



BBCNEWSLETTER 2023.05.01

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 38 - For week ending Sun 30APR2023.

Monday – 7 (Peter's birthday ride)

Tuesday – 2 ()

Wednesday – 2 (See report)

Thursday- 3 ()

Friday – 9 ()

Saturday – 5 (See report)

Sunday – 10 (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.



CLICK TO OPEN

BBC MEMBERSHIP & INSURANCE

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

UPCOMING EVENTS

CLICK ON EVENT TO OPEN

EVANS HD - WOODBURN

MAY Tue 02nd 7AM. Coles, Fox St.

HOUGHLAHANS MTB

MAY Wed 03rd 7AM. Coles, Fox St.

WARDELL 2

WARDELL LOOPS

MAY Fri 05th 7AM. Coles, Fox St.

MEERSCHAUM VALE – RIVER DR

MAY Sat 06th 7AM. Henry Rous Tavern

BROADWATER LOOP-2

BROADWATER

MAY Sun 07th 7AM. Coles, Fox St.

MOYLANS-WARDELL

MAY Mon 08th 7AM Coles, Fox St.

APOLOGIES for any confusion about where the last newsletter came from. Last week's letterhead was for another weekly newsletter that I produce for the Summerland Amateur Radio Club (SARC). They got the right letterhead but we did not. The newsletter (2023.04.24) has been corrected for our archives which is available from our club's website: <https://ballinabicycleclub.org/newsletters-1>

- Peter (editor)

Wednesday Ride Report

- Peter



Two members rode on separate times due to wet rainy conditions. I started riding in the afternoon while the sun was shining. During the ferry crossing a rainbow was forming. As pretty as they are, I also knew that rainbows don't form without showers, and I was heading straight for it. By the time I

got around the corner, the shower turned into a good rainfall and it did not stop until after Empire Vale, halfway to Wardell. Wardell was dry as a bone.

Saturday Ride

- Peter



L-R: Rob, David, Tom, Marc.

Photo by Peter

Five of us started the Murray's Ride from Henry Rous Tavern. The first leg of the ride was up and over North Teven Road. At the top of the hill I took the photo seen above. Both Rob and Tom had their reasons to cut their ride short and both headed home after we returned to the BP roundabout. David, Marc and myself continued on towards Pimlico road.

The wind was mostly a ESE, so we had a little more ease on the way back along River Drive. As we all know, a good crosswind always eats into our energy reserves. Marc got a puncture halfway along River Drive. The repairs took a while, which ate into David's spare time and so David passed up the coffee break in Ballina.

Sunday Ride Reports

- David

Ten riders arrived at the start line at 7 A.M. Six had non specific plans to ride to Wardell or Broadwater and the remaining four Simon, Gavin, Richard and Dave chose to ride the club recommended route which was a lot longer. This route followed Ballina cutting, Ellis Road, Cemetery Road, Rous Road and a descent down Devils Elbow, Tucki Road over two more ridges to the Bora Ring, Wardell Road, Broadwater Road and Blackwall Drive to Wardell with return along River Road.



Total distance was just over 80 km with lots of climbs. We were fortunate to have a tailwind from Tucki Road to Ballina for the most part. The scenery along Wyrallah Road was stimulating because

the road follows a lot of high ground looking down on the flood plain to the south. Ellis Road is also very scenic. The big surprise was the good to excellent road surface over most of the route. We returned to the Proper Cafe at 10:15 where the other riders were just finishing coffee.

OTHER INTERESTING BITS Click on the 4 images below to open



I'M 109
HERE IS MY SECRET OF YOUTH

Robert Marchand (109 years old) - The Oldest Cyclist in The World. Inspiring...



Danny Clark & The Greatest Track Cycling Finish You Will Ever See.



Saddle Tilt Science! (inc Torso & Hip Angle).

Top 10 Cycling Insults



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



Forecast for Ballina

| | Tue. 2 May | Wed. 3 May | Thu. 4 May | Fri. 5 May | Sat. 6 May | Sun. 7 May |
|---------------------|------------|------------|------------|------------|------------|------------|
| Max (°C) | 23 | 24 | 24 | 23 | 24 | 23 |
| Min (°C) | 11 | 12 | 12 | 13 | 12 | 12 |
| Chance of rain (%) | 0 | 0 | 10 | 30 | 20 | 20 |
| Rainfall range (mm) | 0 | 0 | 0 | 0 to 1 | 0 | 0 |

Where to Race

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

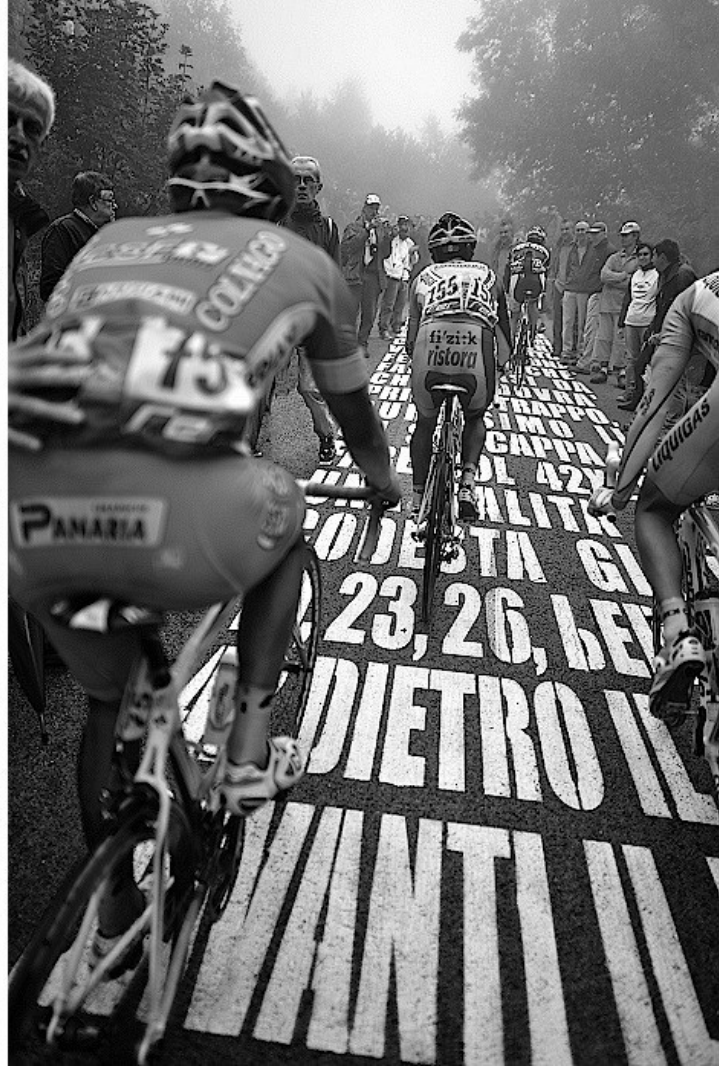
- Byron Bay** <https://www.byronbaycycleclub.org.au/home-1> and/or <https://www.facebook.com/byronbaycycleclub/>
- Yamba** <https://yambacc.tidyhq.com/> and/or <https://www.facebook.com/YambaCC/>
- Murwillumbah** <https://murwillumbah.tidyhq.com/> and/or <https://www.facebook.com/MurbahCycleClub/>
- 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 R-H image has 10 alterations. Can you spot them?

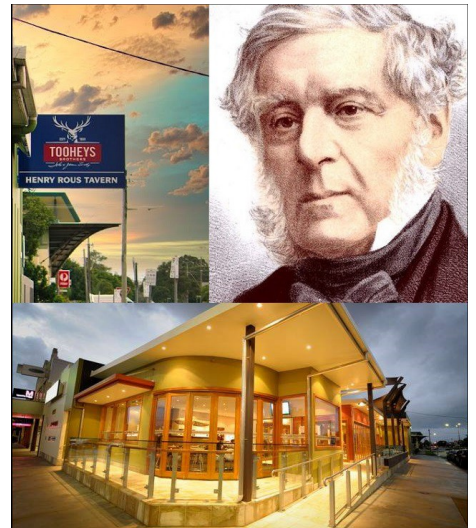


Solution: <https://drive.google.com/file/d/1y1LY4d947DJ9xiI0z7xpfqxpOstS39hy/view?usp=sharing>

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