



BBCNEWSLETTER 2023.11.06

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 32 - For week ending Sun 05NOV2023.

Monday – 10 (See report)

Tuesday – 5+2 (See report)

Wednesday – 4+1 (See report)

Thursday- 0 ()

Friday – 9 (See report)

Saturday – 1 (See report)

Sunday – 0 (Rained all day)

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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

VINTAGE BIKE RIDE: NOV 19th 7am. Henry Rous Tavern, Moon St.

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

UPCOMING EVENTS

CLICK ON EVENT TO OPEN

WOODBURN

OCT Tue 08th 7AM. Coles, Fox St.

RIDERS CHOICE Road Bikes

NOV Wed 9th 7 AM. Coles. Fox St.

WARDELL LOOP

NOV Fri 11th 7AM. Coles, Fox St.

TIME TRIAL TRAINING

NOV Sun 12th 2PM. Empire Vale School

BROADWATER

NOV Sun 12th 7AM. Coles, Fox St.

MOYLANS-WARDELL

NOV Mon 13th 7AM Coles, Fox St.

AGM & COMMITTEE MEETING

NOV 15th 6PM. Henry Rous Tavern

Monday Report

- Peter

Ten riders today. One of them was somebody we have missed and not seen in a long time, John Everson. It was the usual Wardell ride plus Moylans lane loop. From the ferry David, Michael, Shorty, Tom and myself broke away to do our cruisy pace of 26-28 kph. After we regrouped at Wardell we again took off, including Richard this time, at a 30 kph pace back to the ferry.



L-H: David, Shorty, Michael, Richard and Tom.

R-H: John pouring sugar into his coffee, a no-no according to Bruce, but John doesn't have a weight problem.

David had tyre trouble near the end of the ride. Oddly enough, a portion of the tyre rim popped out and over the wheel rim.

Tuesday Report(s)

- Peter

Five riders to Woodburn _ David, Richard, Gavin, John, and myself. The ride route was Expressway to Broadwater and then to Woodburn along Blackwall Drive non-stop. After refreshments we road back along Kilgin, Bagotville, and Wardell Roads; we stopped at corner of Bagotville and Wardell roads to get our breath back, and then we had a wee-spell at Wardell before carrying on along River Drive to Ballina. The trip distance from Coles Ballina and back to Coles is exactly 90 kms.

Everything to Broadwater was fairly easy-peasy, but the trip to Woodburn started to wear on everybody. The trip back was much harder due to undulations and a slight headwind. My right knee started playing up again, which only made the pedalling efforts much more noticeable. We got to the ferry just before 10:30am.



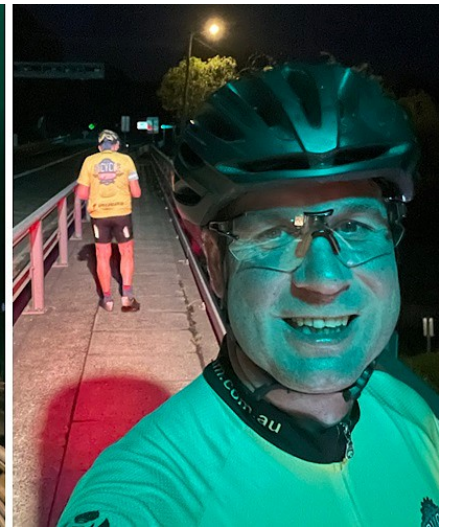
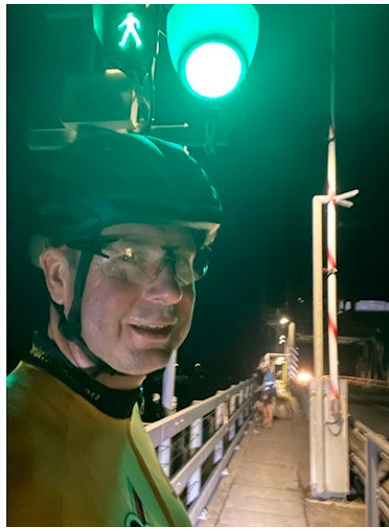
HALLOWEEN NIGHT RIDE REPORT

Only Marc and myself were brave enough to ride through to Wardell on Halloween Eve. We rode to Wardell via Pimlico, Signata Roads and Blackwall Drive. And then rode back via River Drive.

In Kalinga Street, and at Wardell, we came across two lots of trick/treaters. I think we scared them more than they trying to scared us. At the beginning of Pimlico Road we were getting hit by flying insects _ a novelty indeed. Our pace to Wardell was between 31-38 kph.

The return trip was slower due to some headwinds, and me asking Marc to cut back the pace a little _ I was a bit spent from my ride to Woodburn earlier today. At one point a gap grew while trying to return my bidon into its cage. My efforts to close the gap exhausted me so much I almost collapsed on the bike. I had to slow down again to get enough oxygen in me to yell out "Hang on Marc"! He drafted me back to the ferry from then on.

Along River Drive we saw many young cane-toads on the road; most were squatting still and others hopping about. The temperatures was cooler and made the ride very enjoyable (at a slower pace). The amount of light we carried with us made the trip quite safe. It is a wonder why there are not more cyclists out and about at night.



Wednesday Report

- David and Shorty

Four keen adventurers rolled up at Wardell. The really keen rider was Richard who did not come by car but rode all the way from Ballina leaving at 6AM Tom, Dave and Richard then headed out at 7AM on Wardell Road to Marom Creek Road and Tuckean Island Road and Hoare Lane. We then passed through the busy metropolis of Dungarubba on Broadwater Road and returned up Bagotville Road and Old Bagotville Road to Back Chanel Road and Wardell. We enjoyed a good coffee and various flavours of Wardell Pies. This is a very interesting ride and quite relaxing. If you have not been on this route you really should join us in two weeks time. We could not spot the Regent Bower bird but maybe next time.

- Cheers Dave

I had two solo rides last week, Tuesday down to Broadwater, a little windy but very enjoyable. Saturday a solo ride I was hoping to ride to New Italy but past Broadwater rain so turn around a 63k ride.

- Shorty

Friday Report

- Peter

Nine riders today. The pace to the end of Kalinga Street was dead slow (less than 23kph), and not much better after that to Pimlico Road (25kph). Then again I suppose some of us like to warm up for the first 10 kms, but then they stopped at Pimlico Road. I waited a minute to hear no explanation or reason for stopping. I know I am showing my impatience here but I decided to start riding again, gradually increasing the pace, over the next kilometre, up to 28 kph. Even so, David yelled at me to slow down and let some others catch up. I thought "What's wrong with these guys?"



So, the faster group rode the Hermans and Moylans lanes loops. Our pace to Wardell was below par, and it showed when we got to Wardell, the slower group did not wait for us and were already over a kilometre up the road. David, and eventually Tom too, also noticed the slow progress we were experiencing. So when we got to Wardell we did not stop, instead we started to chase to others. Well, the pace did go up then.

I was surprised to see four of the slower riders up ahead taking up the pace too, and actually took Moylans Lane loop as well. So we followed them in Moylans. Now we had seven riders (Tom, David, Garry, Shorty, Gavin, Shane and myself) doing 32-34 kph along the loop.

As we were turning right at the T-intersection of Empire Vale Road and River Drive, a car came along from our right side, which split the group into two. Shane and I were in the later group; we had to stop too fast to have time to unclip and plant our feet down safely. I almost fell over, but poor Shane fell off.

He got minor scratches on his arm, but his bike seat post got twisted, the chain came off and jammed around the bottom bracket and his back tyre went flat. David, Garry, and myself stayed behind to help Shane out, but the other group just kept going all the way to Ballina without us.

Saturday Report - Shorty

On Saturday I had a solo ride. I was hoping to ride to New Italy but past Broadwater it rained, so turn around. I had a 63km ride.

- Shorty

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/>

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>

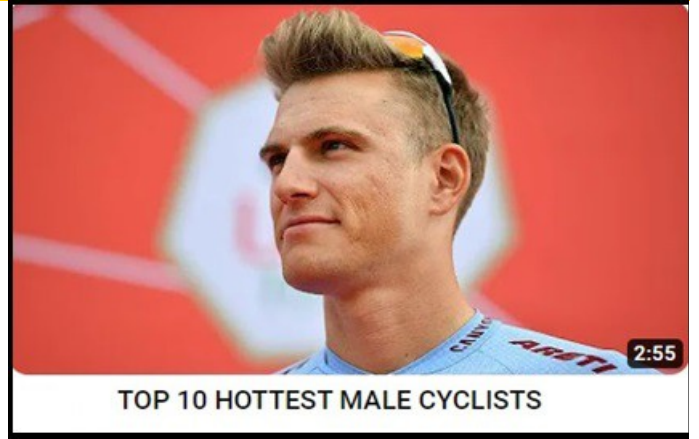
6-DAY BALLINA (FORECAST). Click image to open METEYE (2478 for Ballina).



Forecast for Ballina

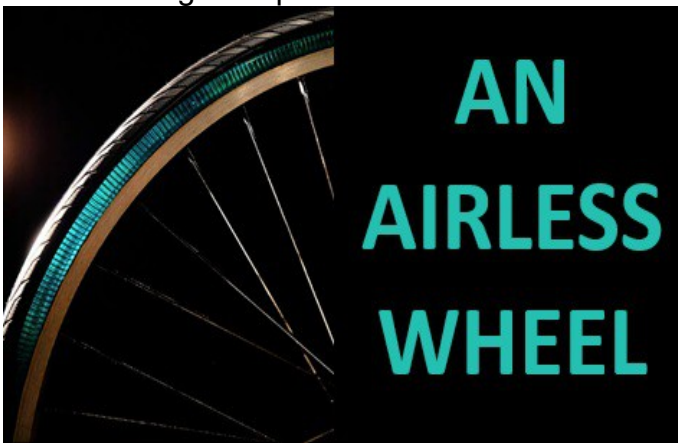
	Tue. 7 Nov	Wed. 8 Nov	Thu. 9 Nov	Fri. 10 Nov	Sat. 11 Nov	Sun. 12 Nov
Max (°C)	23	24	24	25	24	26
Min (°C)	15	15	15	16	17	17
Chance of rain (%)	30	10	10	20	20	10
Rainfall range (mm)	0 to 1	0	0	0	0	0

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



Time 200 Best Inventions 2023 - Buster

Buster provided a few articles of TIME Magazines' 200 Best Inventions of 2023. Click on image to open.



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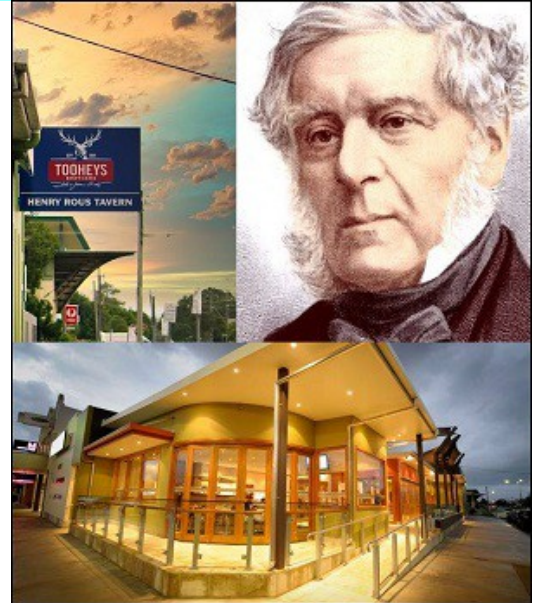
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WELCOME TO THE ORDER OF MO

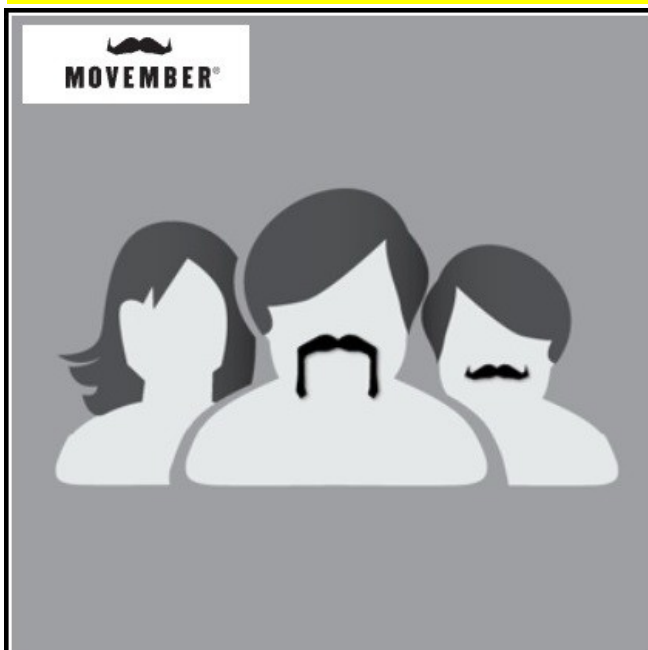
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Movember is our time to unite. To take on mental health, suicide, prostate cancer and testicular cancer. And you coming along for the ride only makes us stronger.

The Mo is calling. How will you answer?

If there's one thing The Order of Mo is known for, it's this. Growing a Mo is our symbol for better men's health. It also grabs attention and starts important conversations. So give it a go – it shows the world you stand for healthier men and a healthier world.

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SCAN HERE TO SHARE MO SPACE

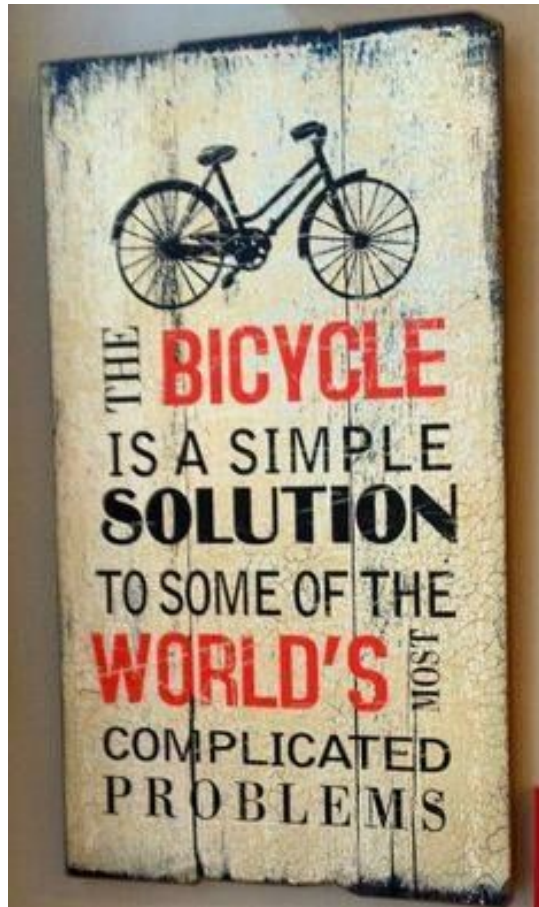
Your QR code takes friends straight to your Mo Space. All they need to do is scan it using their phone to make quick and easy donations.

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



Answer: <https://drive.google.com/file/d/1R73FZrerUp7W559pO7iq8BkY6MnHDx01/view?usp=sharing>

Poster contributed by Shorty...



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