



# BBCNEWSLETTER 2023.11.13

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 36 - For week ending Sun 12NOV2023.

Monday – 9 (See report)

Tuesday – 5+1 (See reports)

Wednesday – 5+1+1+1 (See reports)

Thursday- 1+1 (See reports)

Friday – 8 (See report)

Saturday – 9 (See report)

Sunday – 0 (Rained all day)

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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.

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**BBC MEMBERSHIP & INSURANCE**

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

### UPCOMING EVENTS

CLICK ON EVENT TO OPEN

#### WOODBURN

OCT Tue 14<sup>th</sup> 7AM. Coles, Fox St.

#### TUCKEAN ISLAND MTB

NOV Wed 15<sup>th</sup> 7 AM. Wardell, Fitzroy Pk.

#### AGM & COMMITTEE MEETING

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

#### WARDELL LOOP

NOV Fri 17<sup>th</sup> 7AM. Coles, Fox St.

#### VINTAGE BIKE RIDE

NOV Sun 19<sup>th</sup> 7AM. Henry Rous Tavern

#### BROADWATER

NOV Sun 19<sup>th</sup> 7AM. Coles, Fox St.

#### MOYLANS-WARDELL

NOV Mon 20<sup>th</sup> 7AM Coles, Fox St.

## Monday Report

- Peter



Nine riders went to Wardell and back. In all honesty I cannot remember much of the ride other than suffering from a sore right knee and shin.

## Tuesday Report(s)

- David and Shorty

Five brave souls headed down the freeway to Broadwater and the old Pacific Highway to Woodburn. The weather forecast suggested showers but we got lucky. We were at Woodburn just before 08:30 AM.

Michael, Richard, Gavin, John and Dave. Michael is leaving permanently on Tuesday 14 Nov so we were privileged to still have him with us. We came back by the traditional inland route and some riders who did not limit their effort early on started to struggle. Co-operation was required to reassemble the group and control speed. It all worked so we were back in Ballina just before 11:00AM. The only surprise was the really excellent banana bread at the Woodburn cafe.

## Shorty's Ride

Solo ride Tuesday 7<sup>th</sup> 44ks over North Teven, Houghlahans, Kirkland's to Newrybar and home down the old Pacific Hwy. Coffee shop closed at Newrybar. A little cold riding under the tree cover but would be great on a hot day. A little tail wind on the home stretch.

## Wednesday Report

- David, Bruce, Shorty and Stuart

### Houghlahans Creek Road Ride

- David

Five riders started the ride. For Dave and Michael the chosen route on road bikes was the normal mountain bike ride up Houghlahans Creek Road. This route was chosen because Richard suggested the traffic volume was about normal. We discovered that the traffic volume was about 2-3 times more than normal but was still manageable. Michael is a very capable rider so Dave was very surprised to drop him on climbing up to Fernleigh and over the Cumbalum steep route. The ride duration was one hour 35 minutes which was 10 minutes faster than Dave had ever achieved before. Usually the ride time is closer to two and a quarter hours. On return to the cafe Anka announced that the cafe had been sold to Cherry Street Sports and the sale would be finalised within a few weeks. We are not sure what changes may occur.

The other three riders, Bobby, Jack and Paul rode to Wardell on Pimlico and River Roads. Jack is having mechanical problems with his electric bike so they chose a conservative option for the ride. They were surprised to see Michael and Dave finishing their coffee when they arrived at the Proper Cafe.

## Brisbane Valley Rail Trail Report

- Bruce

Our group rode the [Brisbane Valley Rail Trail](#) 5 years ago a week before official opening. Then there were a few dangerous spots, Buster had a big fall but landed in thick river weeds and never got hurt. On Wed 8th Nov, I started from Blackbutt intending to ride to Esk. The first creek crossing was earth and wet, I was sprayed with mud. All the next 10 or so crossings had a narrow concrete section which helped but the 2nd was so steep I had to step off. Then I had trouble to walk it was that steep. The general surface has been let go with big rocks some as big as half bricks, concentration to the limit doing 30kmh downhill, dodging rocks or were they leaves in the shadows. Over 60 km only saw 5 other cyclists, I would think the surface is so bad, casual cyclists could fall off. I was suffering from arm and shoulder pain because of the roughness, had my suspension on soft but left tyres high to keep up speed. Unfortunately I won't be back unless some major surface work is carried out. Thought this might be of interest in our newsletter, thanks Bruce.

## Shorty's Ride

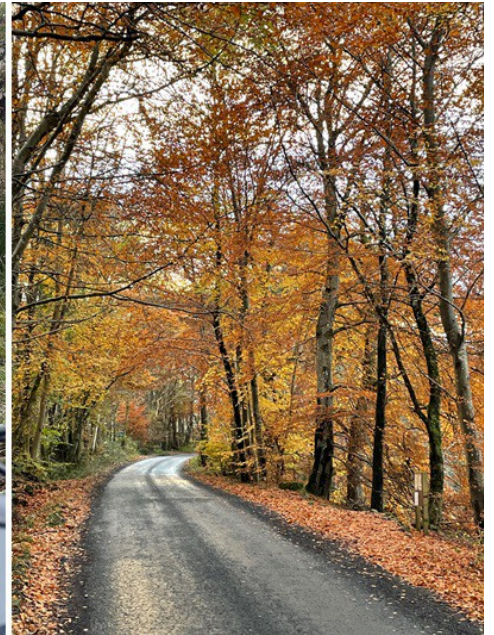
Solo ride Wednesday down the pass Broadwater 62ks and back a little windy but enjoyable.

## Now This Is Mountain Biking

- Stuart

I am away visiting my son in Edinburgh and went for a day trip into the Highlands for some scenery and a ride over the hills. These are some of the pics I took. I thought some of my Wednesday ride colleagues might be interested.

Photos below...



## Thursday Report

- David and Shorty

Just Dave doing an early morning solo loop along Pimlico, Moylans Lane and River Road. Uneventful ride with a slight headwind on return.

## Shorty's Ride

Solo ride Thursday 9<sup>th</sup> 100ks down to New Italy, coffee break with lunch and then home into the wind hard going got a rear flat at the double bridges, glad to get home.

## Friday Report

- Peter

Eight riders showed up despite predictions of likely showers. Gavin, Shane and Dave rode both loops along the classic Friday ride route. Persistent headwind was noted on the River Road return section. Five more gentlemanly riders Tony, Jack, Bobby, Dirko and Richard followed the shorter Pimlico Road, River Road loop and cleverly adjusted their speed so all riders met at the Ferry. I got a little confused when Dirko was waiting for us at the coffee shop, but I understand he drove his car to the ferry.

Our timing was perfect as the showers started just after finishing our morning coffee.

## Saturday Report

- David

Bobby, Jack, Tony, Dirko and big Richard rode to Wardell while Shane, Paul, David and Dave travelled down the Freeway to Broadwater. They passed a female rider west of Ballina and were greeted by the same rider while at the Broadwater rest stop. This was because the Freeway is about 4km longer than the old Pacific Highway route to Broadwater. The headwind gathered strength on the way back and was a real nuisance as we got closer to the ferry. Daryl, the chief ferryman was training a new casual called Brad, but we still made it safely across the river.

## 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/>



BBCC Sunday Spring Racing is on. Come and race Sunday November 19

Spring racing is at the Cavanbah Criterium track. Sunday NOV 19<sup>th</sup> is the final event for the year.

## 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>

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



continued...

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



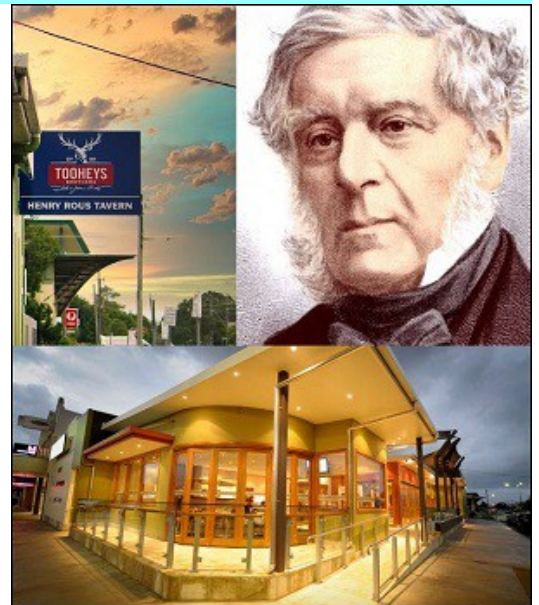
Forecast for Ballina

	Tue. 14 Nov	Wed. 15 Nov	Thu. 16 Nov	Fri. 17 Nov	Sat. 18 Nov	Sun. 19 Nov
Max (°C)	27	29	30	24	24	25
Min (°C)	17	18	19	17	16	17
Chance of rain (%)	5	20	60	30	20	20
Rainfall range (mm)	0	0	0 to 10	0 to 1	0	0

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To pedal backwards ?

# WELCOME TO THE ORDER OF MO

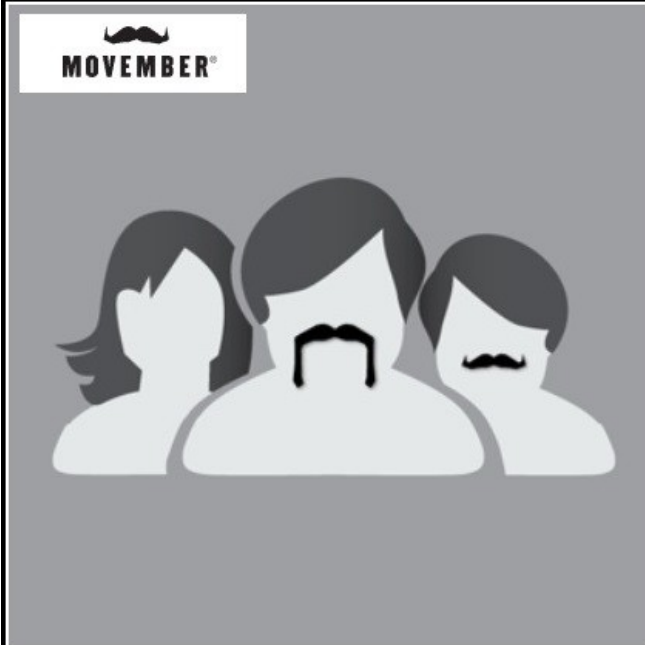
The Order of Mo is the world's least secret society. Because we want everyone to know we stand for healthier men and a healthier world.

November 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.

## THE NOVEMBER TEAM



## THE BICYCLE EMPORIUM

THE BICYCLE EMPORIUM



### 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.

[Donate to team](#)

## SPOT THE DIFFERENCE

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



Answer: [https://drive.google.com/file/d/1v4JvK8HRbttCkMKHazkDIh\\_hFk\\_gNssk/view?usp=sharing](https://drive.google.com/file/d/1v4JvK8HRbttCkMKHazkDIh_hFk_gNssk/view?usp=sharing)

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