



# BBCNEWSLETTER 2023.10.23

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 42+ - For week ending Sun 22OCT2023.

Monday – 4+ (See report)

Tuesday – 4 (See report)

Wednesday – ? ( )

Thursday- 2 (See report)

Friday – 13 (See report)

Saturday – 1 (See report)

Sunday – 8 + 10 (See report)

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are available to anyone who has not held an AusCycling membership in the last 3 years.

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**BBC MEMBERSHIP & INSURANCE**

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

### UPCOMING EVENTS

CLICK ON EVENT TO OPEN

#### WOODBURN

OCT Tue 24<sup>th</sup> 7AM. Coles, Fox St.

#### HOUGHLAHANS ROAD MTB

OCT Wed 25<sup>th</sup> 7 AM. Cole, Fox Street.

#### WARDELL LOOP

OCT Fri 27<sup>th</sup> 7AM. Coles, Fox St.

#### BROADWATER LOOP

#### BROADWATER

OCT Sun 29<sup>th</sup> 7AM. Coles, Fox St.

#### MOYLANS-WARDELL

OCT Mon 30<sup>th</sup> 7AM Coles, Fox St.

#### AGM & COMMITTEE MEETING

NOV 15<sup>th</sup> 6PM. Henry Rous Tavern

## Monday Report

- Peter

Sorry to say that I cannot give any details of the ride other than all of them enjoyed it. The ride was to Wardell and back via Moylans lane. I was still recovering from knee injury to do the ride, but was able to take a few snapshots of the faster guys coming into the Proper Cafe.



## Tuesday Report

- Dave

Four intrepid riders, Gavin and Gavin's mate John along with Richard and Dave headed out toward Woodburn into medium headwinds. In order to minimise the effect of the headwinds, the route followed Pimlico Road, Wardell Road, Bagotville Road and Kilgin Road. The tree coverage on these roads helped a lot. This route is the old standard route and is appreciably longer than other options. We chose to return the same way because there was a nasty headwind blowing along the Woodburn, Broadwater Road. Due to the now tailwind, we enjoyed a speedy and comfortable return to the ferry and Ballina. Total ride distance for Dave was 110km home to home so was a good hit out for the upcoming 100 miler on Sunday 22nd.

## Thursday Report

- Shorty and Peter

Hi Peter, I road solo on Thursday down the towards Broadwater. I had to fit it in between appointments.

- Shorty

My right knee had been injured awhile ago and today seemed to be a safe day to go for a ride. Right from the start my knee was evidently still weak over and beyond the top of the crank arm stroke, so I had to take it very easy. I rode to Wardell starting at 22 kph and arrived at 26 kph. To cut the long story short, the return trip eventually got much better.

Along the way I came across Wendy, whom I have not seen in a long time. We had a good chat along the way to Ballina. It is funny how a good company can distract you from one's own sufferings.

- Peter

## Friday Report

- Peter

Tom, Dave, Michael, and myself rode the Wardell Loops circuit. The others rode without the extra 8 kilometres taken up by the loops. Michael was lagging behind a bit here and there... perhaps he was conserving energy for Sundays' 100Miler, or was suffering from the smokey air, from bushfires, than we were.

I struggled at certain times but was able to hang on (only just) but then again I was able to give it a good go when it was my turn to lead, and on other times my lead time was much shorter than anyone else.

Both groups met each other at East Wardell at the same time. And yes, the magpie there attacked us a few times too. We had a short rest at Wardell and the faster guys headed for Moylans Lane. When we got there I was surprised that a few of the slower group joined us for the pace. It was so good to see them giving a good performance, more so than I am used to seeing.

Again, the two groups joined at the ferry about the same time.



## Saturday Report

- Peter

I rode alone towards Wardell when I saw the Alstonville group coming towards me not far passed Empire Vale School. I did a u-turn so as to have a ride with them, but that was short lived. As soon as the group reached the school, they took the pace up to a level that I could not hang onto. But luckily I did get a few words of exchange between Steve Rigby and Frank Day before the surge, and afterwards we met again on the ferry crossing the Richmond River.

Today there were 8 starters for the 100 miler.

First set of traffic lights the sole completely came off Dave's shoe. That made it interesting ride for him. I completed the ride in 6 hours. Very strong headwinds from Evans Head made it fun especially along river at Wardell. I rode with group until Kirklands Lane then took off down to Tooheys Mill, love that section, then rode solo.

- Cheers Craig

Craig Chapman sent me an email late yesterday to inform us he had ridden the course solo in 6 hours. He started with us but then disappeared so we had no information on what he did. This was an outstanding solo performance averaging 27 km per hour. Surprisingly, the main peloton averaged almost the same speed. Our average on reaching Broadwater was 26.6 km per hour but we had several extended stops along the way.

- Cheers Dave



We started at 6AM from the Rous Hotel with nine riders. Along the way the numbers varied because some returned direct to Alstonville from Houghlahans Creek Road while others joined us around the same location. After Lismore we had a group of seven but two Alstonville riders left us at Woodburn. The amazing thing about this ride however was that the peloton stayed together from beginning to end.

Dave had a shoe fall apart at the beginning but the group waited patiently while he went to Bunnings Lismore to purchase some curative adhesive to fix the problem. The group also waited patiently when Dave had a puncture.

After Woodburn the remaining group of five stopped at the beach cafe at Evans Head for coffee and lunch.

We faced a strong headwind on River Road and some riders tired, but the group was considerate and we all arrived together at the Rous for a celebratory ale.

The Riders who finished were Michael and his mate Richard from Brisbane, John from Alstonville and Richard H. and Dave.

The distance covered according to my computer was exactly 160km and my distance home to home was 175km.

A very satisfying ride and good training for Richard who will soon attempt the Cairo to Capetown odyssey in Africa.

- David (aka Dave)





According to Michael, the riders were: Craig Chapman, Phil Cook, Richard Hughes, Dave Cowdrey, Michael Hardy, John Moerkerken, Mike Jones, and Richard Anderson.

## Sunday Report

- Shorty and Peter

Sunday I was at Byron Bay Crit, 4<sup>th</sup>, windy and lots of smoke, but had fun. Lot of juniors racing which was great to see them going flat out.

- Shorty

There were ten riders doing the regular Sunday ride to Broadwater and back. Tom and I rode away from the main group straight from the start. In this way, all get to enjoy the pace they want to cover the 55+km ride. Our pace was reasonably quick for our degree of fitness (which could be much better). We stopped at Broadwater for a rest, hamstring muscle stretching for Tom (he had a loose seat that put him out of kilter), and several minutes of chatting. We decided not to wait for the others any longer, so we started to head back.

We saw the other group as we were heading out of Broadwater, but continued on our way regardless. Again I was suffering over the last few kilometres. . . It's a hard gig to restart riding and attempt to lose excess weight at the same time.

Back at the Proper Cafe, we sat around having coffee and waiting for the others, but no show. So we decided to go home when the others turned up. . . Maybe next time.

- Peter

## 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://graffton.tidyhq.com/> and/or <https://www.facebook.com/grafftoncycleclub/>

## 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>

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



Forecast for Ballina

	Wed. 25 Oct	Thu. 26 Oct	Fri. 27 Oct	Sat. 28 Oct	Sun. 29 Oct	Mon. 30 Oct
Max (°C)	31	24	20	21	22	24
Min (°C)	18	17	13	13	14	12
Chance of rain (%)	20	60	95	50	10	5
Rainfall range (mm)	0	0 to 7	7 to 40	0 to 3	0	0

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

**CYCLING STRONG AFTER 50...** VIRGINIA DAVIS

**A WOMAN'S PERSPECTIVE** 13:52

How to Enjoy Cycling and Ride Strong after 50!

**SWITCHING LANES**  
A CREW OF ONE FILM

6:52

Switching Lanes: A short documentary about how a cheap bike changed a life.

**Saya Sakakibara completes remarkable comeback to claim BMX World Cup title**

**YOU'RE A ROADIE WHEN...** 4:50

7 Signs You Might Be A Roadie



## SPONSORSHIP NEWS



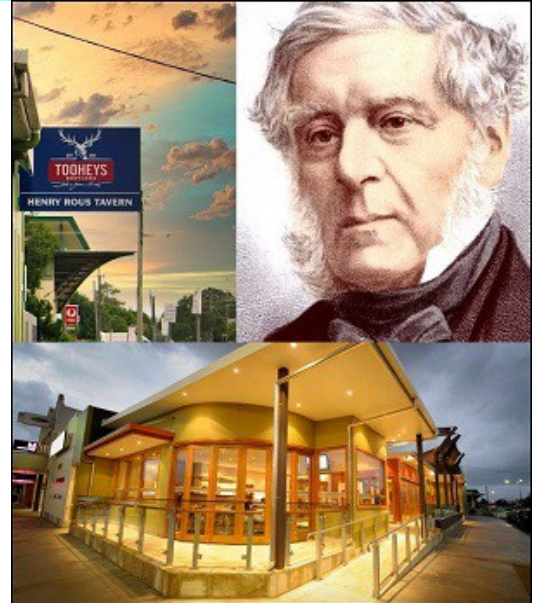
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158 River Street Ballina

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

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### 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/1KKgQSInvrHNBkW7pjobD3ofeq3Nw-d7X/view?usp=share\\_link](https://drive.google.com/file/d/1KKgQSInvrHNBkW7pjobD3ofeq3Nw-d7X/view?usp=share_link)

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