



BBCNEWSLETTER 2023.04.17

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 32 - For week ending Sun 16APR2023.

Monday – 9 ()

Tuesday – 1 ()

Wednesday – 7 (See report)

Thursday- 0 (Alan Paull's funeral. See report)

Friday – 10 (See report)

Saturday – 2 (See report)

Sunday – 3 (See report)

JOIN THE BUNCH. Join our mailing list: 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 18th 7AM. Coles, Fox St.

HOUGHLAHANS MTB

APR Wed 19th 7AM. Coles, Fox St.

COMMITTEE MEETING

APR Wed 19th 6PM Henry Rous Tavern

WARDELL 2

WARDELL LOOPS

APR Fri 21st 7AM. Coles, Fox St.

MEERSCHAUM VALE

APR Sat 22nd 7AM. Henry Rous Tavern

VBR BAGOTVILLE-BROADWATER BROADWATER

APR Sun 23rd 7AM. Coles, Fox St.

MOYLANS-WARDELL

APR Mon 24th 7AM Coles, Fox St.

Wednesday Ride Report

- Peter

Three riders (Stuart, Gavin and Tom) took off along the Houghlahans MTB route. Bob, Kevin and Buster headed to Wardell via River Drive, so too did Richard on a solo ride.

Thursday: Alan Paull's Funeral

- Peter

Alan had a good turn out at his funeral. Richard Brown was the Reverend conducting the funeral ceremony, and also guest speaker on behalf of the cyclists. Other people, family and close friends, where the main speakers sharing their most loving memories of Alan Paull. He was deeply loved by many.

During the closing part of the ceremony there was a photo slide show of Alan Paull with family and friends. Personally, I was very happy to see these images. Besides seeing other perspectives of Alan's joyful life, these photos refreshed my own tainted imaginings of Alan's last few weeks. The other feelgood was knowing that Alan went in *peace* with his own understanding of a Higher Power. I hope we all can get a chance to do the same.

Though we will miss him, our fond memories of him will bring him instantly close to us again.

Friday Ride Report

- Peter

A new rider joined us, his name is Rod and is a friend of Simon. Rod is currently getting back into cycling and is getting along fairly well. We started from Coles with six riders, three (Dave, Tom, Peter) rode the loops. Shane, Rod, and Gavin rode straight to Wardell; they joined the loopy riders down Moylans Lane on the return trip to Ballina. Once we got back onto River Drive the pace lifted as usual.

We met the others at the ferry. They rode a different route. We are all hoping they will get back into form enough to ride again with the pack.

Saturday Ride

- Simon and Dave

There were only two riders this morning, Dave and myself, and although the planned route was mostly flat, Dave had other ideas. "Seeing as the big fellas aren't here, let's do Meerschaum Vale hill", he said. "From the bottom", he said. We'd been threatening to do the hill for a while now so it was time to ante-up.

The pace was up from the get go so by the time we hit the hill we were well softened. I pulled out momentarily on the steeper section but as soon as we hit the midway grade change Dave put the hammer down and we hit the top together.

After that it was a constant push to the Proper Cafe with a mad run down the cutting from Alstonville.

Dave's wattage output for an older gentleman is phenomenal (we averaged around 30km/hr for the ride) so we were both looking forward to our coffees at the end.

- Simon



Two of the best looking riders lined up behind the Rous Hotel at 7 AM. Michelin man could not ride due to making cutting remarks and his usual accomplice was missing in action. Riding conditions were near perfect as we proceeded down the Freeway and then the old Pacific Highway to Wardell. We then travelled via Wardell Road to Alstonville including climbing Meerschaum Vale Hill and numerous other hills along the way. Following a fast descent down the Bruxner Highway verges, we returned to the Proper cafe via Kalinga Street and Fox Street.

Total ride distance was 50 Km. This was a very fast ride with speeds along the flat often well above 34 Km/Hr. One rider who travelled 24 KM before arriving at the start reported an average speed of 30.2 Km/Hr for his entire trip. We returned to the Proper cafe just before 8:30 AM so the average actual trip speed was 33.3 Km/Hr. We were very pleased with our riding pace which was made possible by a desire for adventure and very roughly equal riding ability as well as a love of hills.

- Dave

Sunday Ride Report

- Peter

Only three riders turned up for the Sunday ride. They all rode to Broadwater and back along the old highway. It was very windy, and Buster lead most of the way into a headwind, on his e-bike, to Broadwater. . . good on you Buster.

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



Forecast for East Lismore

	Tue. 18 Apr	Wed. 19 Apr	Thu. 20 Apr	Fri. 21 Apr	Sat. 22 Apr	Sun. 23 Apr
Max (°C)	24	24	24	23	22	22
Min (°C)	14	13	13	13	12	12
Chance of rain (%)	60	40	50	80	80	70
Rainfall range (mm)	0 to 1	0 to 1	0 to 1	1 to 7	1 to 7	0 to 6

OTHER INTERESTING BITS Click on the 2 images below to open

Gravel For Road Cyclists



ALL The Tech From Paris-Roubaix 2023



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

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>

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



ANS: https://drive.google.com/file/d/1nzirGviVcSdHcSihNzR0OXlu9iaU3-mw/view?usp=share_link

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