



# BBCNEWSLETTER 2023.09.11

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 30 - For week ending Sun 10SEP2023.

Monday – 0 ( )

Tuesday – 0 (See report)

Wednesday – 3 (See report)

Thursday- 0 ( )

Friday – 11 (See report)

Saturday – 1 (Peter rode solo to Wardell and back)

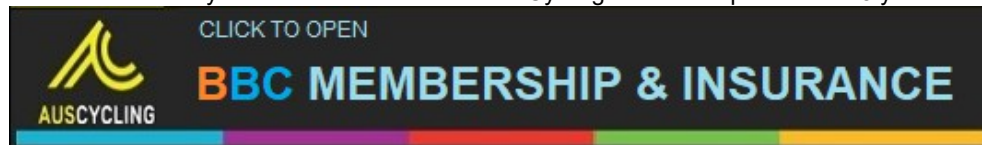
Sunday – 15 (See report)

Join our mailing list: [bbclubnews@gmail.com](mailto: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

SEP Tue 12<sup>th</sup> 7AM. Coles, Fox St.

#### HOUGHLAHANS MTB RIDE

SEP Wed 13<sup>th</sup> 7 AM Coles, Fox St

#### WARDELL 2

#### BROADWATER

SEP Fri 15<sup>th</sup> 7AM. Coles, Fox St.

#### RIDERS CHOICE

#### BROADWATER

SEP Sun 17<sup>th</sup> 7AM. Coles, Fox St.

#### VINTAGE BIKE RIDE

SEP Sun 17<sup>th</sup> 7AM. Henry Rous Tavern.

#### MOYLANS-WARDELL

SEP Mon 18<sup>th</sup> 7AM Coles, Fox St.

## BURNS POINT FERRY is OPEN again

### Tuesday Report

- Peter

I travelled in Tom's car to pick up David from John Flynn hospital. David was operated on yesterday. A new stint was inserted. He will, if his wife lets him, will soon be riding with us again. Now that David's main artery is unblocked he ought to be circulating more blood flow through his legs when pedalling; so watch out!

### Wednesday Ride Report

- Peter

Tom, Stuart, and Bruce rode the Tuckean Island MTB route. Old Bagotville Road has been regraded and the council has started to seal it with bitumen.

It has been suggested that the ride, starting from Fitroy Park in Wardell, may be better suited to start from 7AM. In this way, the riders don't get back to Ballina after 10 AM. This ride route will alternate with the Houghlahans route fortnightly.

### Thursday Ride Report

- Peter

I rode solo. My intention was to go to Wardell and back, but that was dashed with a flat tyre two kilometers into Pimlico road. I discovered a slashed rear tyre and I needed to insert a 3 x 6 cm rubber sheet between new inner tube and tyre inner wall to get me home. So, I rode straight back and only covered 25 kilometers.

### Friday Ride Report

- Peter

Today we had eleven riders and a visitor (David) join us at the end of the ride. From the start, seven riders left from Coles, Ballina. We all stuck together to Pimlico Road, where we met up with Kevin, Bob and Jack. From here the group split into two. The faster group included Tom, Michael, Gavin and myself. We enjoyed the tailwind all the way to Wardell.

As we started to head back to Ballina we came across Richard (Shorty). He joined us for part of the return trip. Michael got a flat tyre on the expressway and both Shorty and Gavin decided to continue without us. Tom and I witnessed a strange scene while watching Michael repair his front wheel. His inner tube was orange and it was as thin as a condom. Overall, his front wheel was unbelievably lightweight.

We had another hic-up along the way, where Michaels wheel needed more air to seat the tyre better to its rim. So by the time we got back to Ballina we certainly were the last guys back from the ride.

While having coffee David gave us his remarkable story of escaping Charon the ferryman over the River Styx. David reports he will be riding with us again this Wednesday.



## Sunday Ride Report

- Peter



Tom, Bruce, Anthony, Dave, Jack, Richard, Bob, and myself left Ballina for our trip south via River Drive. Tom and I planned to only go to Wardell while the others rode to Broadwater.

The wind was in our face all the way to Wardell. I broke away from the group not long after we got off the ferry, the pace was just too slow even with Jack on an e-bike as leader into the headwind.

Soon afterwards, Tom caught up with me and set the pace from 28 to 30 kph. We took turns leading. It reminded me of the 'two-up'

races long ago while Ballina Veterans Cycling Club was the local racing club (circa 2012-2013). The return trip was a lot of fun with the wind on our backs, pushing the pace up to 38 kph in places.

## Sunday Time Trial Training Ride Report

- Peter

For a strong windy day we had a very good turnout. Bruce was the timekeeper. Seven participated in the training ride (Adam, Michael, Marc, Mark, Richard (Shorty), Cam, and myself). Cam was the newcomer to the group, and he done well on an old steelie bike.

Adam was keen to start first, which was a good choice because he did not have to pass anybody; he was the fastest rider. Adam normally races in B Grade, and he inspired us all by his performance.

Overall the ride was tough for us all. The wind was stronger than it was this morning, but more from the east, making it a cross wind of sorts. Often the pace, on the return trip, was not much greater than our best speed on our way out. I was one of the last riders back at the start, and there was a long sound of silence as we all were waiting for our bodies to recover. Cam was the only one who

purked up and brought some cheer and conversation to our group. Cam also was the only one who got attacked by the East Wardell magpie... Maggie even came back for seconds.

To be honest, after the ride I was shattered. Back home, after a hot shower and a good meal, I could no longer stay awake. I hit the sack by 6:30 pm.



Name	Min:sec	Min	M/km	Km/hr
Adam Mcilroy	21:32	21.53	2.787	35.11
Michael Hardy	23:19	23.32	2.573	32.42
Marc Mears	23:30	23.5	2.553	32.17
Marc Downey	24:10	24.17	2.482	31.28
Peter Hausamann	25:42	25.7	2.335	29.42
Cam Hollows	26:13	26.22	2.288	28.83
Richard Brown	27:16	27.27	2.2	27.72

Average speed = (60/minutes) x 12.6 kms

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



#### Forecast for Ballina

	Tue. 12 Sep	Wed. 13 Sep	Thu. 14 Sep	Fri. 15 Sep	Sat. 16 Sep	Sun. 17 Sep
Max (°C)	20	22	23	24	25	25
Min (°C)	10	9	9	9	10	12
Chance of rain (%)	70	30	10	5	5	5
Rainfall range (mm)	0 to 4	0 to 1	0	0	0	0

## 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>

## 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 30<sup>th</sup> ) and GBOMB (OCT Sun 1<sup>st</sup> ) 2023 POSTER:** [https://drive.google.com/file/d/1nSErk2V\\_fkS30EKUnDQhfFJuvXqdj8He/view?usp=sharing](https://drive.google.com/file/d/1nSErk2V_fkS30EKUnDQhfFJuvXqdj8He/view?usp=sharing)

**For more details:** <https://drive.google.com/file/d/1dE6LtHsluUhxcFi-tEDZI3Q3cPm2YzCT/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](https://drive.google.com/file/d/1WE_hJ-Tgocgr8uGW1Q8ox1fhdhb8vQMU/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)

**For more details:** [https://drive.google.com/file/d/19upPRDqimmRO1hxVxLdkuvS\\_C\\_bAa63D/view?usp=sharing](https://drive.google.com/file/d/19upPRDqimmRO1hxVxLdkuvS_C_bAa63D/view?usp=sharing)

Hi Cycling Clubs,

I earlier invited you all to our inaugural Road Race being held in Lismore on the 24th September. It promises to be worthwhile with a start and finish in the Lismore CBD and conducted on fully closed roads.

We are raising money for the Westpac Rescue Helicopter Service and providing some entertainment for the local community members as a contribution to their morale and resilience following the devastating 2022 flooding event.

I've attached a poster (and versions for your socials and website if needed) for the race. Would you mind sharing the poster with your club members, and maybe printing a couple of hardcopies to be put up in strategic places (coffee stops) where your local riders will see, that would be brilliant. NB The poster has a QR code that goes to our website/entry portal.

– Cheers, Mat Johnson

# LISMORE ROAD RACE

SUNDAY SEPTEMBER 24TH ~ 7AM START




**START~ FINISH WOODLARK & MOLESWORTH ST LISMORE**

Enjoy a race starting and finishing in the heart of Lismore's CBD taking you through undulating countryside in the picturesque areas of Woodlawn & Numulgi


GRADES ~ MALE / FEMALE A - D GRADES  
~ BEGINNER ~ EBIKE




**ENTRY VIA ENTRYBOSS**

 [byronbaycycleclub.org.au](http://byronbaycycleclub.org.au)



 [byronbaycycleclubinc](https://www.instagram.com/byronbaycycleclubinc)

 [secretary@byronbaycycleclub.org.au](mailto:secretary@byronbaycycleclub.org.au)

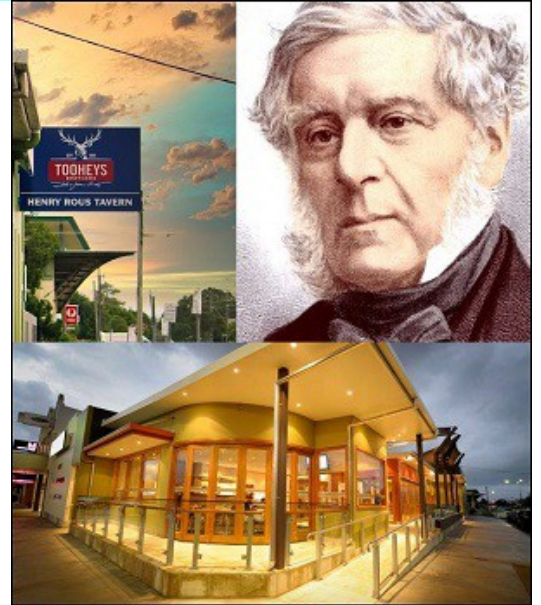
Proudly supporting the Westpac Rescue Helicopter Service



## 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>

**IF MONEY CAN'T BUY HAPPINESS**



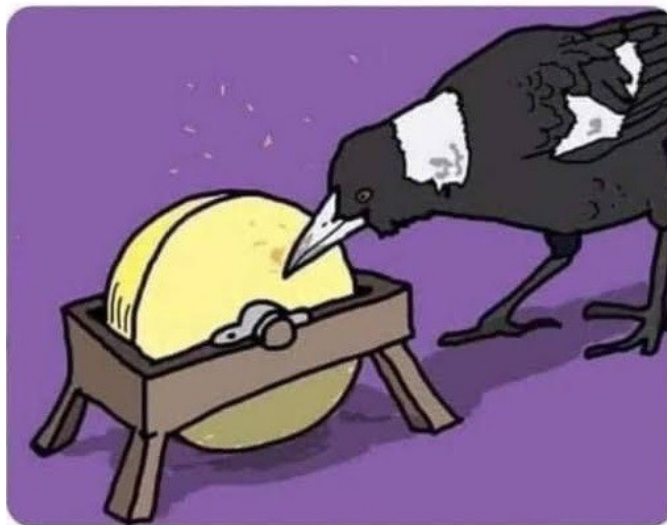
**EXPLAIN BICYCLES**

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



Answer: <https://drive.google.com/file/d/1s4xEOP3tbYVigiEDVf5-pyuYuLKn2eiP/view?usp=sharing>

## IT'S SWOOPTEMBER



**GET YOUR FREE BBC NEWSLETTER SUBSCRIPTION:** email me at... [bbclubnews@gmail.com](mailto:bbclubnews@gmail.com)

**BBC Newsletter Archives:** <https://ballinabicycleclub.org/newsletters-1>

**BBC WEBSITE:** <https://ballinabicycleclub.org>

**Our Disclaimer:** *The opinions expressed by contributors in BBC NEWS are theirs alone and do not reflect the opinions of the Ballina Bicycle Club or its Members. BBC is not responsible for the accuracy of any of the information supplied by the contributors.... :)*