



# BBCNEWSLETTER 2024.06.10

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 23 - For week ending Sunday 09JUN2024.

Monday – ?  
Tuesday – 3  
Wednesday – 2  
Thursday – 1  
Friday – 6  
Saturday – 0  
Sunday – 11

Join our mailing list: [bbclubnews@gmail.com](mailto: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

JUN Tue 11<sup>th</sup> 7AM. Coles, Fox St.

#### TUCKEAN ISL MTD

JUN Wed 12<sup>th</sup> 7 AM, Wardell, Fitzroy Pk.

#### WARDELL LOOP

JUN Fri 14<sup>th</sup> 7AM. Coles, Fox St.

#### SATURDAY MYSTERY RIDE

JUN 15<sup>th</sup> 7AM, Henry Rous Tavern

#### BROADWATER LOOP 2

##### BROADWATER

JUN Sun 16<sup>th</sup> 7AM. Coles, Fox St.

#### EASY WARDELL RIDE

JUN Mon 17<sup>th</sup> 7AM Coles, Fox St.

## Tuesday Reports

- David

Three keen riders started the epic, Gavin, John Moerkerken and Dave. As usual John was reared up and ready to ride, so we had a quick trip to Woodburn with John doing more than his share of the leading into a modest headwind. Dave had a rear wheel puncture (just as a delaying tactic). At Woodburn while having coffee a black twin cab ute barreled very noisily into town and down the main street with the accelerator flat to the floor at what I estimate was 100km/hr. He then turned off to Evans Head. No idea why he was so terminally stupid but I would not have enjoyed being on the road on my bike with him. We heard him coming maybe 20 seconds before he actually appeared. The return on Kilgin and Bagotville roads gave us good wind protection and we had a tailwind coming home on River Drive.

## Wednesday Reports

- David

Tom, Bobby on the Electric Dream and Dave started off in the early morning cold. It actually got colder up in the hills and so was our official recognition that winter had arrived. The ride was at a modest pace because Tom has been unhappily restricted by his health, but it made no difference in the end because we all enjoyed the outing. The air was crystal clear up in the hills and Mount Barney was very easily visible. I pointed out to Tom where the old Ballina Booyong railway crossed over Houghlahans Creek Road.

Bobby shot up the hills on his purple conveyance and waited for us lesser mortals. He had an anxious moment on Old Bangalow Road however because of the extensive area covered in deepish muddy water which hid the potholes from view. One pothole nearly had him tricked but Bobby is a master bike handler and he managed to stay upright. We all made it safely back to coffee and felt quite satisfied.

## Thursday Reports

- David

Dave did the early morning Wardell loop using The Freeway, Blackwall Drive River Drive and Moylans lane.

Uneventful and no rain.

## Friday Report

- David

Six riders started the trip. Tom, Gavin and Dave travelled down both lanes at fairly high speed. Tony, Bobby and Buster avoided the add on lanes and did a slower trip considering Bobby was not using the electric dream. Tom started in some discomfort but seemed to ride more easily as the time went on. The faster group passed the slower group on River Road and crossed the river on an earlier ferry. We all came together for coffee and tall tale telling.

Our monthly breakfast is on Monday 10 June and the Proper Cafe indicates it is business as usual and they are expecting us. We are not affected by Charlie's birthday, but Dave is buying coffee as it is his birthday.

## Sunday Report

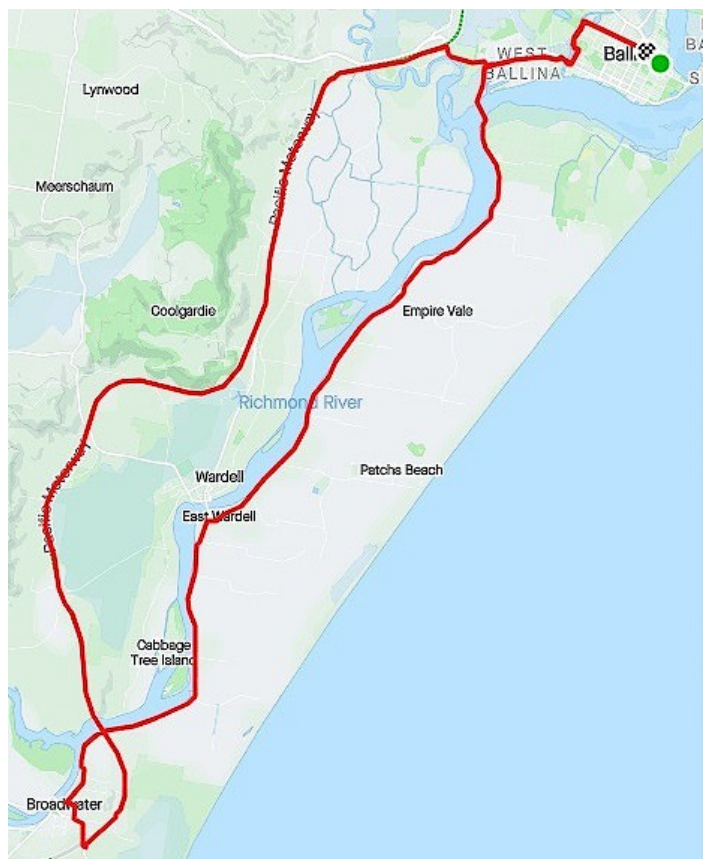
- Peter, and Simon

Well well well, we finally got to see Richard Hughes after his Tour of Africa bicycle ride. He joined us on the ride to Broadwater and back. It is funny to know that even when you miss somebody for several months, and they turn up for a group ride, cycling becomes first priority and then the catch-up chats later at the cafe. We did not even bother Richard about it during our Broadwater breather.

We had eleven riders, Richard, Dave, Tom, David, Gavin, Marc, William and myself in the faster group. Tony, Bob, and Dave were the other riders (I don't know about their rides, they never send me a report for the newsletter).

Before we started we met William's father, and exchanged contact numbers just in case something happens to William (new to road cycling). I was under the impression that William was 16 years old, but after we got to Broadwater, I found out that he is actually 14.5 years old.

We had a SW wind on the way south to Broadwater, but not too bad. The trip is about 57 kms return, and it will be William's longest ride so far. He rode strongly into the wind. We also had an unknown passenger along the way, from Ballina to Wardell turn off on the Expressway. Most of the guys spent a long time in the lead and we never got the passenger to have a lead out for us. Some of us have seen him before riding with us. So maybe next time.



Anyway, at Broadwater I told William about using the drops, especially in a headwind, and how to pedal through it. After we departed Broadwater it was not too long before it was Williams turn to lead out. Well well well, he went into the drops and took off like a rocket. We were caught off guard and had to suddenly give chase to get on his wheel. William did not fade out as some of us may have expected or hoped. He pushed on for a good distance. After that, I could tell that he loved getting into the drops, he took every opportunity to do so. It did not stop there either, William even beat David for the Ferry Cup.

At the cafe, we got to hear more from William, his shyness is dropping, which is good to see. And we all enjoyed to hear some snippets of Richards grand adventure across Africa. I am looking forward to hear more.



Simon's report: Rod and I just participated in the MS Brissie to the Bay ride in support of Multiple Sclerosis along with over 5000 other riders. We chose the 100km ride and it was a great event. The day was perfectly clear and pleasantly cool. Rod had scored a VIP Pass for the two of us so we were placed on the front of the pack for the start! It's a great course with a couple of small pinches but mostly just rolling hills and flat riding. There was plenty of food and water and amenities supplied along the way and a fantastic atmosphere of participation. The busier roads in and out of the CBD were blocked off or controlled by the police to allow safe cycling.

I would definitely encourage anyone interested to have a go next year with a number of courses available (130, 100, 50, 25 and 10km). Cheers, Simon.





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

**HIDDEN HUB MOTORS?!?**  
THE GCN TECH SHOW  
32:47

We NEED To Talk About Motor Doping

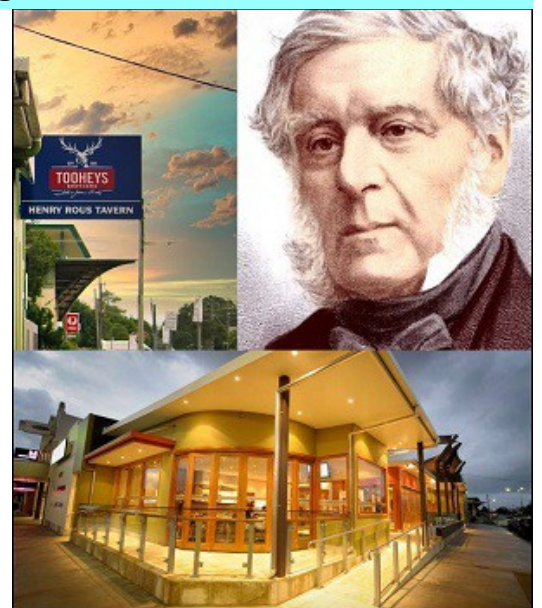
**ONLY 3 MINS!**  
6:56

How To Set Your Bike Saddle Height Quickly

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## Where to Race

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

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

## 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?



Answer: <https://drive.google.com/file/d/1J4oNrUzckLHRuttC7P4gV5br2Dxc1IV1/view?usp=sharing>

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