



BBCNEWSLETTER 2023.03.06

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 35 - For week ending Sun 05MAR2023.

Monday – 6 (Wardell via South Ballina.)

Tuesday – 4 (Evans-Woodburn: Hot off the road plus cool breezes)

Wednesday – 6 (Houghlahans MTB: See report below)

Thursday- 0 (Wet and rainy morning)

Friday – 7 (Mark.D. and John joined us. We hope to see them more often)

Saturday – 3 (Uralba-Wardell: See report below)

Sunday – 9 (Dungarruba & Wardell: See report below)

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

UPCOMING EVENTS

[CLICK ON EVENT TO OPEN](#)

EVANS – WOODBURN

MAR Tue 7th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

MAR Wed 8th 7AM. Coles, Fox St.

WARDELL 2

WARDELL LOOPS

MAR Fri 10th 7AM. Coles, Fox St.

MEERSCHAUM – RIVER DR

MAR Sat 11th 7AM. Henry Rous Tavern

BROADWATER LOOP 1

BROADWATER

MAR Sun 12th 7AM. Coles, Fox St.

STH BALLINA-WARDELL

MAR Mon 13th 7AM Coles, Fox St.

BBC COMMITTEE MEETING

MAR Wed 15th 6PM. Henry Rous Tavern

CLICK TO OPEN



BBC MEMBERSHIP & INSURANCE

4 Week Free Trial Memberships are available to anyone who has not held an AusCycling membership in the last 3 years.

CLICK TO OPEN



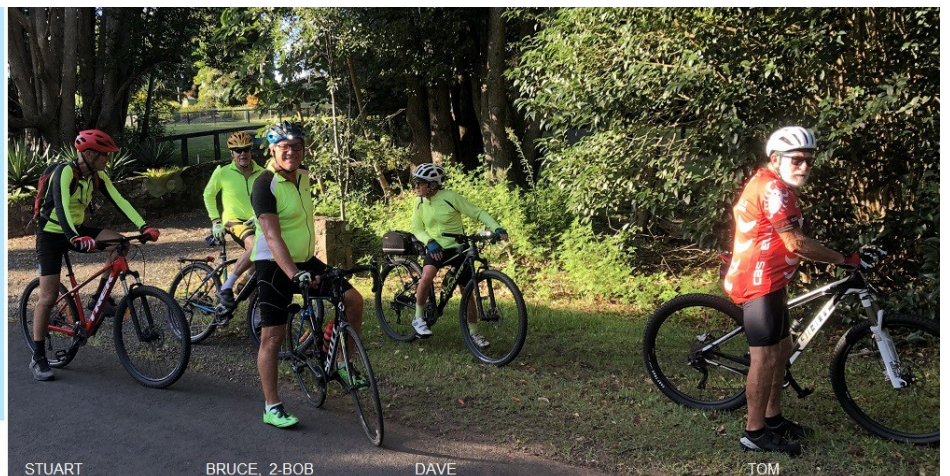
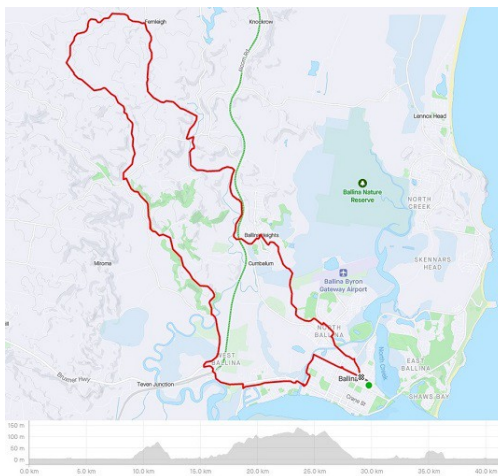
IMPORTANT- AusCycling Certificate of Currency

Wednesday Ride Report - Peter

HOUGHLAHANS MTB RIDE

Four mountain and two road bikes navigated the Houghlahans Ride today. The editor rode along, on his road bike, to log the ride for the BBC newsletter Calendar Maps. The weather was perfect, and we all enjoyed visiting the great outdoors around Tintenbar and Fernleigh.

As you can see from the profile, there is a few kilometres of gradual climbing _ some of which were quite steep. Twice, 2-Bob went back down the hill to round up the few of us slower climbers and gave his support.



Along the hill top of Kirklands Lane there is a marvellous vista, to the west, of the Border Ranges. The hill tops continues along Nashua and Fernleigh roads, until we reach Majors Lane off to our right. From here it is all downhill along Fernleigh Rd to Tintenbar. The roadworks near the bottom end of the descent is still an ongoing project. So be aware of this if you decide to ride down Fernleigh.

The adventures of a mountain bike ride



Saturday Ride Report

- Peter

URALBA-WARDELL-RIVER DRIVE

I recently read that skin is basically waterproof. Armed with this knowledge, I discovered I ran out of excuses for not riding in the rain. Besides, I had to show up in the rain so Simon would not think that I was a pussy. As we headed out, it rained all the way to the base of Uralba cutting, then stopped as we started the climb . . . the heavens had mercy on us.



It has been a very long time since I have ridden up this cutting. I was not sure how I would handle it. The climb was safe in terms of road and traffic. We only saw two cars, one from either direction, and mutual respect was shown by us all. By the time we got to the top, it started to rain again until we reached the base of Meerschaum Vale hill.

From there the pace slowly heated up towards Wardell. Once we got onto Rider Drive we noticed a slight tailwind and so our pace increased. We averaged 37.3 kph, along a 10 km stretch of wet road, until we reached the ferry end of River Drive. We were challenging each other to perform our best. Simon is a strong rider indeed. It was a good 'race-training pace' for us. Back in Ballina we both had hot coffee and a great chat at The Proper Café.



The third rider, Tom, waited at home for the rain to stop. He started at 10AM to do the ride. From his report, there was a stronger cross-wind to deal with. After climbing Uralba and reaching Wardell, Tom opted to return to Ballina via the Expressway. The passing semi-trailers chopped up the wind, making ones track difficult to steer. Luckily the Expressway has a wide verge to ride in.

Sunday Ride Report

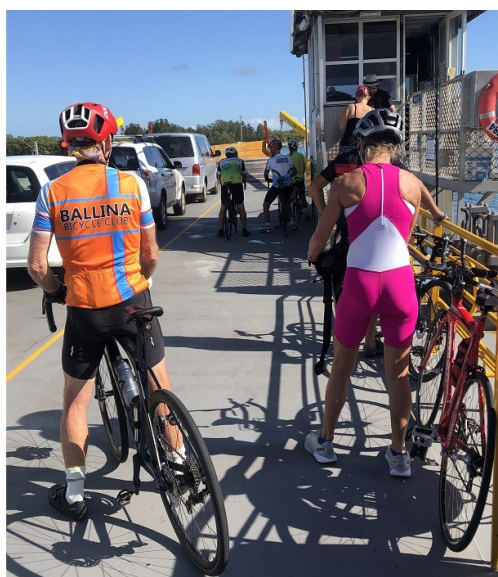
- Peter

DUNGARRUBA / WARDELL

We started with nine riders. Three went to Wardell and back via River Drive. The other five, out of six, went to Dungarruba. Dave 2 was not going well and pulled out at Wardell (hopefully to ride back with the others).

I think the last time we rode the 'old route' to Dungarruba was before the Expressway was opened. Also, it has been many months since we stopped at Dungarruba on our weekly ride to Woodburn. It is as if the place lost its significance; for the riders were thinking 'Broadwater' as our next stop and not Dungarruba itself. Eventually we got to Dungarruba Rest Area for a few minutes break at the old covered picnic table.

The ride back was a bit testing for some, especially near the end, as we were approaching the 65-74 km mark. At the Proper Cafe, we all sat in silence for a few minutes to get our breathe and level of serenity back to normal. Tomorrows' *Recovery Ride* will surely be that!



Where to Race

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

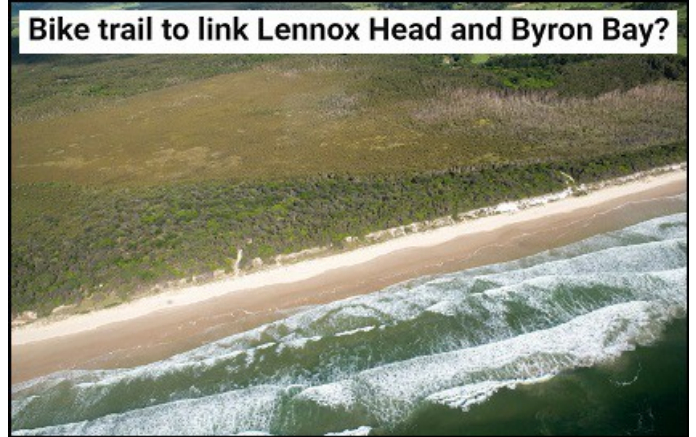
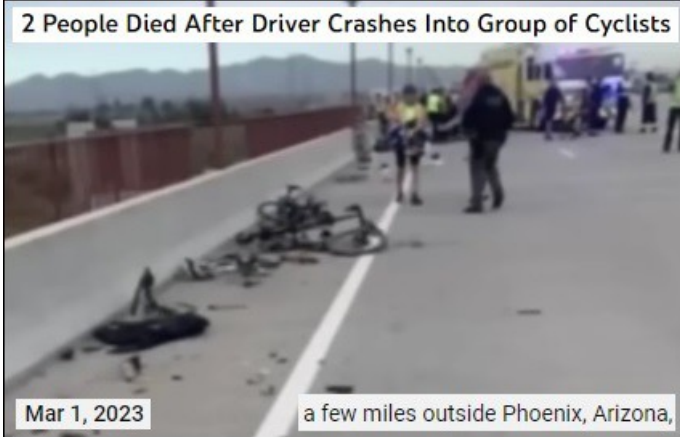
Byron Bay <https://www.byronbaycycleclub.org.au/home-1> and/or <https://www.facebook.com/byronbaycycleclub/>

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

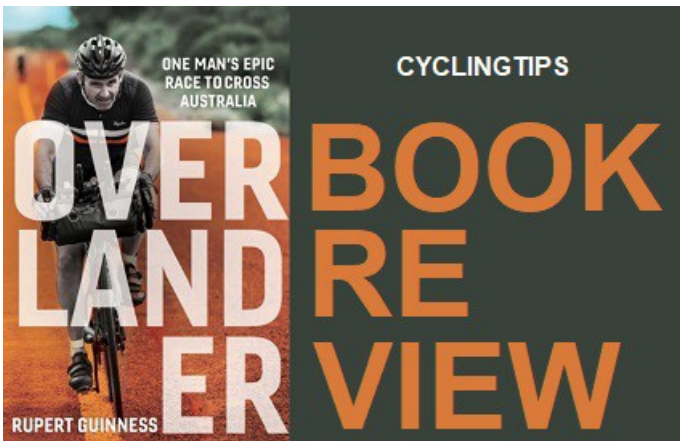
Murwillumbah <https://murwillumbah.tidyhq.com/> and/or <https://www.facebook.com/MurbahCycleClub/>

Grafton <https://grafton.tidyhq.com/> and/or <https://www.facebook.com/graftoncycleclub/>

OTHER INTERESTING BITS Click on the 4 images below to open




Contributed by BBC Secretary, Richard. H.



"A good adventurous read" - Peter (bbclubnews editor)

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

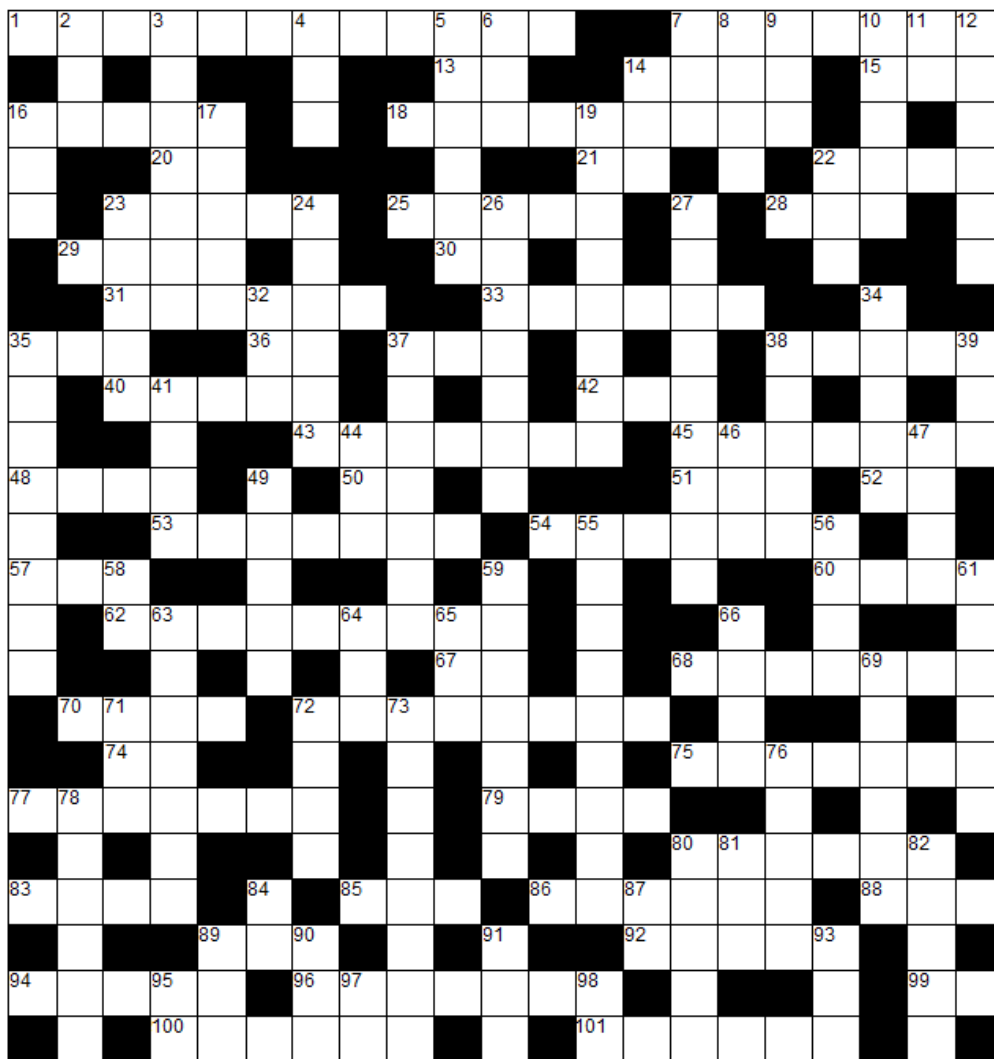


Forecast for Ballina						
	Tue. 7 Mar	Wed. 8 Mar	Thu. 9 Mar	Fri. 10 Mar	Sat. 11 Mar	Sun. 12 Mar
Max (°C)	31	30	29	26	27	26
Min (°C)	20	21	21	20	20	20
Chance of rain (%)	5	20	20	60	50	70
Rainfall range (mm)	0	0	0	0 to 2	0 to 2	0 to 10



ADAPTED FROM 'SCHULZ'

BBC X-WORD No.1



96. Steering bearing system (7).
 99. Time trial (abbr) (2).
 100. Something kept hidden (6).
 101. *Showy* bicycle (6).

DOWN

2. International Cycling Union (3).
 3. Riding only on rear wheel (7).
 4. Big clumsy fellow (3).
 5. Japanese war cry (6).
 6. ___ _ CYCLING (3).
 7. Box for storage (3).
 8. Curved structural support (4).
 9. Sheltered side from the wind (3).
 10. A derailleur wheel (5).
 11. Not yes (2).
 12. News service, bureau (6).
 14. Cycling enthusiast (3).
 16. Representation of ride route (3).
 17. ___ _ _ _ N, grape (6).
 19. Skin abrasion by bike fall (4,4).
 22. Recent, modern (3).
 23. Bicycles (5).
 24. Pronounced *preems* [Fr] (6).
 26. Food shoulder bag [Fr] (7).
 27. Downhill specialist (9).
 32. A floor mat (3).
 34. Pedal laboriously (5).
 35. The BB in BBCC, local club (5,3).
 37. Exhaustion of body strength (6).
 38. Steady pace (5).
 39. Being a single unit (3).
 41. A single bicycle tour (4).
 44. Short for riding category (3).
 46. Lubricate (3).
 47. Repeating errors (4).
 49. Incline (5).
 55. Lapped closed course race (9).
 56. To bump lightly (4).
 58. Centre of gravity (abbr) (2).
 59. Enclosed, trapped (5,2).
 61. Bicycle with two seats (6).
 63. Type of indoor trainer (7).
 64. ___ _ PIECE, phone (3).
 65. ___ _ Simpson (3).
 66. Element symbol [Fe] (4).
 69. Undertakes fitness (6).
 71. Finish (3).
 72. ___ _ WHEEL, roll (4).
 73. 'Seek and find' cycle race (8).
 76. Bicycle support structure (5).
 78. Accelerate to form a gap (6).
 80. Water bottle (5).
 81. Earthenware pitcher (3).
 82. The best of a class (5).
 84. Hello (2).
 87. Symbol for neon (2).
 89. Copy (3).
 90. Maximum heart rate (3).
 91. Long steady distance (3).
 93. Cease, stop (3).
 95. Likewise (2).
 97. Last 2 letters of 45 across.
 98. As long as, until (2).

ACROSS

1. The M in MCC, local club (12).
 7. The town of BBC (7).
 13. Symbol for gold (2).
 14. Rider was on ___ _ _ _ , frisky (4).
 15. Not best friend to cyclist (3).
 16. The 100 ___ _ _ _ (5) event.
 18. AusCycling benefit (9).
 20. Short for 'each' (2).
 21. Not off (2).
 22. Inert gas (4).
 23. Airship (5).
 25. Lower Clarence cycling club (5).
 28. By means of (3).
 29. 1996 TDF winner (4).
 30. International unit (abbr) (2).
 31. 2000m track event (6).
 33. Tension before a race (6).
 35. What stings a rider (3).
 36. Expression of doubt (2).
 37. Express farewell (3).
 38. Type of indoor trainer (5).
 40. Part of multi-day race (5).
 42. To petition legal redress (3).
 43. Last riders to depart h/cap race (7).
 45. Competitor for club role (7).
 48. Of all things (4).
 50. Indefinite article (2).
 51. Depression in the road (3).
 52. Doctor (abbr) (2).
 53. Cycling bunch [Fr] (7).
 54. Drafting in a crosswind [Fr] (7).
 57. Bicycle club in Ballina *initials* (3).
 60. Old English for *first* (4).
 62. A group of riders [It] (9).
 67. Castrated bull (2).
 68. The G in GCC, local club (7).
 70. ___ _ _ DROME (4).
 72. Bike frame plus front fork (8).
 74. Netherlands (abbr) (2).
 75. Pump up (7).
 77. Pedalling rate (7).
 79. Part of 85 across (4).
 80. First name of 29 across (6).
 83. TENDIN ___ _ _ , inflamed tenon (4).
 85. Organ of sight (3).
 86. Points based multi-stage event (6).
 88. The practice of bluffing (3).
 89. Aspire, intent (3).
 92. Moved up gradually (5).
 94. Fight (5).

Peter.H. 2023-03-06

ANS: https://drive.google.com/file/d/1nQyf7yopmm-00ssqQPNXYnE6c9516Urx/view?usp=share_link

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