



BBCNEWSLETTER 2024.03.25

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 31 - For week ending Sun 24MAR2024.

Monday – 2+1 (See report)

Tuesday – 1+1+1 (See report)

Wednesday – 3+1+2+3 (See report)

Thursday- 1 (See report)

Friday – 9+1 (See report)

Saturday – 1 (See report)

Sunday – 4 (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

MAR Tue 26th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

MAR Wed 27th 7 AM, Coles, Fox St.

WARDELL LOOP

MAR Fri 29nd 7AM. Coles, Fox St.

BROADWATER LOOP 2

BROADWATER

MAR Sun 31st 7AM. Coles, Fox St.

EASY WARDELL RIDE

APR Mon 1st 7AM Coles, Fox St.
April Fools Day

UPCOMING EVENTS

Easter: MAR Fri 29 – APR Mon 1st

Daylight Saving Ends: APR Sun 7th 3AM. Turn clocks back 1 hour.

Time Trial Training: APR Sat 13th 8AM Empire Vale School.

Monday Report

- David

When it fined up Dave set off at 1310hrs for a repeat of Tom's ride which occurred early in the morning.

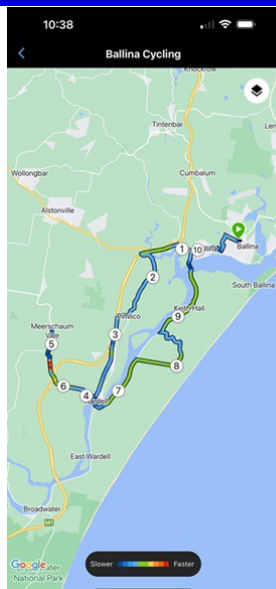
Leaving East Ballina and travelling via the freeway and Blackwall Drive to Wardell, Dave then paid a short visit to the Bromeliad Nursery before setting off on River Road. All was dry and peaceful until about 4km past Wardell when a really heavy shower appeared. Fortunately a small white farmhouse appeared out of the mist just beside the road and before the shower began in earnest. Sheltering under a window awning and surrounded by chickens and a very old arthritic border collie, Dave remained bone dry. The storm was only about 500 metres wide and on the north side, the road was still completely dry. Afterwards, the ride was uneventful and included the famous Moylans Lane. No female dancers were sighted. Total distance 56 km. Despite the rain Dave was pleased to have covered 340km the previous week.

Tuesday Report

- Gavin, David and Shorty

Gavin's report:

Rode out this morning on my own. 54 km Pimlico to Meerschaum Vale via Wardell, then returned along river Drive. Two drops of rain.



David's report: Dave did a solo Wardell loop ride (56km), the same as Monday but left at 1310 hrs to avoid the rain. Passed shorty going south and caught up with Tom at the ferry.

Shorty's Report: Rode 42ks, South Ballina to Wardell and home, slight cross wind bur enjoyable.

Wednesday Report

- David, Shorty and Tom

David's report: Gavin, John and Dave set off from Wardell Tennis Courts at 7AM along Wardell Road and Marom Creek Road. Just where Lismore local government section of road begins, we turned down Tuckean Island Road (dirt). This is so named because the drainage channels used to drain the original swamp form part of the area into an island., Then along Hoare lane (dirt) to Dungarubba and Broadwater Road (bitumen), Bagotville Road and then Old Bagotville Road (mainly dirt). The ride finished along Back Channel Road which returned us to Wardell after 40km. The light fog was refreshing and apart from some loose cows who raced along the road in front of us, was fairly uneventful. After a fairly quick ride we finished with Wardell pies and coffee.

Shorty's report: Rode 59ks down the freeway just past Broadwater and return, a gentle tail wind making the ride.

Tom's report: Tom and 3Bob rode the Houghlahans route, while Jack, Buster and Old-Bod rode to Wardell and back.

Thursday Report

- Shorty

Home trainer 10k (fruit bowl) session.

Friday Report

- David

David's report: Nine riders met at the start. Three riders being Tom, Gavin and Dave rode down the lanes along Pimlico and River Drive as per the usual Friday route. They were dampened by misty rain at the start, but it soon fined up. A tailwind made for a rapid return mostly at 33km/hr.

The slower group travelled via the ferry both ways and turned around prior to reaching Wardell. Everyone met for coffee afterwards with the slower group patiently waiting for the lane travellers to arrive.

Shorty's report: Rode 34ks down to Wardell along Freeway, over the bridge along River Drive, down Moylans Ln, and to ferry.

Saturday Report

- Shorty

Rode 26Ks a slow ride to and return to Wardell.

Sunday Report

- Tom

Tom said he, Dave, Bob and John rode to Broadwater and back. The weather was all good south of Ballina. Their pace was between 29-30 kph on the way down and a little bit quicker on the way back.

Richard Hughes African Trail Update #11

- Richard





Some rider portraits from Malawi taken from the bike by TDA rider Jim Flynn.



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



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



Forecast for East Ballina

| | Tue. 26 Mar | Wed. 27 Mar | Thu. 28 Mar | Fri. 29 Mar | Sat. 30 Mar | Sun. 31 Mar |
|---------------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | | | | | |
| Max (°C) | 25 | 27 | 27 | 27 | 27 | 26 |
| Min (°C) | 18 | 19 | 20 | 19 | 19 | 18 |
| Chance of rain (%) | 80 | 70 | 70 | 80 | 70 | 60 |
| Rainfall range (mm) | 1 to 15 | 0 to 10 | 0 to 6 | 0 to 6 | 0 to 3 | 0 to 2 |

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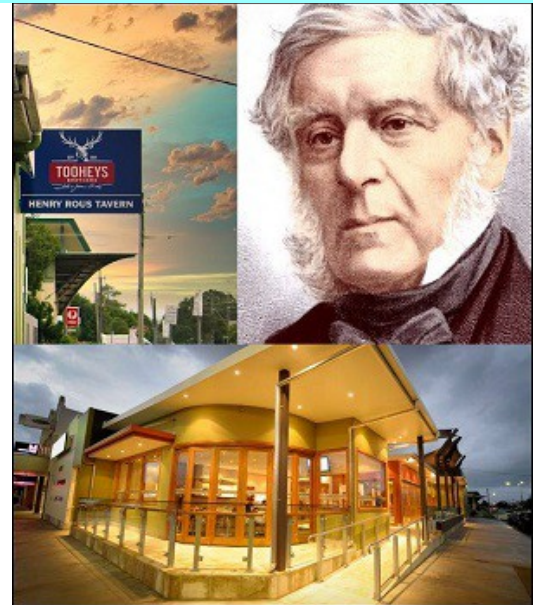
THE BICYCLE EMPORIUM

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>

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/>

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



Answer: <https://drive.google.com/file/d/1IHA8v477TQirRr1gRvVWkBEOWQajsC-C/view?usp=sharing>

Retrodirect gears. Forward pedaling gives one gear, backpedaling a different gear.



7 Health Benefits of Cycling

bikesizecharts.com





THINNER WAISTLINE

Burn calories, keep weight gain down, increase your metabolism even after you're done



INCREASED LIFE-SPAN

Cycling has been widely known to increase one's longevity due to leading such a healthy and fit lifestyle



COORDINATION

Moving both feet around in circles while steering with both your hands and your body's own weight is good practice for your coordination skills.



MENTAL HEALTH

Physical activity of any kind has always been linked to an improved mental health due to both endorphins and dopamine levels being elevated during and after.



IMMUNE SYSTEM

It's believed that cycling can help strengthen the immune system due to increased blood flow, oxygen intake and circulation of your body's inner activities.



CARDIOVASCULAR

Cycling is associated with improved cardiovascular fitness, as well as a decrease in the risk of coronary heart disease.



MUSCULAR

Riding a bike is great for toning and building your muscles in the lower half of the body

Poster contributed by Shorty.

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