



The official LCC Newsletter

4th Edition, 26 June 2023

Remembering a good friend

Last week, LCC and TriHardz joined together to honour our friend Kevin Dunbar in his annual Memorial Ride. Starting at Finkle Shore's Park in Bath, the team cycled his favorite routes and concluded it with snacks and coffee at Nora's. We would like to express our condolences once again to the Dunbar family; we thank them for allowing us the opportunity to celebrate Kevin.

As a gesture of appreciation, LCC members donated generously to the [Kevin Dunbar Memorial Scholarship Fund](#). These amounts were matched by Ka-Yu's Altitude Tech and Dave's ICI Medical for a total LCC contribution of 3 000\$.



Prominent Kingston lawyer Kevin Dunbar, who was also an elite triathlete and a devoted father, has passed away, leaving the legal and athletics communities in mourning. Described by his closest friends as incredibly kind and compassionate, Dunbar was known for his ability to connect with his clients and go above and beyond to assist them. He was highly regarded by his colleagues and received an outpouring of support following his sudden death from heart-related issues at the age of 47. Dunbar served as the president of the Kingston Criminal Defence Lawyers' Association and was recognized for his fierce advocacy on behalf of his clients.

In addition to his legal career, Dunbar was an accomplished athlete with a strong presence in the running community. He had been involved in running for almost 20 years and was a competitive participant in various running events. Dunbar's dedication to athletics was admired by many, and he was known as a humble person, a supportive friend, and an encouraging presence among his fellow runners. Despite personal struggles, Dunbar emphasized the importance of seeking help and inspiring others through his own commitment to physical fitness.

While Dunbar's athletic achievements were noteworthy, his friends emphasized that his greatest accomplishments were centered around his family. He was a devoted husband to Liz and a loving father to their two children, Maggie and Ciara. The family was described as incredibly close-knit, often traveling and spending time together.

Dunbar's legacy will be remembered not only for his professional and athletic pursuits but also for his unwavering dedication to his family.

Credit to: [The Whig Standard](#)



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.



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

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



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.

Reminder that LCC continues to offer a 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 every other Wednesday at Kopi Parking Lot (Hwy 15) for the start of the ride at 6:00 PM (5:30 PM pickup at Stauffer included).

check out the ride calendar for full details!

LCC Gran Fondo 2023



Registration form coming soon!

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.

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. Two times available at 7:00 and 8:00 AM.

Moreover, thanks to Barbra Hough, the 8:00 AM time will offer a 25-28 km/h shorter route.

Calendar

Intro to group riding



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

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 Grande Boucle, or Tour de France, fast approaching I thought I'd start another appreciation post (like the last one on stylish Anquetil). Let us take this opportunity to appreciate the great invention that is the derailleur, second only to the innovation of the [double diamond \(two triangles\) frame design](#) (which existed before the on-set of mass produced carbon framesets). It is difficult to innovate on such a brilliantly simple design; I would say the invention of the Shimano Total Integration (STI lever, combining both shifting and braking in one mechanism) would be the next seismic shift in the cycling world but I will reserve this to another newsletter in the future. As seen above, the first instance of true use of the derailleur came in the 1937 Tour de France, an almost prehistoric time. Before this, cyclists had two speeds in a fixie style wheel that they had to swap by disembarking from their machines and flipping the wheel around. Imagine doing that at 15% on the Tourmalet... However, as of 37', or 32 BM (32 years Before Merckx), Campagnolo had started offering a mechanism to shift speeds without stopping. I hope, dear reader, you can appreciate

Please take a gander at [the history of derailleurs here](#), and take the time to explain this to your own family over dinner this evening. I am super confident they will appreciate a good history lesson.

Credit to [We love cycling](#)



Please admire this perfect marriage of art and function. Grazie Tulio.

LCC

LIMESTONE CITY CYCLING



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