



The official LCC Newsletter

6th Edition, 30 Nov 2023

On the frozen wasteland and nostalgia



Once hailed as the king of the cycling world, Lucas Montague had conquered the toughest terrains, breezing through summits and valleys, his trusty bike an extension of his very being. The rhythmic whir of the wheels and the rush of wind against his face were constants in his life, bringing him both solace and triumph. But as the vibrant hues of autumn faded into the crisp chill of winter, Lucas found himself in a state of longing he hadn't experienced before - a yearning for his beloved bike.

The air outside was cold, biting at his skin as he peered out through the frosted windowpane of his cozy cottage. The changing of the seasons heralded an unavoidable pause in his cycling pursuits. The once inviting roads now lay covered in a thin blanket of frost, and the trails that he had once conquered with ease were now adorned with a layer of snow, a cold reminder that nature had imposed a temporary hiatus on his passion. Lucas paced his home, restless, unable to shake off the longing that had settled deep within him. His bike stood in the corner of the room, a mere ornament now, its vibrant colors dulled by the absence of adventure. He traced his fingers over the sleek frame, reminiscing about the winding paths, the steep climbs, and the exhilarating descents that had become his playground.

The crackling fire in the hearth failed to warm the ache in his heart as he yearned to feel the familiar grip of the handlebars, the satisfying click of the gears, and the adrenaline rush of pedaling through the wilderness. His mind wandered back to the countless victories, the camaraderie of fellow cyclists, and the sheer joy of pushing his limits. Outside, the landscape lay quiet, draped in a pristine white. The trees stood bare, their branches adorned with delicate icicles, and the once lively trails were now serene under the wintry veil. But to Lucas, the beauty of the season was a bittersweet sight, for it meant a temporary farewell to his cycling adventures. As the days stretched on, Lucas found solace in preparing his bike for the inevitable return to the roads. He meticulously cleaned every part, adjusting and fine-tuning as if in

With each passing day, the yearning in his heart grew stronger, his eagerness to ride mounting with the anticipation of the changing season. Lucas knew that despite the cold, spring would eventually thaw the frosty paths, and he would be reunited with his faithful companion, ready to embark on new adventures and reclaim the freedom that cycling bestowed upon him. And so, as winter held its grip on the land, Lucas Montague remained steadfast in his longing, patiently waiting for the day when he could pedal once more through the crisp, welcoming air, leaving behind the cold of the season and embracing the warmth of the open road.

Isn't this really the yearning we feel every winter? Lucas is a part of us all, probably minus the epic cycling victories! Let us pray to Merckx that the coming winter will come and go quickly...

Upcoming LCC events



Well, we don't have to yearn for cycling activities for long as your LCC Board of directors is hard at work preparing for the next season. Here is a timeline of events and dates to look forward to!

while you listen to next year's plan. Importantly, we will look for volunteers to take on Board positions so if you're interested (and you all should since this is your club!) hold out for registration forms coming soon.

2. **LCC kit store opening - Feb 2024:** LCC is exploring Bioracer as our new supplier of cycling kit (vs the current Jackroo). More to follow on design and stay tuned for the club kit link going live on our website.
3. **Sponsorships on club kit:** With all our collaborations last year, LCC is looking into getting sponsorships and including those on our jerseys. If you have any potential shops or contacts for sponsorships, please reach out to us!
4. **Ride Leader training - date TBD:** Under the watchful eye of Jan Fitz-Henry, ride leader training will enable us to provide more rides, routes and speeds.
5. **LCC Gran Fondo - Sept 2024:** Following the success of the Gran Fondo this year, a similar formula with some improvements, will come your way next year. We are excited to keep developing major events that fit the Club's mission and vision for the city of Kingston.
6. **Race training updates:**
 1. Middle road TT being removed due to the track not being ideal for this discipline
 2. Bath road 20-40 km TT is being explored as a potential option
 3. No road races as LCC is exploring the best and most secure options before we endeavor to hold events. However, crits will continue every Tuesday night with a potential option Sunday morning.
 4. In order to strengthen and improve the Kingston racing scene, LCC will ask that each racer also be a volunteer on the racing events. This will ensure that available staff are always on hand to support the organization.
7. **Wednesday evening Women's ride and Social:** Sue, Whitney and Chloe will continue the success with the Women's ride next year so we're looking forward to seeing all the ladies out and about.
8. **Safety, Safety, Safety:** We said it three times and that's no coincidence. LCC members must continue to adhere to all safety rules during our rides. LCC takes this very seriously and ride leaders will enforce safety and correct misbehavior when they observe it in their groups. We must aspire to keep the peace with our fellow road users and respect all rules of the road at all times. We appreciate your continued support with this.

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.

How do you capture cycling on camera?

For those that have been fascinated by the sport of cycling, there is one man able to capture its majesty in a visual medium: the Danish filmmaker Jorgen Leth (seen above on the right). Leth is a leading figure in experimental documentary film making known for making two of the best cycling movies/documentaries from the 70s: [A Sunday in Hell](#) and [The Stars and the Watercarriers](#). A Sunday in Hell explores the grueling challenges of the pavé during the 1976 Paris-Roubaix. The sheer animosity and craziness of riding cobbled roads, dusty and blinding, is expertly captured in this 1h45min reel. Leth's ability to capture the heroic efforts and mental preparation behind this epic ride is unparalleled. On the other hand, The Stars and the Watercarriers looks at the 1973 Giro d'Italia, an epic fight between the GOAT Merckx, the Italian Felice Gimondi and the Spaniard José Manuel Fuente. In this reel, Leth shows us a more intimate look at the riders: how Eddy leads from the front to control the race, how Ritter prepares for a winning TT, how Fuente feels alone through the mountains etc. Its poetry is palpable and gives us an amazing glimpse into cycling's past: a true joy for nostalgia nuts like myself. Finally, I must insist here on adding a third movie to your watching list this Xmas: [Eddy Merckx La course en tete](#). While this is not a Leth movie, it is still notable for its art. This 1974 reel looks at Eddy in his private life, how he balances his career and his family, how he broke the hour record, among other adventures on the road. Its opening scene brings chills: it's a slow wind-up to the finish line of the Worlds in 1973 in Barcelona culminated by an epic four man sprint between Merckx (BEL), Gimondi (ITA), Fredi Maertens (BEL) and Luis Ocana (SPA). Guess what? Eddy doesn't win and is not even on the podium! This is

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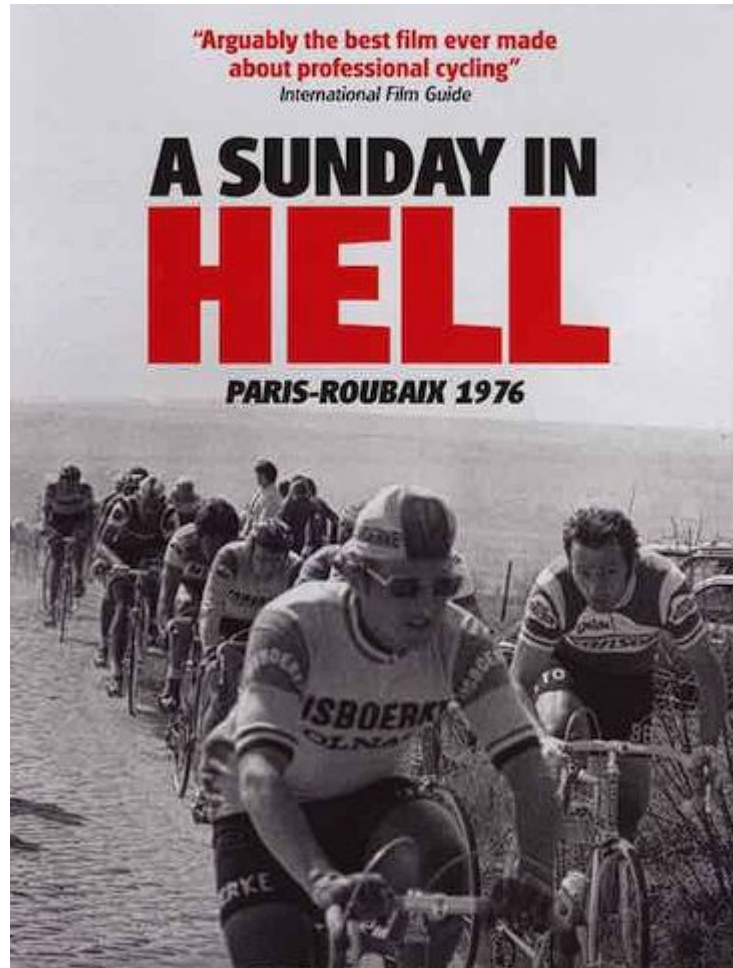
Past Issues

then the motivation for his training regimen for the rest of the movie. Truly a great story to tell and I hope you will enjoy these during the snowy evenings coming our

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way.

Credit to [Wikipedia](#) and Youtube (links above actually have the full films)





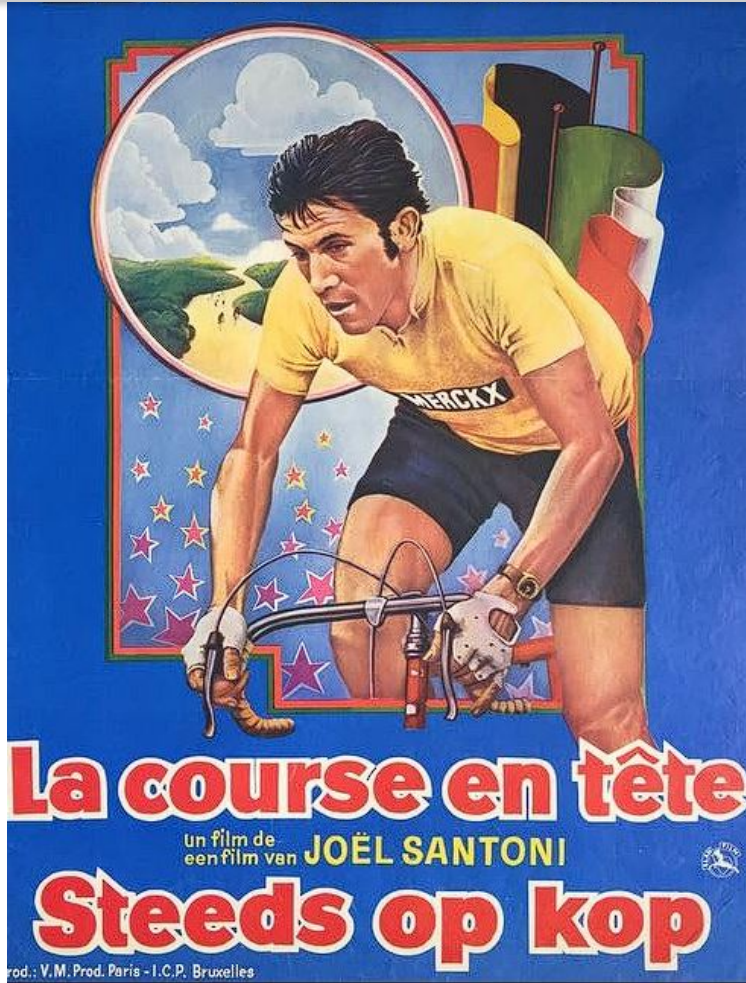
stjernerne
og
vandbærerne
filmen om
OLE RITTER

med
EDDY MERCKX
FUENTE
GIMONDI
GÖSTA PETTERSSON
BASSO
de **VLAMINCK**.....
professionelle stjerner
i det hårde race om millionerne på landevejene

i
giro d'italia

en film af **JØRGEN LETH**
produktion og udlejning: minerva film a/s

eastmancolor



LCC

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