



# BBCNEWSLETTER 2023.12.04

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 31 - For week ending Sun 03DEC2023.

Monday – 1+8 (See report)

Tuesday – 0 (See reports)

Wednesday – 1 (See report)

Thursday- 5 (See reports)

Friday – 11 (See report)

Saturday – ()

Sunday – 11 (See reports. Plus some news from Michael Hardy)

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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.

CLICK TO OPEN



**BBC MEMBERSHIP & INSURANCE**

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

### UPCOMING EVENTS

[CLICK ON EVENT TO OPEN](#)

#### WOODBURN

DEC Tue 5<sup>th</sup> 7AM. Coles, Fox St.

#### RIDERS CHOICE

DEC Wed 6<sup>th</sup> 7 AM. Coles, Fox St..

#### WARDELL LOOP

DEC Fri 8<sup>th</sup> 7AM. Coles, Fox St.

#### BROADWATER

DEC Sun 10<sup>th</sup> 7AM. Coles, Fox St.

#### TIME TRIAL TRAINING

DEC Sun 10<sup>th</sup> 2PM Empire Vale School

#### NR RAIL TRAIL RIDE

DEC Mon 11<sup>th</sup> 7AM Coles, Fox St.  
Or 8AM from Mooball Station

**Northern Rivers Rail Trail Ride.** December, **Monday 11<sup>th</sup>**. Ride starts at 8am from Mooball railway station. Ballina riders will be leaving in their cars from Coles car park area, Fox Street, by 7am.

## Monday Reports

- Peter, Bruce & David

### Peter's Report:

This morning I stepped on my bathroom scales for the first time in many weeks. I is confirmed that I put some more weight on. Damn! Over 113 kgs was just put into my head to be self-disappointed about. Looks like I need to start working up a sweat and the Monday Beginners ride won't do that for me. So, I left early to do a solo redemptive ride, but changed my mind once I saw the 6:30 AM riders gathering in River Street. I joined them after they caught up with me going over Fishery Creek bridge.



The ride was more suited to my pace. There were 6 other riders. Bill and Ian welcomed me into their group. We went to Wardell via Pimlico Road and Hermans Lane. They had a sprint to the 50kph Wardell town limit sign; I was at the back watching and Bruce won the sprint. The returning ride via River Drive was done by a rotating paceline at an average speed of 32-33 kph. I think it was Bill that got around Bruce for the final sprint to the ferry. When it was all over, we had coffees at the Green Coast Cafe in town with the usual friendly banter.

### Bruce's report:

Eight riders to Wardell via Moylans Lane, all stayed together, at around 27 kmh. Sunny and no wind. Great ride enjoyed by the 2 Daves, Kevin, Tony, 2 Richards, Tom, (and Bruce).

### David's Report:

Eight riders left the starting blocks and headed down River Drive and Moylans Lane. Tony, Dirko, David and Shane along with Tom, Dave, Richard and Buster. The excellent feature of the ride was that everyone completed the same full route and everyone stayed together. A very enjoyable ride.

### **Tuesday Reports - Peter and Shorty**

I got to Coles car park just before 7am but nobody was there. It was then I noticed a deep gash in my rear tyre which must not there when I examined my tyres earlier this morning. I was not prepared to ride to Woodburn with such a tyre, so I headed back home to make repairs and went for a walk.

Tuesday 32k down the HI way to Wardell back via ferry. - Shorty

### **Wednesday Reports - David**

The morning mountain bike ride was washed out so when it fined up in the mid afternoon, Dave rode by himself down The freeway and Pimlico Road to Wardell with return using Moylans Lane.

### **Thursday Reports - David and Shorty**

Due to rain the normal Tuesday ride to Woodburn was cancelled. Five riders decided to use the fine weather on Thursday to travel the same route with an Evans Head extension. Gavin, John, Richard, Tom and Dave had a nice tail wind down the freeway and along the coastal road to Evans Head. There was an unfriendly headwind into Woodburn and then a tail/cross wind most of the way back to Ballina. Total distance for Dave home to home was 112km so a very satisfying trip.

Thursday 59k down the Hi way back via ferry. - Shorty

### **Friday Reports - Bruce & Peter**

#### Bruce's report:

Eleven riders were on the road, the them group moved off at a swift pace, Mark, Peter, Tom, David with Bruce and Paul hanging on the back. The us group Tony, Buster, Jack and Kevin settled into a more steady pace. Down to Pimlico and Mark, Peter and David turned left into Hermans Lane to ride the roughest bitumen road in the Ballina Shire. While everyone else rode along the smoothest road in the Shire, with no traffic, Signata Road. The them group, regrouped at Wardell, a steady pace was set back to Moylans lane, where Richard S was seen riding south to join the us group. A little bit of speed was applied going back to the ferry. The ferry had just left so all regrouped to cross the ferry. Coffee was had at the Proper Café, under new management, might take a while for new staff to come up to speed. Bruce enjoyed the heat but Buster would prefer to be cold, (Kiwi you know). All enjoyed the ride.

#### Peter's Report:

One of my worse days on the bike. Apparently I have been eating too many assorted nuts lately and have developed an allergy to them or a particular sort of nut, perhaps the 'peanut'. I came to the ride with a bad rash over my arms. Not long into the ride I lost the energy to keep up with the other riders. My legs and arms started to ache. After the ride my symptoms got worse. It's only today (Monday) that the symptoms are starting to abate.

### **Sunday Reports - Bruce, David, and Shorty**

Bruce's Report: Eleven cyclists started for the Broadwater rides, through town nearly all together, David, Tom Gavin and Richard H, headed down the M1 to the Coolgardie off ramp then Wardell then through Dungarubba to Broadwater. The others turned off to Pimlico road, Buster had a problem with his morning medication and turned for home at Whites lane, Jack went with him, as friends do. Tony, Dave, Richard S, Bruce and Bob (returning from SA) continued to Wardell and along Blackwall Drive to Broadwater, where all regrouped, the return ride was assisted with a little tail wind and all stayed together, at Wardell David said he had a slow leak and would pump it up later (that's unusual David having a puncture!) When the group arrived at the ferry David was missing, so Tom waited for David, as friends do. Eventually all arrived at the Proper Café for coffee, an excellent ride was had by all.

David's Report: Eleven riders were present at the start. Buster and Jack withdrew early because Buster had had a problem with a drug spillage. The four fast riders Tom, Gavin, Richard and Dave

travelled via the expressway arriving at the Broadwater rest stop slightly before the slower group who used the shorter route along Blackwall Drive.

The slower group comprised Richard, Bobby, Tony, David and Bruce. The whole group returned to Ballina together at a mid range downwind pace except for Dave who had a puncture near Moylans Lane. Dave met up with Richard and Tom who generously waited on the Ballina side of the ferry. Everyone except for Buster and Jack was present for coffee and the usual discussions concerning everything, Incidentally the pine tree near our coffee table is a Cook Island Pine. Thanks Richard...

### Shorty report:

Sunday 27k down the Hi way back via ferry, great tail wind down but I had to pay for it on the home leg.

- Shorty

### **Michael Hardy Report (Sunday 3rd) \* \* \* \* \***

Per the pic I've been up in Brisbane today for the [Neopro Cycling Christmas ride](#) with my mate Richard (he came down to Ballina and rode the recent 100miler). It was a Brisbane River loop course of about 40km with about 100 riders. A bit of a cruise but very enjoyable.

I'm also very pleased to say my partner and I finally moved into our new house on the Gold Coast last Wednesday.

Anyway, Merry Christmas to all, I really enjoyed the BBC rides and the great company while I was down there. Ride on!

Cheers,

- Michael Hardy



### **UPCOMING EVENTS**

**Northern Rivers Rail Trail Ride.** (click to open) December, Monday 11<sup>th</sup>. Ride starts at 8am from Mooball railway station. Ballina riders will be leaving in their cars from Coles car park area, next to Fox Street, by 7am... you may get a lift.

**BBC Committee Meeting.** December, Wednesday 20<sup>th</sup>. 6 pm, Henry Rous Tavern.

**Boxing Day Ride.** December, Tuesday 26<sup>th</sup>. 7Am from Coles car park, Fox Street, Ballina.

**Cliff Burvill Memorial Ride.** January, Sunday 21<sup>st</sup>. Ride starts at 7am from Meldrum Park, Ballina.

**Australia Day Ride.** January, Friday 26<sup>th</sup>. Ride starts at 7am from Coles car park, Fox Street, Ballina.

### **Where to Race**

**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>

continued...

OTHER BITS & PIECES Click on the 6 images below to open



90's MTB masters (1992)



12:28



Discover the Secrets to Perfect Cornering in 4 Easy Steps!



6:05

Parní motocykl r.v. 1868

s-bike



La Trochita  
A Railbike Expedition to Patagonia



Five Bike-Safety Tips That Are More Important than Wearing a Helmet

Contributed by Richard Hughes.



ADAPTED FROM  
mdiaz

See Upcoming Events calendar

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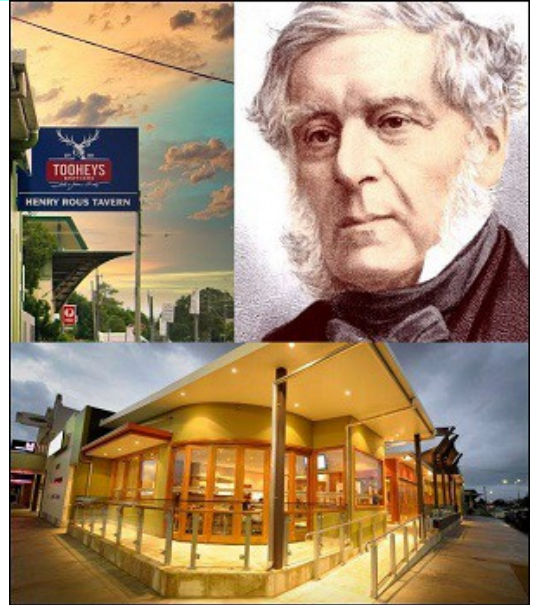
### THE BICYCLE EMPORIUM

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>

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

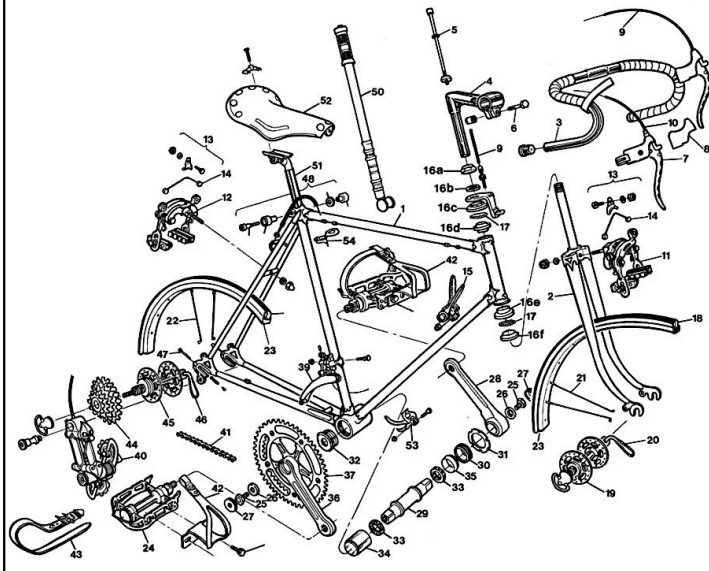


### Forecast for East Lismore

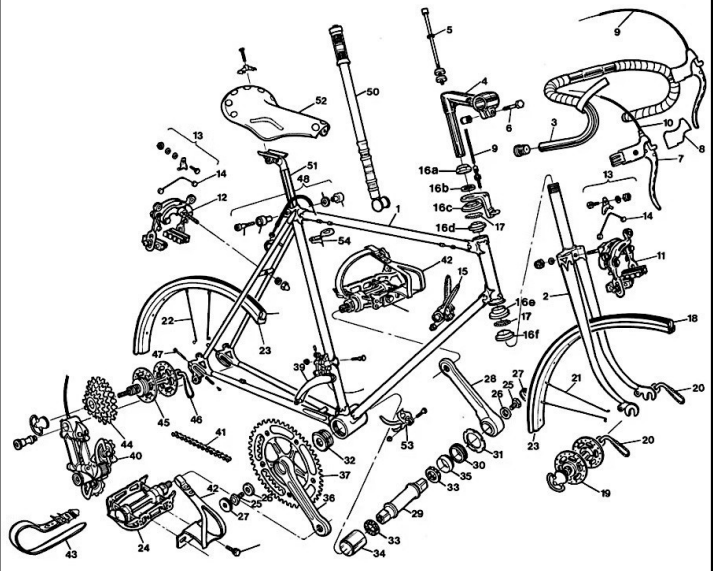
	Tue. 5 Dec	Wed. 6 Dec	Thu. 7 Dec	Fri. 8 Dec	Sat. 9 Dec	Sun. 10 Dec
Max (°C)	29	33	33	33	34	30
Min (°C)	16	14	15	16	16	16
Chance of rain (%)	5	0	0	0	5	20
Rainfall range (mm)	0	0	0	0	0	0

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

Raleigh International DL170 Exploded Drawing from 1977 Raleigh Dealer Manual



Raleigh International DL170 Exploded Drawing from 1970 Raleigh Dealer Manual



Answer: <https://drive.google.com/file/d/1pACePzTVSNYzldXLUhHZ7mw1m5RPEMz2/view?usp=sharing>

MY BICYCLE  
WHEN I RIDE MY BIKE  
I FEEL FREE AND HAPPY AND STRONG  
LIBERATED FROM THE USUAL NONSENSE OF DAY TO DAY LIFE  
SOLID DEPENDABLE SILENT  
MY BIKE IS MY HORSE MY FIGHTER-JET MY ISLAND MY FRIEND  
TOGETHER WE SHALL CONQUER THAT HILL & THEREAFTER  
THE WORLD

Contributed poster by Shorty.

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