



BBCNEWSLETTER 2023.02.27

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 18 - For week ending Sun 26FEB2023.

Monday – 9 (Wardell via South Ballina. Mike, a visiting rider, joined us)

Tuesday – 0 (Rainy morning)

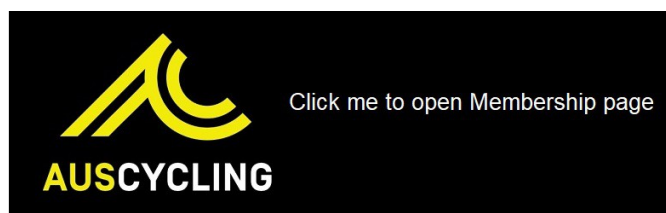
Wednesday – 1 (Tom went solo)

Thursday- 0 (Wet and windy)

Friday – 0 (Rainy day)

Saturday – 2 (See report below)

Sunday – 6 (See VBR report below)



UPCOMING EVENTS

EVANS – WOODBURN

FEB Tue 28th 7AM. Coles, Fox St.

HOUGHLAHANS

MAR Wed 1st 7AM. Coles, Fox St.

WARDELL LOOPS

MAR Fri 3rd 7AM. Coles, Fox St.

URALBA – WARDELL

MAR Sat 4th 7AM. Henry Rous Tavern

DUNGARRUBAH / BROADWATER

MAR Sun 5th 7AM. Coles, Fox St.

STH BALLINA-WARDELL

MAR Mon 6th 7AM Coles, Fox St.

BBC COMMITTEE MEETING

MAR Wed 15th 6PM. Henry Rous Tavern

CALENDAR MAPS, PROFILES, NOTES & LINKS <

STH BALLINA-WARDELL: https://drive.google.com/file/d/11ww_U_aY_SJbEtzTYa0-4ODaJv8PKBk4/view?usp=share_link

EVANS – WOODBURN: https://drive.google.com/file/d/1z92nw13rhEGFB3u622CPTlnM6dMml6gi/view?usp=share_link

HOUGHLAHANS: N/A

WARDELL LOOPS: https://drive.google.com/file/d/11HrXfvXC6t78BxswdthLwW5Jvb_XzrFl/view?usp=share_link

URALBA – WARDELL: https://drive.google.com/file/d/1_LFSsLjCqyTXTcvNPHqcFtTF9ybA2Ywc/view?usp=share_link

DUNGARRUBAH: https://drive.google.com/file/d/1fVqG8hSpO81_z4nUIN-MDkO-8AuE8u6l/view?usp=share_link

BROADWATER: https://drive.google.com/file/d/1U2LKLAZPTTULjrsi5OxtQIQ7dAuMO7w/view?usp=share_link

Saturday Ride Report

- Marc Mears

Mark Cavendish vs The Michelin Man

Some riders are solar powered, some hydro-electric. It is not a judgement, simply a fact and this morning was a ride of two halves. Starting out in light rain it was just Peter and Marc. It was a day for the Clydesdales, the belly breathers, those of us who “climb well for our weight” and we were determined there would be no gradient steeper than 6% on the whole ride. Dave was still tucked up in bed with his solar powered legs so we had no fear of his fearsome climbing abilities. It was a day for the Cruisers to ride the oceans.



Out to Meerschaum Vale and back via River Drive should give us a gnats whisker under 50km and in to the wind out should give an easy and faster return. Peter has taken to riding off the back. I suspect this is all part of the plan to cost me as much as possible in being sponsored to lose weight but he is stronger than me anyway so doesn't need to draught. This means I get to test my legs on the front for the whole ride and seeing as I had donned the full Velominati strip this morning I felt up to the task. The pace was slower than a bunch ride but still good for me (well it would have to be, I was the one doing the pace setting) and the ride out to Meerschaum Vale was at tempo and the final couple of lumps went well. We turned for home and splashed through puddles as the sun came out and sunnies were donned. Legs felt good, Peter was ever present tracking me and I put a couple of surges in to stop him from dozing off but he was always there and it hadn't gone unnoticed that at the half way point I still couldn't see sweat on his brow.

My chance came when we got River Drive and Pete asked “what shall we do on the way home?” This was my chance. “SPRINTS!” I offered, a little too enthusiastically. Peter groaned and negotiated me down to just 3 along the length of River Drive. Two lampposts in length per sprint. The stage was set. Honours would go to Mark Cavendish, the loser was the Michelin Man. 30km set pace approaching the first sprint and I swear I heard a starting pistol at the first marker. A strong

start, up a gear at the half way and then I made the fatal error by not changing up again and Peter took me at the line. This was a blow to both ego and my aspirations of being crowned a Manx Missile. Sprint two and my plans were set. I felt the earth shift on its axis as the second starter post went by, quickly up a gear and then again two thirds of the way and still accelerating when I heard the gasp of a man who had blown up and as I crossed the line saw Peter some way back. One all. The stage was set, what a finish this would be. I had my plan, I had executed it once, all I had to do was rinse and repeat.

Oh the ignominy of overconfidence. Sprint 3, both of us with weaker legs and I couldn't feel Peter coming past but I knew he was still there, I went up both gears but was thrown by the marshals who had changed the spacing of the lampposts overnight. I peaked too early and we crossed the lines in the same relative positions we had started. IT WAS A DRAW!

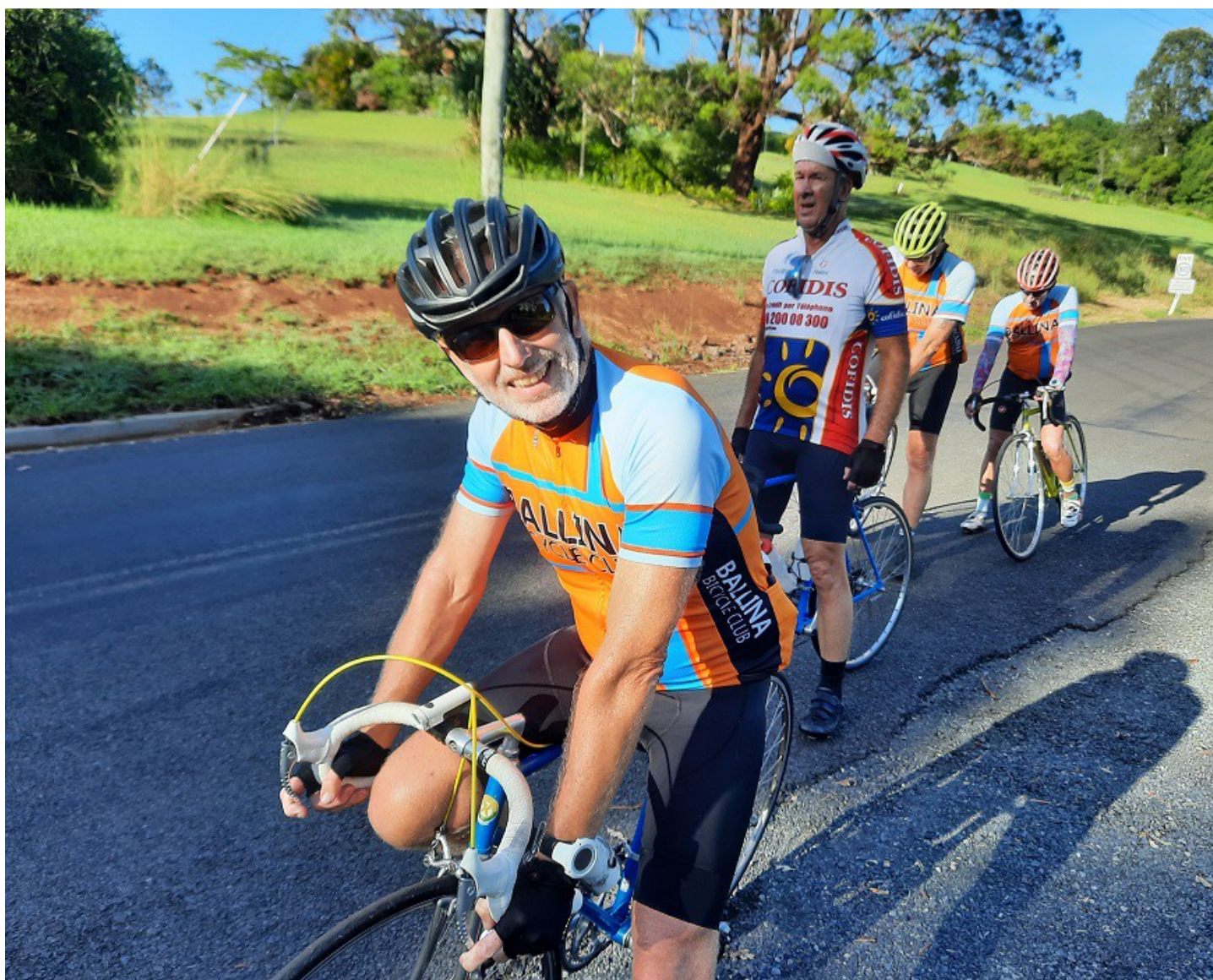
The ferry ride back was a light-hearted review of our relative merits and errors and we were joined by a couple of dolphins just to show us that sometimes the draw is the best result. A great ride in both effort and company and a chance to do something a little different.

- Marc Mears

Sunday Ride Report

- Peter

Vintage Bike Ride



We started with six riders today. Gavin, Simon, Andy, Steve, John, and Peter. John's bike sprockets was not set for steeper hills, and he found it too difficult to continue on with the ride. I must admit that the course was a hilly and testy for us all.

From the beginning I found my seat to be uncomfortable, but certain circumstances made it impractical for me to stop at places where I would actually get off my bike to see what was wrong with

it. I thought my troubles were just me and my excess weight. But as soon as we got into Lennox, some 50km later, I noticed my seat was no longer level.

Most of us thought it was a tough ride, except for Simon. As we were dragging ourselves back home after refreshments at Lennox Head, Simon rode several more kilometres to push his ride distance passed the 100 km mark.

Where to Race

Here are a few links for our racing club members to represent our club in:

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/>

OTHER INTERESTING BITS Click on the 3 images below to open



AUSTRALIAN MASTERS GAMES

7 -14 OCTOBER 2023

The Australian Masters Games (AMG) is a week-long festival of sport that brings together weekend warriors from around Australia and the world to enjoy an extensive sporting and social program at the spiritual home of the Australian Masters Games, Adelaide, South Australia.

We are yet to be advised about the cycling events.

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



Forecast for Ballina		Tue. 28 Feb	Wed. 1 Mar	Thu. 2 Mar	Fri. 3 Mar	Sat. 4 Mar	Sun. 5 Mar
Max (°C)		29	31	29	27	27	26
Min (°C)		19	20	20	20	19	18
Chance of rain (%)		5	20	60	60	50	50
Rainfall range (mm)		0	0	0 to 2	0 to 2	0 to 2	0 to 2

CYCLING and LOCATIONS

Find the 'search' and 'clue' words in the grid. Words can go horizontally, vertically or diagonally in all eight directions. Words within words are not counted. Hyphens, gaps and strikethrough words are not used in the grid. When you are done, the unused letters spell out a hidden message.

P T E L L I V N O T S L A M P B
 R Y B C S A D D L E E D B A M R
 A R U R L A N K N A R C O N E O
 B E L L A E L B Y R O N N I T A
 N B C L V B A A T T A C K L S D
 E T A E M O Y T D M T W T L E W
 T D T Y E U S R A E O S A A V A
 N A L H P O A H W O P N E B L T
 I E E E P U T H D E I T S L A E
 T L E L N L M B C A N T E L V R
 E A H M E N U P H S U D C Y E B
 K V W E Y R O C O B R L G C M I
 A U R T N M E X E A U E T R P D
 R P I M L I C O W N A T E A I O
 B I C Y C L E J E R S E Y M R N
 L S E V O L G S S S N A V E E E

SEARCH WORDS

- ALSTONVILLE
- BALLINA
- BELL
- BICYCLE
- BIDON
- BONK
- BRAKE
- BROADWATER
- BYRON
- CHAIN
- CLEAT
- CLUB
- CLUNES
- CRANK
- ELTHAM
- EMPIRE
- GEARS
- GLOVES
- HELMET
- JERSEY
- LAMP
- LEAD
- LYCRA
- NEWRYBAR
- PEDAL
- PIMLICO
- PUMP
- SADDLE
- SEAT
- TEVEN
- TINTENBAR
- TUBE
- TYRE
- WARDELL
- WHEEL
- WOODBURN
- VALVE STEM

CLUE WORDS

1. Empire _____ (4)
2. _____ (5) Head
3. L _____ (6) Head
4. Byron _____ (3)
5. _____ (10) Vale
6. Seat _____ T (4)
7. Accelerate to create a gap. _____ (6)

HIDDEN MESSAGE

ANS: https://drive.google.com/file/d/1j8ToWqOh9XRqXwUdM3jB7DDHCm8yR_24/view?usp=share_link

NEXT WEEK

JUMBO CROSSWORD

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