



BBC NEWSLETTER 2024.02.26

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 10+ - For week ending Sun 18FEB2024.

- Monday – 1 + ? ()
- Tuesday – 3 (See report)
- Wednesday – 2 (See report)
- Thursday- 1 (See report)
- Friday – 1 + ? (See report)
- Saturday – 1 (See report)
- Sunday – 1 (See report)

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-85

FEB Tue 27th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

FEB Wed 28th 7 AM, Coles, Fox St..

WARDELL LOOP

MAR Fri 1st 7AM. Coles, Fox St.


BROADWATER

MAR Sun 3rd 7AM. Coles, Fox St.

EASY WARDELL RIDE

MAR Mon 4th 7AM Coles, Fox St.

CLICK TO OPEN



BBC MEMBERSHIP & INSURANCE

UPCOMING EVENTS

Time Trial Training: March, Saturday 9th, 8am. Empire Vale School.

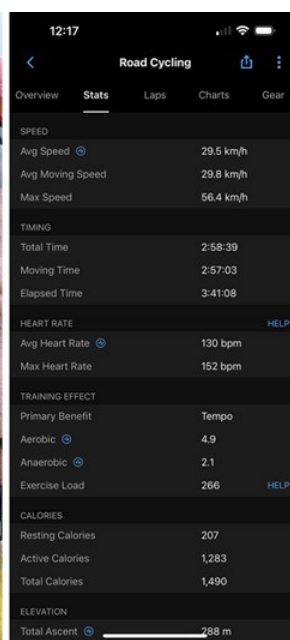
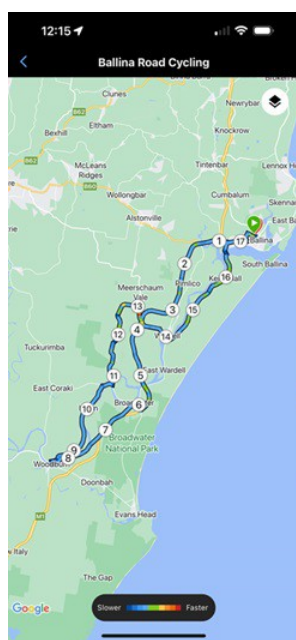
Vintage Bike Ride: March, Sunday 17th, 7am. Henry Rous Tavern.

Next Committee Meeting: March, Wednesday 20th, 6pm. Henry Rous Tavern.

Tuesday Report

- David

Three riders had a very nice dry ride to Woodburn and return. Gavin, John M from Alstonville and Dave. The winds were kind and Gavin was able to ride more strongly with a slightly reduced average pace.



Wednesday Report

- David

Two riders launched from the Wardell tennis court park at 7 AM. John P joined Dave for his first ride along Tuckean Island Road, Hoare Lane and Old Bagotville Road. We were very lucky as we passed no traffic at all along the dirt roads, thus avoiding the dreaded dust. Afterwards a much appreciated Wardell pie and coffee rounded off the experience.

Thursday Report

- David

Dave had a ride along the two lanes route usually traversed on the Friday ride. His departure at 06:15 meant a solo ride and this time there was no drama ,only nice scenery and dry conditions.

Friday Report

- David

Due to other appointments, Dave had to be home by 08:30 so he was only able to do an early morning 40km round trip on River Road turning back at the roadworks.

Saturday Report

- David

Dave had an early morning ride down the Freeway and Blackwall Drive to Wardell. Then it got more interesting as he travelled down Moylans Lane,Keith Hall Lane and Days Lane and South Ballina Road.

All this took place in the dry before the drizzling rain commenced. Despite the weather he managed to notch up over 360Km for the week which was very pleasing.

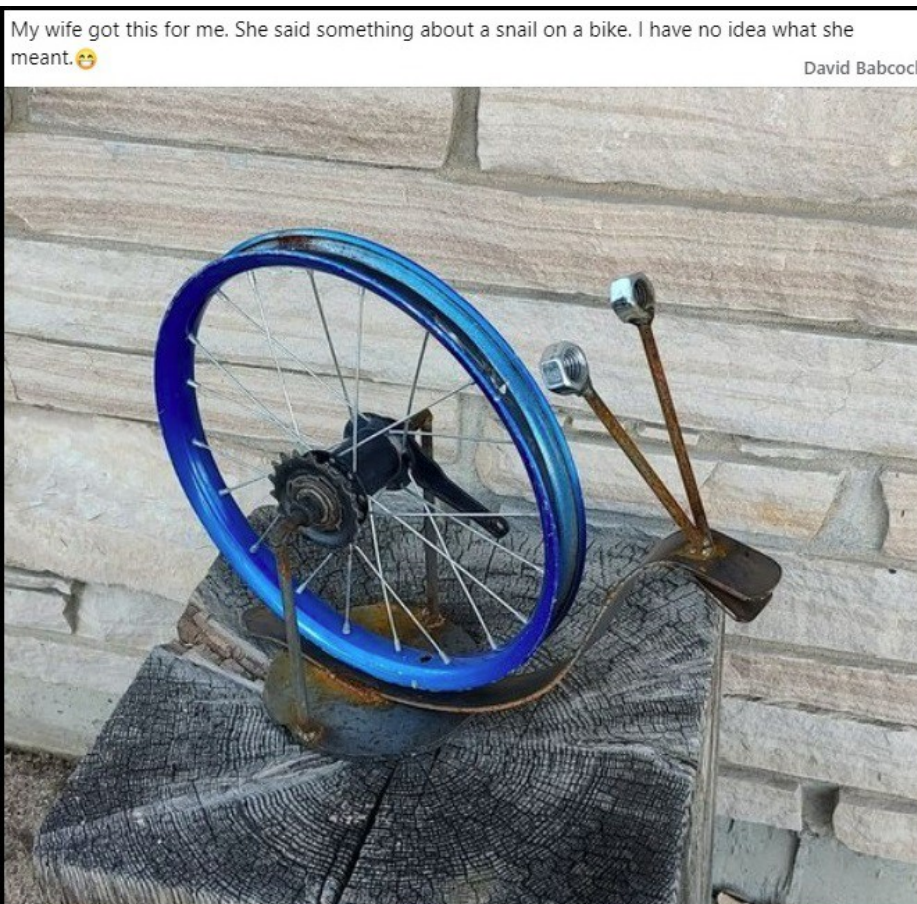
While riding down the freeway he encountered a drunk driver drifting randomly out of his lane and using part of the cycle way. That is why despite the increased chance of puncture he always travels closer the the left side of the bike lane.

Sunday Report

- Marc

When they forgot to tell you it was a rest day

For some, one of life's continuing hazards is to forget to set the alarm, and the lucky ones may even have the ability to sleep through it. For me it's the opposite. Far from failing to turn up on time I tend to turn up when not required. It takes real effort to get out of bed on a Sunday in the dark and put on your cycling gear knowing the road will be wet, rooster tails are likely to fill your mouth with muddy water and you may well get dumped on during the ride and go home dripping all over the kitchen floor. Today was such a day. I turned up at 0655hrs to a gloomy and empty car park at Coles. At 0702 it was still gloomy and still empty. There is a motivation in me that will ride in any conditions with a riding buddy, something about shared suffering or someone to listen to me whinge but solo...no. I chalked it up to missing out on the memo about it being a rest day and went home to start texting people about the other important part of a Sunday morning. Where and who is going for coffee!





TDA Global Cycling

"We go through about 500-700 liters of water a day for a group of about 60 people. That is all from drinking, washing, and cleaning..."

On a cycling tour there are not many things more important than having a reliable supply of water. In this short video, Tour Leader Yanez explains how TDA is able to provide enough for drinking, cooking and washing on tour. He goes over the amount of water that TDA carries as well as how they ensure that the drinking water is safe for the riders.

The bottom line? When you are on a TDA Global Cycling tour, you will never have to worry about having a reliable and clean supply of water. [#tourdafrique](#)



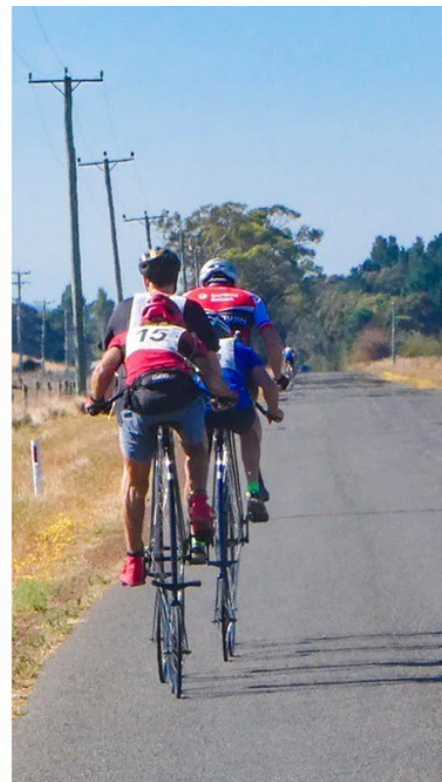
I spotted Richard three times in this Facebook video clip.



Neale McLennan, a Ballina resident and subscriber, last Sunday 18th of February, raced in the Australian Penny Farthing National Championships and came third. The event was held in Evandale, Tasmania.

From what I can gather, Neale was caught between two groups; a leading group of two, and a trailing group of four. If so, then undoubtedly Neale would have tried to close the gap to the leaders. In any case, as reported, he rode alone without anybody to share the work load. A marvellous effort.

Maureen Clarke this is Neale McLennan. He did the whole road race by himself, which makes it much harder, and he came 3rd. 🏆



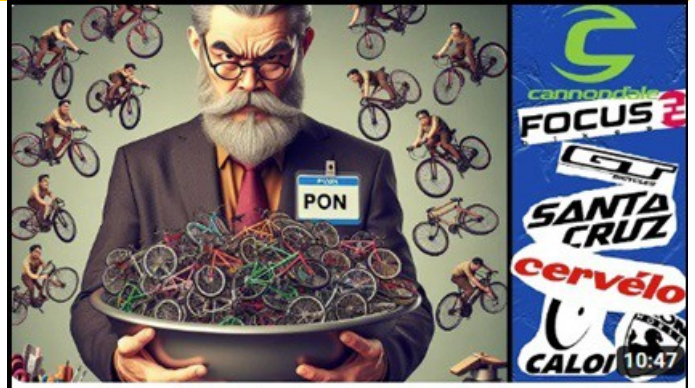
Some photos from the 32km Road race at the National Penny Farthing Championships.



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



Is Wout Van Aert Mechanical Doping?



Biggest bicycle company is not who you think

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

<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/>

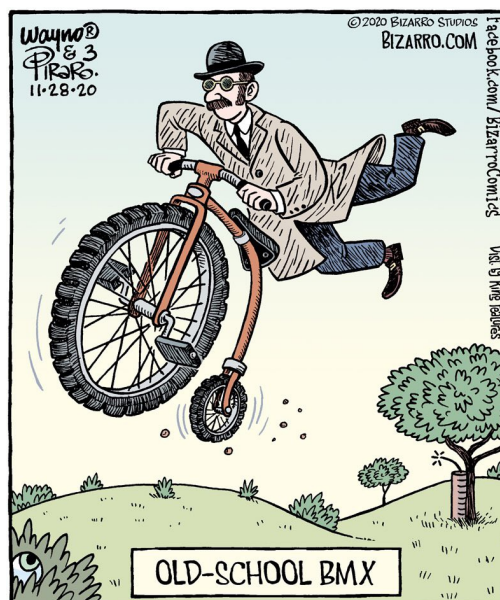
Grafton <https://graffton.tidyhq.com/> and/or <https://www.facebook.com/grafftoncycleclub/>

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



Forecast for Ballina

	Tue. 27 Feb	Wed. 28 Feb	Thu. 29 Feb	Fri. 1 Mar	Sat. 2 Mar	Sun. 3 Mar
Max (°C)	29	29	31	31	32	30
Min (°C)	22	21	21	21	22	21
Chance of rain (%)	30	20	5	5	20	70
Rainfall range (mm)	0	0	0	0	0	0 to 15



SPONSORSHIP NEWS



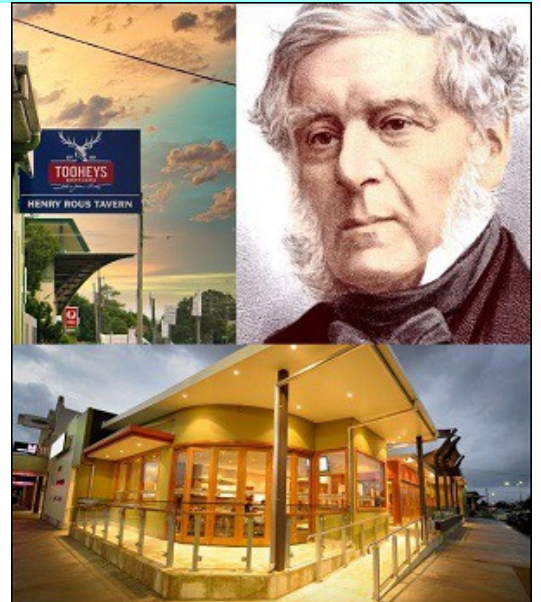
THE BICYCLE EMPORIUM

158 River Street Ballina

<http://thebicycleemporium.com.au/index.html>

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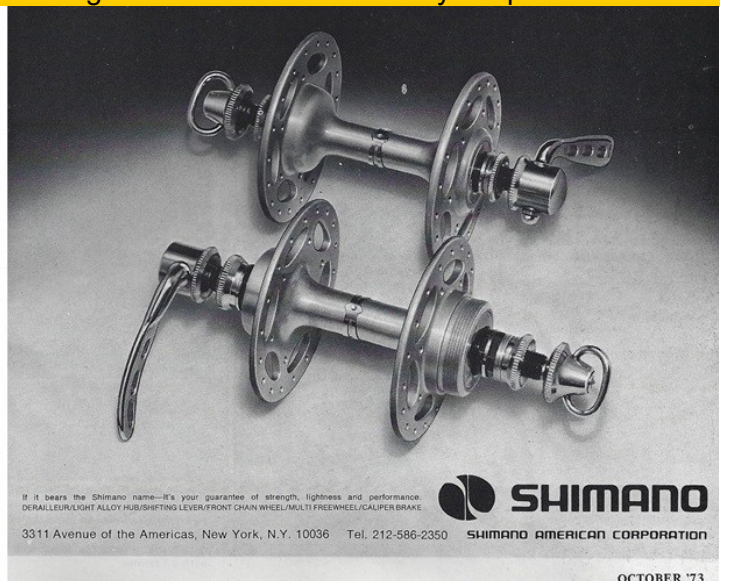
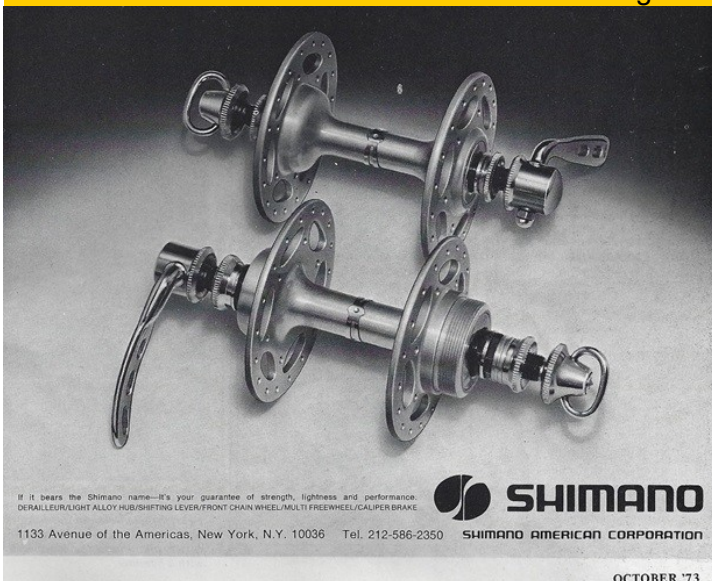


THE HENRY ROUS TAVERN

177 River Street Ballina

<https://www.henryrous.com.au>

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



Answer: <https://drive.google.com/file/d/10nW2S-Geu3nrO1CJ94KgYhb1wzKm-w6u/view?usp=sharing>

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