



## The official LCC Newsletter

3rd Edition, 10 May 2023

### Sono qui per te, amore mio

I heard soft whispers close by. I couldn't really tell what and from where. I could only tell that they were soft, eloquent, suggesting a longing and an affection I have craved for some time. It keeps going slowly, dropping subtle hints, at unexpected yet heart throbbing intervals. It's, she's.. calling me? Anyone able to channel this passion must have been waiting for an eternity. A slow clicking hums gently in the background; the [Syren's call](#) is undeniable. I must act, I must move, I must get this wax out of my ears and seek it now! Rage filled me, the call was too strong, it stoked my longing and it was irresistible to my pedaling sensitivities.



A door slowly creaked open. I could faintly make out two triangles in the dark. Their svelte form came to me quite clearly and I can make out the glow of polished chrome. The clicking hum in the darkness, I can now understand what it is. My love's regular heartbeat, that rear wheel's hub was calling as it rotated slowly around the bike stand, waiting for my attention. I entered, hesitant but slowly caressed the cold steel, felt the grease around the chain, understood the need and the missing affection. It is now clear to me: the bike calls me for that spring maintenance. Do not neglect me my love, it called, I am here and will always be here for you. But, for the love of Merckx, I need a good bath (warm soapy water + degreaser), a new chain and please please get this damn dust off of me in this grimy closet. Gulping down my hesitation, I called slowly *[Sono qui per te amore mio.](#)*

Ladies and gents, appreciate your machine, show it love, maintain it and it will not whine or complain but love you unconditionally. Isn't this what we all long for? Affection? Get that degreaser ready for the season, and don't spare us the oil.

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## Upcoming LCC events

We've got a whole lot of news coming your way so hang tight. We are proud of the glorious start to the 2023 cycling season with LCC. Please join us in thanking all our members for your continued commitment to making this club awesome!

40 members showed up to last Saturday's ride: everyone rode safely and upheld LCC's vision on the road. We appreciate you.

## Women's Ride and Social

Wednesday, May 24th 2023

### WOMEN'S ROAD RIDE & SOCIAL



**CHLOE**  
FORMER ROWER, CURRENT MEDICAL STUDENT  
& ELITE 1/2 ROAD RACER.

**WHITNEY**  
PROFESSIONAL ENGINEER,  
DOG LOVER & ELITE 1/2 ROAD RACER.

**SUSAN**  
FORMER ROAD RACER,  
PROJECT ARCHITECT & LOCAL CYCLING LEGEND.

### MEET THE RIDE LEADS

JOIN US FOR AN OPPORTUNITY TO STRENGTHEN YOUR CYCLING KNOWLEDGE AND CONNECT WITH LIKE-MINDED WOMEN IN KINGSTON.

**LCC** [www.LimestoneCityCycling.ca](http://www.LimestoneCityCycling.ca)

WHITNEY HAS COMPLETED THE FOLLOWING NATIONAL COACHING CERTIFICATION PROGRAM (NCCP) CYCLING PROGRAMS: LET'S RIDE COMMUNITY INITIATION, INTRODUCTION TO COMPETITION TRAINING BASICS, AND INTRODUCTION TO COMPETITION ROAD SKILLS AND TACTICS.

LCC is offering its very first Women's only ride!

Objective: Providing an introduction to the art of cycling in a group, and offering tools and techniques for safe and confident riding. To top it all off, we'll end our ride with a delicious gelato downtown Kingston.

Ladies please join us wednesday 24th of May 2023, Springer Market Square, at 6:00 PM

Ride leaders will be Whitney, Chloe and Sue.

[Ride poster](#)

## LCC Gran Fondo 2023



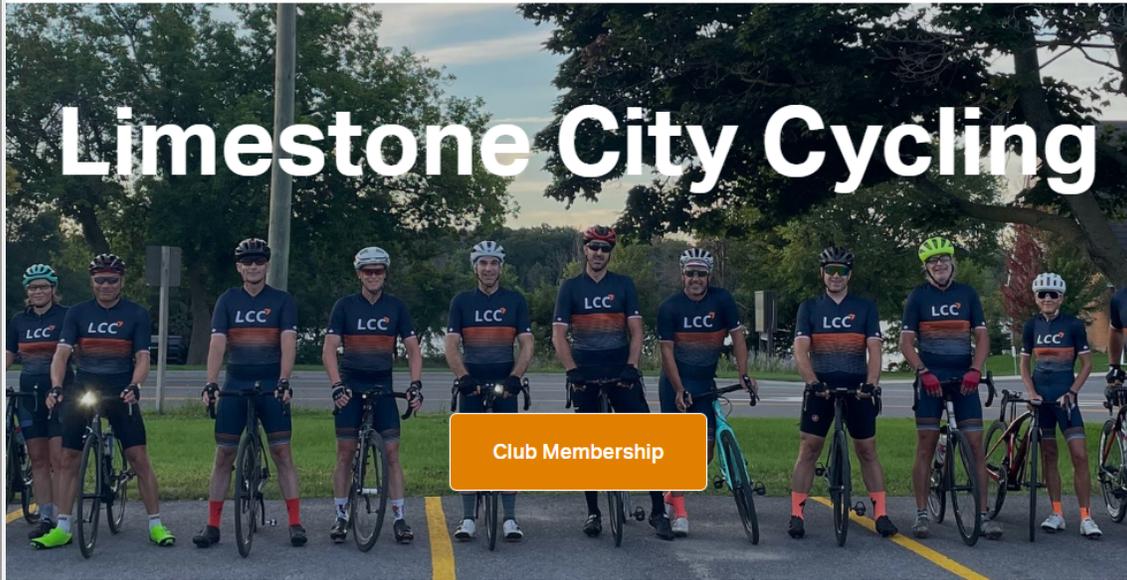
**Mark your calendars!** The LCC Fondo is coming this **September 2023** offering 4 routes: 40, 60, 100 and 160 km rides for LCC members and any other cyclists interested. We are very hyped for this as it is solidifying our club vision and promoting cycling in the region. Otter Creek will be there offering food and the city of Kingston is supporting our initiatives. We would like to thank the LCC Fondo committee for putting all this effort in making this event a main stay for the club and the city! Tune in for more details as we get them hot off the press. Registration coming soon.

For any suggestions or points, please approach Dave Coughlan.

Training Rides  
Contact



# Limestone City Cycling



A few quick updates that were made on our website:

- **Added a photo section:** Please send us your photos from official LCC rides! We would love to feature them. This is essential to getting members interested in the club as they can see the fun you have and the type of cool people attending.
- **Added a newsletter archive:** We are proud of the writing skills of our members and we are featuring their work in one centralized location. It is important to archive the evolution of our beloved club and this is the first step in doing so. Join us in re-reading our best write-ups for *Unchained* and *The Paceline* on our website [About us > Newsletters](#)
- **Added Ride Leader resources:** following our official ride leader training, all resources are now in one central location as well. This includes OCA injury form, ride leader brochure and associated powerpoint. [Resources > Ride Leader resources](#)

LCC Photos



## Train The Trainer

The Other TTT...

The LCC ride leader training was held this week. Thanks to Jan and the dedicated members of LCC, we are proud to host a larger cadre of leaders so we can offer bigger and better rides to everyone. For those of you who marked themselves as "attending" but were not able to make the session, not a problem. If you are still interested in becoming an LCC Ride Leader, we ask that you please watch the [recording](#) and respond back to Jan Fitz-Henry that you have reviewed it. Once you have reviewed the material, he will add you to our official Ride Leader master list.

[Ride leader resources](#)

## Kevin Dunbar Memorial Ride



If you have ever been around [Kevin Dunbar](#), you would know he was a great cyclist and friend to all of us. Sadly, there will always be a missing rider among our chain gang at LCC and we express our deepest condolences to his family. We all miss you very much. Please join us to commemorate a true athlete, friend and above all else dedicated father on the Kevin Dunbar Memorial ride. The ride will be held on the 3rd of June 2023, with details and route to follow.

## Early Bird Saturday ride

Are you a true early bird? Do you hate sleeping in? Do you want to maximize every minute of your weekend? Well you're in luck! LCC now offers an early bird special: the Saturday ride has an early departure time for those interested. The Saturday ride official time remains 8 am but some riders will depart at 7 am with a volunteer ride leader (same departure spot and same route). Thank you Philip Di Stefano for agreeing to be the ride leader for the month of May! Check out the LCC ride calendar for details.

[Calendar](#)

## Intro to group riding



Thursday morning intro to group riding starts May 25th. Meeting point is Food Basics at 5:45am. Route is: [Bike Route Planner - Ride with GPS](#)

Group is led by Ed McNally, Greg Ferguson and Matt Poirier. As always, post ride coffee is on the agenda!

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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.*

When you look as handsome as Jacques Anquetil, it is only natural for you to be riding a road bike. Period. There is an intrinsic relationship between style and road biking, and I believe much of it has to do with our nostalgia; an enduring affection to the past.

Anything from riding steel, drinking coffee or maintaining tan lines, lots of cycling culture is embedded in history and tradition. Anquetil, first five-time winner of the Tour de France, is the physical embodiment of this longing, exhibiting the ideal smooth shaven, brandy drinking, bicycle riding 50s and 60s. Paul Fournel, author of [Alone](#), an ode to this marvelous french rider, covers it quite eloquently: "*Anquetil pedalled blond, with supple ankles; he pedalled on points, back bent, arms at right angles, head straining forwards ... He was made to be seen alone on the road, silhouetted against the blue sky; nothing about him suggested the peloton, the crowd and the strength of being united. He was cycling beauty out on its own.*" I will be following up many more Moments about style in the future, something about performance looking this good that inspires me to take on a poetic stance myself; I am sure that the reader, deep inside, holds a similar clandestine infatuation.

Credit to [The Guardian](#)



Damn son, look at that hair and shades... Allow me some creativity here, caption:

*["Prend ma roue mon ami et tu sera victorieux"](#)*



LIMESTONE CITY CYCLING



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