



BBCNEWSLETTER 2024.04.08

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 11 - For week ending Sun 07APR2024.(.)

Monday – 7 (See report)

Tuesday – 2 (See report)

Wednesday – 1 (See report)

Thursday- 0 (Rain)

Friday – 0 (Rain)

Saturday – 0 (Rain)

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

APR Tue 9th 7AM. Coles, Fox St.

HOUGHLAHANS RD MTB

APR Wed 10th 7 AM, Coles, Fox St.

WARDELL LOOP

APR Fri 12th 7AM. Coles, Fox St.

TIME TRIAL TRAINING

APR 13th 8AM Empire Vale School

BROADWATER LOOP 2

BROADWATER

APR Sun 14th 7AM. Coles, Fox St.

EASY WARDELL RIDE

APR Mon 15th 7AM Coles, Fox St.

IMPORTANT NOTICE to BBC COMMITTEE MEMBERS

Next BBC COMMITTEE MEETING - Wed 17th 6PM @ The Henry Rous Tavern.

Our last three monthly meetings were canceled due to not enough members to make up a quorum.

Those who took their time to turn up were disappointed to be repeatedly tuned away.

Please make an earnest effort to attend next committee meeting.

The fate of the club, and this newsletter, may be at risk for continuation.

Monday Report

- David

The news today was that the spaghetti crop in Italy had failed once again. Must have had something to do with the date. Seven riders followed the classic Moylans lane River road circuit at a steady 27 km/hr forward and return. It was a very relaxing ride except for Bobby who rode his pedal bike and did exceptionally well to hang with the group on the entire circuit. For his age he is amazing. Coffee service was friendly but very slow as we have come to expect from the new management.

Tuesday Report

- David

Only Gavin and myself turned up. The ride to Woodburn was largely uneventful, however the wind seemed to be mainly cross and highly variable. On the way back largely against a head/cross wind we followed Kilgin and Bagotville Road. We did not seem to escape the wind very successfully. Gavin worked hard because Dave started to experience incipient cramping and had to slow down a little, We were back in Ballina before 11AM which was pretty good. This ride would greatly benefit from having some more riders.

Cheers Dave

Wednesday Report

- John

Just a quick update on Wednesday's 03 Apr Tuckean Island Ride for the newsletter.

Weather - fine.

Group - as it was a solo John P ride (Dave & Gavin were marked as AWOL), there were no issues with any cheeky breakaways.

Road conditions - quiet.

Scenery - beautiful (see attached photos)

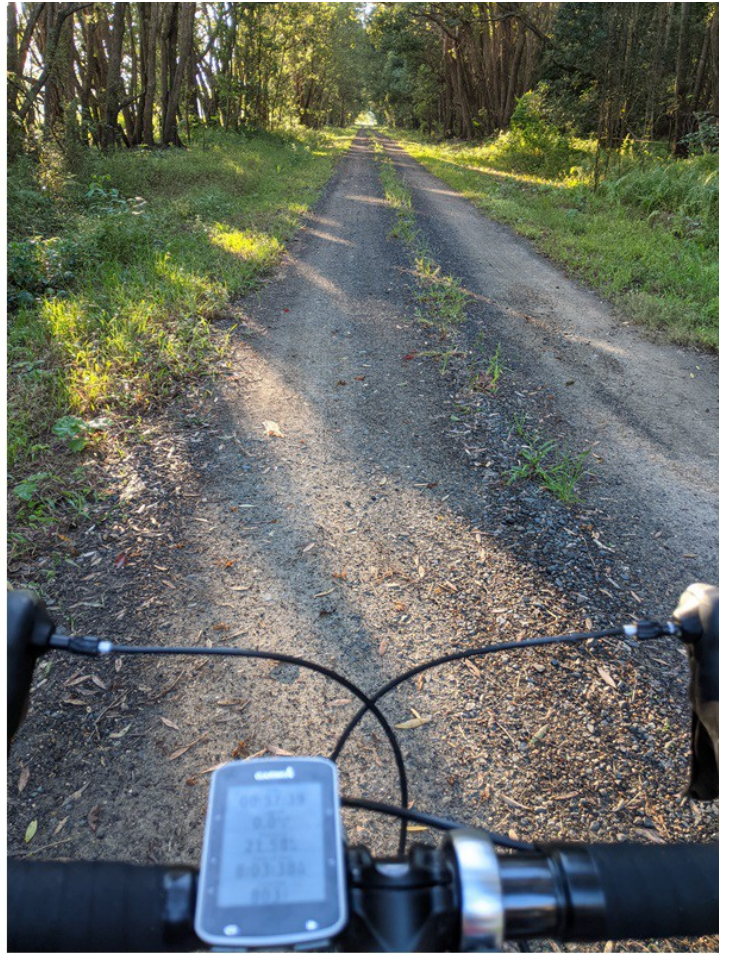
Post ride Wardell pie - extraordinarily delicious.

Summary - The Tuckean Island ride is very scenic with a mixture of bitumen and gravel suitable for all BBC riders with the right equipment and is famous for the excellent post ride nutrition plan.

Hope to catch up with you soon.

Kind regards

John (Army John / Jack)

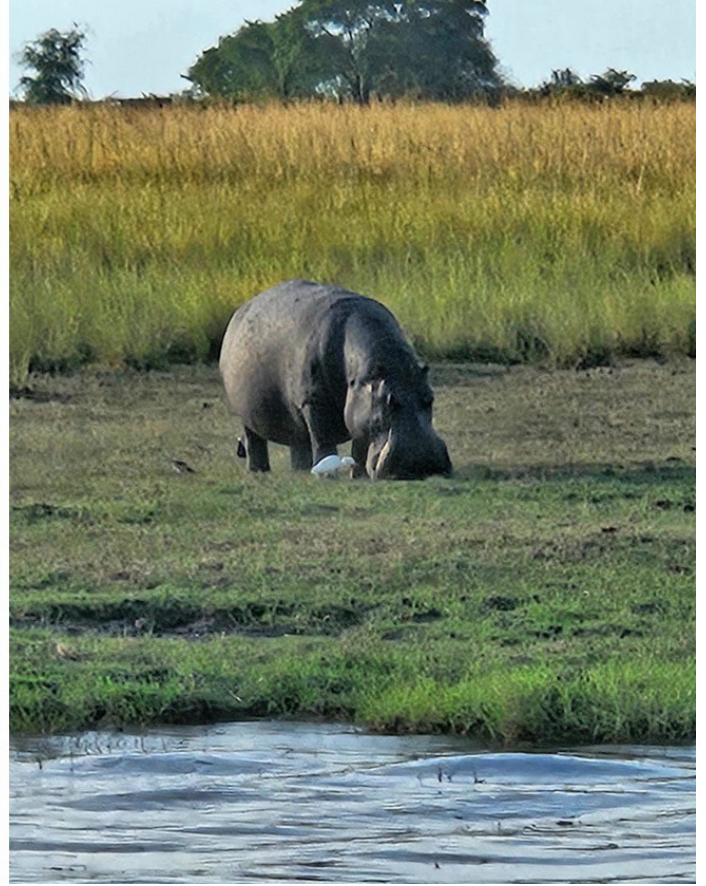


Sunday Report

- David



Dave had a 1:30PM start after the sun appeared. He rode down the Freeway to Broadwater and return. The ride was uneventful with favourable winds until he arrived at West Ballina roundabout where a grey Tucson tried to imagine that he was not there. The weekly total distance was 264km anchored by the Tuesday ride to Woodburn and today's ride. On Friday he also had a short ride between showers up North Creek Road to Lake Ainsworth. We had a great yak together at morning coffee so the day was in the end a success.



Sorry about lack of news for a few weeks. We are now in Botswana, the 8th country of 10. We have ridden 6500 klm of the 9175 scheduled.

In Malawi we had several consecutive days of over 170 klm per day. Fortunately the climbs were gradual even though total ascents often were greater than 1500 metres per day. We also had overnight rain for 6 consecutive nights. Luckily the rain cleared by the start of each day's rides. Zambia consisted of more long days riding, mainly over 150klm per day. We had 3 days resting in Livingstone. A great opportunity to see Victoria Falls. I also did whitewater rafting in the Zambezi River. A real buzz, great fun and an adrenaline rush.



We have 22 days riding left and 5 single rest days!

Hope all is well in Ballina.

Richard.







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

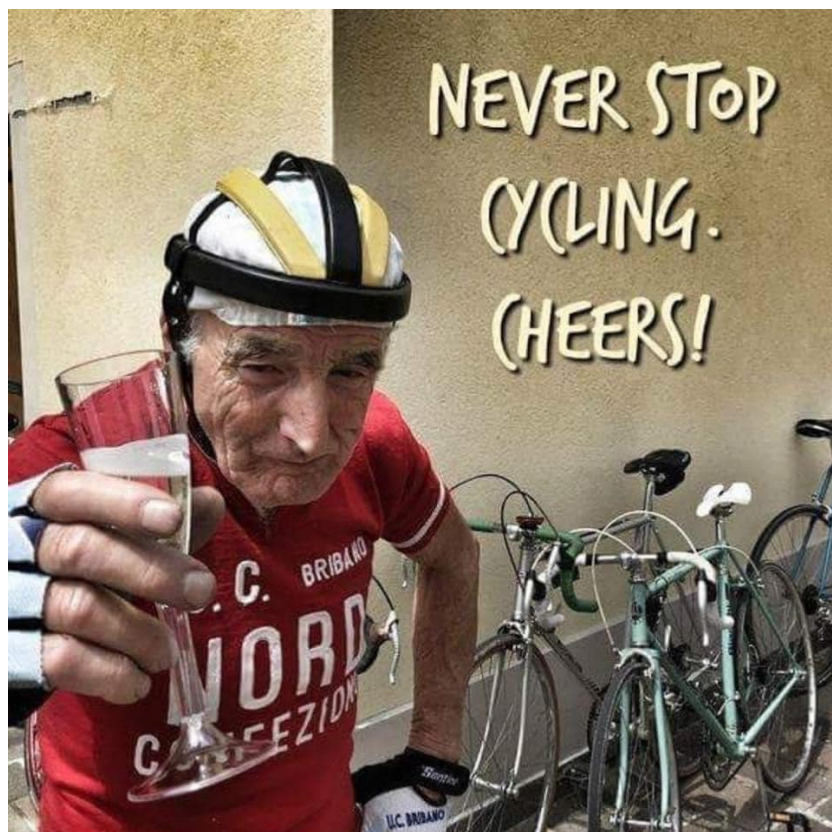


6-DAY BALLINA (FORECAST). Click image to open METEYE (2478 for Ballina).



Forecast for Ballina

	Tue. 9 Apr	Wed. 10 Apr	Thu. 11 Apr	Fri. 12 Apr	Sat. 13 Apr	Sun. 14 Apr
						
Max (°C)	28	25	24	23	25	25
Min (°C)	17	15	15	16	16	16
Chance of rain (%)	20	10	70	80	70	60
Rainfall range (mm)	0	0	0 to 3	1 to 9	0 to 5	0 to 3



SPONSORSHIP NEWS



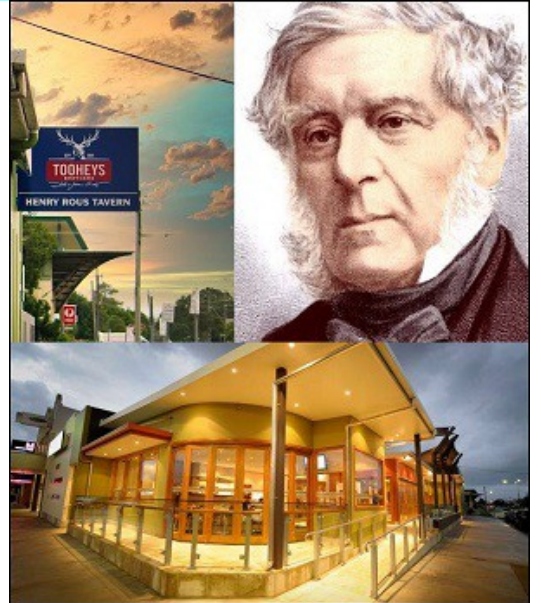
THE BICYCLE EMPORIUM

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 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/>

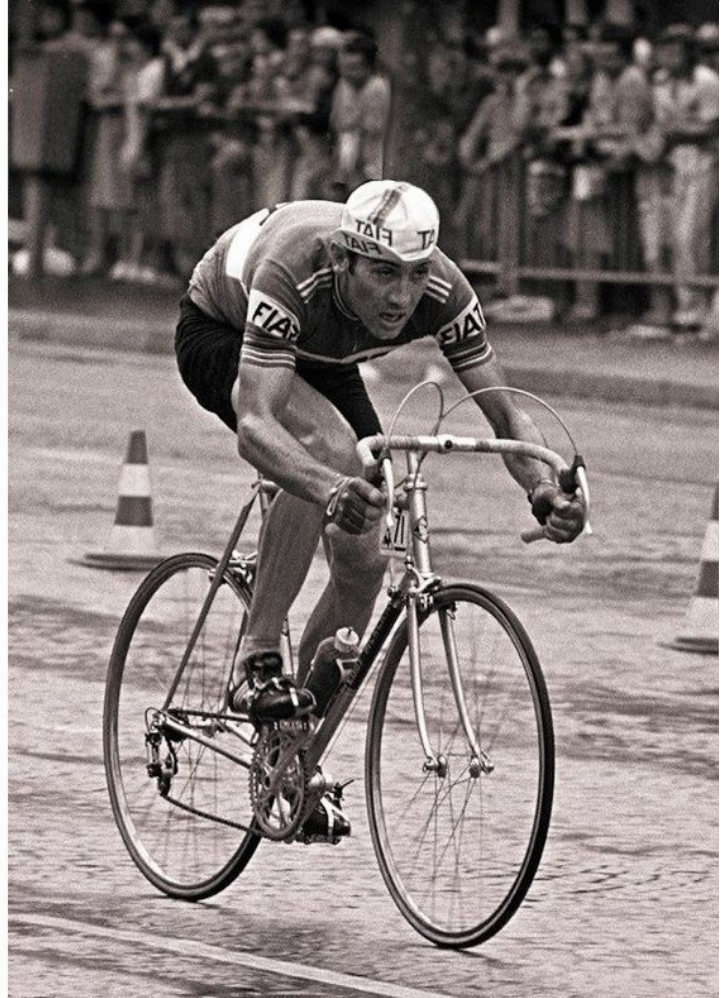
Where to Trail Ride

Here are a few links for our MTB club members to represent our club in:

Kyogle MTB Club: <https://www.facebook.com/kyoglemountainbikeclub>



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



Answer: https://drive.google.com/file/d/17rX_CFOiCCahYzDTkDinRULO6bOHcXC-/view?usp=sharing

Greg Keyes
Included in the photographs that my uncle gave to me was this clipping. As near as I can figure this is Reginald Harris. He was a British track racing cyclist in the 1940s and 1950s. He won the world amateur sprint title in 1947, two Olympic silver medals in 1948, and the professional title in 1949, 1950, 1951 and 1954. His ferocious will to win made him a household name in the 1950s, but he also surprised many with a comeback more than 20 years later, winning a British title in 1974 at the age of 54. (Information obtained from Wikipedia) I love how clear the photo is.



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