



BBCNEWSLETTER 2023.10.09

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 20+ - For week ending Sun 08OCT2023.

Monday – 2+? (See Report)

Tuesday – ? ()

Wednesday – 6 (See Report)

Thursday- ? ()

Friday – 10+1 (See Report)

Saturday – (Wet and wind weather)

Sunday – 1 (Wet and windy weather)

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.



CLICK TO OPEN

BBC MEMBERSHIP & INSURANCE

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

UPCOMING EVENTS

CLICK ON EVENT TO OPEN

WOODBURN

OCT Tue 10th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

OCT Wed 11th 7 AM. Coles, Fox St.

WARDELL LOOP

OCT Fri 13th 7AM. Coles, Fox St.

BROADWATER

OCT Sun 15th 7AM. Coles, Fox St.

VINTAGE BIKE RIDE

OCT Sun 15th 7AM. Henry Rous Tavern.

MOYLANS-WARDELL

OCT Mon 16th 7AM Coles, Fox St.

100-MILER see below

OCT Sun 22nd 6AM Henry Rous Tavern

UPCOMING BBC EVENTS

Committee Meeting: October, Sunday 18th 6PM. Henry Rous Tavern.

100 MILER: October, Sunday 22nd 6AM. Car park behind the Henry Rous Tavern.

AGM & Committee Meeting: November, Wednesday 15th 6PM. Henry Rous Tavern.

Monday Report

- Peter

I rode with Marc to Dungarruba via Expressway and Broadwater Rd. Then returned to Ballina via Bagotville Rd and River Dr. The weather was sunny with a slight NE wind. The trip to Broadwater was naturally quicker and reaching short doses of 40 kph, but usually 33-34 kph pace. The return trip was much slower seeing us at times struggling to do 30 kph most of the way.

During the last quarter of the ride my legs started flagging. Marc did most of the leading into the headwind (Thank you Marc). Near the end my legs were screaming at me to slow down. But it always does that when they pass their own adapted limits, so I didn't pay too much attention to them. However they do refocus their efforts when my response is: "Adapt to the new me, NOW!"



Taking a break at Fitzroy Park, Wardell, on the return trip.

I am hoping to get a ride report by the Old Farts for today. . . Nope, it did not happen.

Wednesday Report

- Dave

Six keen riders turned up at Wardell for the Tuckean Island Road dirt ride. Michael, Gavin, Tom, Bob2, Stewart and Dave. We headed out on Wardell Road and several Hills before encountering more hills on Marom Creek Road all bitumen. Then the flat level dirt Road over the fairly useless reclaimed swampland of the Tuckean flat. This land was drained and offered to soldier settlers after WW1. Unfortunately it had acid sulphate soils, so allowing it to dry out was not a good move. Its main advantage is close to absolute silence and no traffic. It is a spectacle by itself.

Then there is the failed macadamia plantation on Hoare Lane which was largely killed off by flooding and has since been replanted. There is a mixture of semi mature trees and countless new seedlings. Old Bagotville Road still has mainly dirt despite some sealing having been done. This ride is a very pleasant alternative to Houghlahans Creek hill ride.

- Cheers Dave

Friday Report

- Peter

Ten turned up at Coles, Fox Street, for the 7AM start. The ride for some was to complete the Wardell plus loops route. For me it was a painful ride and got worse, much like the viral attack I had a week ago but not so bad. I didn't ride both loops, only the Moylans lane loop. I was dropped twice, once at the start of Hermans Lane which I then doubled back onto Pimlico Rd, and the other time while nearing the ferry.



David talking to Drew

At Wardell, another rider joined us. His name is Drew from Newrybar. He was happy to come across us at Wardell, after realising we were the BBC group he has been reading about in our newsletters. Drew is a strong rider, and some of our older riders were keen to test themselves against Drew. Naturally, this put me into the red a few times.

When we were at the Proper Cafe, we were all very happy to have Drew join us. I was the only one there sitting there in a sorry painful state. I soon went home, showered, and slept for a few more hours. It took a few more hours to shake the rigor mortise out of me ;-)

continued...



Sunday Report - Peter

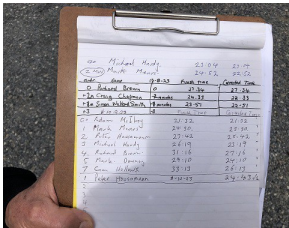
Another rainy morning that saw several of us go for a communal 8AM coffee chat instead of a ride.

By early afternoon, the rain finally went away, but the strong SSE wind was still there. I left home early enough to get to the club's time trial training session with being delayed by the headwind. David, the time keeper was already there at Empire Vale. Fifteen minutes later, Tom turned up in his car to observe us and lend moral support. But nobody else turned up for the training session, which put a sardonic smile on my face, knowing that it would be inevitable for me to get the best training time.

Empire Vale has a resident magpie which engaged me in three striking sorties from behind. The only consolation I got was that every time I stopped, the magpie fled back to its observation post in the tall gum tree.

Name	Min:sec	Min	M/km	Km/hr
Peter Hausamann	24:43	24.7	2.427	30.59

Average speed = (60/minutes) x 12.6 kms



I never saw 30kph on my TT ride to Wardell, and most of the time I managed 27 kph into the strong wind. The return trip was just as hard but I never saw below 34 kph. As I crossed the finishing point, I heard clapping from Tom and Dave, it sounded quite funny actually, but most welcomed. I soon found out that though I am stiff far below my own expectations, I improved by one minute since last months training session.

100 MILER 2023

The 100 MILER has been running for many years now. The main goal is to ride the complete route (see map*) of about 160 kilometres. Actually, the original ride started from Shaws Bay Resort Park. For some reason, the ride starts closer into Ballina town and the resulting distance is short by several kilometres.

The ride starts 6AM from the car park behind The Henry Rous Tavern, on Sunday 22nd of October.

100 Miler Route Map:

<https://drive.google.com/file/d/1YBkw94uvw4Bhim7jBQI805ii18iWgvh7/view?usp=sharing>

For more information, please contact David Cowdery: divec@ozemail.com.au

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



OTHER BITS & PIECES Click on the 2 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/>

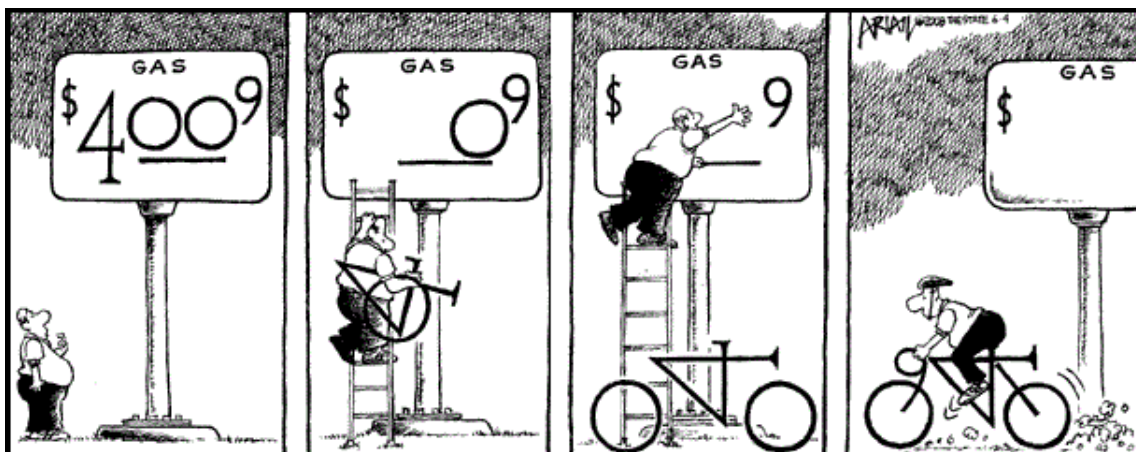
Murwillumbah <https://murwillumbah.tidyhq.com/> and/or <https://www.facebook.com/MurbahCycleClub/>

Grafton <https://graffon.tidyhq.com/> and/or <https://www.facebook.com/graffoncycleclub/>

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



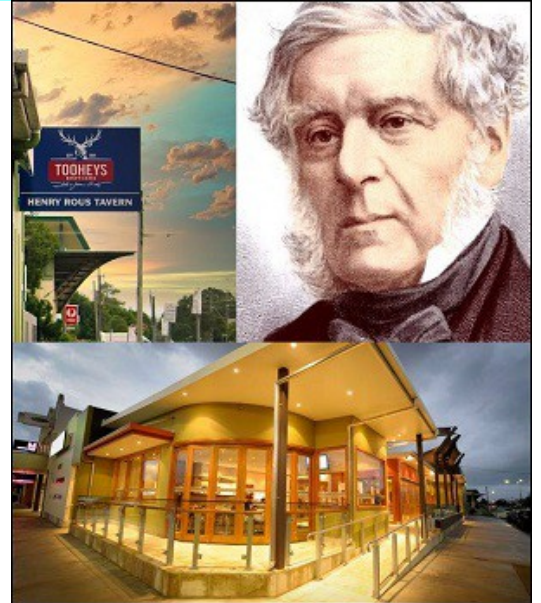
THE BICYCLE EMPORIUM

158 River Street Ballina

<http://thebicycleemporium.com.au/index.html>

Subscribe to their newsletter:

<https://www.thebicycleemporium.com.au/>



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/1-jpEMskFf82dIVY67hUp_jDhSY9K114p/view?usp=sharing

GET YOUR FREE BBC NEWSLETTER SUBSCRIPTION: email me at... 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.... :)