



BBCNEWSLETTER 2023.12.11

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 42 - For week ending Sun 10DEC2023.

Monday – 9 (See report)

Tuesday – 3 (See reports)

Wednesday – 5+2 (See report)

Thursday- 1+1 (See reports)

Friday – 8 (See report)

Saturday – 1(See report)

Sunday – 12 ()

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

DEC Tue 12th 7AM. Coles, Fox St.

TUCKEAN ISLAND MTB

DEC Wed 13th 7 AM. Coles, Fox St..

WARDELL LOOP

DEC Fri 15th 7AM. Coles, Fox St.

BROADWATER

DEC Sun 17th 7AM. Coles, Fox St.

VINTAGE BIKE RIDE

DEC Sun 17th 2PM Henry Rous Tavern

MONDAY BEGINNERS over 50 y.o.

DEC Mon18th 7AM Coles, Fox St.

WARDELL via PIMLICO

DEC Mon 18th 6:30AM Henry Rous Tavern, Moon St.

Monday Reports

- David

Nine riders followed the classic route to Wardell but only three Richard, John and Dave completed the Moylans Lane add on loop. Dave had another puncture which makes three in three days so he has fitted new tyres front and back. At coffee some decisions were made concerning events.

The Time Trial practice will be held as usual on Sunday 10th Dec at 2PM at Empire Vale. The Rail Trail mountain bike ride will be on Monday 11th Dec meeting at First Choice liquor at 7AM. For those proceeding independently, the meeting place to start the ride will be the MOOBALL HOTEL before 8:30AM. Mountain bikes are strongly recommended and fit a headlight if you have one. Dave will be using 2500 lumens of headlights so nearby riders will be able to see their way in the tunnel.

Breakfast and ride will be held this month on the third Monday which is 18th December. A table for 10 has been reserved at the Proper Cafe.

- Cheers, Dave

Tuesday Reports

- David, and Shorty

Three riders Gavin, Hugh(the new guy) and Dave headed down the Freeway and Blackwall Road to Woodburn. The wind was favourable and the speed was highish. After coffee and cake we returned by the traditional route up Kilgin Road. Both Gavin and Hugh were showing signs of wear by the time we hit the ferry, but I believe everyone enjoyed the experience. It is difficult to convince riders not to go out too hard at the start and to save some energy for the late stages of a long ride. -Cheers, Dave

Solo ride Tuesday down new hi-way and return via the same route. Nice tail wind.

- Shorty

Wednesday Reports

- David

Only Tom on a road bike and Dave on a mountain bike were willing to ride the traditional high country circuit. All went well until Dave had a rivet shank find his rear tyre. We were back at the coffee shop however by 9 AM to find the flat earth riders waiting. There were Bruce, Bobby, Hugh (on an electric bike), Richard and Jack. They had ridden the classic Wardell circuit.

- Cheers Dave

Thursday Reports

- David, and Shorty

Dave rode to Wardell via the freeway and Pimlico Road. On the way down he had the sixth puncture in 5 days caused by two short lengths of high tensile steel wire. The puncture experience has tested his patience because both bike tires were brand new, and of course it is nearly always the rear tire which is affected.

Returning on the ferry also was Richard Brown doing another of his solo rides.

- Cheers Dave

Thursday down the new Hi-way to Wardell back via ferry 27ks. Hard work on home trip. - Shorty

Friday Reports - David

Eight riders met at Coles with fine conditions. Tom, Hugh and Dave followed the Hermans Lane, Moylans Lane circuit. They met up with the No Lanes group just before the ferry which was perfect. The No lanes group comprised Buster, Tony, Gavin, Bruce and Richard. There were no punctures so the ride was bliss.

Saturday Report - Shorty

Saturday down the new Hi-way to the Wood burn over pass great tail wind which got stronger, I was planning to ride to New Italy but realised that I would have a hard time riding back into the wind, so I rode to Woodburn and along the old Hi-way coming over the ferry which I got slower and slower till the ferry. 78 k ride.

UPCOMING EVENTS

BBC Committee Meeting. December, Wednesday 20th. 6 pm, Henry Rous Tavern.

Boxing Day Ride. December, Tuesday 26th. 7am from Coles car park, Fox Street, Ballina.

Cliff Burvill Memorial Ride. January, Sunday 21st. Ride starts at 7am from Meldrum Park, Ballina.

Australia Day Ride. January, Friday 26th. 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://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>

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



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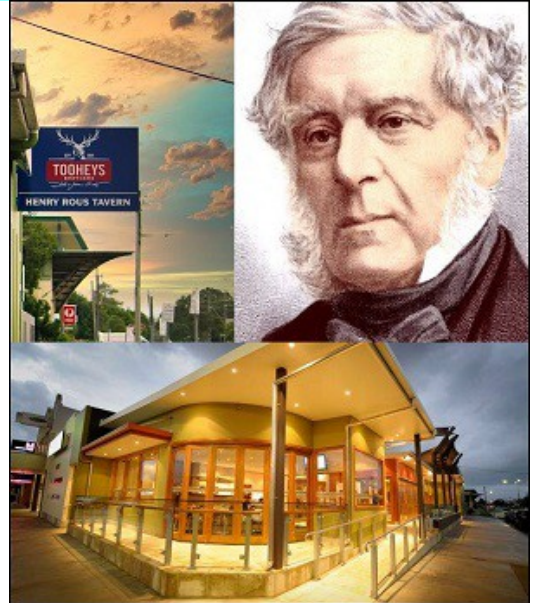
THE BICYCLE EMPORIUM

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>

THE BICYCLE EMPORIUM TEAM RAISED

\$585

MOVEMBER

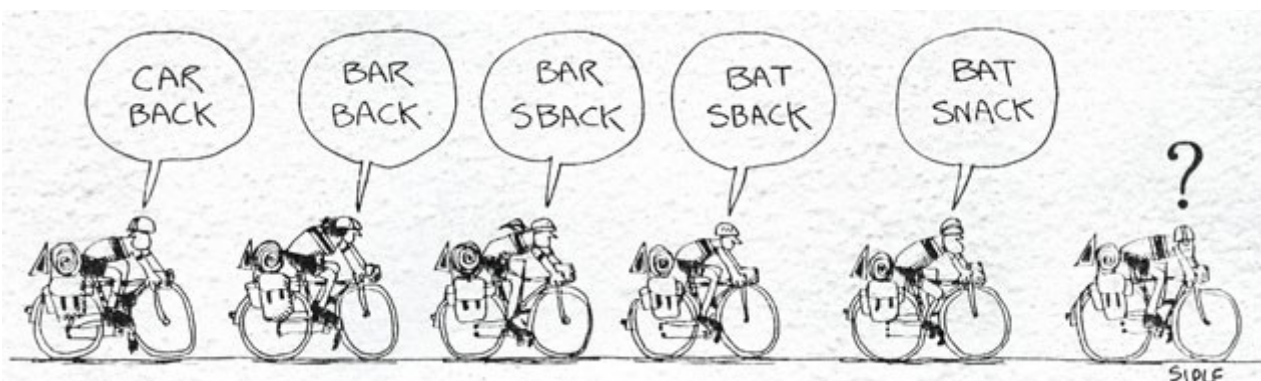


6-DAY BALLINA (FORECAST). Click image to open METEYE (2478 for Ballina).



Forecast for Ballina

	Tue. 12 Dec	Wed. 13 Dec	Thu. 14 Dec	Fri. 15 Dec	Sat. 16 Dec	Sun. 17 Dec
Max (°C)	28	29	33	32	33	29
Min (°C)	19	19	21	22	21	21
Chance of rain (%)	5	5	10	70	50	50
Rainfall range (mm)	0	0	0	0 to 8	0 to 1	0 to 1



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



Answer: https://drive.google.com/file/d/1Ep9jBIC-bBPqleL_gJ1sw_RQmJknts1/view?usp=sharing



Mike Togo This is my recurring nightmare.

WHAT CYCLING DOES TO YOUR INSIDES

With our strong calves and general awesomeness, it's easy to see the outward changes that cycling can have on our bodies; but it's what's on the inside that counts.



7 Health Benefits of Cycling

bikesizecharts.com



CARDIOVASCULAR

Cycling is associated with improved cardiovascular fitness, as well as a decrease in the risk of coronary heart disease.



MUSCULAR



Riding a bike is great for toning and building your muscles in the lower half of the body.



THINNER WAISTLINE

Burn calories, keep weight gain down, increase your metabolism even after you're done.



INCREASED LIFE-SPAN

Cycling has been widely known to increase one's longevity due to leading such a healthy and fit lifestyle.



COORDINATION

Moving both feet around in circles while steering with both your hands and your body's own weight is good practice for your coordination skills.



MENTAL HEALTH

Physical activity of any kind has always been linked to an improved mental health due to both endorphins and dopamine levels being elevated during and after.



IMMUNE SYSTEM

It's believed that cycling can help strengthen the immune system due to increased blood flow, oxygen intake and circulation of your body's inner activities.

Effect of the physical activities on fatigue level and contributing to work or mental health
<http://www.ncbi.nlm.nih.gov/pubmed/2294488>

Being Fit: Minutes a Day May Ward Off Weight Gain
<http://news.heart.com/2010/05/26/being-fit-gain/>

Health benefits of cycling: a systematic review
<http://www.ncbi.nlm.nih.gov/pubmed/19111922>

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contributed by Shorty

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