



BBCNEWSLETTER 2024.03.04

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 18 - For week ending Sun 03MAR2024.

Monday – 10 (See report)

Tuesday – 2+1 (See report)

Wednesday – 4 (See report)

Thursday- 1 (See report)

Friday – ? (There were riders but no report)

Saturday – ? ()

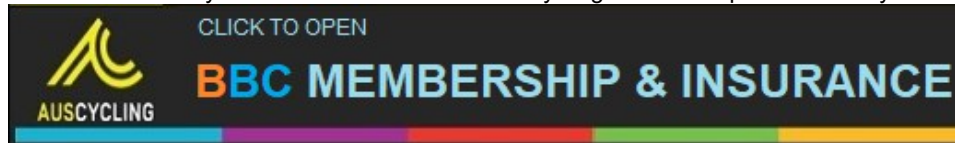
Sunday – ? (There were riders but no report)

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

MAR Tue 5th 7AM. Coles, Fox St.

TUCKEAN ISLAND MTB

MAR Wed 6th 7 AM, Wardell, Fitzroy Pk.

WARDELL LOOP

MAR Fri 8th 7AM. Coles, Fox St.

TIME TRIAL TRAINING

MAR Sat 9th 8AM. Empire Vale School

BROADWATER LOOP2

BROADWATER

MAR Sun 10th 7AM. Coles, Fox St.

EASY WARDELL RIDE

MAR Mon 11th 7AM Coles, Fox St.

UPCOMING EVENTS

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

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

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

We need more support for this monthly training ride. TTTraining is a great way to measure how you are improving your strength and stamina, physically and mentally, on a monthly basis. The training ride is only 12.6kms. I will be there this Saturday, testing myself, after being off the bike for a month.

Monday Report

- David

Ten riders met at the start. After the ferry everyone stayed together until reaching Empire Vale Road where Dirko and Buster went straight ahead. The remaining eight lost Peter Ogg who turned back at the end of Moylans Lane leaving seven who completed the full circuit. A small headwind slowed the pace going to Wardell, however with a tail wind for the return, the pace went up to a steady 32km/hr. Just after Keith Hall Lane, the pace increased to 33km/hr and happily everyone stayed together. They caught and passed Dirko and Buster just before the ferry. As the fast group were approaching the finish, it became evident the ferry was about to depart so Dave raced ahead and caught the ferrymaster just in time to have the bar raised.

Sadly Dirko and Buster had to wait for the next trip as they arrived a few seconds too late. It is often difficult to predict how long the last riders will take to arrive, so we did not guess correctly on this occasion.

- Cheers Dave

Tuesday Report

- David and Shorty

John M from Alstonville and Dave rode out into a heavy rainstorm on the way to Woodburn. The storm finished about Broadwater and after that the drying process began. John is a grade C quality rider and likes to keep moving fast, so Dave had his work cut out sharing the lead and generally keeping up. The ride was enjoyable nevertheless until Dave had a slow in/out puncture which he fixed after crossing on the ferry.

John will be away for several weeks, so anyone who would like to experience a longer ride at the pace they choose would be very welcome to participate.

- Cheers Dave

Shorty's Report: Tuesday Broadwater down the freeway and back, 54ks nice tail wind on the home ride back to Ballina.

Wednesday Report

- David

Four riders disappeared into the high country on the regular Houghlahans Creek route. Halfway up the hill, we turned into the old railway right of way and explored the track until we reached a cattle grid and private property. The old railway ran alongside and above the creek in this area. The view down to the creek with its waterfalls was interesting and very inviting. It is possible that this small detour could become a standard part of the ride if the riders are interested. Bob3, John, Tom and Dave were the intrepid riders. On arrival at the Proper Cafe we found Bruce, Big Richard and a Frenchman having coffee after their flatland ride to Wardell.

- Cheers Dave

Thursday Report

- Shorty

Thursday down pass New Italy 121Ks down the freeway, back to Wardell Overpass, along River Drive, around Moylans lane to the ferry. Warm but not too hot, wind changing from head, side or tail wind .

Monday Report

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- Cheers. Dave



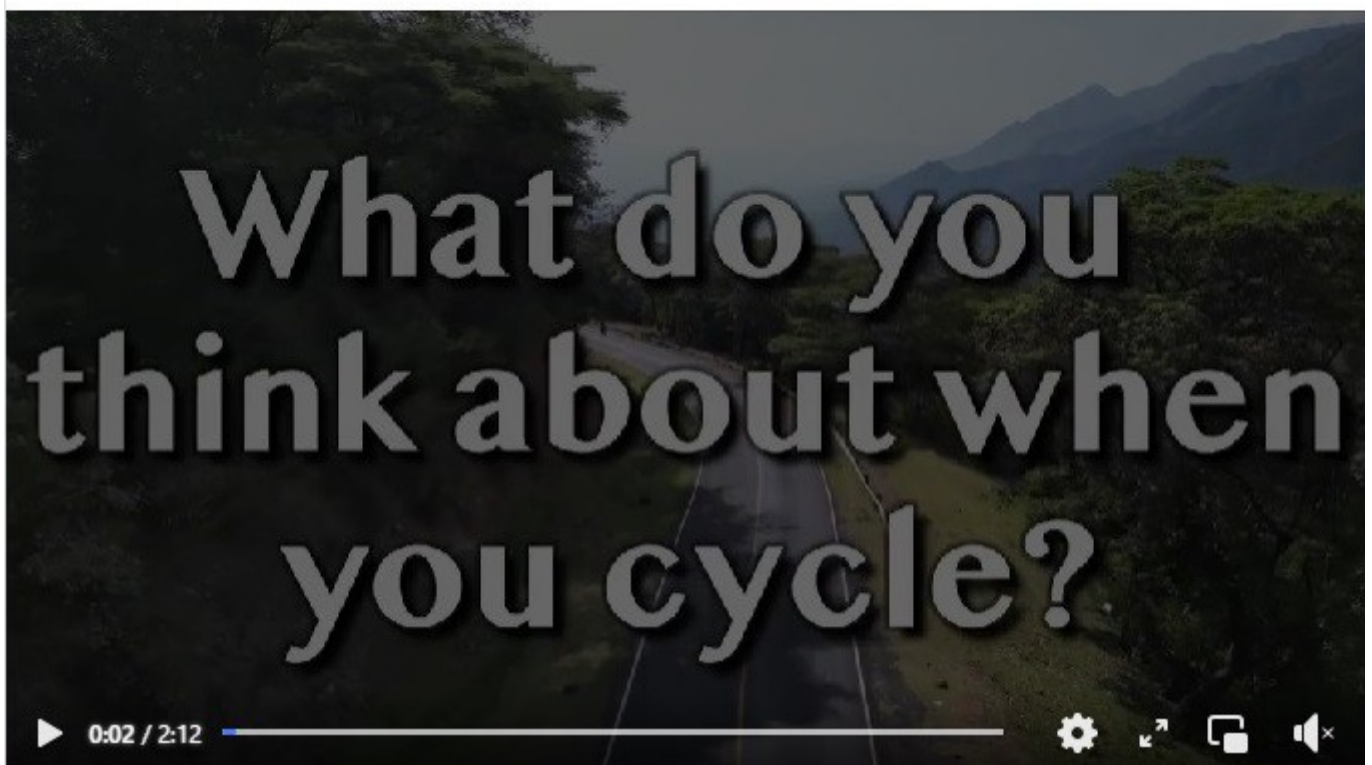
Richard rode yesterday towards Mt Kilimanjaro, Tanzania.



"People that don't ride don't get it and they'll say, 'well what do you think about you just follow a yellow line...' and its like you smell things, you hear things, you see things that you can never even imagine..."

What do we think about when we cycle? People on the 2024 Tour d'Afrique offer interesting and differing perspectives on what goes on in their heads when on these epic cycling adventures. Some people chose to pass the time meditating, whereas some people prefer to simply chat to their neighbour.

While they take different approaches to passing the time as they spin along, they are all similar in a way. They all get to see the world from the amazing and unique perspective that bicycle travel offers!



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



Byron Bay Cycle Club

28 February at 10:08 · 🌐

March 10 will be a great day for cycling in the bay and for the #BBCC as a club. Some of our club members will be at Falls Creek, taking part in a gruelling Peaks Challenge 2024, while the first criterium of our #autumnracingseries24 will start at 7.00am sharp at Cavanbah Centre Byron Bay (sign on from 6.30!!). If you're still around at 1.00pm and you feel like joining a different type of ride, the annual World Naked Bike Ride Byron Bay is on, starting from the Butler street reserve. Always wear your helmet!!

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

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



Forecast for Ballina

	Tue. 5 Mar	Wed. 6 Mar	Thu. 7 Mar	Fri. 8 Mar	Sat. 9 Mar	Sun. 10 Mar
Max (°C)	26	27	28	27	28	28
Min (°C)	20	20	19	21	21	21
Chance of rain (%)	50	20	40	60	70	70
Rainfall range (mm)	0 to 2	0	0 to 1	0 to 4	0 to 6	0 to 8

SPONSORSHIP NEWS



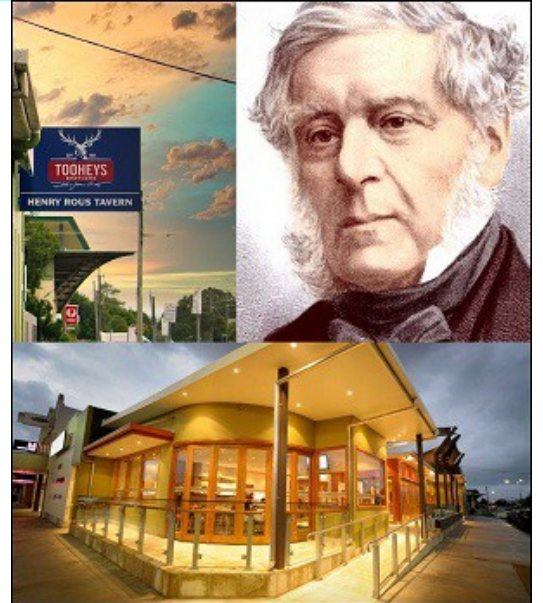
THE BICYCLE EMPORIUM

158 River Street Ballina

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

Subscribe to their newsletter:

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THE HENRY ROUS TAVERN

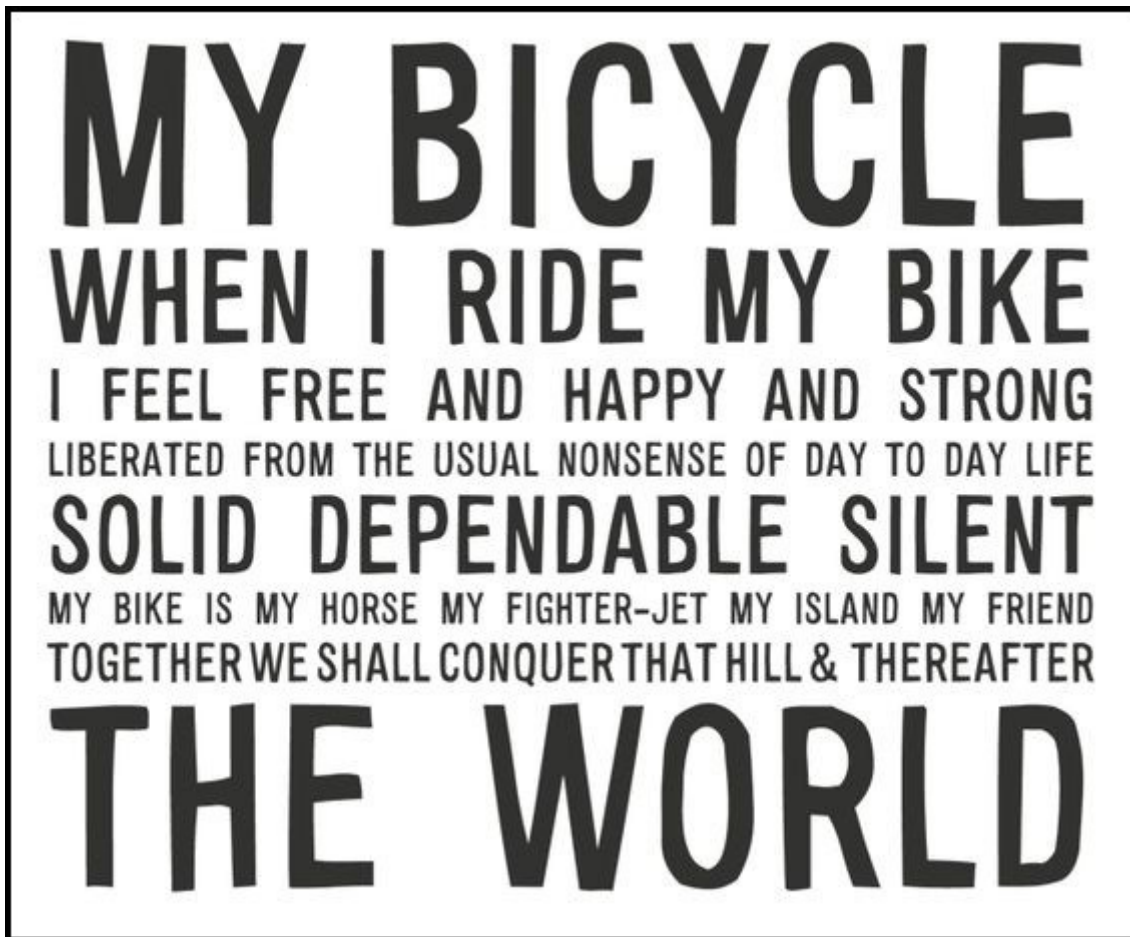
177 River Street Ballina

<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/14CIJcQqxsMDEBjN1WQie9pI6lhqDKJ5/view?usp=sharing>



Poster contributed by Shorty.



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