



# BBCNEWSLETTER 2023.07.24

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 23 - For week ending Sun 23JUL2023.

Monday – 5 (Cold and damp. See report )

Tuesday – 2 (Wet and cool. See report)

Wednesday – 4 (Hochpoch ride. See report)

Thursday- 3 (Sunny and windy. See report)

Friday – 4 (See report)

Saturday – ? ( )

Sunday – 5 (See report)

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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.

CLICK TO OPEN



**BBC MEMBERSHIP & INSURANCE**

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

CLICK ON EVENT TO OPEN

#### WOODBURN

JUL Tue 18<sup>th</sup> 7AM. Coles, Fox St.

#### HOUGHLAHANS MTB

JUL Wed 19<sup>th</sup> 7AM. Coles, Fox St.

#### WARDELL 2

#### BROADWATER

JUL Fri 21<sup>st</sup> 7AM. Coles, Fox St.

#### RIDERS CHOICE

JUL Sat 22<sup>nd</sup> 7AM. Henry Rous Tavern

#### RIDERS CHOICE

#### BROADWATER

JUL Sun 23<sup>rd</sup> 7AM. Coles, Fox St.

#### MOYLANS-WARDELL?

JUL Mon 24<sup>th</sup> 7AM Coles, Fox St.

## Monday Ride Report

- Peter

Five braved the wet, windy and cold morning ride to Wardell. Tom, Anthony, Buster and Peter rode as a group. The wind was from the SSW. Tom and I took turns leading the others. We came across Shorty not long after passing Empire Vale towards the ferry. He hooked on the back and we all arrived at the ferry together.

We had a series of incidences from one young rouge bicycle rider. Tom and I were just ahead of the others as we crossed over Fishery Creek bridge to Ballina. We went through the underpass and about to turn left into Bagot Street when this Rouge cut the corner. If we did not veer to the right we would have collided into the Rouge. Tom said just as we passed him "He is an accident waiting to happen!"

Low and behold, as the Rouge entered into the underpass he forced Shorty off the path and off his bike. The Rouge did not stop nor apologised. It was a bicycle hit-and-run as far as I am concerned. My blood boiled to think that these youngsters have no respect for others let along elderly people.

Despite what the photos show, Shorty is okay; after all he is one tough guy!



Shorty relating to his 'First Blood' incident.



Others showing concern for Shorty

**On another note.** The Ballina Shire Council has started to work on providing a hard surface for pedestrians and cyclists to safely gather while waiting for the ferry. This will eventually extent farther down the road as part of an Emergency Assembly Area.




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**EMERGENCY**

**River Drive, Keith Hall 2478**  
 nearest cross street: **South Ballina Beach Road**  
 emergency vehicle access point: **153.528825, -28.875910**  
 first aid officer: **ferry operator on duty**  
 emergency vehicle meeting point: **Burns Point Ferry ramp**



**Tuesday Ride Report** - Peter and Marc

Marc and I, on our steelies, left Ballina at 7am in the rain. We hoped that it would fine up shortly, but the drizzle carried on most of the way to Wardell along River Drive. The headwind was constant, and our efforts to keep the pace up warmed us a bit. I was huffing and puffing to stay between 27-28 kph whenever I led the way. Marc shared the turns and he looked after me when I was drafting. It is a real handicap to be way overweight on a bike. In fact I am afraid of breaking the carbon bike \_ they are not meant to carry my weight! That is why I am currently riding my steelie.

The return trip was a lot easier, not just for the tailwind, but the rain had stopped and we chattered all the way to the ferry. Back in Ballina, we had coffee at Babalino's. Today we spoke nothing other than cycling, our favourite cyclists, and cycling books we have read. - Peter

**WHEN THE RAIN COMES DOWN THE COMMITMENT GOES UP** by Marc Mears



For those who have not stumbled across the wisdoms of the Velominati it was a Rule #9 day today. <https://www.velominati.com/the-rules-cat/on-rule-9-the-badass-within/>

A 7am start saw Peter and I wrapped in all sorts additional PPE against the weather and ready to ride. I have to be honest there was some flirtation with a short sprint to the coffee shop but machismo and a little guilt quickly asserted themselves and we set out on a pre-agreed "post ride recovery ride". This was to recover from beast of a ride we had not done the day before, nevertheless...it is the thought that counts and we were the only two available to apply a little rule #5 and go rubber down to spin out our legs of the imagined lactic acid build up from the day before.

A steady 28-29kmh out through rain and greasy roads to Wardell saw us making full use of the free ferry ride as we chatted and cruised along on quiet roads side by side to avoid the rooster tails and we freely admitted that without the commitment of having to turn up knowing the other rider would be there, we wouldn't have abandoned comfortable beds for this weather.

Commitment often yields it own rewards and we rode from rain to sun and even had the good humour to go for coffee afterwards. 30km is not much, but it is 30km more than the rugged up and bed ridden so the moral high ground is ours and we can now eat and drink freely for the day, knowing we earned it...at least in our minds eye :)

## Wednesday Ride Reports

- Peter and David

Tom, Dave, Garry, and Stuart not only rode out to Houghlahans Road but carried onto Newrybar as well. From Newrybar, all riders ended up riding alone and in three different routes. That was one of the reasons why I ended up waiting over an hour for their arrival. From the other stuff I have been told the ride was a hochpoch due to poor communications between the riders. As a result, only Tom arrived for coffee at the Proper Cafe.

- Peter



Four riders started up into the hills. On mountain bikes were Tom and Stewart with Dave (recovering from illness) and Garry on road bikes. Garry had a nature stop below North Teven but after that everything went smoothly. Stewart had to make an unusual detour to return home so we went off piste with him to have coffee at Newrybar. The return was then via the old Pacific Highway, Freeway and Cumbalum. As always the scenery was inspiring with a little cool fog just to add variety.

- David

## Thursday Ride Report

- Peter



Marc and I left Ballina for our ride at 8 am. We went to Wardell via South Ballina. We were about to reach the ferry when we spotted David coming back from his early training ride. It reminded me of a bus service, 'as one comes in another goes out'. And in this case I was the passenger.

The wind was WSW and it gave me a hard time. For some reason (perhaps being too fat and tired) I struggled all the way. My legs felt hollow, as if without any substance / energy.

Marc seemed to be pedalling at ease. He was kind enough to take care of me. He allowed me to stay most of the time in his slip stream. Even so, as we arrived to the ferry, I was too exhausted to suck my gut in when Marc took a photo of us.

## Friday Ride Report

- David

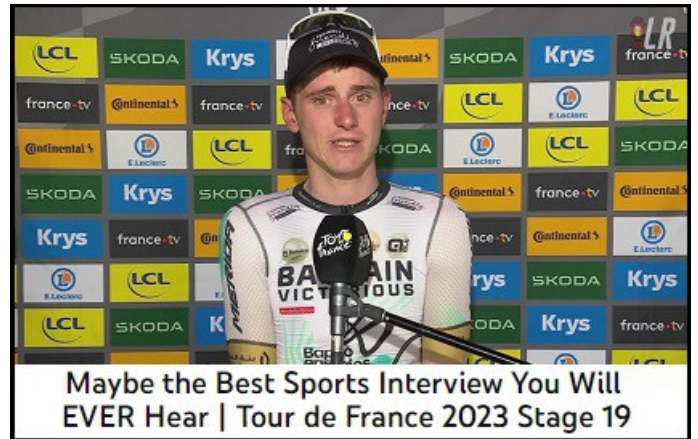
Four riders started on a fairly cool morning. Dave and Michael added the extra 4.5km of Hermans Lane while Tony and Dave 2 went straight down Pimlico Road to Wardell. A fortuitous tailwind made for a fast return on River Road and all riders arrived at the ferry together.

## Sunday Ride Report

- David

Five riders turned up at the start. Tony, Buster(electric), Dave,Dave 2 and Garry. All riders performed well into the headwind while Tony and Buster turned around at the Motorway overpass to save Busters battery reserve. By common agreement we changed the return plan and stopped at the Wardell pie shop for a hot pie and coffee mid ride. It was fairly cool and overcast so the idea of a hot pie proved irresistible. The tailwind provided for a rapid return so the ride was still very enjoyable.

OTHER BITS & PIECES Click on the 4 images below to open



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



Forecast for Ballina

	Tue. 25 Jul	Wed. 26 Jul	Thu. 27 Jul	Fri. 28 Jul	Sat. 29 Jul	Sun. 30 Jul
Max (°C)	21	20	21	22	24	22
Min (°C)	10	10	9	7	9	9
Chance of rain (%)	70	70	30	20	10	30
Rainfall range (mm)	0 to 2	0 to 3	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://graffon.tidyhq.com/> and/or <https://www.facebook.com/graffoncycleclub/>

Grafton Race Calendar (Jul-Sep): <https://drive.google.com/file/d/1nCJEhYz2ZhGNZTzq-T9JNeEmYbPFiOZ/view?usp=sharing>

Lismore Road Race (24<sup>th</sup> Sep): [https://drive.google.com/file/d/1ZRMxGqd5akN0X1i\\_\\_h-QPZ84N0CwRXZr/view?usp=sharing](https://drive.google.com/file/d/1ZRMxGqd5akN0X1i__h-QPZ84N0CwRXZr/view?usp=sharing)

Where to Trail Ride

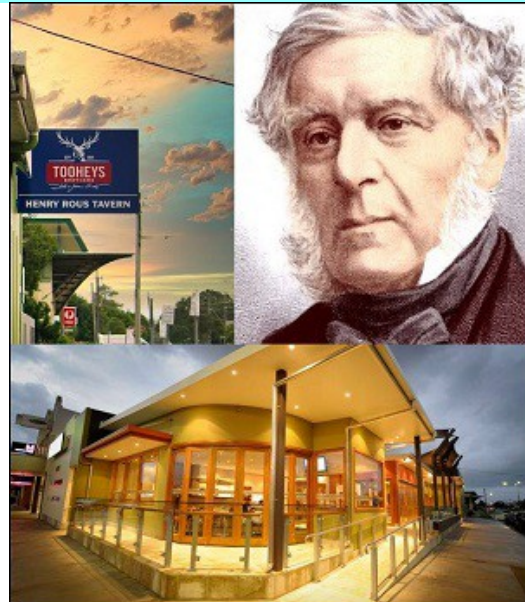
Here are a few links for our MTB club members to represent our club in:

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

## SPONSORSHIP NEWS



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



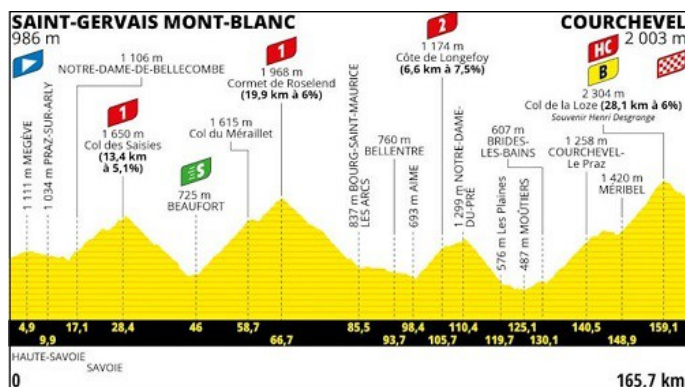
THE HENRY ROUS TAVERN  
177 River Street Ballina  
<https://www.henryrous.com.au>



**The Bicycle Emporium helping us to Follow Our Passion,**  
by inviting us to follow (live) the 17th stage of the 2023 Tour de France.

During the 19<sup>th</sup> and 20<sup>th</sup> July, between 8pm and 2am, Mark, Andrew, Richard, Haley, Marc and Peter enjoyed a French theme night of top cycling entertainment and food at The Bicycle Emporium. The event was known as the Queen Stage of the Tour de France. It was a very tough mountain stage. We were all impressed by how these cyclists rode with speed and rhythmic strength up these mountain passes.

“Thank you The Bicycle Emporium”



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



Answer: <https://drive.google.com/file/d/1fi8SjW83gfwKL4vsVP78yqiQeZBrRUco/view?usp=sharing>



contributed by Tom

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