



## **The official LCC Newsletter**

**2nd Edition, 5 April 2023**

# **They should rule who are able to rule best**

One by one, they slowly walked into the brightly lit room. Sun rays burst intermittently through the ceiling openings, flashing randomly on chromed forks and stellar chain rings. They were old but not feeble, skinny but not weak, boasting surprisingly chiseled legs and razor sharp tan lines under their immaculately white robes. Some played with their grizzled beards, waiting patiently for the meeting to begin, and observing intently the gathering crowds. It was clear that in their eyes were many years of experience, sweating brows, memories of pain and the odd greasy calf mark.

These were not ordinary men nor was this an ordinary room. It was the Grand Hall with marble steps, Ionian columns and space for all the riders of the local peloton. It is a place from which great decrees were made such as the speed of the next group ride or what judgment to pass onto the local Uncle Surge. The wise men gathered slowly and leaned their bikes on the steps assuredly, confident in their able machines. After a while, one of them stood up and for what seemed an interminable moment, stared at the large audience eagerly awaiting his counsel.



"We are gathered here today at this hallowed ground to vote in, once more, our city's cycling patricians". The wise men stood up and held onto a massive chain that was connected to the building's columns. It was old, stretched and greasy: it represented the unifying symbol of the city for millennia. It was here to remind all of the riders, mechanics and caffeine addicts of the city that we are all linked together, in the pace line and in our respect of the city's laws. The wise men, then said in unison: "We promise to uphold the *Chaininstitution*. May this Grease remind us of our duties as Holders of the Pace and protect others in their time of need". With bowed heads they held the Chain, proud of their accomplishments but humble in front of the crowd. After a pause, the main patrician looked once more upon the crowd and declared: "Do you, as our constituents in this chain gang, accept these riders as your leaders?". With a unified acknowledgement, the crowd cheered a roaring Ay and with this, the Council was voted once more to the city.

As romanticized as this is, and literary fun aside, we would like to welcome the first Board of Directors of LCC, officially voted at the AGM, Feb 22, 2023. May your rule be a prosperous one!

## A great start to 2023



LCC had a great jump start to the 2023 year! From the inaugural AGM at Fine Balance Brewing in the East End to one of our riders sharing her cycling adventure, we are proud to kick off this season with a bang. Check out below the main events and read more on our website. **LOTS of news in this one so enjoy!** We look forward to seeing you on the road soon.

The first official club ride is coming this weekend! Check out our other email for details or see our ride calendar at the link below

[Ride Calendar](#)

## LCC Annual General Meeting





LCC hosted its first Annual General Meeting (AGM) on February 22, 2023. The event was hosted at Fine Balance Brewing in the east end of Kingston and was attended by 33 members, eager to hear what's upcoming for this burgeoning cycling club. We followed this inaugural meeting and are proud to bring you the details below.

[LCC AGM](#)

## Rider Profile: Whitney Surgenor





LCC Rider Profiles are a way to showcase our members. We are proud to bring you our very first Rider Profile with our beloved Whitney Surgenor, from Cyclery Racing. Whitney shared with us her adventures at her training camp in Tucson, Arizona as well as the details from racing at Valley of the Sun (VOS) stage race Feb 17-19, 2023. Here is her first person account, so enjoy the ride!

Her time down south consisted of:

3 race days

6 team training ride days

More than 720 km riding on the bike total

We would like to thank Whitney for her time and credit Cyclery Racing and The Cyclery Shop for supporting this article. See the full piece at the link below.

[Whitney's adventure](#)

*Psst, if you have an awesome cycling adventure you'd like to share with us, or if you're up for an interview as a member of the club, please reach out to us. We would love to feature our members and encourage new riders to join the club.*



**UPDATE:** Club kit store is now closed, apologies

The LCC 2023 Club Membership is still open! Click the button below to get rolling.  
We look forward to having you among us this summer.

Your membership is 40\$ (+ tax) plus either Ontario Cycling's *Associate Member License* or *Race License*. Additional insurance options are available as well.

Don't forget, as part of our mission to promote Kingston cycling, membership fee for 18 years and under is waived.

[Club Membership](#)

## LCC Member Trek discount



Trek Bicycle Kingston is offering a **10% discount to our members**. To take advantage of this fantastic offer all you need to do is give permission for us to share your information with Trek so you can be added to their database to ensure the discount is always applied. To do so, please click on the link below and provide your details and confirm your permission to share that information with Trek.

[Member Discount](#)

## LCC Gran Fondo





Following our big success at the LCC Gran Fondo in June 2022, it's back on the menu for 2023 and is scheduled for **Saturday June 3rd**. Mark your calendars now and watch this space and our Facebook page for more information.

**Volunteers are needed!** If you are not already giving back to your club in any way this is the perfect avenue to get involved. All interested parties can reach out to Dave Coughlan ([dave@icimedcomm.com](mailto:dave@icimedcomm.com)) or via Facebook messenger.

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## A moment in time



*This section is for my history buffs and cycling aficionados. It'll cover an interesting historical tidbit, for fun, inspiration and sometimes pure ridicule.*

With the most recent edition of Milan-San Remo, I thought I would do a quick exposé of one of the most memorable editions of this race. The 1992 edition saw the great Sean Kelly go against the formidable Moreno Argentin and the win, as always, was down to the Poggio climb and the final sprint on the Via Roma. King Kelly was feeling good this season but didn't want to show his cards too early. Kelly mentions: "If I could win there [San Remo] the pressure would be off for a while. In the race, Argentin was super strong. When he attacked on the Poggio it looked as though he was gone for the day." Argentin built a sizable gap and Kelly was no where to be found. However, on the descent, the Irishman was cycling like a man possessed, taking massive risks to close the gap. "People say I took a lot of risks but it didn't feel like that at the time. I went as fast as I could but was always under control. I caught him with only 1k to go and pulled a few faces when he turned around shouting at me to come through. I told him that I wasn't able. Every time he turned to me I moved slightly off the wheel so that he would see the chasers coming fast behind and get a bit nervous. It worked and he kept rolling along. He led out the sprint so I was able to come off his wheel although he didn't make it too easy." Kelly won the sprint after 298 Km of cycling and after descending the Poggio like a madman.

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[autobiography](#) (arguably the best chapter of the book) or check out the snippet from the race on [Youtube](#).

On a side note, if he can rock that helmet and win this Monument, there is no excuse for safety!

Credit to [Vitus Bike](#)



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