



BBCNEWSLETTER 2023.08.14

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 17 - For week ending Sun 13AUG2023.

Monday – 0 (Rain & Cold)

Tuesday – 0 (Wet)

Wednesday – 2 (See ride report)

Thursday- ()

Friday – 3 (See ride report)

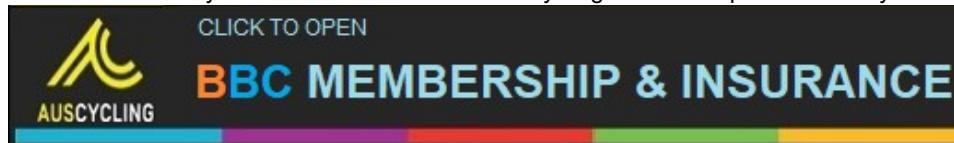
Saturday – 1 (See report)

Sunday – 11 (See ride report)

Join our mailing list: bbclubnews@gmail.com

4 Week Free Trial Memberships

are available to anyone who has not held an AusCycling membership in the last 3 years. [BBC Certificate of Currency](#)



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

UPCOMING EVENTS

CLICK ON EVENT TO OPEN

WOODBURN

AUG Tue 15th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

AUG Wed 16th 7AM. Coles, Fox St.

COMMITTEE MEETING

AUG Wed 16th 6PM Henry House Tavern

WARDELL 2

BROADWATER

AUG Fri 18th 7AM. Coles, Fox St.

RIDERS CHOICE

AUG Sat 19th 7AM. Henry Rous Tavern

VINTAGE BIKE RIDE (riders choice)

AUG Sun 20th 7Am. Henry Rous Tavern

BROADWATER

AUG Sun 20th 7AM. Coles, Fox St.

MOYLANS-WARDELL

AUG Mon 21st 7AM Coles, Fox St.

Wednesday Ride Report

- David and Shorty

This was a solo ride after rain finished and the roads dried. It was an 'Off Piste' ride (or 'Off Pete' ride as Pete was not there even though I felt his breath on my neck the entire time). Route followed North Teven and Houghlahans Creek Road, Kirklands Road, Newrybar Road, Broken Head Road, Old Byron Bay Road, Old Pacific Highway and Freeway and Cliff Burvill Way plus the shared Pathway along the beaches to East Ballina. Total distance 70km and total time 3 hours. This is without doubt a combination of the best mountain and coastal scenery in the district with several lookout points along the way, not to mention perfect riding conditions. Would love to share this route with other riders.

- David

Solo ride of 52ks down the highway to Broadwater and return, nice ride.

- Shorty

Friday Ride Report

- David

Three riders followed the classic circuit down Pimlico Road and the old Pacific Highway to Wardell and back directly on River Road. Just before the ferry we met 3 more slower riders who had completed the River Road circuit to Wardell. Riding conditions were excellent with a tiny tailwind on the return.

Saturday Ride Report

- Shorty

Solo ride down the highway of 108 ks to Tabbimoble strong cross wind both ways with some head wind on return trip. Some road works near New Italy single lane both ways. Nice coffee and rest at the New Italy Café.

Sunday Ride Reports

- David and Peter

Eight riders Tom, Dave, Dave2, Garry, Tony, Jack, Bobby and Peter started together and met at the top of Pimlico Road. The faster group of four then headed down Pimlico Road and the old Pacific Highway to Broadwater rest stop whilst the slower group turned around at Wardell. The tailwind was working for the return from Broadwater permitting the the faster group to sit on 31km/hr. Dave2 did especially well.

All riders met for coffee at the Proper Cafe to plan world affairs in detail.

- David

BBC Time Trial Training Report

David was our Time Keeper for this training session. Three riders participated, they were Craig, Simon, and Richard (Shorty). It was good to know that Craig turned up for a go, and he surely made us take notice with the best time for the month.

Both Simon and Shorty were somewhat behind their previous recorded times _ by almost a minute each. We sure hope they will get back up for next month. - Peter

Name	Min:sec	Min	M/km	Km/hr
Craig Chapman	22:33	22.55	2.66	33.53
Simon Walford-Smith	22:51	22.85	2.63	33.09
Richard Brown	27:34	27.57	2.176	27.42

Average speed = (60/minutes) x kilometres

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



The Cyclist Reporting of Incidents Tool (CRIT)



Australia's National Learn to Ride Program Ages 5 - 12
Coming to a centre near you soon!
AusBikers are safe & active kids!
Developed by the experts, so your kids are in safe hands.
AusBike is rolling out to centres right across Australia, so stay tuned!



For more info to view The Big Bike film in Lismore or Murwillumbah cinemas on 2nd September...

<https://drive.google.com/file/d/1lh78Bbvje-ATdaZdtqME5GUO9Ny78ZdU/view?usp=sharing>



The Big Bike Film Night 2023 Promo Trailer









When self-driving vehicles become mainstream, dead old people will occasionally just show up at their destinations.

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



Forecast for Ballina

	Tue. 15 Aug	Wed. 16 Aug	Thu. 17 Aug	Fri. 18 Aug	Sat. 19 Aug	Sun. 20 Aug
						
Max (°C)	21	20	23	24	21	20
Min (°C)	11	10	9	10	9	6
Chance of rain (%)	70	70	60	20	10	10
Rainfall range (mm)	0 to 2	0 to 2	0 to 1	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 Race Calendar (Jul-Sep) : <https://drive.google.com/file/d/1nCJEhYz2ZhGNZTezq-T9JNeEmYbPFiOZ/view?usp=sharing>

Lismore Road Race (24th Sep): https://drive.google.com/file/d/1ZRMxGqd5akN0X1i_h-QPZ84N0CwRXZr/view?usp=sharing

For more details: https://drive.google.com/file/d/19upPRDqimmRO1hxVxLdkuvS_C_bAa63D/view?usp=sharing

Where to Trail Ride

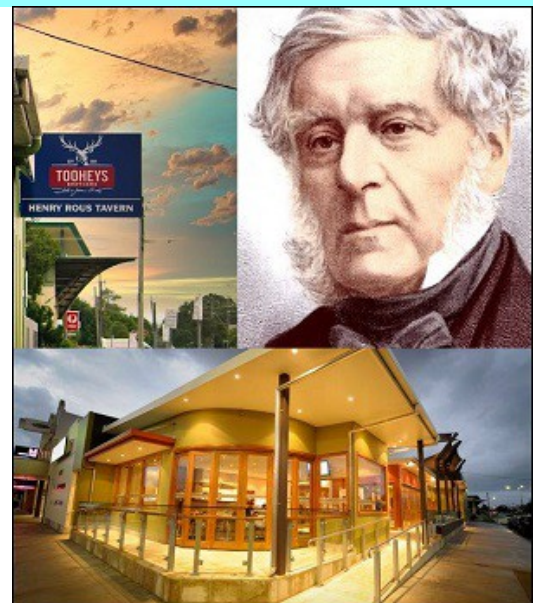
Here are a few links for our MTB club members to represent our club in:

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>

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



Answer: https://drive.google.com/file/d/15RbJl_Hx67FNR_-MfQvbR9WD2pqKEFgm/view?usp=sharing



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