only one starter for the Woodburn ride. Luckily, I met up with Tom on Fishery Creek bridge and we rode together to Broadwater. We were so fast I arrived at Woodburn at 08:25. The return route followed Kilgin, and Bagotville roads where I happened to pass Mark and Don riding south. The ferry was closed and they rode to Empire Vale on return before finding out about the ferry. The Broadwater Woodburn area was enclosed by a heavy fog until 09:30 so I only saw where I was going occasionally. The winds were light so I was back in Ballina by 10:30.

NB: This ride should be more popular as it does not have to be done fast.

## Wednesday Ride Reports

- Shorty and Tom

Richard Brown rode 112km in all. He first rode to New Italy to have his favourite pasta dish, then he rode back. However, before getting home to Ballina he decided to climb up to Alstonville and back again.

Tom went for a solo ride and when he came back he met Garry, Stewart, Bruce and John at the Proper Cafe. These four riders rode the Houghlahans mountain bike circuit.

## Friday Ride Report

- Peter



RICHARD H.

ANTHONY, BOB, RICHARD S.

MIKE

Eight riders, divided into two groups, did their own route to Wardell and back. Tom, Bruce, Tony, Richard S, and Bod rode straight to Wardell and back via River Drive. Richard Hughes also rode the Hermans lane loop; and Michael (Mike) and Peter rode Moylans lane loop as well.

Tom is currently stuck in no man's land between the faster and slower riders. Tom is quite capable of going fast, so too does his heart, but too much in fact. So he has to back off. There are a few of us retirees who are restricted by heart issues. Even so, they still are not shy to get out and give it a go as best they can.



# Sunday Ride Report

- Simon and Dave C.

We had a great turnout for our first time trial training ride. From the ten participants there were two officiates, Bruce Syme as timekeeper and David Cowdery assisting. The riders included Simon, Mark, Mike, Peter, Gavin, Richard, Marc and Hayley Oakes. Unfortunately Marc and Hayley missed a left-hand turn and got lost, so they effectively did not finish the ride circuit.

Simon done a marvellous time, over the 12.6 kilometre circuit, of 21 minutes and 57 seconds; averaging at 34.44 kph. Second best time was Mark Downey, just short of 33 kph. Mike Hardy done a great job getting third best time.

It was good to see Simon, Mark, Gavin, and Richard come to the training ride with time-trial bikes and helmets. It's always interesting to see these speed-machines and headgear. Simon's homemade aerodynamic helmet cover was a surprising sight to behold. Not only did it show inventive initiative but the club's sponsors as well. Good show, Simon.



Seeing Simon donning his aero-helmet made me laugh, only because a few hours earlier I watched a Get Smart episode "[The Day Smart Turned Chicken](#)", where Max wore a costumed chicken head in court. But Simon got the last laugh when he, the [minute man](#), did not lose a single second to the rest of the field.

Name	Min:sec	Min	M/km	Km/hr
Simon Walford-Smith	21:57	21.950	2.733	34.44
Mark Downey	22:58	22.966	2.612	32.92
Michael Hardy	23:14	23.233	2.583	32.54
Peter Hausamann	23:57	23.950	2.505	31.57
Gavin Rose	24:05	24.083	2.491	31.39
Richard Brown	26:20	26.333	2.278	28.71

Average speed = (60/minutes) x kilometres





## New Annual Combined Memorial Ride

- Peter

Anthony Davis has brought to our notice that our long term group of riders now have five ghost riders to organise memorial plaques and rides for. Because some of them are close together date-wise, Anthony suggested to combine them all into one annual memorial ride. Today (Friday) we had a meeting about this and we all agreed to have our first combined memorial ride on **Sunday 2<sup>nd</sup> of July**.

While writing this, I received a strong impression that the combined ghost riders will be, for the first time, be able to join us in a group ride i.e., a group of ghost riders. They are: Murray, Ric, Bruce, Shaky, and Alan. The ride route will be Murray's favourite local circuit. It starts from Ballina (Coles car park), to and over Nth Teven road, back along Teven road to the BP roundabout. Then to Pimlico Road turn-off. It is here, 100m off the highway, where we will hold the memorial dedication. From there we will ride to Wardell and back to Ballina via River Drive.



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



Singapore Road Cycling Elite 50Km Race:  
Showdown of the Best Riders









"How Do I Exist?" - Lucky People #4

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



### Forecast for Ballina

	Tue. 20 Jun	Wed. 21 Jun	Thu. 22 Jun	Fri. 23 Jun	Sat. 24 Jun	Sun. 25 Jun
						
Max (°C)	18	19	19	23	20	22
Min (°C)	6	6	7	10	6	6
Chance of rain (%)	0	5	30	20	5	10
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:

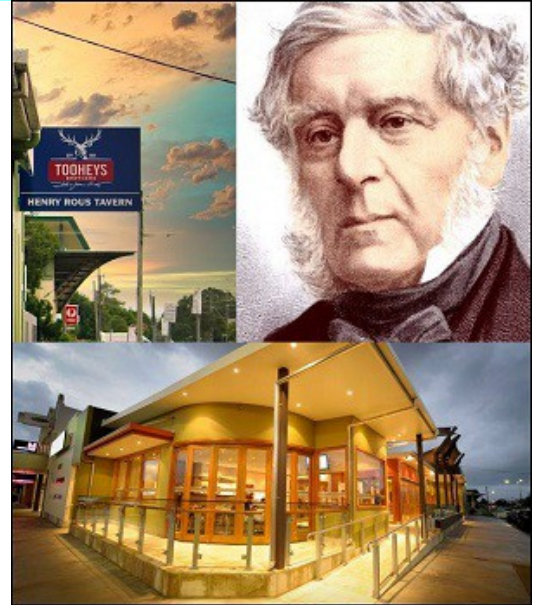
**Kyogle MTB Club:** <https://www.facebook.com/kyoglemountainbikeclub>



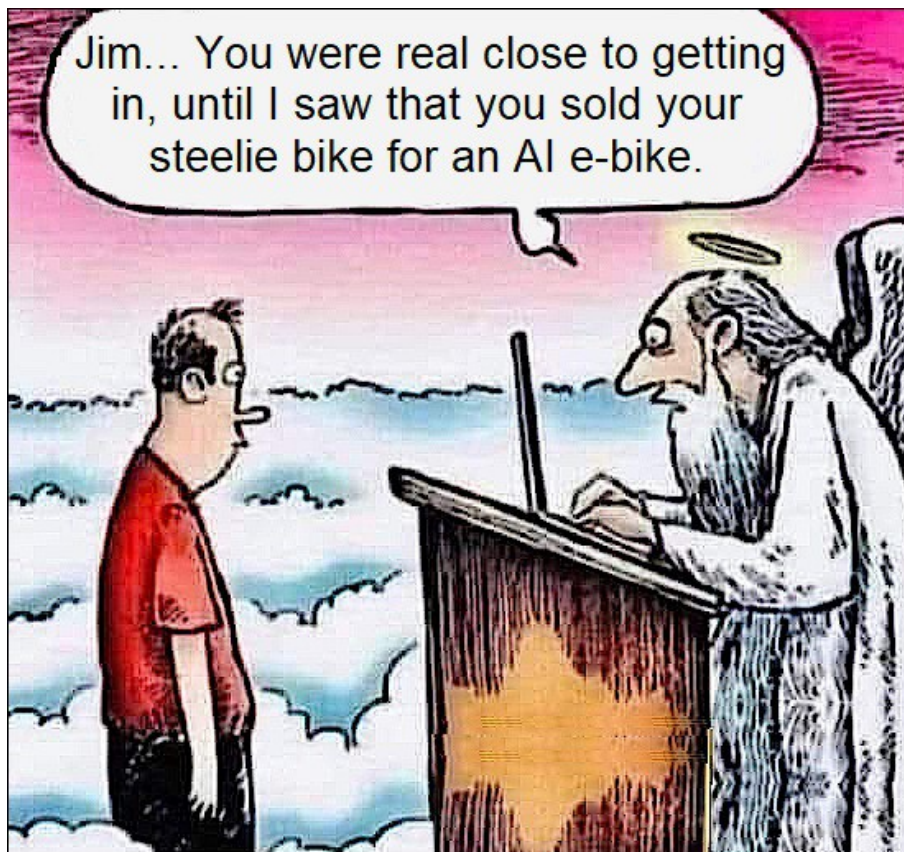
## SPONSORSHIP NEWS



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?



Answer: <https://drive.google.com/file/d/1BxquKWTJtEfxlpFSrZaIL3dChY4Mdovi/view?usp=sharing>



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