



# BBCNEWSLETTER 2023.03.27

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 43 - For week ending Sun 19MAR2023.

**Monday – 9** (Three sub groups doing their own ride to Wardell and back)

**Tuesday – 5** (See report below)

**Wednesday – 3** (2 for Houghlans MTB. 1 to Wardell)

**Thursday- 3** (Each did their own training ride)

**Friday – 11** (See report)

**Saturday – 5** (See report)

**Sunday – 7** (See report)

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

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**BBC MEMBERSHIP & INSURANCE**

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

### UPCOMING EVENTS

CLICK ON EVENT TO OPEN

#### **EVANS - WOODBURN**

MAR Tue 28<sup>th</sup> 7AM. Coles, Fox St.

#### **HOUGHLAHANS MTB**

MAR Wed 29<sup>th</sup> 7AM. Coles, Fox St.

#### **WARDELL 2**

#### **WARDELL LOOPS**

MAR Fri 31<sup>st</sup> 7AM. Coles, Fox St.

#### **WARDELL-WHITE EXPRESS**

APR Sat 1<sup>st</sup> 7AM. Henry Rous Tavern

#### **EWINGSDALE EXPRESS**

#### **BROADWATER**

APR Sun 2<sup>nd</sup> 7AM. Coles, Fox St.

#### **MOYLANS - WARDELL**

APR Mon 3<sup>rd</sup> 7AM Coles, Fox St.

## Monday Ride Report

- Peter



Monday rides have for many years been known as a 'non-sweat' ride. Though originally, and for a short time only, it was called a 'recovery' ride, until it became obvious that most who attended had nothing to recover from.

Nearly all the riders are, as they are lovingly called, the 'Old Farts'. Meaning, there 45-50 km Monday ride is too far, for them, to be called a recovery ride, and too frustratingly long for fitter riders, even for an 80 year-old. As a consequence, the fitter riders often take up the pace over the last 5 to 10 km to feel that they done something.

The non-sweat 50km ride would be more suitably called a touring ride. This genre normally includes leisurely explorations of various routes. Refreshment breaks half-way, and another at the end. But this happens anyway on Sunday, the previous day.

Today I saw something different. Today I witnessed four sub-groups doing there own ride to Wardell and back. Each doing different routes, distances, and pace. Will this breakaway change continue? I doubt it. As it is, the Monday group has a good number of followers, a number that keeps a peer group intact. They remind me of '[The Little Rascals](#)' in more ways than I dare to mention here. ;-)

## Tuesday Ride Report

- Peter

Today's normal 90-110 km ride was yielded to a more important issue regarding cyclist safety on south side of ferry crossing. A meeting with Ballina Shire Council Road Safety Officer, Helen Carpenter, and ferry staff, was to take place at 8:45 AM. In the meantime, five riders took an early ride to Wardell. Three returned to the south bank for the said meeting while two others carried on to Broadwater via Bagotville road.

How the meeting went is as follows...

Three BBC representatives met Helen Carpenter, Ballina Shire Council's road safety officer, on the south bank of Burns Point Ferry crossing. The agenda was to discuss the hazards for cyclists having to mingle and deal with the traffic when trucks, caravans, and cars board the ferry.

Our meeting with Helen, and three ferry operators, proved to be cordial and understanding. We examined how narrow and unstable the road edge is, and discussed what could be possible for providing a hardstand, for cyclists and their bikes, in its place. One option that Helen looked into was the suggestion of reusing asphalt waste to build up a hardstand. Here is an extract from Helen's email response.

*I have spoken with our Operations engineer who is investigating a longer term hard stand solution  
They advise the following:*

- *A short or mid term solution is not possible. Construction of any description/ material at this location will require an environmental permit. Because of this, a more permanent hard stand solution is the only way forward*
- *There is no opportunity to relocate material from South Ballina works. The work being done here is in regard to cultural heritage sites, and material will not be relocated*
- *Our council coordinator for ferry operations will discuss the protocol for loading and unloading with ferry operators to ensure consistency*

*I am sorry that this issue can't be resolved in the short/ mid term, but staff are working towards the hard stand*

So, the hazard remains. Ballina Shire Council engineers, at the moment, have no immediate control for isolating us from the hazard. At best, the council will continue to administer on how people embark and disembark the ferry.



There is even less room when trucks with trailer, or caravans, occupy the narrow road.

#### What can we do to minimise the hazard?

1. Don't arrive to the ferry too exhausted to think prudently. Slow down well beforehand.
2. Keep back from the narrowest sections close to the boom gate.
3. When stopping, unclip left leg and lean to the left\* to plant your leg, keeping your body away from traffic.
4. While standing, keep bike between yourself and traffic.
5. Be conscious of being as visible to drivers as best as you can (e.g. hi-vis gear and lights).
6. Follow the rule of being the *last on and last off* the ferry.

\* I once witnessed a rider come to a stop and fall across the left lane, just as a car was coming to a stop behind him. He was lucky to not get run over. I asked him what happened. He said "I unclipped my left leg but leaned to the right as I normally do". He knew it would be wiser to prop himself away from the traffic, but was not used to doing so.

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Why do bicycles always fall down without support?  
Because they are two tired.

## Friday Wardell Loops Ride Report

- Peter

A few months ago I came across a chart that categorised race grades to their speed range. According to this chart, we have three distinct grades: C, D and E. Obviously, the higher the grade the fitter the rider. From what I have observed, grades D and E are fairly consistent. However, C-Grade for half the time, have performed at lower B-Grade levels.

GROUP	AVG SPEED (kph)
A	38+
B	32-37
C	29-32
D	26-29
E	<26

The unique nature of our Friday rides are of two groups riding at different distances and speeds. Both groups finish the rural course at the ferry. Because C-grade riders do an extra 8 kilometres (two separate loops of about 4 km each) they are encouraged to ride in pursuit to reach the ferry by the time D-grade gets there. This game of chasing has improved C-graders average speed, even to the point of crossing into B-Grade territory. If this sort of thing keeps up, there will soon be no C-graders; leaving a gap between B and D. Who will fill the future C-graders be?

Of course all of this is conjecture on my part, just a fanciful story . . . or is it.



## Saturday Ride Report

MEERSCHAUM VALE (Base)

- Peter. H.

Five riders (Rick, Tom, Dave, Simon and myself) headed out to Meerschaum Vale along the Expressway until Ballina turn-off \_ then there were four. I bailed out. My nigging knee got worse despite spinning a low gear. By the time we approached the Ballina turn-off, another pain had spread down along my shin bone. It was then that I decided to jump overboard instead of dropping the boat anchor and slow everybody down. Believe it or not, I was happy to see the others disappearing into the distance, at their enjoyable pace towards Wardell.

When I got to Wardell, I returned to Ballina at a slow easy pace. In fact, I was so slow, the guys got to the Proper Cafe a few minutes after I got home. At the cafe, they reported to have ridden all the way without stopping, not even when hailed by Election Day volunteers at Meerschaum Vale Hall.

Hi Pete, sorry to hear about your knee, hope it gets better soon. Thought you might want to know how the ride went, Tony, SA Dave, Pete.O. and Bruce rode through Pimlico to Broadwater and return over ferry. Tony said it does not get any better than this, 26 kmh going down and close to 30 kmh coming home with tail wind. Dave, Tom and Richard did devils elbow in reverse and back half an hour before the Pimlico boys.

This 60km ride is done by climbing Devils Elbow for maximum safety rather than descending. At 7 AM three riders of similar ability set off in cool conditions on dry roads with a fog cover evident on the high country.

The route followed Pimlico Road and Signata Road and the old Pacific Highway to Wardell. We then followed Wardell Road to Meerschaum Vale turning on to Marom Creek Road. Marom Creek Road follows the edge of the escarpment and has some climbs and descents. The highlights include a substantial area of original rainforest on both sides of the road and a relaxing peaceful silence which is very pleasing.

The Elbow climb begins at the end of Marom Creek Road and is a continuous ascent to the top. The riders arrived at one minute intervals into an ethereal light fog. Visibility at ground level was good but poor above. A feeling of cool quiet isolation was created.

We then followed Rous Mill Road, Rous Road, Cemetery Road and Ellis Road into Alstonville. A very quick ride down the verges of Ballina Cutting had us back at the Proper Cafe in 20 minutes arriving at 9:20 AM. We were travelling at a modal speed of 32km/hr and as a result arrived well before the slower group who had followed a shorter flat route to Broadwater.

- Cheers Dave

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 Ballina						
	Tue. 28 Mar	Wed. 29 Mar	Thu. 30 Mar	Fri. 31 Mar	Sat. 1 Apr	Sun. 2 Apr
Max (°C)	30	29	28	26	26	25
Min (°C)	20	21	21	19	19	18
Chance of rain (%)	20	70	90	70	70	70
Rainfall range (mm)	0	0 to 6	0 to 5	0 to 2	0 to 4	0 to 15

## 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/>

**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)

## It was a Close Call for Gus

- Peter.H.

“I made a complaint about a Ballina garbage truck. It was only due to having the cameras that I could prove the truck was way within the allowed space. I estimate within 50cms at most of my handle bars at 80kmh... sucked me into its mass.... not fun... but I've got a good result.... shows it's worth following through on the ones that matter”.

- Angus Walker

Angus received a response from The Ballina Shire Council. Those that wish to read it can access it here: [https://drive.google.com/file/d/1oZPbrH6Dhr1hWhAysiWpF2wcvnSQsS7/view?usp=share\\_link](https://drive.google.com/file/d/1oZPbrH6Dhr1hWhAysiWpF2wcvnSQsS7/view?usp=share_link)



Along The Coast Road near Lennox Head Lookout.



Pool-Noodle-bicycle-Photo-by-Annalisa-van-den-Bergh

**SPOT THE DIFFERENCE.** The bottom image has 10 alterations. Can you spot them?



ANS: [https://drive.google.com/file/d/1fZMTRZMoBZeOk1dbQUSOXxBNtB9j8qc1/view?usp=share\\_link](https://drive.google.com/file/d/1fZMTRZMoBZeOk1dbQUSOXxBNtB9j8qc1/view?usp=share_link)

### JUMBO CROSSWORD NEXT WEEK



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