



BBCNEWSLETTER 2023.04.03

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 40 - For week ending Sun 02APR2023.

Monday – 11 (See report below)

Tuesday – 4 (See report)

Wednesday – 3 (Dave and Stuart – Houghlahans. Peter – Ballina town)

Thursday- 3 (Each did their own training ride)

Friday – 9 (See report)

Saturday – 5 (See report)

Sunday – 5 (See report)

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

EVANS-WOODBURN

APR Tue 4th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

APR Wed 5th 7AM. Coles, Fox St.

WARDELL 2

WARDELL LOOPS

APR Fri 7th 7AM. Coles, Fox St.

HOUGHLAHANS

APR Sat 8th 7AM. Henry Rous Tavern

DUNGARRUBAH

BROADWATER

APR Sun 9th 7AM. Coles, Fox St.

MOYLANS-WARDELL

APR Mon 10th 7AM Coles, Fox St.

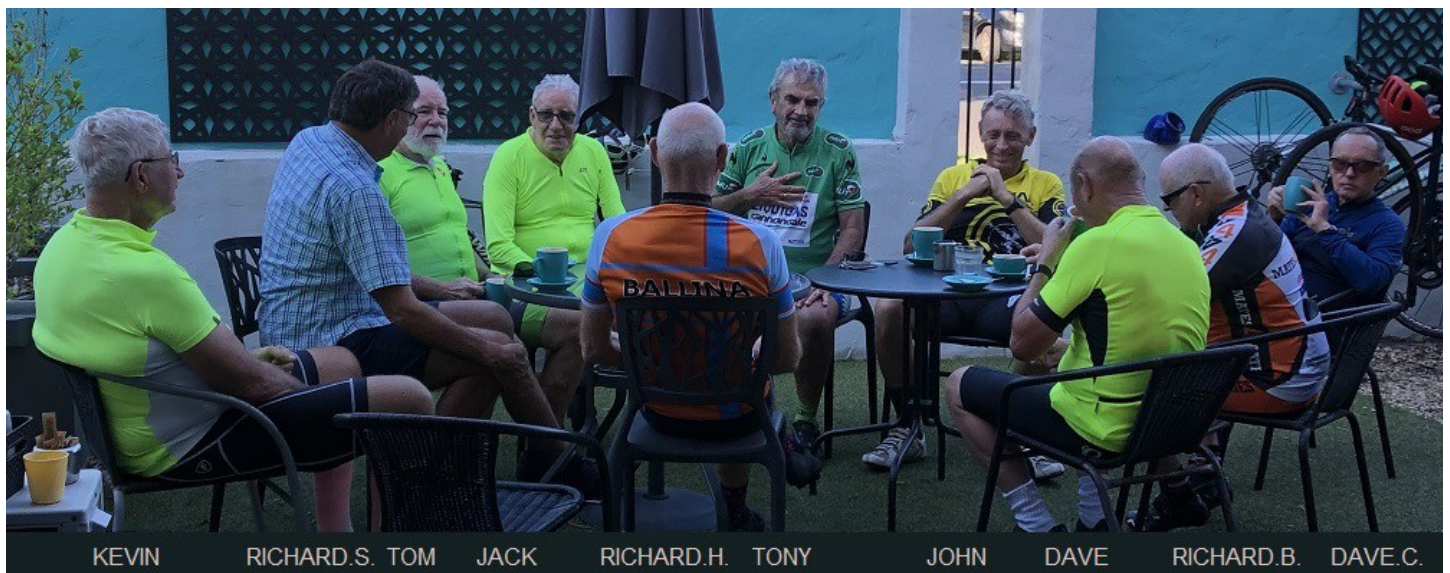
FERRY CLOSED TOMORROW (Tuesday) - Peter

Burns Point ferry closed for scheduled maintenance tomorrow between 9am to 1pm. The usual second Tuesday schedule has been brought forward so as to not conflict with the Easter and school holiday period.

Monday Ride Report - Peter

The Monday Wardell Ride had changed its recent route to Wardell, via South Ballina, partly due to South Ballina road repairs. However, to maintain it's ride distance, the route now includes Moylans Lane. This inclusion may not last long. New potholes are already blistering the long straight section to River Drive T-intersection. As usual with Moylans lane, it is a weekly *lets see if it's safe* to ride across.

Today Richard Hughes announced he will be 71 on Wednesday. Since it is our tradition that the birthday person shouts everybody coffee, usually after a ride. Richard, from his kindness, elected to shout coffees on Monday, one of our most popular week days for a ride.



KEVIN

RICHARD.S. TOM

JACK

RICHARD.H. TONY

JOHN

DAVE

RICHARD.B. DAVE.C.

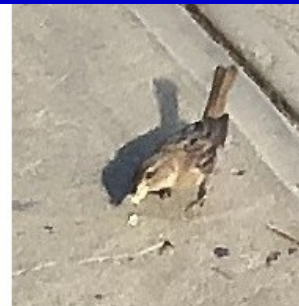
Tuesday Ride Report

- Peter

Richard, who has not been riding too regularly of late, joined us (Dave, Gavin and myself) for our weekly 100 km ride. Richard performed well to hang in on the faster stretches, so too did Gavin.

We rode from Ballina to Evans Head and then to Woodburn for our usual snack of coffee and muffins. We also had three sparrows accompany us for muffins _ they are getting more used to us.

We returned home via Kilgin Rd, and it is all patched up (at last). So Kilgin is the 'go-road' for the next month or so, before further potholes develop.



Friday Wardell Loops Ride Report

- Peter

A third of the field took the extra 8 km challenge to match the others to the ferry. The third, Tom, Dave and Pete, pushed each other to not drop below 31 kph. Over a 33 km distance we averaged 32.6 kph. We arrived about 30 seconds behind the rest of the field. Our overall judgement is that we, the faster group, is improving. Our goal has always been to beat the field, which we did to Wardell, but not to the ferry.

The good news about this, and in the last few rides, is that Tom's heart condition seems to have improved to the point of a healthy 69 y.o. heart. Tom definitely has shown a marked improvement in strength and stamina this month. Let us hope he will continue to do so.

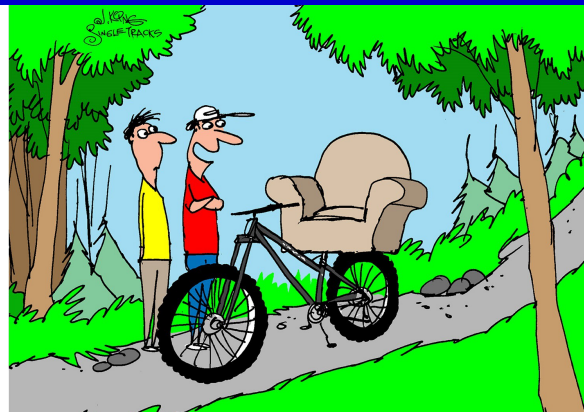
Saturday April Fools Ride

- Peter

The only fooling around we did was on the return trip from Signata Ln / East Whytes Ln to Ballina on the Expressway, where we took the speed up for a short while. Overall, the ride was short and quick.

We had 5 riders. Dave, Richard, Tom, Marc, and Peter.

At The Proper Cafe we discussed the usual heroes and history of the TDF. We closed the conversation on our personal experiences of saddle types/brands and sizes. Tom claims to have recently found his best seat ever from Specialized, but I feel the rest of us are still searching for the perfect saddle.



"I finally found a comfortable saddle."

Sunday Ride Report

BROADWATER

- Dave. C.

Five riders set off from our Ballina start at 7 AM to reach Broadwater. The abilities were mixed but speeds were adjusted to suit everyone's ability. We followed Pimlico Road and Signata Road and the old Pacific Highway to Wardell. This gave us the optimum choice of road quality and absence of traffic. On a Sunday the old Pacific Highway carries almost zero traffic from Wardell to Broadwater so this was our chosen route. The weather was cool and perfect despite threatening storms out off the coast.

Broadwater has an excellent covered rest area and modern toilets so was a good place to stop for recovery. The town may be called Broadwater however the new M1 bridge crosses the river in the town at the narrowest part of the river. Perhaps it should have been called Narrow Water.

On return we had a gentle tailwind up the old Pacific Highway and River Road to the ferry so the pace was increased, however all riders reached the ferry together.

We met for coffee at about 9:30 AM at the Proper Cafe and all agreed this was an enjoyable outing.

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: https://drive.google.com/file/d/138CvHjUyUg0HYkXqSbQhMdP2EBErHOQb/view?usp=share_link

A Missed Cyclist And Dear Friend - Alan Paull

- Peter



It is sad to report that Alan Paull, a club cyclist and volunteer, passed away yesterday (Sunday) morning after a battle with cancer. We all miss his presence amongst us.

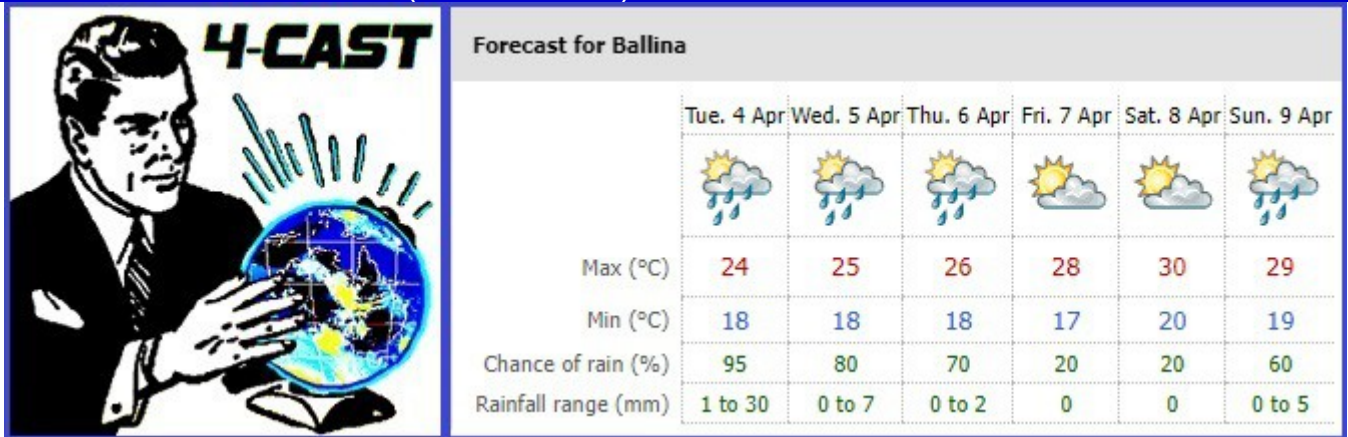
Alan has always been a most kind and caring soul. And it is these traits that makes him stand out amongst the bunch. Personally, I have never heard him, even jokingly, put anybody down. I will always remember him as a person of high integrity, a benchmark from which we all got reminded about now and again.

As a club member, Alan gave a lot of his time as a club volunteer. He was mostly known by all the club racers as our timekeeper, setting up and setting down of racing gear and safety equipment. And when it came to club event BBQs, Alan and his partner, Carole, donned the aprons and cooked up a storm.

As a cyclist, he came late into the sport. Carole and others helped him along until he swapped over from a straight bar to a road bike, where his love for riding, self propelled him. Alan quite often stepped up to the front to set a goodly pace for all of us to follow. He did not fail to impress us.

We, from BBC, send our sincere condolences to Alan's family & friends and to Carole.

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



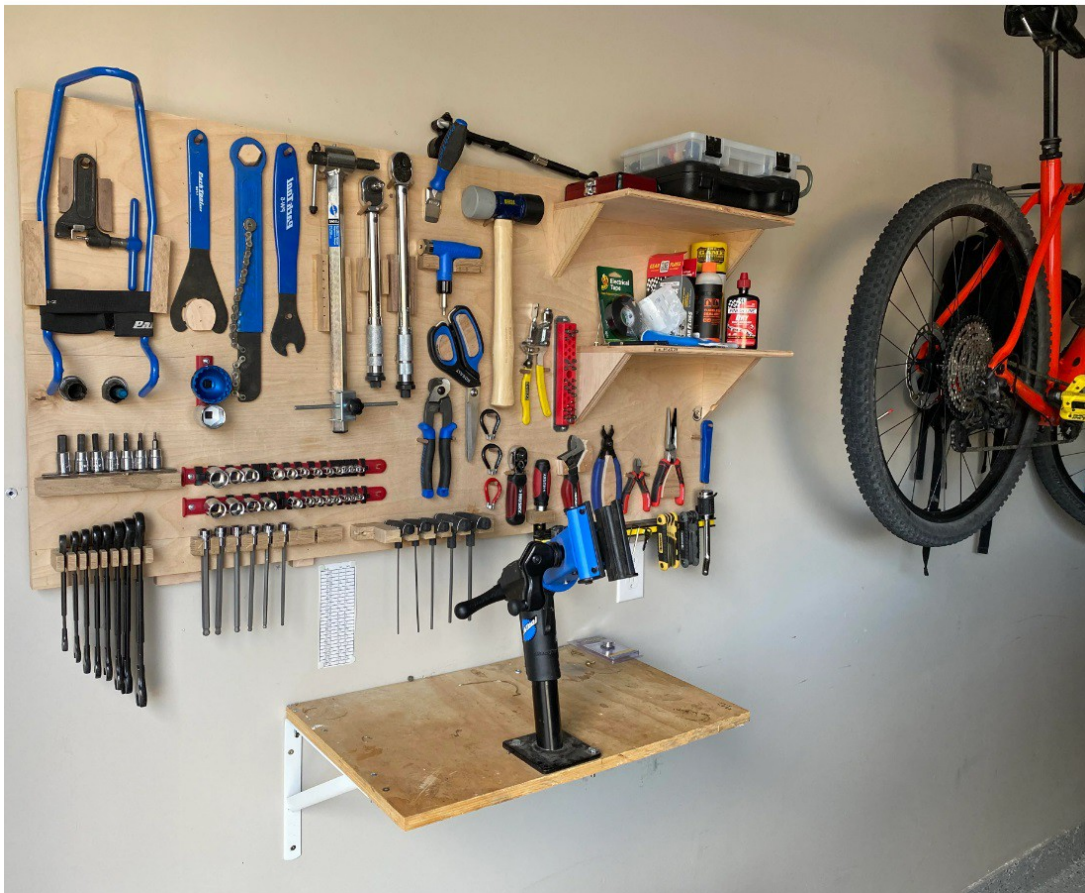
OTHER INTERESTING BITS [Click on the 2 images below to open](#)



APPOLOGY

The BBC Jumbo Crossword Puzzle #2 Answers is misplaced.

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



ANS: https://drive.google.com/file/d/1fWzE7t15QhmznVuMeRVNrZaw76NFjUCD/view?usp=share_link

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