



BBCNEWSLETTER 2024.05.06

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 29 - For week ending Sunday 05MAY2024.

Monday – 10 (see report)

Tuesday – 5 (see report)

Wednesday – (see report)

Thursday –

Friday – 2 (see report)

Saturday – 1+1 (see report)

Sunday – 10 (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.



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BBC MEMBERSHIP & INSURANCE

KEY: **GREEN**(slow) **BLUE**(med-fast)

UPCOMING EVENTS

[CLICK ON EVENT TO OPEN](#)

WOODBURN-85

MAY Tue 7th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

MAY Wed 8th 7 AM, Coles, Fox St.

WARDELL LOOP

MAY Fri 10th 7AM. Coles, Fox St.

SATURDAY MYSTERY RIDE

MAY 11th 7AM, Henry Rous Tavern

BROADWATER LOOP 2

BROADWATER

MAY Sun 12th 7AM. Coles, Fox St.

EASY WARDELL RIDE

MAY Mon 13th 7AM Coles, Fox St.

Monday Report

- Peter and John

Today I tried again to ride to Wardell and back without reopening an old injury. In short, that part of my health showed improvement but not yet fully recovered. However, my heart rate went through the roof and took a few hours, after the ride, to get below 100 bpm. Nope! I am not happy about that.

Though I kept with the faster guys, it was not prudent of me to push myself so much when it is clearly obvious to me and others that I have in recent months become more obese.

John's report: The 'Big Group' target for today was Murwillumbah via the rail trail but a party of two remained behind to ride the traditional Monday recovery ride to Wardell.



David Bakker and myself (Dave's Wingman) met at Coles and departed on a rain free patrol out to Wardell and back. As Dave had family commitments, it was an 'under the radar' straight out and

return along the river with no additional detours. Note, no coffee post ride recovery due to time constraints.

With a strong headwind on the way out, we both regularly rotated through the front with top speed rarely approaching 26 kph.

At Wardell, Dave adjusted his fuel mix (see photo) and aided by a tail wind rode strongly back to the ferry averaging around 30 kph plus. His wingman having recently returning to riding duties, just hung on and was glad to throttle back on reaching the ferry (see photo).

Overall a nice ride with good weather and friendly company.

Regards

- John AKA 'The Wingman'.

Tuesday Report

- David

Five riders assembled at the start. Tom, Gavin, Dave, John M, and Michael a 63 year old visitor from Melbourne. We had a fast run down the Freeway until Michael hit a large stone and got a pinch puncture.

John then lead us into Woodburn at 33-34 km/hr all the way. Tom dropped off at Broadwater for a solo return. After coffee we enjoyed a tailwind all the way back and especially on River Road. We were travelling at 35-36 km/hr all the way with a flourish up to 40 km/hr near the ferry. Total distance for Dave was 106km giving a weeks 2 day total of 161km. Last week Dave rode 321 km because of better weather. The forecast for the next 6 days is woeful so this weeks total will probably not increase.

Friday Report

- Peter

The only other person to turn up for a ride, despite the call for coffee at 8am, was Bruce Syme. We both headed out of town to ride to Wardell via Pimlico Road; but by the time we got to the end of Kalinga Street, the view of a rainbow due south-west signified light rain along Pimlico, so we decided to go to Wardell via River Drive instead.

The trip south was not so easy due to a SW wind. Taking turns with Bruce was a breeze, and brought back fond memories when cycling with the Northern Rivers Peddlers many years ago. At Wardell we stopped for a few minutes and we both looked forward for a tailwind return; but sadly it did not turn out as well as we hoped. We noticed the crosswind more so on the return trip.

During the north-bound ferry crossing a light sun-shower came across our way, and again just as we came into the Proper Cafe; the only time we had felt any rain. We met the fair-weather riders having a coffee-clutch. ;-)

Saturday Report

- David

I rode the classic Monday route to Wardell starting at 2PM. Everything went well until 2km from the ferry when the rain returned. I thought I had dodged the storms but it did not quite work out. I was pretty desperate for a ride as my bike had been in for annual service and with the rain, I had no opportunity to ride for three days. Apparently Tom had a dry ride on the same route in the morning when my bike was still in the shop.

- Cheers Dave

Sunday Report

- David

Ten riders were present for the start. Tom, Pete, Mark (Mears) and Dave and Dave 2 headed down the Freeway. Dave 2 and Pete turned around at Coolgardie interchange (Editor's note: Dave2 and Peter returned via Wardell). Tom, Mark and Dave continued to the Broadwater rest stop. After a few minutes the five slower riders arrived to greet us and we had a small rest before turning back. The slower group were limited to 25km/hr max speed, so the faster riders again went out in front.

This consisted of Shane, Bruce, Mark, Tom and Dave. Mark fell off the wagon at Wardell and Dave dropped the other riders about half way to the ferry. The pace remained at 33-34km/hr on River Drive due to a nice tailwind. We all reassembled for coffee after an enjoyable ride.

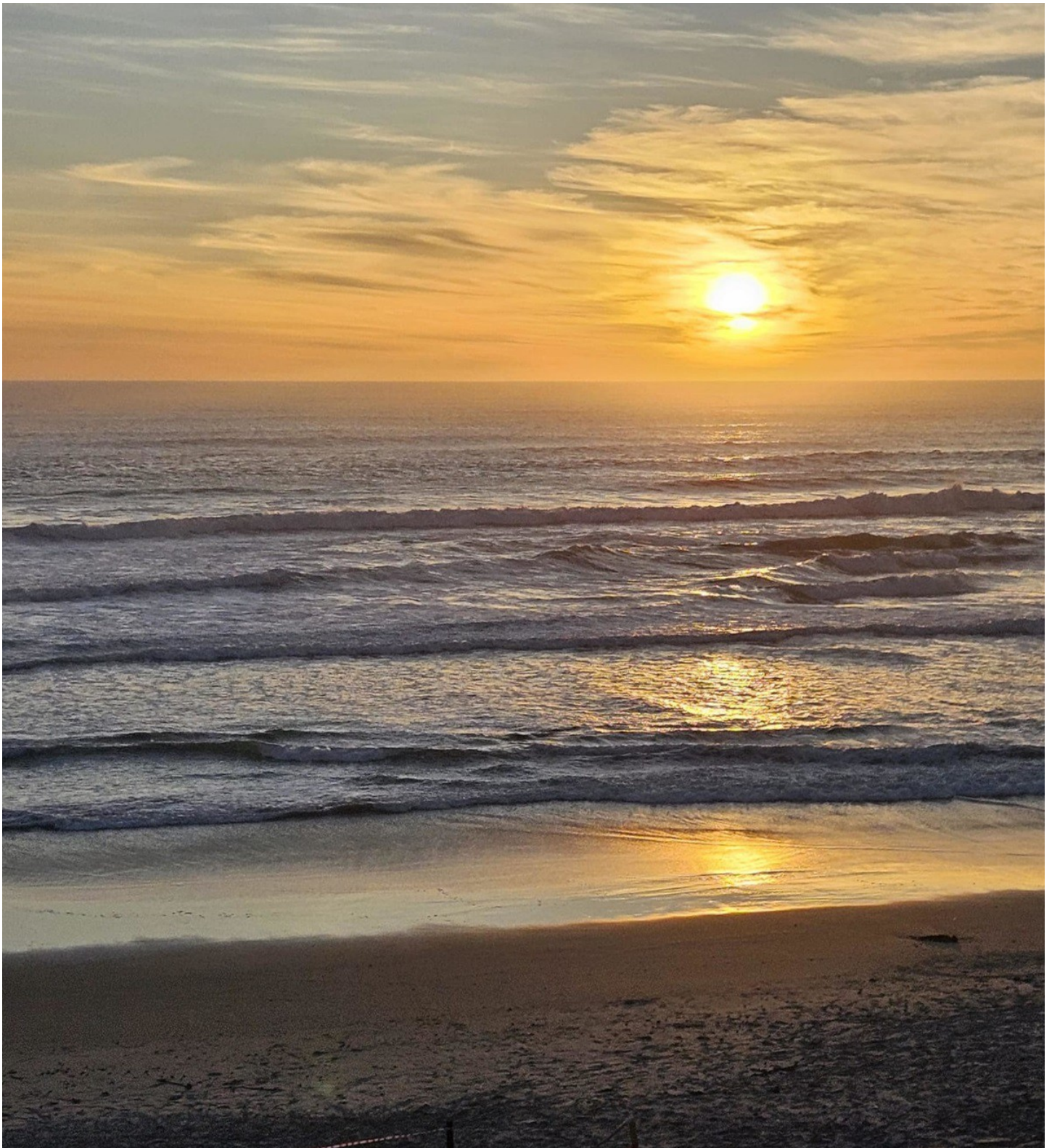
- Cheers Dave

Richard Hughes African Trail Update #14

Finished in Cape Town yesterday (4th May). I rode 9000 kms climbing 69,970 metres over that distance. I have a few aches and pains that a couple of days rest will fix.

Riding in Northern Cape and Western Cape provinces was mainly on good tarmac with wide shoulders so we were able to give traffic a wide berth. We had 2 days with gravel sections. One day of 47 klm and another with 2 sections totalling close to 60 klm. The gravel was pretty gruelling as there were lots of corrugations across the width of the road.

One highlight was riding 30klm through the West Cape National Park on very good tarmac with gentle ascents, good descents and views of Shark Bay. In places I could clearly smell the fragrant native flowers. Some riders saw ostriches (I didn't). Attached a selection of photos from South Africa, including all the riders celebrating arriving in Cape Town.







Recent photo taken by another rider of me on gravel (in this case good quality gravel). I wore my Ballina Bicycle Club shirts a lot. Riders asked about the club etc.



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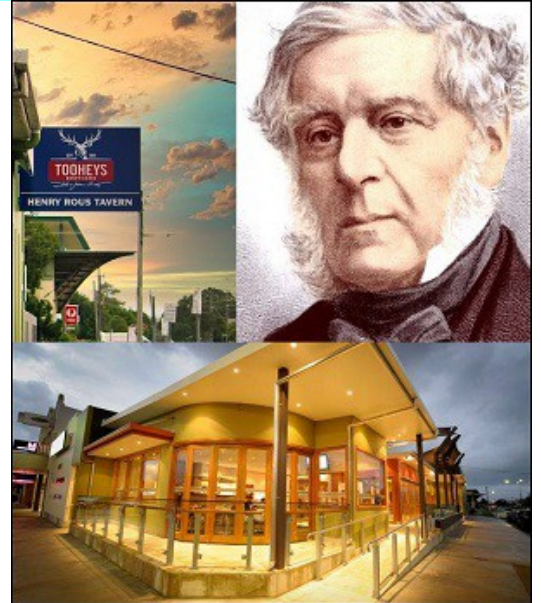
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Yamba <https://yambacc.tidyhq.com/> and/or <https://www.facebook.com/YambaCC/>

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



Forecast for Ballina

	Tue. 7 May	Wed. 8 May	Thu. 9 May	Fri. 10 May	Sat. 11 May	Sun. 12 May
Max (°C)	23	23	23	23	21	22
Min (°C)	16	15	16	15	15	15
Chance of rain (%)	95	95	80	80	80	70
Rainfall range (mm)	7 to 25	1 to 10	1 to 7	1 to 9	1 to 20	0 to 15



My doctor told me to use the bicycle to burn fat. i decided to follow his advice for once!

OTHER BITS & PIECES Click on the 4 images below to open



Something different.



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



Answer: <https://drive.google.com/file/d/1KiOb0LYbYf2zNKAikMcVjWXf-3bg5d-H/view?usp=sharing>

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