



BBCNEWSLETTER 2024.01.29

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 44 - For week ending Sun 28JAN2024.

Monday – 15 + 1 (See report)

Tuesday – 3 (See report)

Wednesday – 3 + 1 (See report)

Thursday- 1 + 1 (See report)

Friday – 15 (See report)

Saturday – 1 + 1 (See report)

Sunday – 1 + 1 (See reports)

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.



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

UPCOMING EVENTS

[CLICK ON EVENT TO OPEN](#)

WOODBURN

JAN Tue 30th 7AM. Coles, Fox St.

RIDERS CHOICE

JAN Wed 31st 7 AM. Cole, Fox St.

WARDELL LOOP

FEB Fri 2nd 7AM. Coles, Fox St.

BROADWATER

BROADWATER

FEB Sun 4th 7AM. Coles, Fox St.

EASY WARDELL RIDE

FEB Mon 5th 7AM Coles, Fox St.

MORE UPCOMING EVENTS

Time Trial Training. FEB Sat 10th @ 8AM. Empire Vale School.

Committee Meeting. FEB Wed 21st @ 6pm. Henry Rous Tavern.

Monday Report

- Peter

Started my ride as the sun was rising.



It is a lot cooler, hardly any traffic, and the scenery is different.



I rode around town for forty minutes before joining the riders from Transition Cycles. The ride to Wardell was quite cruisy, with everybody taking turns to keep the pace steady. From Wardell to the ferry the group started their usual rotating paceline. However, there was nobody like Richie D, or Steven G, to take the pace up. So as a result, their average speed dropped; which defeats the purpose of the paceline – to increase average speed of the group.

Spoiler Alert: Richie D, joined in today's (Monday JAN 29th) ride, which changed things around. More info next week.

So when it became my turn to lead, I gradually took the pace up a few kph, but nobody wanted to do that. So I then decided to exit the paceline and observe from the back at a non-drag distance. They were not smooth about it. Now and again I had to be careful not to ride into them. Our own group of riders are not much better.

Only those who have done a lot of it, under good guidance, can master it with some sort of efficiency. The old Northern Rivers Pedalers (Lismore 2005-2010) were quite good at it.

Tuesday Report - Peter

David, Gavin and myself left early (6 AM) to beat the heat of the day, As it turned out the weather was overcast and it was at times quite cool at times. We rode to Woodburn via the Expressway to Broadwater and then by Blackwall Drive, arriving for breakfast at the Woodburn Cafe. Here we met a bunch of nice locals who have never met us before, since we usually arrive an hour later.



A strange thing happened to us as we were riding the Expressway to Broadwater. The wind was WSW _ a slight headwind, two riders (riding two-up), near the double bridges coming out of Ballina, passed very close to us without warning or pleasantries. David, our ride leader, decided to speed up and get on their wheel. Suddenly Gavin and I had to follow suit. When the two riders started rotating turns, David did not follow the second rider to take second wheel, so the two ended up swapping turns amongst themselves. I felt uneasy in letting this happen, so I passed David to get into the action. However, the second rider did not let me in until I said "Are you going to let me in? If you don't want me too, that is fine with me"; then he opened up a gap to let me in. David and Gavin did not participate in taking turns.

After my turn on the front the two took the pace up. So when my turn came up again I matched their pace. But they did not like that, so they took it up again. Then I thought I will match it plus some more to let them know we can deal with it. But they started to show signs of wearing out. At this point, I was second wheel and Wardell exit was approaching. We soon found out that they were going to take the exit, and so, we split company as we carried on, straight ahead, to Broadwater.

At Woodburn, during coffee and cake, we decided to take advantage of the tailwind for our return trip. So instead of riding Bagotville road, we went via Kilgin and Broadwater roads, and then by Blackwall and River Drives. We got and to the ferry several minutes after 9 am.

Shorty done a solo ride down the highway to Wardell over pass and then back to Ballina.

Wednesday Report

- Peter and Shorty

Met David, Gavin, and John M at Wardell, Fitzroy Park, just before 7am. They were about to do their Tuckean Island mountain-gravel bike ride. I opted out. I did not want to give my carbon road bike a hard time of it. So I carried on my way back along River Drive.

Thursday Report

- Shorty

Shorty done a solo ride down the highway pass New Italy, coffee and a snack at New Italy, nice little cross wind down, on the return ride a little tail wind, over the Wardell overpass down to Wardell and then back on the River Road to the ferry. Hot humid ride and I started to cramp up on the ride to the ferry from Wardell and so I had to slow down under 20 Ks to the ferry.

Friday Report

AUSTRALIA DAY

- Peter



Whatever you do, don't click on the photo.

Joined up with the other guys at 7am for our usual Wardell with loops ride. All up, there were 15 riders. Only Marc, David, and myself rode the two loops. Tom missed getting on our wheel after we turned into Pimlico Road from the Expressway, and continued on to Wardell without the main group.

I was happy to see that we just got to Wardell before the others, despite the fact that they took a short cut via Blackwall Drive, and they did not ride the 4km loop. Tom was waiting for us at Wardell, and joined us as we continued riding on. This time we had Tom with us riding the second loop _ another extra 4kms.

I think Marc put too much effort right from the start, for he bonked again, but at least this time he was on the last few kilometres from the ferry. It is unfortunate that Marc does not get enough riding in and recovery time from his hard labours of paid work. Or he just parties too much. He is hoping to remedy this... we hope so too.

The main group, along River Drive got split up somewhat, for we passed a few of them on the last few kilometres to the ferry. We met the rest of the riders just as the ferry was arriving as well. There were several other unknown riders waiting for the ferry too. Of these, there were two whom one was a trainer, training a young lass.

When we started to disembark from the ferry, David as usual took off quickly to get to the Cafe first. Since I was the last to get off the ferry, I had to accelerate passed the other riders to get on Davids

wheel (this is a usual happening). However, my passing the trainer and lass inspired them to chase me. As I coasted in behind David's wheel, the couple passed me with the trainer saying, "Is that as fast as you can go". David and I took the challenge and pass them before we turned into Kalinga Street, but the couple did not follow.

I have to admit, it feels good for us older folk (70+) to pass young challengers.

Saturday Report - Shorty

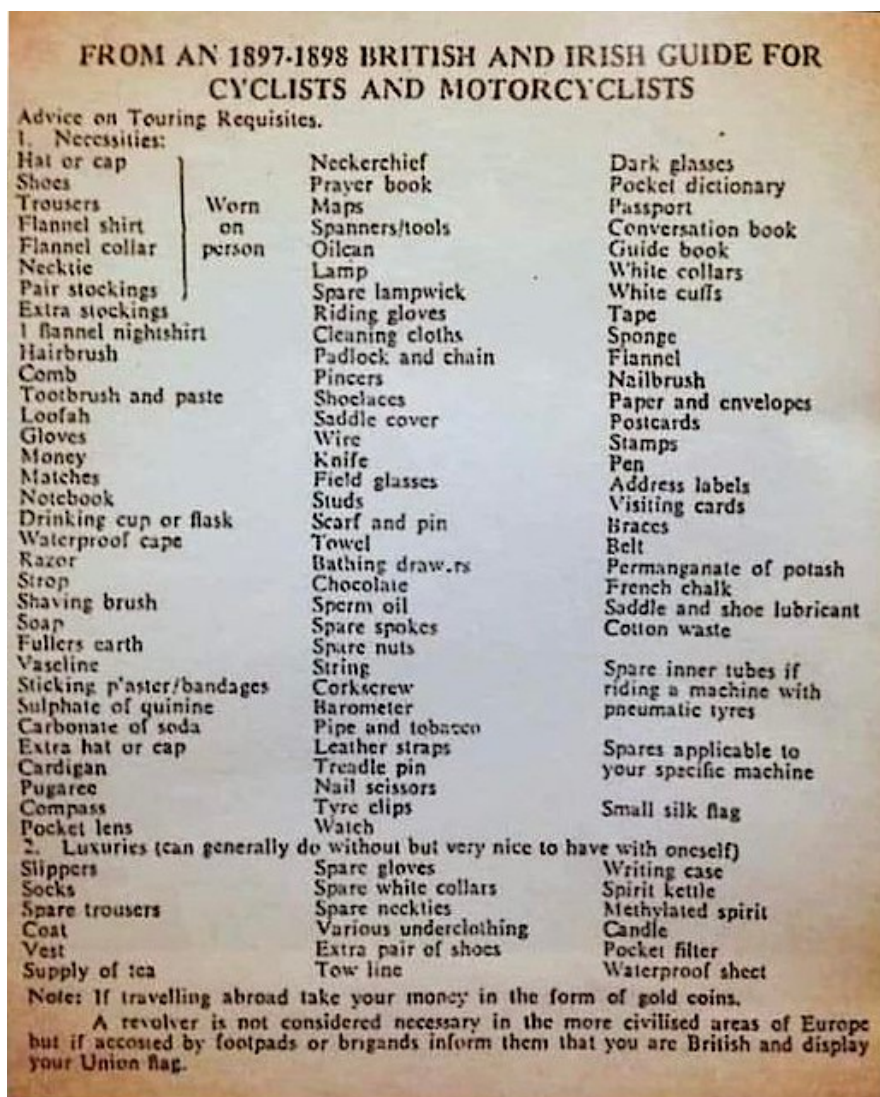
Shorty started late over the ferry to South Ballina and then down to Wardell and return strong head wind down to Wardell, but the wind dropped on return trip and so the tail wind wasn't all that great.

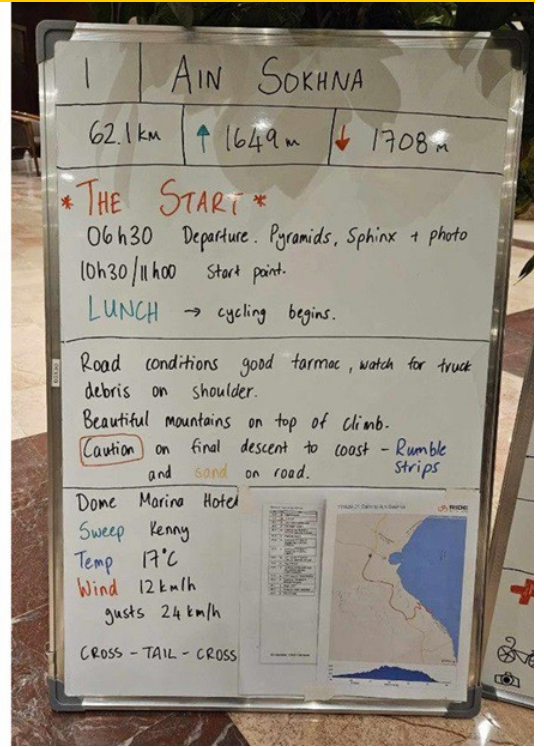
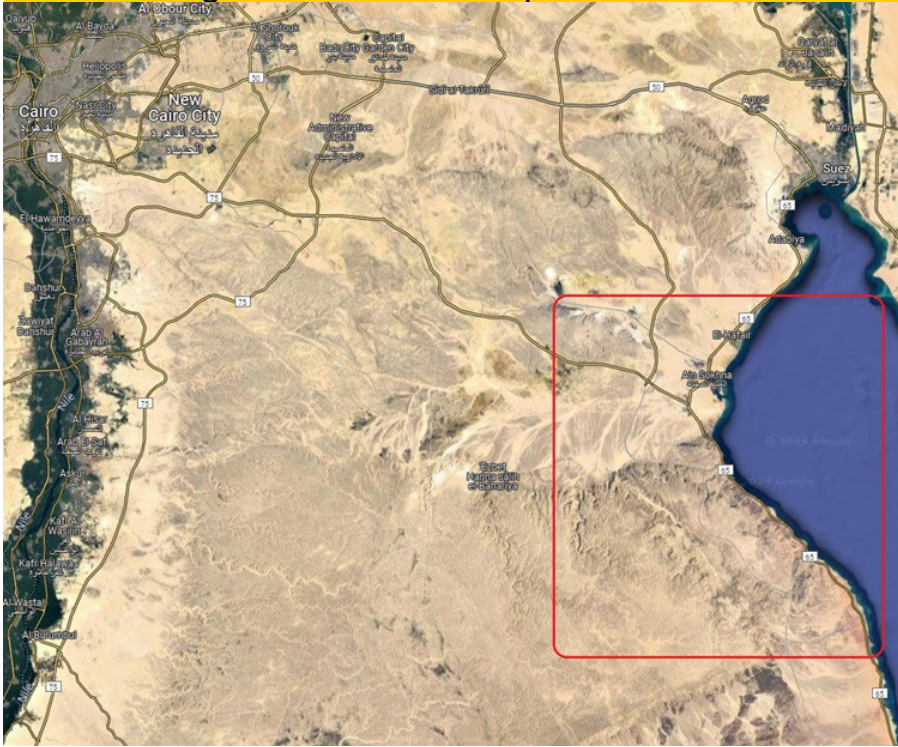
Sunday Report - Peter and David

I got another 'cry wolf' call for a *coffee klatch* at 8am. I checked the radar and it was obvious to me that the wet weather would pass by 7am. So I SMS a few mates _ that I plan to ride as planned at 7am. When I left home, it was not raining; there were gaps in the clouds, and orange sky to the east.

I waited till 7am and then some, but nobody came. So I rode alone with a disappointed heart. In other words, I was not fully focused on my riding. The next thing I know, 32 kilometres later, I have arrived to meet the ferry, dry as a bone, and the time was exactly 8am (avg 32kph). This perked me up. Riding sure gets easier after losing 13kgs.

David's Report: I went out at 1:45 PM when it became obvious that the roads were dry and the rain had ceased. He travelled down the classic lanes route to Wardell and return. The sky was overcast which eliminated the burning hot sun. Just missed then ferry as it pulled out, so did a quick couple of kilometres and returned to the ferry just as it was about to pull out again. The ferry had a very very short cycle time as it only had one car on board for both crossings so was lucky not to miss it twice. Despite the rain, Dave totalled 380km for the week to Sunday which was very satisfying.





Richard sent Anthony D. a photo of what the group's daily riding plan looks like (above right). Their first day was a short distance, yet they still climbed a fair bit. I included satellite image of where this map is located. Later I received a text from Anthony sharing a Facebook link of the Tour de Africa... you will see photos of all the riders, including Richard.

<https://www.facebook.com/photo/?fbid=776100411231813&set=pcb.776107684564419>

Richard's Report (sent 2024-01-27):

Went for a ride up one of the climbs in the UCI WORLD Champs 2025.



We flew into Kigali (capital of Rwanda)* yesterday afternoon.

5 of us decided to take a ride including climbing the Mur de Kigali. One section about 18%. We were cheered on along the way by children. At the bottom a young bloke on an old Trek overtook some of us. He rode the whole way without dismounting. Only one of our group, Jannes from Holland matched that. At the top we were surrounded by interested and amused locals.



On the return we rode a long section of cobbles. Most of it was in good condition. The young kid on the Trek rode with us the whole way back to the hotel.



Rwanda is very clean. They have a monthly clean up day. This month's was this morning. Lots of people out picking up the little litter around.

* editor's insert.

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/>

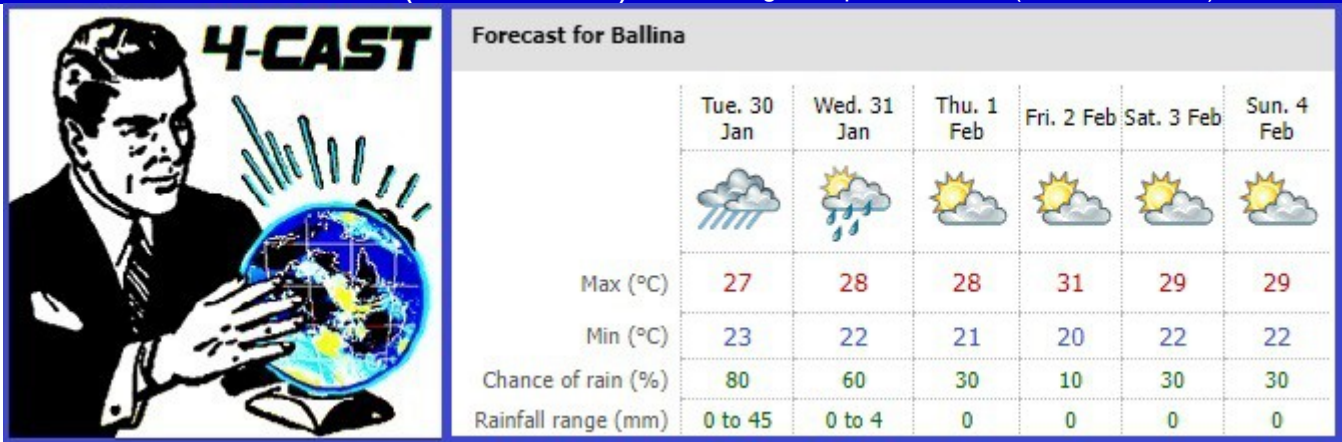
Grafton <https://grafton.tidyhq.com/> and/or <https://www.facebook.com/graftoncycleclub/>

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>

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



OTHER BITS & PIECES Click on the 2 images below to open



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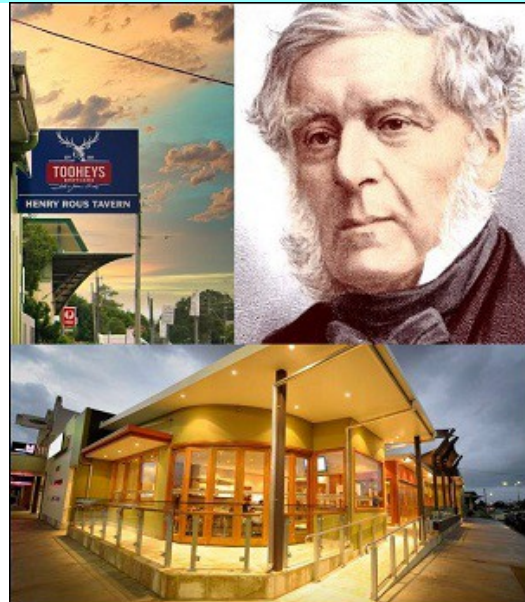
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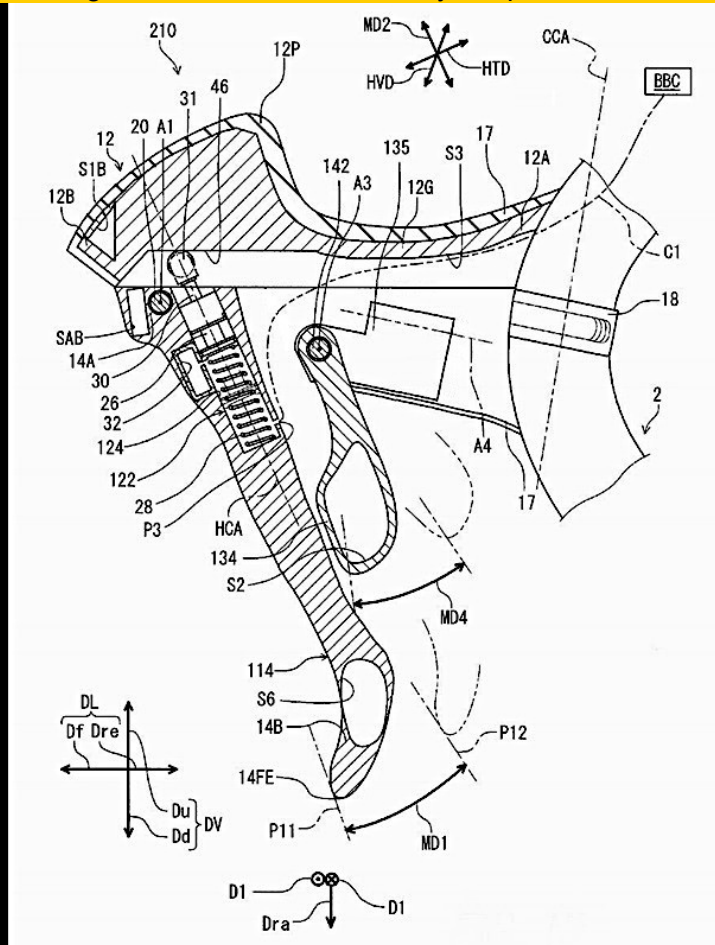
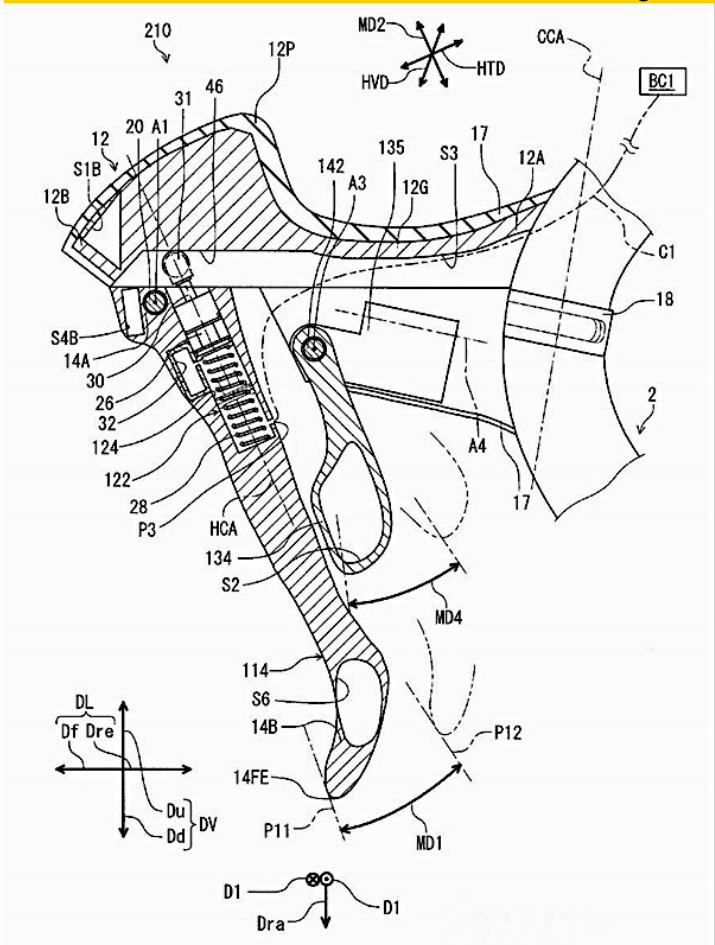


THE HENRY ROUS TAVERN

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



Answer: https://drive.google.com/file/d/1oewKUUGwLD_-p_R-vkRLYfD6wC4NEaEM/view?usp=sharing

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