



BBCNEWSLETTER 2024.07.15

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 18 - For week ending Sunday 22JUL2024.

Monday – 0 ()

Tuesday – 1 (see reports)

Wednesday – 1+3 (see reports)

Thursday – 1 (see report)

Friday – 4 (see report)

Saturday – 1 (see report)

Sunday – 7 (see report)

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

UPCOMING EVENTS

[CLICK ON EVENT TO OPEN](#)

WOODBURN-85

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

HOUGHLAHANS MTD

JUL Wed 17th 7 AM. Coles, Fox ST.

WARDELL LOOP

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

BROADWATER LOOP 2

BROADWATER

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

VINTAGE BIKE RIDE

JUL Sun 21st 7AM. Henry Rous Tavern

EASY WARDELL RIDE

JUL Mon 22nd 7AM Coles, Fox St.

THIS SUNDAY!

BALLINA BICYCLE CLUB



VINTAGE BIKE RIDE - SUNDAY 21st JULY

Starts 7am from car park area behind the Henry Rous Tavern, 177 River Street, Ballina. NSW.

Tuesday Report

- Shorty

Tuesday (solo ride) 34k, afternoon ride covering our Friday's ride. Coldish wind.

Wednesday Report

- Shorty, and David

Shorty's report: Wednesday (solo ride) 30k, morning ride down the freeway with a head wind to the overpass at Broadwater, where I had a rear wheel puncture. After fitting the new tub and inflating the tire only to find I have pinched the new tube, so SOS for a ride home.

David's report: John, Gavin and Dave met at Wardell for the Tuckean Island Ride. John rode on narrowish tyres, Dave on 38mm MTB tyres and Gavin on big fat lumpy tyres. Gavin finished with his back splattered in mud while John remained pristine clean. I mention this because it may help you to remain clean on MTB rides.

Dave had a luggage carrier which helped him to stay clean but it all came unstuck when he briefly rode behind John and achieved a spotted dick appearance. The ride was pleasant with light fog in parts.

The dirt sections had thousands of water filled potholes which were easy to avoid because of the yellow water. A Wardell pie and coffee left us with a satisfied feeling.

Thursday Report

- Shorty

Thursday (solo ride) 64K ride morning ride down the Freeway, around on Pimlico road then along to the overpass at Broadwater into a head wind, back to the Wardell overpass to Wardell and back along the River Drive, Moylans Lane and onto the ferry.

Friday Report

- David



Four riders. Tony, David, Shane and Buster. From what I could gather, both Shane and Buster went straight home after the ride. Only Tony and David arrived at the cafe. They all enjoyed their ride, but that is all they said (I think) about it.

Saturday Report

- Shorty

Saturday (solo ride) 114 K ride early getaway down the Freeway to Tabbimoble in a cold head wind, returning back not stopping for coffee at New Italy, to the Wardell overpass on to Wardell, from Wardell to along River Drive to Moylands lane to the ferry, nice tail wind home.



Three faster riders went down the freeway to Broadwater. This was Dave, Gavin and young William. They arrived about ten minutes before Shane and Garry who used the Blackwall Drive. We then used a moderate tailwind to return on Blackwall Drive and River Road. Coming out of Broadwater the speed was 33km/hr but then slowed to 31km/hr for most of the return trip. Sunday morning temperature was a little warmer but the forecast has the early morning temperature down to 6-8 degrees for at least another week.

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

2024 Newcastle Hunter Classic

Enter Now!

AUSCYCLING NSW

27 JUL 2024 - 27 JUL 2024

LEVEL: Elite, Juniors & Masters

DISCIPLINE: ROAD

2024 Masters Individual Time Trial Championships NSW

Enter Now!

AUSCYCLING NSW

28 JUL 2024 - 28 JUL 2024

LEVEL: Masters

DISCIPLINE: ROAD

GENDER: All

EVENT TYPE: State Competition

AERO

HOW FAST ARE SHAVED LEGS

9:24

Shaved Legs vs. Hairy Legs – Wind tunnel reveals all!

GCN

REVOLUTIONARY

GVL

21:07

How Did This Woman Change Cycling For Millions?

SPONSORSHIP NEWS



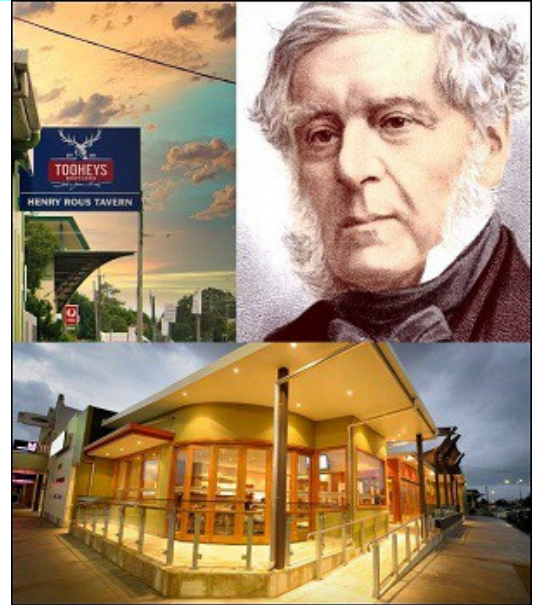
THE BICYCLE EMPORIUM

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. 16 Jul	Wed. 17 Jul	Thu. 18 Jul	Fri. 19 Jul	Sat. 20 Jul	Sun. 21 Jul
Max (°C)	17	18	19	20	21	19
Min (°C)	7	8	9	8	9	9
Chance of rain (%)	5	5	20	5	5	20
Rainfall range (mm)	0	0	0	0	0	0



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



Answer: <https://drive.google.com/file/d/183cxGKAP0Ym8QSSgPnV0i8IDoTN8gG90/view?usp=sharing>

Tour de France Fanpage Shaun Wallace

Interesting how many people disliked the inclusion of yesterdays gravel stage, claiming the Tour should stick to "traditional" type stages and roads.



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