



# BBCNEWSLETTER 2023.04.10

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 34 - For week ending Sun 09APR2023.

**Monday – 0** (Wet rainy day)

**Tuesday – 0** (Too wet and windy)

**Wednesday – 3** (Tom, Dave and Gavin on Houghlahans cct. See report)

**Thursday- 3** (To Wardell. Tom & Peter Via Ferry Dr. Dave solo via Pimlico)

**Friday – 13** (9 x Wardell2. 3 x Wardell loops. 1 x Around town. See report)

**Saturday – 6** (See report)

**Sunday – 9** (See report)

**JOIN THE BUNCH.** Join our mailing list: [bbclubnews@gmail.com](mailto:bbclubnews@gmail.com)

## Membership Has Its Privileges

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



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

### UPCOMING EVENTS

CLICK ON EVENT TO OPEN

**EVANS HD - WOODBURN**

APR Tue 11<sup>th</sup> 7AM. Coles, Fox St.

**HOUGHLAHANS MTB**

APR Wed 12<sup>th</sup> 7AM. Coles, Fox St.

**ALAN PAULL'S FUNERAL**

APR Thu 13<sup>th</sup> 10AM. Guardians Funerals

**WARDELL 2**

**WARDELL LOOPS**

APR Fri 14<sup>th</sup> 7AM. Coles, Fox St.

**BROADWATER-BAGOTVILLE**

APR Sat 15<sup>th</sup> 7AM. Henry Rous Tavern

**NEWRYBAR-BROKEN HEAD**

**BROADWATER**

APR Sun 16<sup>th</sup> 7AM. Coles, Fox St.

**MOYLANS-WARDELL**

APR Mon 17<sup>th</sup> 7AM Coles, Fox St.

## Wednesday Ride Report

- Peter reporting Tom's story.

There were three riders (Tom, Dave and Gavin) doing the Houghlahans MTB ride. Gavin was riding a road bike instead of a mountain bike. On this ride they decided to keep riding, that is, without stops. They all got back to the cafe a good half hour quicker than usual.

## Friday Wardell Loops Ride Report

- Peter

Paul made a short ride around town as part of his active recovery program from a previous injury. Buster, Kevin and Bob rode to Wardell and back via River Drive. Six other riders took the usual Friday Wardell ride via Pimlico Rd and River Dr.

Dave, Tom and myself had partaken in the Wardell Loops ride. Today was the first time in a long while were we were able to beat the six riders to the ferry despite covering an extra eight kilometres. In saying this, we would not be able to catch and pass these riders without increasing our average pace. Our average speed for the 30 km section was just over 33 kph.

## Saturday Ride

- Peter

Saturday's ride was a romp around the hills and the mad dash for the cafe. Six of us (Marc, Dave, Tom, Richard, Simon and myself) headed for the back hills, west of Ballina. The weather was perfect, as it usually is during autumn and spring. Ballina is the ideal location for cyclists all year round IMHO.

Simon was the strongman today, but he did not show it all the time. He can be modest when he tries really hard (just joking). What I mean is, there were other riders that got over the hills before Simon did. I am sure he let us do so.

Marc got a flat tyre half way through the ride. Dave, the grandfather that he is, could not help himself to help Marc. Marc, a very proud man quite capable of replacing inner tubes, was either biting his tongue or just being humble, to allow David to help him. In either case, I found watching these two working together quite moving.

The dash to the cafe was lots of fun, especially while riding around 39 and 40 kph a good part of the time. The overall ride was short, but the variations along the way made it interesting. There are lots of magnificent scenery, climbs, fast descents, a bouncy-rough section, and a final smooth dash to sum it all up. After all the effort, it makes the coffee taste even better.



## Sunday Ride Report

- Peter

As soon as we stepped outside this morning we all knew we were to ride with a westerly cross-wind. What we did not know was that the wind would pick up speed so early in the day. It usually does in the afternoons.

There were times, out in the open areas, the wind was giving us a hard time to keep a straight line. What was worse is that often the last rider was left out of the echelon, the same rider that just did a turn up the front. . . "How rude!" did you say, "I hear you big dog".

We all worked hard on this ride. After we got back to Ballina, at the cafe for refreshments, we all were sitting quiet for a while. A pause is often required to get some more blood from our legs to our brains so we can be cognisant again. Luckily the Proper Cafe treated us all with a small chocolate Easter egg with our coffees . . . Ah, sugar for the brain.



## A Potty Technical Matter

- Peter

It has come to my attention that some riders are more prone to be forgetful of their role when leading a bunch of riders. They don't point out, or mention, the potholes they are narrowly missing themselves.

Some may think that I may be pedantic about this, but I assure you I am not. I know we all miss noticing a pothole now and again. Many know that I advocate that we should not rely on others to point the potholes out for us. Every person is to do their best to become aware of such road hazards. However, it is out of courtesy for the lead rider to make others aware of approaching potential hazards. After all, it is the lead rider which is blocking a clear view of what lays ahead.

Some riders often go for a solo ride, say during the week, and only ride in a bunch on weekends. Nobody points out potholes when riding alone. But it can become a habit to think the same when out in front of a bunch, especially when everybody is riding single-file.

Normally, the forgetful leader gets a jolt of awareness of their duty after others scream out in protest. No leader likes to be reminded in such a way. So, I hope this will remind us all that once we are riding in a bunch, to realise that we will need to be more aware than usual.

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



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



## 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)

## Where to Trail Ride

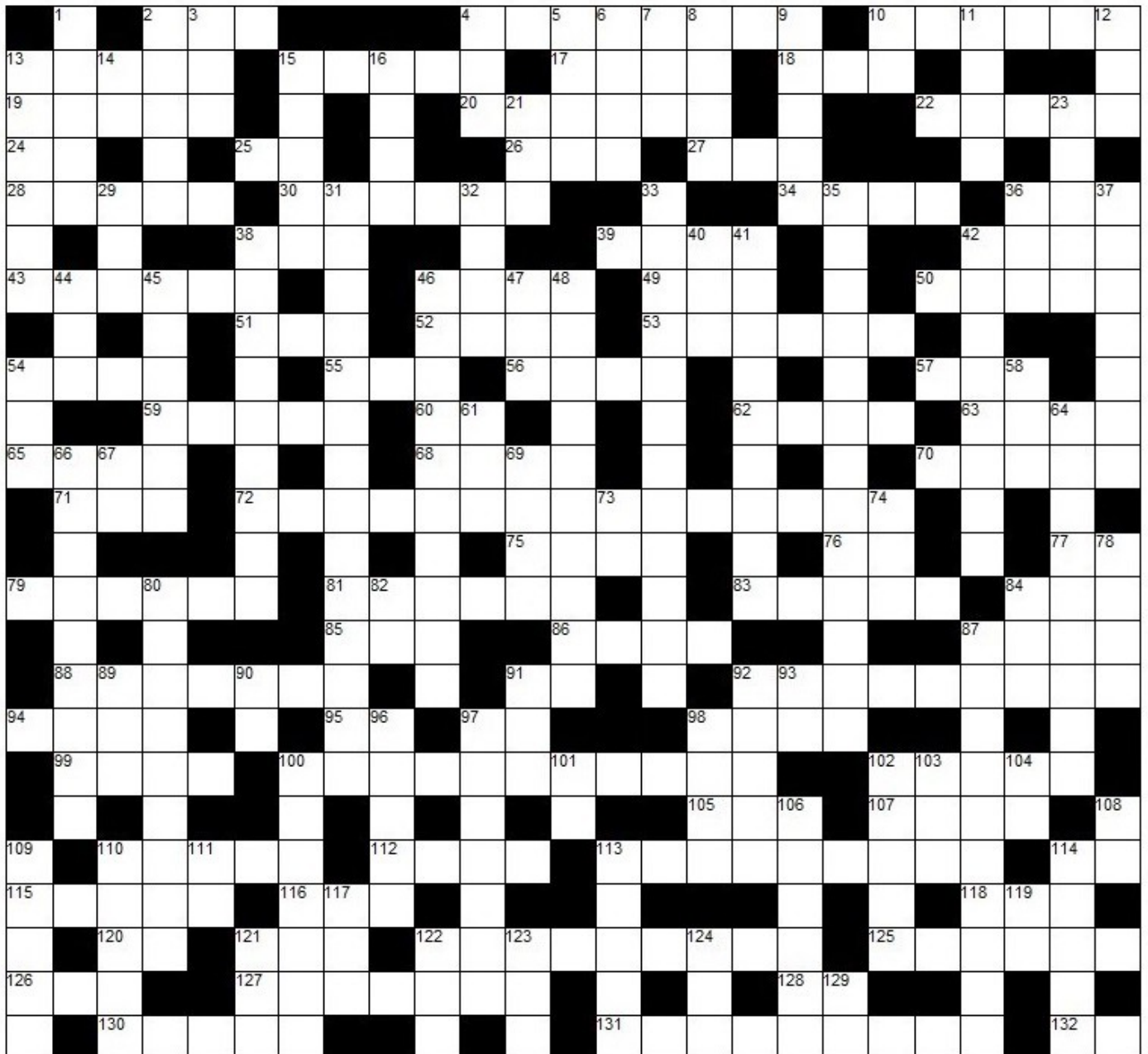
Here are a few links for our MTB club members to represent our club in:

**Kyogle MTB Club:** <https://www.facebook.com/kyoglemountainbikeclub>



ADAPTED FROM 'SCHULZ'

# BBC X-WORD No.2



## ACROSS

2. Byron \_\_\_ (3).
4. Parasol (8).
10. Cycling (6).
13. Stand, booth (5).
15. Cycling gloves (5).
17. Beams of light (4).
18. One circuit of a race track (3).
19. Foot-operated lever (5).
20. Cycled with a motor (1-5).
22. Short for carbohydrates (5).
24. Either (2).
25. (Abbr) for race against the clock (2).
26. Expert cyclist (informal) (3).
27. Whine, whimper (3).
28. Mid leg joints (5).
30. Bring wheel into correct shape (6).
34. International bike of champions (abbr) (4).
36. Shilling (Brit slang) (3).
38. Fish eggs (3).
39. Resign from the race (4).
42. Hinged entrance (4).
43. Bicycle seat (6).
46. Symbol indicating pitch of music (4).
49. Very cold (3).
50. Bicycle's major component (5).
51. What tyres are filled with (3).
52. Inheritor, successor (4).
53. Take care of bike museum (6).
54. Transportation mode (4).
55. Short for diameter (3).
56. Garment for the foot (4).
57. Operatives (abbr) (3).
59. Spigot (5).
60. Whether (2).
62. Being stiff and sore.
63. Remove, expel (4).
65. Short for bicycle (4).
68. Group of similar things (4).
70. Tyre inflators (5).
71. Neither (3).
72. Shifters (4,5,6).
75. Quantity of medicine (4).
76. Abbreviation for Australia (2).
77. Expression of surprise or desire (2).
79. Covert, untold (race plan) (6).
81. Race captain (6).
83. One who races (5).
84. Trichloroethylene (abbr) (3).
85. Put down (3).
86. Keep it simple stupid (abbr) (4).
87. Short for Coca-Cola (4).
88. Tube between head and seat tubes (3,4).
91. While, like (2).

92. Coast the wheel (9).
94. Large saltwater fish (4).
95. We (2).
97. Friendly greeting (informal) (2).
98. Burst, break (4).
99. Inflamed saddle sore (4).
100. Handles that operate brake mechanisms (5,6).
102. Long arduous ride (5).
105. Atomic energy commission (abbr) (3).
107. Borrowed, given (4).
110. Ability to do something well (5).
112. Nickname for Thureau, 6 TDF stage winner (4).
113. Steering bar of bicycle (9).
114. A compass point at 225 deg (2).
115. Linked metal rollers (5).
116. Hawaiian wreath of flowers (3).
118. Small demon, fiend (3).
120. Ventricular tachycardia (abbr) (2).
121. Do-it-yourself (3).
122. Bright front lamp (9).
125. Person that wins a race (6).
126. Short for navigation (3).
127. Bring scandal to light (7).
128. Express surprise (2).
130. Aboriginal for 'headland', pc-2464 (5).
131. Tubes between seat post & dropouts (4,5).
132. Perform.

## DOWN

1. Strict discipline, firm restraint (5).
2. Fork arm (5).
3. \_\_\_ - rounder, a climber and time trialist (3).
4. Employ, utilize (3).
5. \_\_\_ - a - brac, curios (4).
6. Sloping angle of front forks (4).
7. Slight organ (3).
8. Long steady distances (abbr) (4).
9. Excuse for missing drug test (5).
10. Blood pressure (abbr) (2).
11. Kilopascals (abbr) (4).
12. *Slang* for pleasure (3).
13. Bars that support the wheel rim (6).
14. Advertisement (2).
15. Maxim, proverb (5).
16. Short ballerina skirt (4).
21. Musette, pouch (3).
23. \_\_\_ wagon, sag wagon (5).
29. Finish of race (3).
31. Sprocket-shifting mechanism (4,10).
32. An east African river (4).
33. Type of lever on a bicycle (5-7).
35. Crank bearing assembly (6,6).
36. Large water snake (3).

37. Rider reaches the top of a hill (7).
38. Tail lamp (4,5).
40. Intensive care unit (abbr) (3).
41. Bar to remove tread off the wheel (4,5).
42. Slots at fork ends (8).
44. Also known as (abbr) (3).
45. Support car user (6).
46. Tubes between bracket and dropouts (5,5).
47. Environmental impact statement (abbr) (3).
48. Front wheel steering mounts (5,5).
54. Keep under observation (3).
58. Amount, quantity (3).
61. Expression of disapproval (slang) (3).
64. Rear chain gears (9).
66. Inflatable tube for tyre (5,4).
67. Knock out (abbr) (2).
69. To take a point of view (4).
73. Short for tough stuff (2).
74. Make petition for (3).
78. Back underside of foot (4).
80. Bike service bag (6,3).
82. Each (abbr) (2).
84. \_\_\_ cage attached to pedal (3).
87. Front parts of drivetrain (9).
89. Or nearest offer (abbr) (3).
90. Not down (2).
91. To have pain (3).
92. Mingled (5).
93. Royal Society (abbr) (2).
96. \_\_\_ Tour, in Arabia (5).
97. Bearing system in head tube (7).
98. Cereal grain (4).
100. The town of BBC (7).
101. Short for extraterrestrial (2).
102. Arm joint (5).
103. Chosen team sprinter for race win (3).
104. Type of body scanner (2).
106. Rags (6).
108. 90 deg farther from 114 across (2).
109. 1973 TDF winner (5).
110. Having racing shrewdness (5).
111. Inside (2).
113. Hangs onto race title (5).
114. Pace (5).
117. \_\_\_ - ball, looking at something (3).
119. Symbol for magnesium (2).
121. To confer knighthood on (3).
122. Heart rate monitor (abbr) (3).
123. Expression of triumph (3).
124. State of West India (3).
129. Word for @ symbol (2).

Peter. H. 2023-04-10

ANS: [https://drive.google.com/file/d/16w\\_pjOziYrfJPjOH\\_UxmXzjd0l2w2EqN/view?usp=sharing](https://drive.google.com/file/d/16w_pjOziYrfJPjOH_UxmXzjd0l2w2EqN/view?usp=sharing)



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