



# BBCNEWSLETTER 2023.03.20

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – - For week ending Sun 19MAR2023.

**Monday – 12** (Shorty's birthday coffee shout. He's 78 & fit as a bull terrier)

**Tuesday – 4** (3 to Evans – Woodburn. Tom rode to Wardell)

**Wednesday – 7** (6 - Houghlahans MTB. 1 - Wardell: See report below)

**Thursday- ( )**

**Friday – 9** (See report below)

**Saturday – 4** (: See report below)

**Sunday – 11** (6 – Broadwater. 5- Newrybar VBR: See report below)

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

CLICK TO OPEN



**BBC MEMBERSHIP & INSURANCE**

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

### UPCOMING EVENTS

CLICK ON EVENT TO OPEN

#### BSC MEETING

MAR Tue 21<sup>st</sup> 8:40AM River Dr (Ferry)

#### HOUGHLAHANS MTB

MAR Wed 22<sup>nd</sup> 7AM. Coles, Fox St.

#### WARDELL 2

#### WARDELL LOOPS

MAR Fri 24<sup>th</sup> 7AM. Coles, Fox St.

#### MEERSCHAUM VALE

MAR Sat 25<sup>th</sup> 7AM. Henry Rous Tavern

#### DEVILS ELBOW REVERSE

#### BROADWATER

MAR Sun 26<sup>th</sup> 7AM. Coles, Fox St.

#### STH BALLINA-WARDELL

MAR Mon 27<sup>th</sup> 7AM Coles, Fox St.

## Wednesday Ride Report

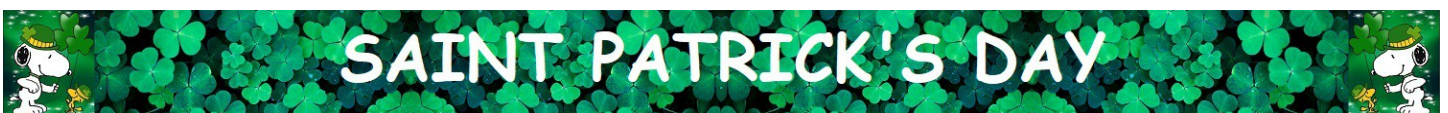
- Peter

### A MIXED BAG OF BIKES ON HOUGHLAHANS MTB RIDE



We started off with seven riders, but tall Richard opted to go to Wardell on a rehab ride for his knee. Of the other six, three (Bruce, Stuart, and Tom) rode their mountain bikes. Dave rode a carbon, Brian an alloy bike (single gear), and I rode a steelie. Seeing the bikes reminded me of licorice-all-sorts.

Brian, a tall lightweight, had no troubles riding the uphill in a 48 x 17 gear ratio \_ 'no granny gears for him!' It really pointed out how body weight plays a HUGE factor in uphill riding. The lighter you are the easier it is to push a higher gear ratio, and the faster you ascend.



## SAINT PATRICK'S DAY

### Friday Ride Report

- Peter

I was lagging behind when we entered Pimlico Road, and unfortunately I got a puncture but nobody was in ear-shot to know it. Once I got tyre repaired I decided to detour the Hermans Ln loop and got straight to Wardell. As it turned out, I met the others (Tom, Dave, Rick and John) where the loop rejoins Pimlico Rd.

We carried on as usual and started to put the pace up a tad on the return trip along River Dr. We were somewhat spent by the time we got to the ferry.

## Saturday Ride Report

- Peter



From R-L: Dave, Rick, Tom, and Drew who chased us from Wardell to the ferry.

We started our ride by going over North Teven Road hill, where I had lots of trouble trying to keep pace. However, once we started to head back along Teven Road (south), we all took the speed up at a good constant pace. We rode to Wardell and then to the ferry, at total of 32km in under an hour. Our average pace was 33.2 kph.

A strange thing happened while waiting for the ferry. A solo rider arrived on a road bike, but he was not alone. At first, he was alone until a large bird, a Macaw, swooped down to land on his arm. What a beautiful bird it was too. A free bird to fly anywhere it wanted to, but the love for each other keeps them together.



## Sunday Ride Report

## BROADWATER

- Dave. C.

In near perfect weather conditions six riders set off en route to Broadwater. The faster group of three went via the express way route which is several km longer. This was an exhilarating trip on a perfect surface at around 33 km/hr. The two groups met up at the Broadwater rest stop with perfect timing.

By consent the slower group agreed to be drafted by the faster riders and all six riders returned together at around 29-30 km/hr back to the ferry via the old Pacific Highway and River Drive. We met for the usual coffee at the Proper Cafe which has secure bike parking and private areas.

- Cheers Dave

## Sunday Vintage Bike Ride Report

- Peter

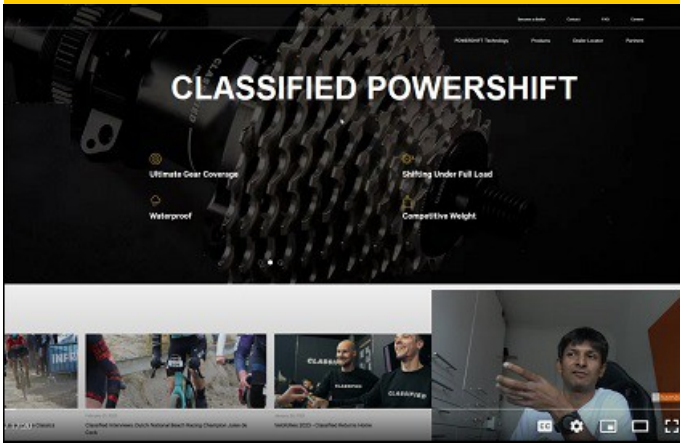
I wish someone else would write this report, for I was not in a good shape to handle the hills. The scenery and country side of the ride route was superb. We rode to straight to Tintenbar to ascend Fernleigh Rd to Nashua, then across to Newrybar.

We saw quite a few other riders travelling in both directions. We met two riders, John and Craig, at Newrybar. After our short chat and eyeballing the vintage bikes, we headed off to the lookout along the Old Byron Bay Rd. Here we had a longer rest, chat, and photo shoots of our bikes and friends.



When we got back to Ballina, we were keen to refresh ourselves at the Green Coast Cafe.

**OTHER INTERESTING BITS** Click on the 2 images below to open



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



Forecast for East Lismore						
	Tue. 21 Mar	Wed. 22 Mar	Thu. 23 Mar	Fri. 24 Mar	Sat. 25 Mar	Sun. 26 Mar
Max (°C)	27	26	29	31	28	27
Min (°C)	19	18	15	15	17	17
Chance of rain (%)	70	80	30	50	80	80
Rainfall range (mm)	2 to 9	0 to 4	0	0 to 1	0 to 6	0 to 6

**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://graffon.tidyhq.com/> and/or <https://www.facebook.com/graffoncycleclub/>
- Grafton Events Feb-Jun:** [https://drive.google.com/file/d/138CvHjUyUg0HYkXqSbQhMdP2EBErHOQb/view?usp=share\\_link](https://drive.google.com/file/d/138CvHjUyUg0HYkXqSbQhMdP2EBErHOQb/view?usp=share_link)

# BBC WORD SEARCH PUZZLE #02

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.

A	E	S	I	C	R	E	X	E	T	B	P	O	T	H	O	L	E	<b>WORD SEARCH</b>
V	D	O	M	E	S	T	I	Q	U	E	N	C	H	T	T	E	I	AERODYNAMIC
E	L	E	C	S	M	T	U	O	K	R	O	W	E	A	T	E	M	ASCENDING
L	E	V	I	T	A	M	I	N	S	N	S	Y	E	A	X	U	O	ATTACK
O	V	E	M	A	T	T	A	C	K	A	O	F	T	C	D	R	U	BELL
D	A	N	A	R	Z	O	N	E	S	R	E	C	E	F	I	G	S	BONKING
R	R	T	N	T	Y	B	N	E	E	D	A	L	L	G	N	P	L	CADENCE
O	G	E	Y	S	L	R	A	E	R	L	D	A	A	I	O	B	A	CAMPAGNOLO
M	E	S	D	H	L	E	E	S	C	V	P	I	D	K	L	N	V	DEFEAT
E	A	S	O	T	E	O	U	V	T	N	E	N	E	T	O	U	R	DOMESTIQUE
F	R	E	R	S	B	A	B	G	O	O	E	S	L	T	N	T	E	DRAFT
U	R	N	E	U	A	O	L	Y	I	C	G	D	C	O	G	R	T	ENERGY
P	A	T	A	K	N	D	G	T	S	T	E	N	A	E	A	I	N	EVENT
H	T	I	D	K	T	R	D	A	H	O	A	R	E	C	P	T	I	EXCEL
I	I	F	I	R	E	S	U	L	T	S	W	F	I	L	M	I	C	EXERCISE
L	O	N	S	N	A	V	E	L	E	D	A	C	N	I	A	O	E	FATIGUE
L	G	A	E	R	A	F	C	I	P	M	Y	L	O	P	C	N	C	FITNESS
S	R	A	B	I	R	T	T	E	H	A	N	D	L	E	B	A	R	GEAR RATIO
																		GIRO
																		GRAVEL
																		HANDLEBAR
																		HEALTH
																		INTERVAL
																		LACTATE
																		MUDFLAP
																		NUTRITION
																		NERVES
																		OLYMPIC
																		POTHOLE
																		QUENCH
																		RECOVERY
																		RESULTS
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																		TOECLIP
																		TRI-BARS
																		UPHILL
																		VITAMINS
																		WORKOUT
																		ZONES

## CLUE SEARCH

1. \_\_\_\_\_ (4) de France.
2. \_\_\_\_\_ (7) Hinault, TDF winner.
3. Paris - N \_\_\_\_\_ (4), a classic race.
4. Liege - B \_\_\_\_\_ (8) - Liege, a classic race.
5. \_\_\_\_\_ (5,5) Great Ocean Road Race.
6. \_\_\_\_\_ D \_\_\_\_\_ (9), a track racing venue.

**HIDDEN MESSAGE:** \_\_\_\_\_

\_\_\_\_\_

ANS: [https://drive.google.com/file/d/111VRiR62whpITWaL0-eq-JsgYCpQ7QGg/view?usp=share\\_link](https://drive.google.com/file/d/111VRiR62whpITWaL0-eq-JsgYCpQ7QGg/view?usp=share_link)

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