



# BBCNEWSLETTER 2024.07.08

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 5 - For week ending Sunday 07JUL2024.

- Monday – ()
- Tuesday – 1 (see reports)
- Wednesday – ()
- Thursday – 1 (see report)
- Friday – ()
- Saturday –
- Sunday – 3 (see report)

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 BBC Certificate of Currency

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

CLICK ON EVENT TO OPEN

**WOODBURN-85**

JUL Tue 9<sup>th</sup> 7AM. Coles, Fox St.

**TUCKEAN ISLAND MTB**

JUL Wed 10<sup>th</sup> 7 AM, Wardell, Fitzroy Pk.

**WARDELL LOOP**

JUL Fri 12<sup>th</sup> 7AM. Coles, Fox St.

**BROADWATER LOOP 2**

**BROADWATER**

JUL Sun 14<sup>th</sup> 7AM. Coles, Fox St.

**EASY WARDELL RIDE**

JUL Mon 15<sup>th</sup> 7AM Coles, Fox St.

## Not a good week of riding - Peter

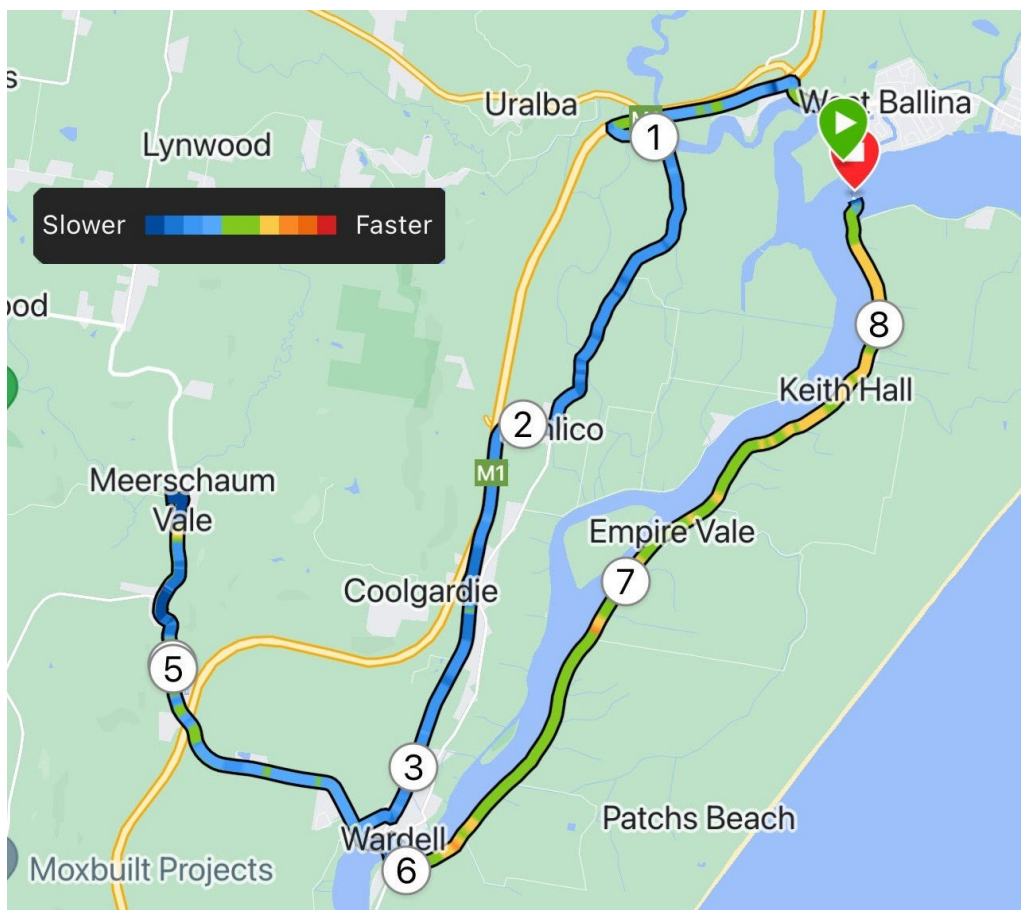
With a week of poor weather, people away, and at least one lame duck, the newsletter heavily relied on the few dedicated cyclists. Thank you Simon and Gavin for your contributions.

## Tuesday and Saturday Report - Gavin

I did 90 minutes each day on the TACX. Tuesday was a pyramid Saturday a session of spin repeats at 110 cadence 30 seconds on, one minute off. Then each session finishes with 6 single leg 30 second repeats a minute apart. Warm up is 10 to 20 minutes, warm down 10 minutes.

## Thursday Report - Gavin

Basically it rained the whole trip and there was a 25 mph headwind going out.





The weather was threatening but Stephen and I decided to chance it. I got soaked leaving my driveway but Stephen managed to dodge it. We rode down to Transition to see if anyone turned up there, but we were the only dummies, so we headed to Wardell. Stephen punctured on the way but the rain held off. We ran into Gavin at Wardell who had been stood up by the 7.00am Coles crew and then headed back together via Moylans Lane to the Proper Cafe with only minor rain spatterings. Here we found the Old Farts rugged up and chatting. We gave them the appropriate ribbing and then enjoyed our coffees.





Simon's bike for the day.

## SPONSORSHIP NEWS



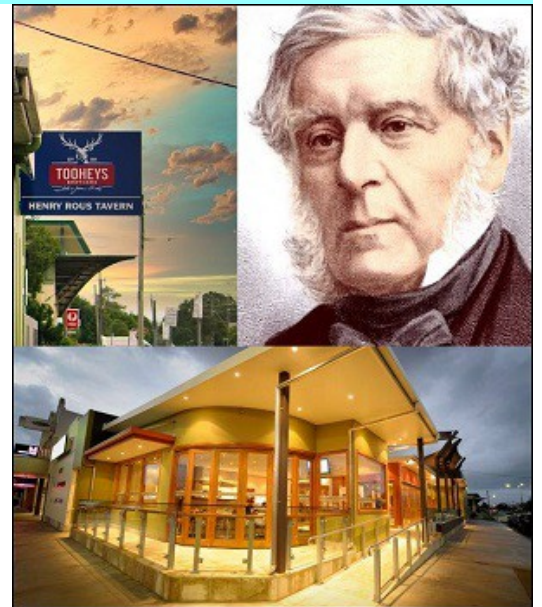
### THE BICYCLE EMPORIUM

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/>

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



Forecast for Ballina

	Tue. 9 Jul	Wed. 10 Jul	Thu. 11 Jul	Fri. 12 Jul	Sat. 13 Jul	Sun. 14 Jul
Max (°C)	21	22	21	21	20	19
Min (°C)	11	12	11	10	10	11
Chance of rain (%)	70	50	30	30	40	30
Rainfall range (mm)	0 to 7	0 to 2	0 to 1	0 to 1	0 to 1	0 to 1

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



Answer: <https://drive.google.com/file/d/1awm5le14fOfiYDTyZsfRJDfVr207KGe5/view?usp=sharing>

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