



The official LCC Newsletter

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Did the ground hog see its shadow?

You see flashes of gleaming 11 speed chains and chromed forks. Sun is glaring down but you can't really tell what the shapes are in the distance. There is an awful pain in your legs but you seem to enjoy this suffering. It must not be normal to relish this feeling, you suspect, but you're curious enough to see what happens. Your breathing has quickened to an alarming speed and you worry that, at your age, this may not be a good sign. Is this simply the cheesy plate of nachos you gorged down last night, finally knocking on the door? Is that basically the fancy Pinot Noir you chugged yesterday in front of your guests as you boasted about long forgotten cycling adventures? You suddenly get this feeling of regret and scold yourself senselessly for this seemingly avoidable predicament.

A flash on your left and some inaudible words later and you realize someone has gone by you and bridged the gap. Dang, you missed your chance and this incessant pain persists. You grit your teeth and attempt to harness some nacho-fueled will power but alas it is not enough. The sun casts a strong ray blinding not only your path but what little logic remains in piecing this experience together. Is that a shadow I see or is it a reflection of my past, much fitter, happier self?

You wake up all tucked in. The annoying light from the street lamp slices right through the separation in your blinds and hits you straight in the eye. It must not be that time yet. It has been difficult hibernating for the past few months but you muster what courage you have to kickstart those aching bones. You awake all dreary eyed and step on the freezing floor. Notifications have been going on you phone for the past hour. Can't I have a break from the incessant news updates and social media feeds? Your third baby is cute and all but it's not worth interrupting my slumber.



That groundhog better not see its shadow or you'll have to give it a piece of your mind. You can not keep reliving these same experiences in your feverish dreams, it can't be sane or healthy. You know the asphalt calls. You know the winter has been long; eventually the sun must come up. You know that headset requires greasing but you've been too lazy to get to it. There is this app that keeps dinging with incessant notifications and it's driving you crazy. As you shuffle your aching muscles to the cold basement you call a pain cave (an ironic nod to either insanity or masochism) you finally see it. There is a small glimour of hope. you furiously rub your eyes and realize

morning.

Upcoming LCC events

Many of you must be wondering: Where is dear old Dr McNally? Has he been able to single handedly lift the failing healthcare system? Is Dave Coughlan still holding that grudge or scolding someone in the distance? What about that basement dweller Mohamad Colnago? Still pretending to exert imaginary watts in the Zwift virtual world? When will he learn...

Well I have news for you. Your beloved team and ride leaders have been eagerly training in the shadows. Many of the LCC team have been working hard to bring you a brighter cycling 2023 so sit tight, relax and hop on your trainer to join them.

LCC Zwift community



Join us every **Wednesday at 5 PM** and **Friday morning at 6:30 AM** for our Zwift virtual rides and training sessions. Wild Wednesdays and Fritter Fridays have been gathering a loyal following for a few weeks now. The LCC Zwift club has been organizing one hour rides every week to suit all performance levels. Remember that when we organize "Meet Ups", we deploy the *Keep Everyone Together* function

phone handy to join the banter! Check out the LCC website for calendar details and/or Join our discord. Keep an eye out for a future Zwift climbing competition too.

(Psst, if you want to organize your own Zwift event, be a ride leader or you want to share a cool idea, drop us a line with Mohamad Iskandarani (LCC) on Zwift. We'd be happy to help you get started)

[LCC Calendar](#)

LCC Annual General Meeting



For those who have been longing this winter to rekindle the flame with their beloved riding buddies, LCC will hold its Annual General Meeting (AGM) **February 22nd at 8 PM**. Join us at Fine Balance brewing for a cold drink and participate in shaping the plan for the 2023 cycling season.

[Fine Balance Brewing](#)

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.

Speaking of snow and the dreary feeling of winter, Bernard Hinault pictured here, defied the odds in the 1980 Classic Liège-Bastogne-Liège. While his season started off with quitting Paris-Nice due to horrible weather conditions ailing his knee and a bronchitis that forced him out of Gent-Wevelgem, he did something special at this race. "It was already 0 deg at the start in Liège and it started snowing right as we left the town" remembers Hinault. At the climb of Haute Levée, Hinault left the field and went on an 80 km solo ride to the finish, going over Col du Rosier, La Redoute and other climbs. *Le Blaireau*, as he's called, frozen stiff, finished the race at 9'27" ahead of his next competitor, in a race with 153 DNF. Hinault still recounts how his hands were frozen: "To this day I still feel the chill in my second finger in each hand". Pure determination and perseverance or an unhealthy ego sacrificing the body? Up to you to decide dear reader.

Credit to [UCI website FR](#)



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