



BBCNEWSLETTER 2024.03.11

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 22 - For week ending Sun 10MAR2024.

- Monday – 0 (Rain)
- Tuesday – 0 ()
- Wednesday – 3 (See report)
- Thursday- 1 (See report)
- Friday – 7 (See report)
- Saturday – 4 (See report)
- Sunday – 7 (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.

CLICK TO OPEN

BBC MEMBERSHIP & INSURANCE

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

CLICK ON EVENT TO OPEN

WOODBURN-85

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

HOUGHLAHANS MTB

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

WARDELL LOOP

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

VINTAGE BIKE RIDE

MAR Sun 17th 7AM, Henry Rous Tavern.

BROADWATER

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

EASY WARDELL RIDE

MAR Mon 18th 7AM Coles, Fox St.

COMMITTEE MEETING

MAR Wed 20th 6PM. Henry Rouse Tavern

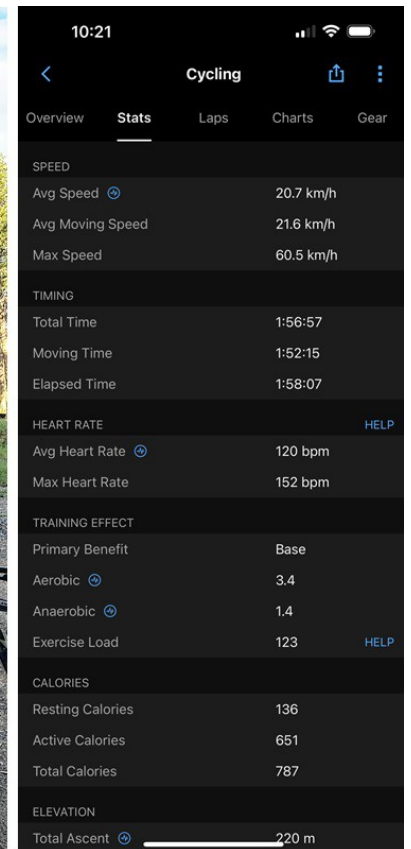
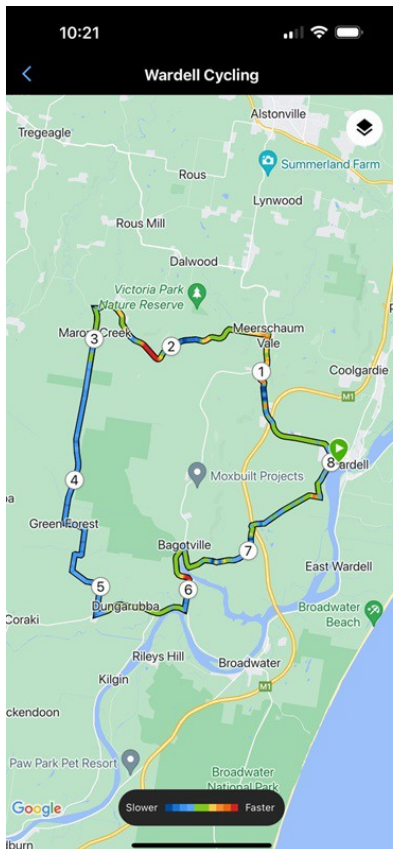
UPCOMING EVENTS

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

Wednesday Report

- Gavin and David

Hi Peter. Here is our Tuckean Island loop this morning. Dave and John Phillips with me.



Three mountain Bike riders Gavin, John and Dave met at the Wardell Tennis Courts. In perfect conditions we headed out to Meerschaum Vale and Marom Creek Road. Then we turned off to Tuckean Island Road and Hoare Lane and Downtown Dungarubba. A short stint on Broadwater Road and Bagotville Road found us on Old Bagotville Road. The surface was damp and dust free. We

returned to Wardell on Back Channel Road past the site of the recent car crash. Then the gourmet Wardell pies and coffee brightened up the day.

I think we only passed a couple of cars on the full trip.

Thursday Report

- David

Dave did an early morning Wardell loop via the freeway and Moylans Lane. The forecast for the next five days is currently poor (1-5mm of rain each day) so this ride was in the category of now or never. Conditions were cool (for a change) and quite pleasant.

Friday Report

- David

Seven riders met at the start and we all stayed together down Pimlico Road and Signata Lane and Blackwall Drive. Once arriving at Wardell, the three slower riders decided to return directly on River Road, so the four faster riders travelled via Moylans Lane at a much higher pace. Three Bob lead down Moylans straight with Shane, Gavin and Dave trailing. Three Bob then ran out puff while the others held up the pace.

All riders met at the ferry, which was good timing. It all fell apart due to the coffee cup section but we all still enjoyed coffee together with good chin wag

- Cheers. Dave

Saturday - Time Trial training Report

- David and Peter

Ride times: Gavin 24:00, Peter 25:06, 2-Bob 30:17. Compared to older times, Gavin was 5 seconds faster than previous best time. Pete was mid range.



Pete's report: I felt dread as I approach Empire Vale School to attend the training ride. It was not the time trial that bothered me, nor the fact it was my first ride after several weeks of recovery; it was having to deal with the very thing that caused my injuries in the first place... the wet weather! It started to rain again.

By the time 8am came around, the rain had stopped, and I was the first rider off the mark. Gavin followed. All the way I thought Gavin started one minute later. On my way back from Wardell I noticed Gavin. I thought he gained about half a minute on me, so I became more determined that he did not catch me by the time I finished circuit.

It was noticeable throughout the ride that I lost substantial strength from my layoff period. Shortly after I coasted to a stop, I noticed that Gavin finished two. I thought, at least he did not gain a minute on me. However, I soon found out that Gavin actually started two minutes after me, and closed more than a minute behind me. I rode more poorly than I first thought... No wonder Gavin was smiling so much.

Two-Bob arrived late and started his training ride about several minutes after us. While waiting for 2-Bob at the school, the returned. David, Gavin and I sought shelter at the post office. We started to feel sorrow for 2-Bob who have to ride in the rain, but that soon changed to self-pity. We learned that mosquitoes don't like the rain either and they invaded our space and constantly attacked us – the greedy bastards.

Sunday Report

- David

Seven riders started out together. Shane, Gavin and Dave headed down the freeway to Broadwater. Unbeknown to them, Tony, Bruce and Peter Ogg headed down Pimlico Road. Nobody noticed that John had two punctures and had to call home for transport. Presumably he was at the back of a group and nobody heard of his problems. This was disappointing as we normally stop to assist with punctures and could have lent John two tubes. Sorry sorry sorry to John.

On return from Broadwater, we encountered a vicious heavy downpour and got soaked. Bruce saw it coming and took shelter to stay dry. Unfortunately this left him on his own as nobody could see or do anything during the torrential rain and wind, except to keep pressing on ahead at a reduced pace. We all met for coffee after the ride except for John.

- Cheers Dave

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



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. 12 Mar	Wed. 13 Mar	Thu. 14 Mar	Fri. 15 Mar	Sat. 16 Mar	Sun. 17 Mar
Max (°C)	28	28	28	29	26	26
Min (°C)	21	20	19	18	20	19
Chance of rain (%)	30	40	10	50	80	70
Rainfall range (mm)	0	0 to 1	0	0 to 3	0 to 10	0 to 4

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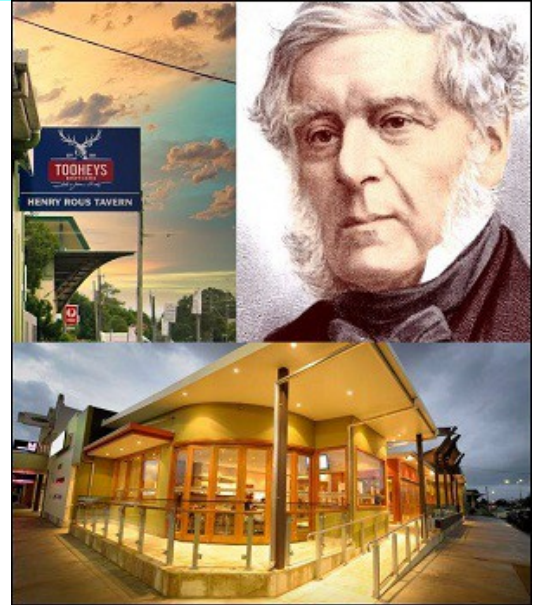
THE BICYCLE EMPORIUM

158 River Street Ballina

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

Subscribe to their newsletter:

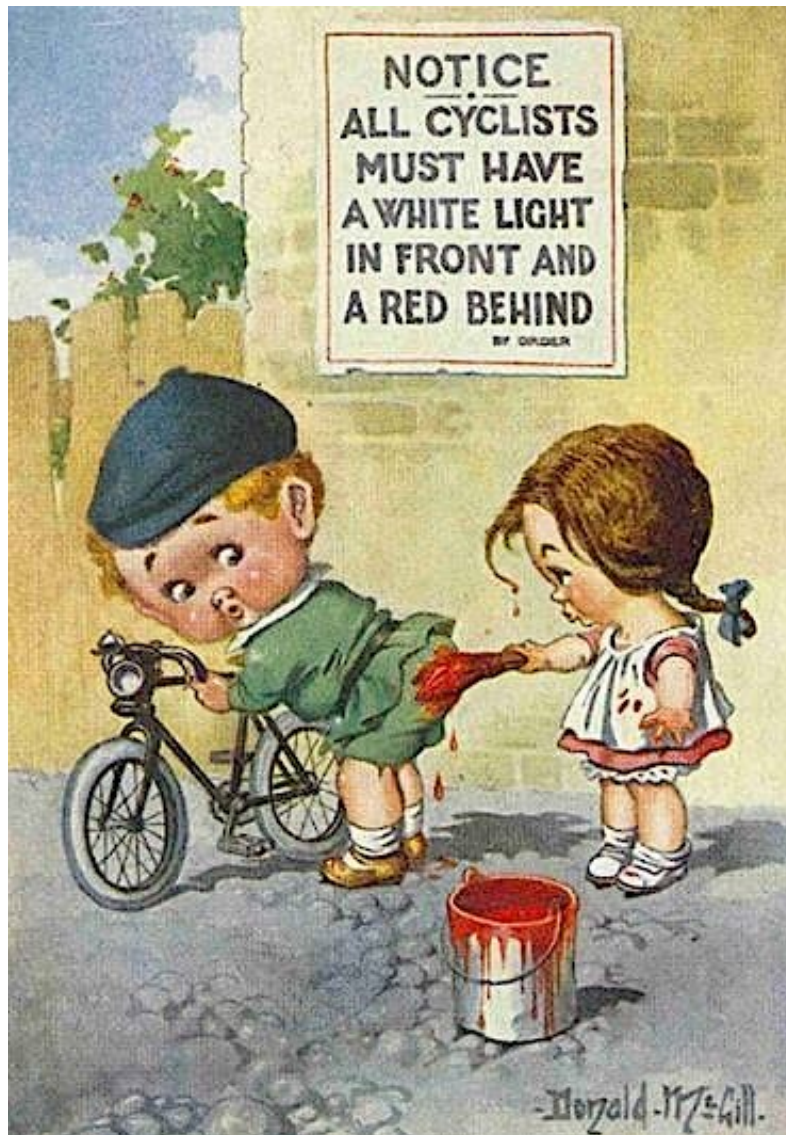
<https://www.thebicycleemporium.com.au/>



THE HENRY ROUS TAVERN

177 River Street Ballina


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



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



Answer: https://drive.google.com/file/d/1e_98Y5IfVSoVQDjI0i7Pv8McNlaBAz4o/view?usp=sharing



"THE BICYCLE IS A VEHICLE OF
FREEDOM, AND FOR WOMEN, IT
SYMBOLIZES STRENGTH,
INDEPENDENCE, AND
EMPOWERMENT."

- Susan B. Anthony

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