



BBCNEWSLETTER 2024.04.15

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 19+ - For week ending Sun 14APR2024.

Monday – 0 (Rainy day)

Tuesday – 1 (See report)

Wednesday – 7 + 1 (See report)

Thursday- 1 (See report)

Friday – 4 (See report)

Saturday – 1 (See report)

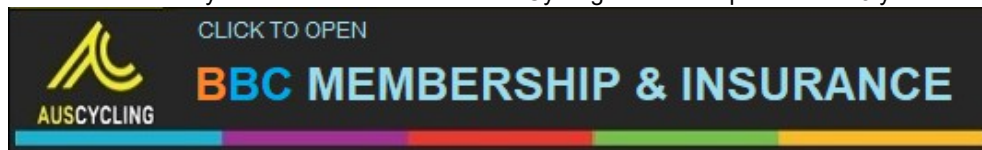
Sunday – 4 (See report)

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

APR Tue 16th 7AM. Coles, Fox St.

TUCKEAN ISLAND MTD

APR Wed 17th 7 AM, Wardell, Fitzroy Pk

WARDELL LOOP

APR Fri 19th 7AM. Coles, Fox St.

SATURDAY MYSTERY RIDE

APR 20th 7AM, Henry Rous Tavern

VINTAGE BIKE RIDE.

BROADWATER LOOP 2

BROADWATER

APR Sun 21st 7AM. Coles, Fox St.

EASY WARDELL RIDE

APR Mon 22nd 7AM Coles, Fox St.

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

Tuesday Report

- David

Dave was forced to make a late start so he began at 12:30 PM. Route followed was the Freeway to Broadwater, then return on Blackwall Drive to Wardell and River Road with add on diversions to Moylans Lane and the end of the bitumen at South Ballina. Total distance was 85 km. Weather was perfect but the huge disappointment was no coffee after the ride.

Wednesday Reports

- Peter, David and John

Due to recovery from an injury, it has been a month since my last ride, and over two months since the injury. So I was being cautious when I only rode to the ferry and back. As a result I only received slight aggravation to my problem. I then chose to take another day off and try again on a longer ride on Friday.

David's report: John and Dave headed around the classic Houghlahans Road circuit on road/gravel bikes. A few wet crossings occurred at causeways and an extensive water covered area on Old Bangalow Road. By careful rocking of the pedals we kept our boots dry. The riding conditions were perfect Autumn day. We returned for coffee a few minutes before the four lowland mud grubbers Bruce, Buster, Bobby and Shane showed up following their ride to Wardell.

The humidity was low for the first time in months and the long distance visibility was almost perfect so we had a good look at the Mount Barney peaks. If John survives the Kokoda track he said he would like to climb Mount Barney in May with a bush-walker friend, so the three of us will disappear up into the sky in May if it all turns out. The climb requires cloud free conditions which are only likely in late Autumn/winter. The climb takes four hours up and 2 hours down so the expedition is only for the fittest amongst us.

John's report: Hi Pete, Dave may have already reported on today's ride but thought I'd follow up with a separate report anyway.

Seven of BBC's finest reported for cycling duty this morning. Dave, Bob, Jack, Buster, Shane, Bruce and yours truly.

Two ride options were available, Dave and I chose to tackle the local Alps, whilst the remaining five preferred a flatter course (Pimlico/Wardell) more suitable for the Sprinters and Green Jersey aspirations.

Dave and I enjoyed a leisurely ride through the beautiful hinterland surrounding Ballina with a number of water crossings. At one stage, we were advised to turn back due to road flooding but Dave lives to push the envelope and we easily traversed the watery obstacle. Views from Kirkland's Lane were spectacular with Dave providing a geographic update on Mount Barney.

There were clear skies to the Border Ranges with Dave easily taking today's Polka Dot Jersey. Photo shows Dave emotionally celebrating after taking King of the Mountain....again!



Both groups returned to the Proper Cafe at the same time with near perfect military precision for some well earned coffee. A wonderful morning to ride with good weather and company.

Thursday Report

- David

I just rode the Wardell circuit via the Freeway, then 4km of Blackwall Drive, then River Road and Moylans Lane. Total distance 56km giving the four day total for this week of 248km. With the current weather forecast it does not look promising for Friday thru Sunday.

Friday Report

- Peter

I rode with Shane, Gavin and David. We rode along Pimlico Road to Wardell and then along River Drive to the ferry. Gavin and David included both Hermans lane and Moylans lane. Shane and myself gave Hermans lane a miss and rode to, and along Blackwall Drive to Wardell. It was a headwind all the way. We waited at South Wardell for Gavin and David to join us after their extra 4km loop along Hermans lane.

From Wardell, with the wind behind us, the pace went up. I got too keen to get going and caused a break up in the group. Tut tut! After we regrouped, we set along at a good pace to Moylans lane.

Shane opted to give Moylans lane a miss. So Dave, Gavin and myself choofed at a higher pace all the way to the ferry. While waiting for the ferry, I was too puffed out to even speak.

Overall, I was both surprised and pleased that I performed quite well considering my time off the bike.

Saturday Report

- Peter

Yesterday I sent several text messages to, what I considered to be active members and /or interested riders of time trial training. Only one responded say that they cannot attend the event. Since nobody else responded, I hoped others would turn up today for a go.

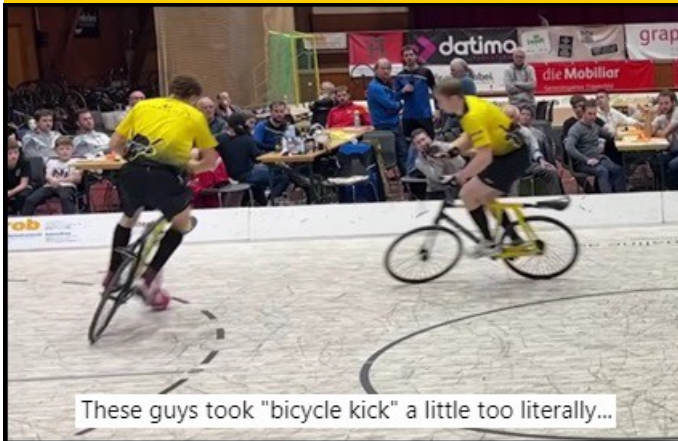
David, our club president and time-trial time-keeper, as usual turned up. I was the only other person there. It has happened a few times before where only David turned up. It's not far on David, as far as I am concerned. So, if we do have a committee meeting this Wednesday evening, it will be suggested to cancel this training event.

Sunday Report

- David

Four faster riders took the Freeway to Broadwater. Gavin, Dave2, Shane and Dave. We arrived at the rest stop only a few minutes before the five slower highway riders. On the way back we all rode together to Wardell. Then some riders kept moving directly up River Drive while some others had a rest stop. The faster riders travelled down Moylans Lane and amazingly, everyone came together at the ferry. It was agreed at coffee that the timing was near perfect so everyone was happy.

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



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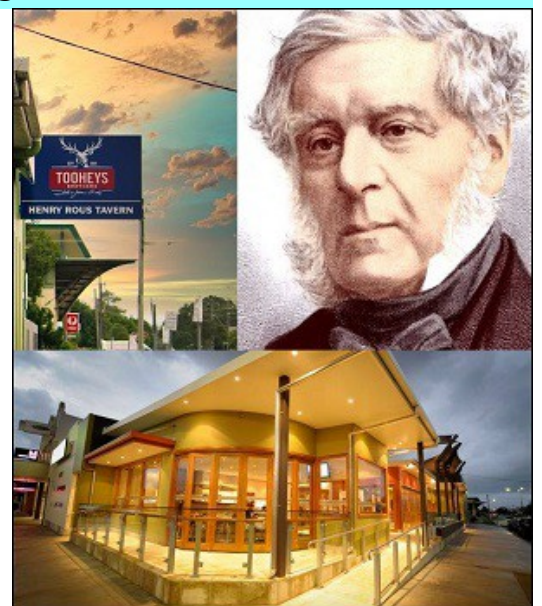
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158 River Street Ballina

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

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THE HENRY ROUS TAVERN

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Where to Race

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<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/>

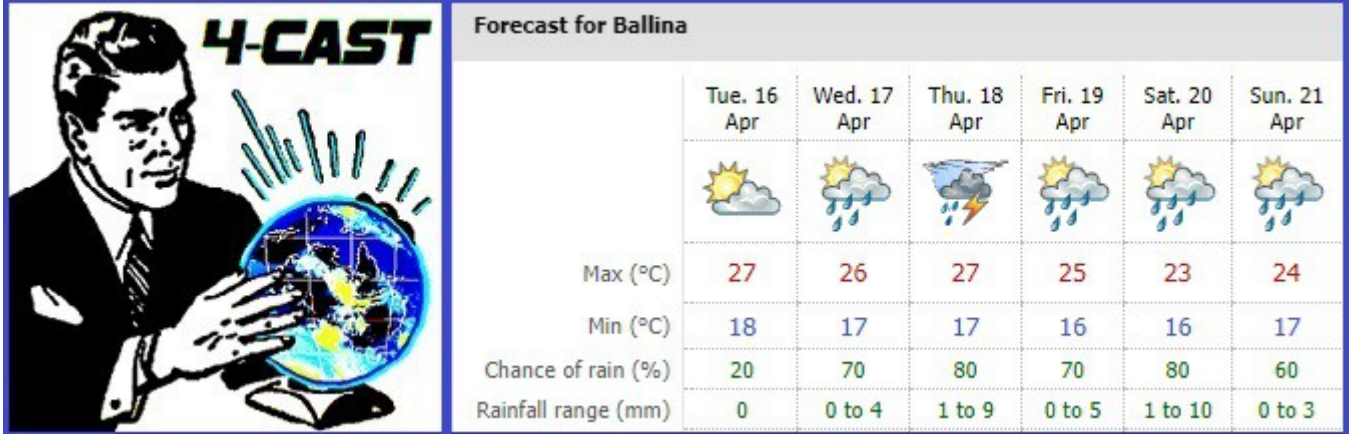
Grafton <https://graffton.tidyhq.com/> and/or <https://www.facebook.com/grafftoncycleclub/>

Where to Trail Ride

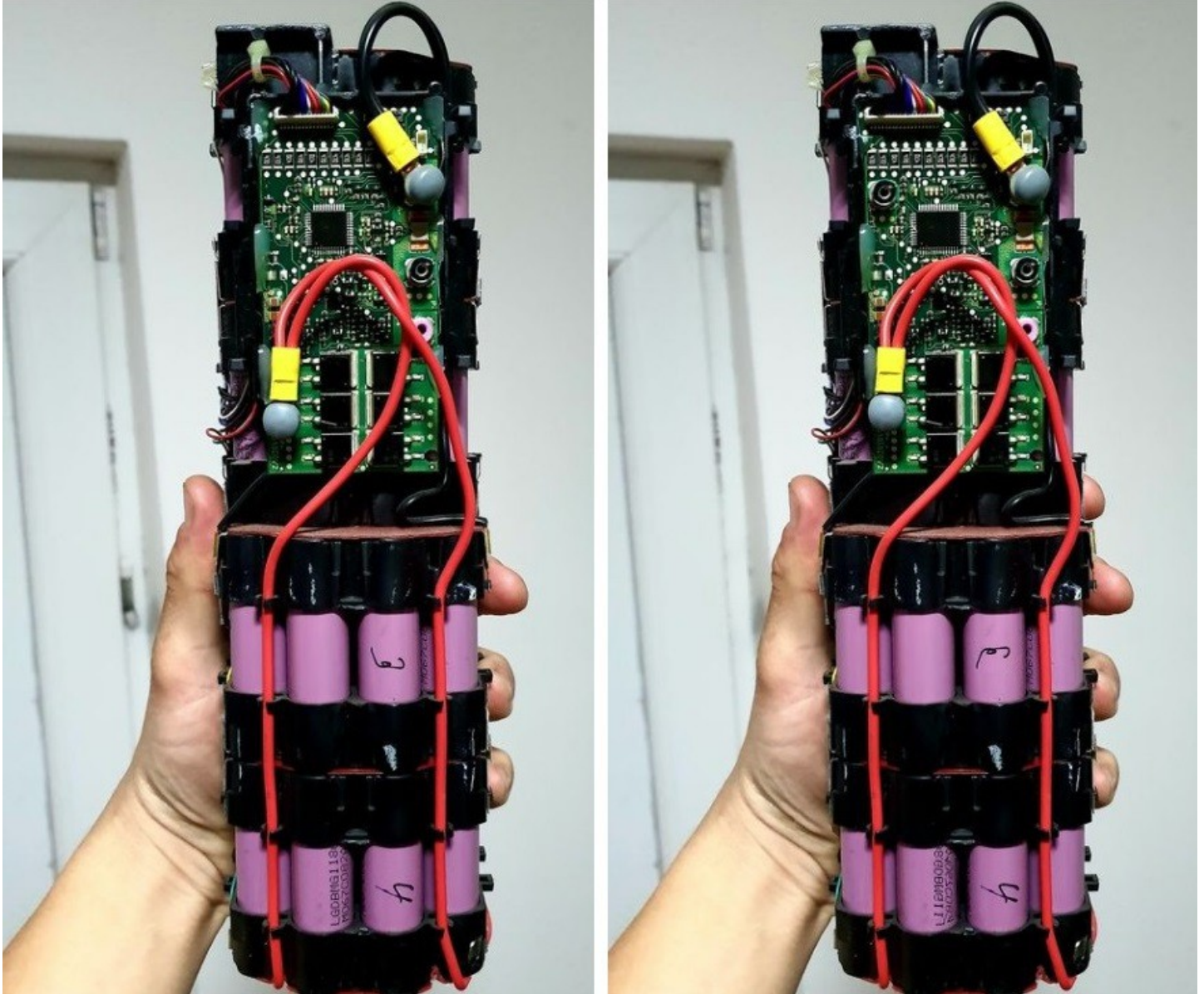
Here are a few links for our MTB club members to represent our club in:

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

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



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



E-BIKE BATTERY PACK

NO WONDER THEY BLOW UP! PS: Whatever you do don't cut the red wires!

Answer: https://drive.google.com/file/d/1IDH4T_ikRkwLkDkx8yczcTr9VVDZIMoB/view?usp=sharing



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