



BBCNEWSLETTER 2024.07.22

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 28 - For week ending Sunday 21JUL2024.

Monday – 7 (see report)

Tuesday – 2 (see report)

Wednesday – 1 (see report)

Thursday – 1 (see report)

Friday – 5 (see reports)

Saturday – ()

Sunday – 12 (see reports)

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

UPCOMING EVENTS

[CLICK ON EVENT TO OPEN](#)

WOODBURN-85

JUL Tue 23rd 7AM. Coles, Fox St.

TUCKEAN ISLAND MTB

JUL Wed 24th 7 AM. Wardell, Fitzroy Pk.

WARDELL LOOP

JUL Fri 26th 7AM. Coles, Fox St.

BROADWATER LOOP 2

BROADWATER

JUL Sun 28th 7AM. Coles, Fox St.

EASY WARDELL RIDE

JUL Mon 22nd 7AM Coles, Fox St.

Monday Report

- David

Seven riders participated and the whole thing was lead by Jack on his trusty electric. The head/cross wind was cool and strong on the way to Wardell and a lot more pleasant on the return including Moylans Lane where the two Dave's did a fast spin downwind. This was good until Dave C hit a pothole and got a pinch puncture. The other riders waited patiently for running repairs so we all arrived together at the ferry.

It was Tony's birthday so the coffee was free.



Tuesday Report

- David

Gavin and Dave braved the early morning cold. Amazingly, the temperature increased rapidly after 7 AM.

Imagine a wind direction, and during the ride the wind did blow from that direction. We arrived at Woodburn just after 08:30 which was an excellent time given the flukey winds. Then coffee machine at our normal Woodburn cafe is now working and so are the potato scallops much liked by Gavin. The return was up Kilgin Road and I am happy to report the pair of large black Cayuga ducks were back at their usual home. Kilgin is just starting to develop some potholes but they are easily avoided. We were back at the ferry by 10:40 AM which was a great result.

Cheers Dave

Wednesday Report

- David

Dave's Story A cautionary tale

Three riders started the ride being I, Myself and Me. I was expecting to continue with being a Lowland Mud Grubber (LMG), but I had certain aspirations that suddenly seemed to become important. What if I could aspire to be one of those youthful, handsome heroic Hill Top High Flyers (HTHF). What would it take? Well then I noticed that the ride was meant to be the Houghlahans Creek climb. I might qualify for a HTHF if I could complete the ride.

I gave it a good try and after a while to my surprise ,succeeded. This lead to a great feeling of satisfaction until it all changed and I found myself at the wet end of Old Bangalow Road riding through the muddy puddles. Then I thought I have failed and I am just back to being a lowland mud grubber. But then it occurred to me that the philosophical distinctions between the HTHF and the LMG are not irrevocably incompatible and that I could be both, and once again I became happy.

Addendum to ride report, Wednesday 17th July.

I should point out that lowland mud grubbers have a mortal fear of riding in oxygen reduced air found at elevations above 5 meters. They also develop agoraphobia when finding themselves looking out over vast landscapes through the crystal clear air of winter mornings.

Cheers Dave

Thursday Report

- Shorty

Thurs 35k; South Ballina, Moylan's to Wardell, Moylans, coldish wind.

Friday Report

- Shorty, and Peter

Shorty's report: Friday 42k; the Friday ride solo, windy.

Peter's report: I did not ride, and have not been riding for about 6 months due to medical reasons. However, I noticed at the cafe that there were three distinct set of riders. Tony and Jack went straight to Wardell and back; Gavin and David rode to Wardell via both Hermans and Moylans lanes. Shorty's report as shown above. The morning weather was not pleasant.



Sunday Report

- David, Shorty, and Simon

David's report: Dave 2, William and Dave had a nice crosswind ride down to Broadwater. William managed to get his transmission tangled up with a heavy rubber tie-down, but managed to get rid of it and back on the road. Speeds were at around 30km/hr for the entire trip which was very impressive given the W/SW winds.

Shane and Jack rode together to Wardell and return and were just leaving the coffee shop when we returned. Daryl the ferry driver was very helpful as the ramp was already up when we came in sight but he lowered it for us. Cheers to Daryl

Shorty's report: Sunday 36k; South Ballina, Moylan's and onto Wardell return. Very windy.

Simon's report: (Vintage Bike Ride). John Snr, John Jnr and I agreed to meet at the Rous for our Classic ride and were pleased to see Gavin turn up too. Craig came along for the fun as well but on a fantastic plastic steed!! Oh well. It was a cold but beautifully clear morning and so into the hills we went to delight in the local vistas.

Gavin had his aluminium Scattante, the rest of us were on steelies. John Snr on his KHS, John Jnr on his George Longstaff, and I rode my favourite, the Kenevans. Craig tamed his weaponry and patiently waited for us, or scooted ahead for videos. We covered North Teven, Houghlahans Creek, Fernleigh, Newrybar and Old Byron Bay Rd to check out the amazing views, and then went back to the Gallery Cafe for a debrief.

We had a good laugh and Gav paid for the coffees. Thanks Gav!



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



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



Forecast for Ballina

	Tue. 23 Jul	Wed. 24 Jul	Thu. 25 Jul	Fri. 26 Jul	Sat. 27 Jul	Sun. 28 Jul
Max (°C)	20	21	22	24	21	21
Min (°C)	6	8	11	13	12	11
Chance of rain (%)	10	10	30	30	50	50
Rainfall range (mm)	0	0	0 to 1	0	0 to 1	0 to 3

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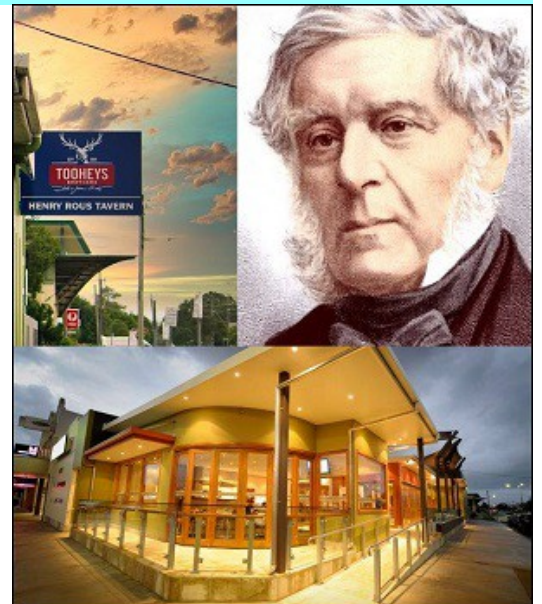
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158 River Street Ballina

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

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THE HENRY ROUS TAVERN

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



Answer: https://drive.google.com/file/d/1G3CkICAAAF__nQF3AhgNyC7sUskWgG2D/view?usp=sharing

6 COMMON CYCLING INJURIES & HOW TO REVERSE THEM

 <p>Tight Hip Flexors -- knee & back pain</p>	 <p>Shortened Psoas -- low back pain</p>	 <p>Weak Core -- low back pain</p>
 <p>Weak Glutes -- knee & hip pain</p>	 <p>Poor Posture -- neck & back pain</p>	 <p>Tight Quads & Hamstrings -- knee pain</p>

Contributed by Richard Brown (Shorty)

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