



BBCNEWSLETTER 2024.02.05

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 55 - For week ending Sun 04FEB2024.

Monday – 15 + 1 (See report)

Tuesday – 2 (See report)

Wednesday – 7 + 1 (See reports)

Thursday- 1 + 1 (See report)

Friday – 15 (See reports)

Saturday – 1 (See report)

Sunday – 11 (See report)

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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-85

FEB Tue 6th 7AM. Coles, Fox St.

TUCKEAN ISLAND MTB

FEB Wed 7th 7 AM. Wardell, Fitzroy Park

WARDELL LOOP

FEB Fri 9th 7AM. Coles, Fox St.

TIME TRIAL TRAINING

FEB 10th @ 8AM. Empire Vale Sch.

BROADWATER

BROADWATER

FEB Sun 11th 7AM. Coles, Fox St.

EASY WARDELL RIDE

FEB Mon 12th 7AM Coles, Fox St.

MORE UPCOMING EVENTS

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

Monday Report

- Peter

I rode around town for a while, like some others do, to get warmed up for the ride. Sometimes the Transition cyclists like to start fast off the block.

Well, today Ritchie D, was the ride leader (of four other riders), and I knew that the pace would go up a notch or two. It did as we went over Fishery Creek bridge and all the way along Pimlico Road and River Drive to the ferry. Ritchie took it easy, but I was able to match his pace _ but only just. However, he did show us his back, at a distance, during the sprint sections coming into Wardell, and to the ferry.

According to Strava, we rode the 'transition rec ride', 30.18 km at 33.3 kph avg.



A mixture of BBC and Old Fart riders about to start their ride from the ferry. We earlier riders have done our bit and boarded the ferry soon afterwards to get back into Ballina town.



L-R: Peter, Scott, Ritchie, and Ian.

Tuesday Report - Peter



For me it was a 102 km ride, taking up a good 15km around Ballina town, then to Woodburn and back with David. This particular Woodburn route is 85 kms. David and Gavin have been taking this route for many months now, but it has never been plotted as a map reference, until today. This route, from now will be referred to as WOODBURN-85 on our newsletter calendar.

The route is from Ballina to Broadwater via the Expressway, then to Woodburn via Blackwall Drive. After 'a cold cup of coffee and a piece of cake' we head to Wardell via Kilgin and Bagotville Roads, then to Ballina via River Drive.

The humidity was too high for being careless with water intake, and both of us started to get cramps just before getting back to Wardell. David is fitter than me and so he did not suffer as much, or he kept it quiet while I was doing the whinging for both of us. In any case, I was grateful that David drafted me back to the ferry. When I got home I found that I lost 2kg of body water, which took a while to rehydrate.

So, regardless of how wet you feel in humid conditions, keep drinking water with electrolyte replenishment.

Wednesday Reports

- Peter, David, and Shorty

What a glorious change of weather. It made cycling today a most enjoyable experience. I took it easy riding to Wardell and back, with a cruise around Ballina town, taking snapshots here and there.



Dave's report: Seven riders rolled up to the start. Three went at a moderate pace to Wardell with one other in a bit of a hurry. The remaining three riders travelled the magnificent high country route. Two were on road bikes and one on an electric mountain bike. Hugh took a picture of the old railway station sign just off Houghlahans Creek Road. This is one of the remaining relics from the extinct Ballina/Booyong Railway. Signs of the pathway of the old railway are visible on much of Houghlahans Creek Road.

The previous trip on this route led to a real surprise as a large flock (20-30) of rare Black Cockatoos went screaming past. Always something to see in the high country.

- Cheers Dave

Shorty's report: Wednesday 118 Ks rode down the new highway passed New Italy coffee at New Italy, then back up the Highway to the Wardell overpass, riding down to Wardell and then back along River Drive, around Moylans Lane to the ferry. The wind was kind to me at times a nice tail wind, not as hot as last week's New Italy ride.

Thursday Report

- Peter and David



Another glorious day on the bike, but this time it was much cooler between 6 and 7 am.



Unfortunately I have injured myself to the point where I will not be riding for a week or so.

Dave's report: Just Dave leaving early and following the freeway, Blackwall Drive, River Road and Moylans Lane. The wind was unusual because there always seemed to be a slight headwind. Maybe it was my imagination but the whole ride seemed like hard work.

Friday Report

- David and Shorty

Fifteen riders met at the start. A new starter named David aged 56 who is a C grade racer in training joined in. The fast group consisted of new David, Simon Tom and Dave. We travelled down the lanes and met part of the group waiting at Wardell. The pace was so high that despite covering 8 km more than the direct group, the fast group was first to arrive at the ferry. I was very pleased to be able to hang in with the high pace and was able to do some leads. The remainder of the peloton was split according to riding speed and we passed several lone riders on route to the ferry. Fortunately we all made the ferry trip together in time for the obligatory coffee cup. A great but exhausting ride.

Shorty's report: Friday, 62 Ks, due to having to take my car for a service I miss the Old Farts ride, so down to Broadwater returning to Wardell over pass then back along River Drive to the ferry, a rather warm ride.

Saturday Report

- Shorty

Saturday, 52Ks up towards Byron Bay along highway, back down to the first Ballina turn of through Ballina CBD and home. The head wind on the return was cool which made the home leg rather nice.

Sunday Report

- David

11 riders rolled up at the start. New Dave (visiting C grade rider called by thanking us for our hospitality).

Bobby and 3 Bob rode down the coastal route which is 3 km shorter and arrived at Broadwater rest stop at the same time as the main group who travelled down the freeway. This was a very creditable effort as the main group were typically riding at 34 km/hr downwind. Two others turned around at Wardell for a shorter ride.

On the way back, the speed upwind was about 29-30 km/hr and the whole group arrived for the same ferry trip. Hugh is leaving us and returning home to Hervey Bay (named by Lord Bay)*. We thank him for his time with us.

- Cheers Dave

* Editor's note: My source indicate that Captain Cook named it [Hervey's Bay](#).

Richard Hughes African Trail Update #5

- Richard

Have done 3 days riding in Rwanda. Yesterday was 1945 metres climbing over 94 kilometres over fantastic roads. The road gave spectacular views over plunging valleys with hills marching to the horizon. Rwanda is affectionately called the land of a thousand hills. Today climbed 1029 metres over 64 kilometres along good roads but a lot busier passing through towns and villages. Bikes are everywhere and their main use is transporting mind blowing loads of goods and commodities. We are camping in the grounds of the Rwandan Cycle Team Centre. A French team is using it as a training base in the lead up to the Tour de Rwanda, that starts on 18 February.

Photos of the centre, the bike workshop including the current Rwanda team bikes, Ridley.



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>

Where to Race

Byron Bay <https://www.byronbaycycleclub.org.au/home-1> and/or

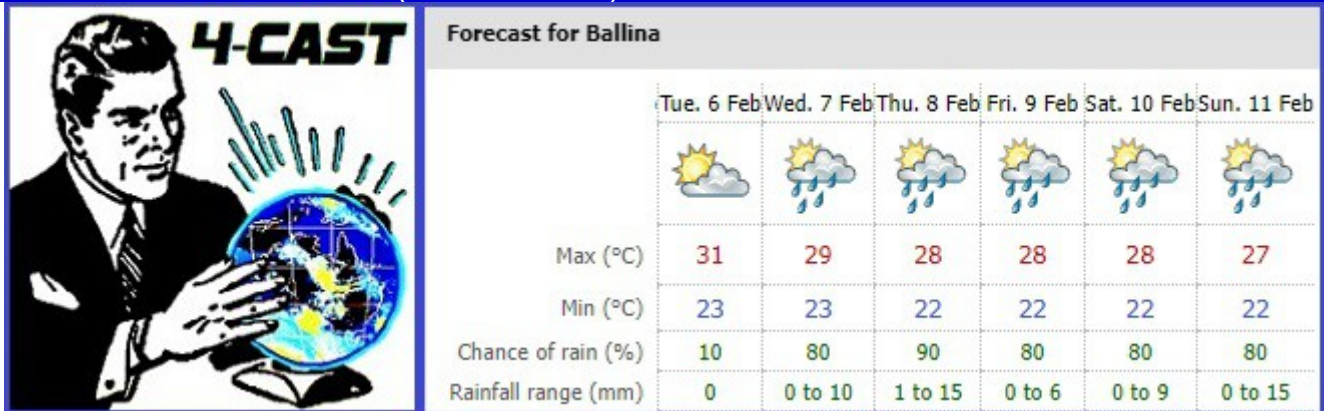
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Grafton <https://grafton.tidyhq.com/> and/or <https://www.facebook.com/graftoncycleclub/>

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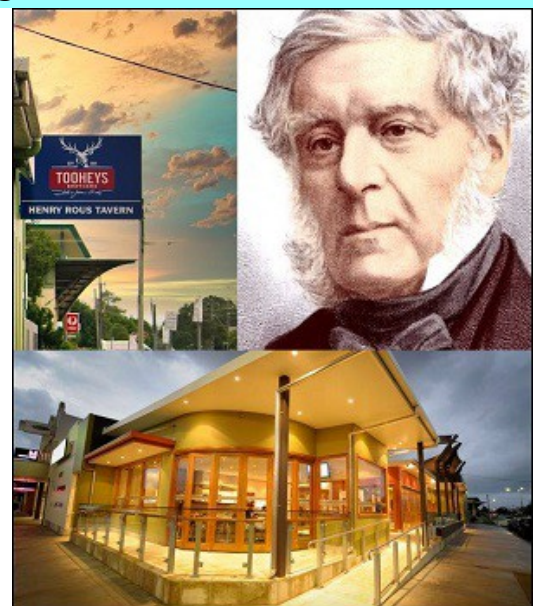
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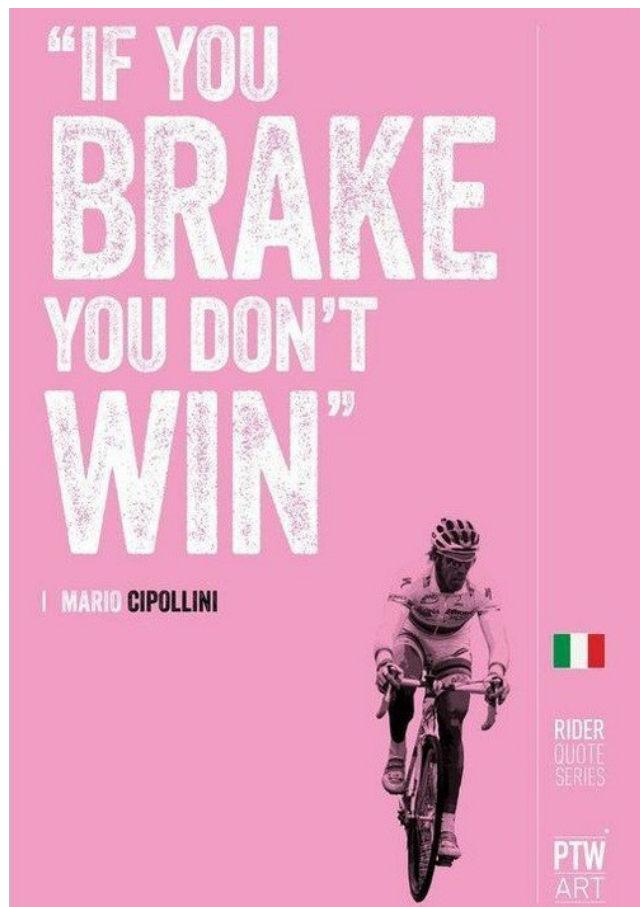
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SPOT THE DIFFERENCE The right-hand image has 10 alterations. Can you spot them?



Answer: <https://drive.google.com/file/d/1Avm38WKI0ryFsaSOI5ZxFB3qBeaOwutj/view?usp=sharing>



- poster contributed by Shorty

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