



BBCNEWSLETTER 2023.08.28

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 27 - For week ending Sun 27AUG2023.

Monday – 11 (See report)

Tuesday – 1 (See report)

Wednesday – (See ride report)

Thursday- ()

Friday – 9 (See ride report)

Saturday – ()

Sunday – 6 (See ride report)

Join our mailing list: bbclubnews@gmail.com

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.



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

UPCOMING EVENTS

[CLICK ON EVENT TO OPEN](#)

WOODBURN

AUG Tue 21st 7AM. Coles, Fox St.

HOUGHLAHANS MTB

AUG Wed 22nd 7AM. Coles, Fox St.

WARDELL 2

BROADWATER

AUG Fri 24th 7AM. Coles, Fox St.

RIDERS CHOICE

BROADWATER

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

MOYLANS-WARDELL

AUG Mon 21st 7AM Coles, Fox St.

Monday Ride Report

- David

Eleven riders participated. Nine started at Coles while Tony and Dirko had their vehicles near the riders memorial. All riders stayed together at a modest pace down Pimlico, Signata and Blackwall Road to Wardell. On the return leg Pete went away in front approaching the Coolgardie interchange. Dave, Michael and Tom joined in with Tom drafting Pete all the way back to town on the Freeway while Dave and Michael rode together. Tom and Pete stole a march by exiting onto the Roundabout using the left lane while Dave and Michael waited behind traffic in the right hand lane. It all worked out however and everyone met for coffee at the Proper Cafe.

Tuesday Ride Report

- David

Dave rode solo to Woodburn with an early 6:30AM departure. This was done because the forecast predicted strong headwinds for later in the morning on the return leg from Woodburn. As it transpired Dave was able to return early enough to avoid any strong headwind. It would be very enjoyable to have more riders join in as the pace does not need to be high. Please SMS Dave if you would like to ride on any given Tuesday.

Wednesday Ride Report

- Peter and David



I rode to Marc's place to start our ride by about 6:30 am. We rode to the Expressway at a moderate pace. From then on it became a quick ride to Wardell and back. Marc did most of the work. The wind was so mild we were not sure which way it was coming from until we headed back from Wardell; it became a slight tailwind. We got back to ballina in one hour, with an average pace (for me) of just over 30 kph. Considering how poor my health is, I was pleased with the result. I could not have done so well without Marc.

- Peter

Stewart, Tom, Richard and Dave started the ride. The riding conditions were excellent and the scenery outstanding. Tom was having problems and turned around to return from Fernleigh while the others continued to Newrybar to have coffee with Stewart. Dave could not wait so he returned via the old Pacific Highway and presumes Richard followed the same route later. When Stewart has no use of a car he rides home via Newrybar and Martins Lane so this creates a longer route for those interested.

- David

New Wednesday Mountain Bike Ride Proposal

- David

As our existing MTB circuit is all bitumen and MTB's are not actually needed at all, I suggest that the MTB ride should be changed to a Wardell tennis courts departure at say 7:30AM. The route would

have the same ride length but would follow Wardell Road, Marom Creek Road, Tuckean Island Road (dirt), Hoare Lane (dirt), Broadwater Road, Bagotville Road and Old Bagotville Road (dirt) back to Wardell. There are not many close local dirt roads that I am aware of and that are suitable. Can we suggest this perhaps in the next newsletter and see how many are prepared to use this route. It has the advantage of low traffic and lots of silence.

- Cheers Dave

Friday Ride Report

- Peter

As you know I struggled over the last few weeks to keep up with the fitter fitter riders on my steelie bike. Today I decided to give it a go with the carbon bike from The Bicycle Emporium. First of all, Marc wanted to do a longer ride than the usual Friday run; so we headed off to Teven and back an hour earlier. We got back to Coles car park starting area with a few minutes to spare. We were warmed up and ready to go back out again.



All up, there were nine riders. Marc, Tom, David, Bruce, Anthony, Shane, Bob, and myself. Richard rode out early to do a solo ride to Wardell and back. We did a similar route too. It was good to see Bruce riding with us (the 'them' group) to Pimlico Road. The the 'them' (Tom, Marc, David and myself) choofed off alone. At first it seemed I was the weakest link in the group, but that changed along the way back along the Expressway to Ballina. At last, I no longer felt be the anchor of the group.

So, did the carbon bike make such a huge difference? Yes, to some degree. I think the main improvement was my fitness (though I only list 2 kg). While riding the steelie I was being more challenged than usual; so I got stronger too. I am very grateful for Tom, Shorty, and Marc for looking after me on those days.

Sunday Ride Reports

- Peter

Bob, Peter Og, Richard, Tom and myself rode to Wardell via Pimlico road, Signata, and and Blackwall Drive. The pace was split into two. Perte Og, and Bob were happy to not go over 25 kph. The other three took off from pimlico road, but were soon taken over by Bob and Peter while helping Richard with a flat tyre along Blackwall Drive.

The weather was not all that good. We got a few drizzly bits at the beginning and the roads were wet until we turned into Signata, where it was dry as a bone. During our tyre repair, Tom brought to our attention of the dark skies approaching from the east. It hit us as we were heading back from Wardell, especially along the Expressway. We were all drenched rats long before we got back to The Proper Cafe.

Our main point of conversation was Richard's group adventure cycling trip he plans to take early next year... 9,000 kms down through Africa over a four month period (I calculate that to be $9,000 / 120 = 75$

kms/day average). Is the old codger fit enough to ride 525 kms per week? Well if Richard can muster it, he will be one hell of a contender when he gets back.



Marc Gains Permanent Residency

- Peter

During last week, Marc Mears gained Australian Citizenship and permanent residency. How did Marc feel? He was over the moon, and still carrying on about it. It is so good to see him both extremely happy and relieved to have a home in Australia. Congratulations Marc!

For me, the funny thing is that he celebrated it in a way that only a pom could...



... in saying this, we need more poms.



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



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>

GRAFTON GRAVEL X (SEP Sat 30th) and GBOMB (OCT Sun 1st) 2023 POSTER:

https://drive.google.com/file/d/1nSErk2V_fkS30EKUnDQhfFJuvXqdi8He/view?usp=sharing

For more details: <https://drive.google.com/file/d/1dE6LtHsluUhxci-tEDZl3Q3cPm2YzCT/view?usp=sharing>

Other Events

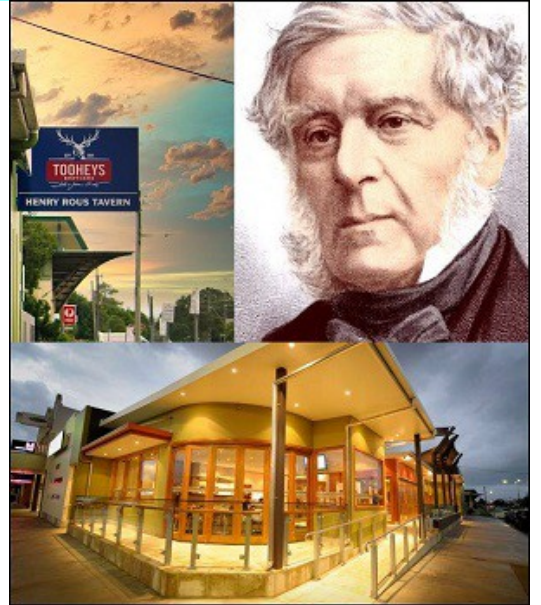
Le Tour De Flow: A call for female cyclists for a research project. To view poster:

https://drive.google.com/file/d/1WE_hJ-Tgocgr8uGW1Q8ox1fhdhb8vQMU/view?usp=sharing

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>



adapted from Larson

Dorothy, Toto, the Scarecrow, and the Tin Woodman
continue through the forest. Suddenly, ...

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



Forecast for Ballina

	Tue. 29 Aug	Wed. 30 Aug	Thu. 31 Aug	Fri. 1 Sep	Sat. 2 Sep	Sun. 3 Sep
Max (°C)	21	24	25	21	21	22
Min (°C)	9	9	11	11	11	11
Chance of rain (%)	60	40	50	60	40	20
Rainfall range (mm)	0 to 4	0 to 6	0 to 4	0 to 1	0	0

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



Answer: <https://drive.google.com/file/d/1vU9ggdeuH37ztdTdP0liMu1cJ8g7nRnN/view?usp=sharing>

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