



### The Keep it in Your Pants Edition

Well, it has been a few weeks, dear reader, since I have had the opportunity to hammer out some thoughts on life in the LCC peloton. Much has happened since the last edition where we digressed into the multisport world of triathlon (insert head slap emoji). We do love our triathlon friends though, especially Lianne "I look more pretty in link than Molly Ringwald" Morissette. But make no mistake, conversion therapy is a real thing!! #atanlinestartesmidbicep.... You be the judge . And does Al Leger look like he is still trying to figure out how Ed finished ahead of him? But I digress..



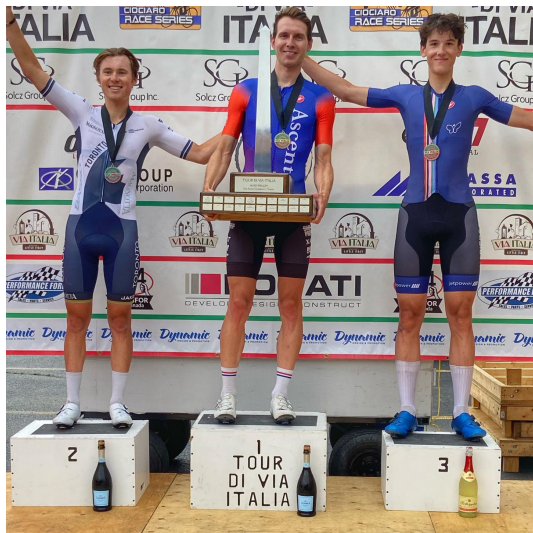
Kudos where kudos is due though as it would seem that the performances by our LCC members at the weirdest triathlon in history sparked our cyclists into action! Though Susan Crosswell and Dave Wall have been quietly standing on podiums over the winter and spring (Zwift and Gravel respectively) the road crew has been quiet.

That all changed over two incredible weekends. First, Matt Shearer claimed the Provincial Road Race championship. Is it coincidence that he joins LCC and then all of a sudden starts winning? Roll your eyes if you want but the following that victory, our local pro-hopeful Whitney Surgenor took top spot at the Tour de Via Italia Elite race while Shearer continued his winning ways also taking the Elite title and Shannon Coolican took a podium spot in the M3 race. And while all of that may be amazing (and 100% attributable to being an LCC member) the biggest celebration was saved for the indomitable Zola Mehlomakulu who, after working his ass off (literally, has anyone seen Zola's ass?) in the winter and sacrificing himself for his teammates in every race, the hard work of the super domestique paid off. While crumpled in the arms of his better half after the race all that could be heard was: "I can finally have a f\*&^%ng ju-jube"!! There have been zero Zola sightings since Via Italia and a strange shortage of Cheetos on the shelves of Kingston grocery stores.

Coincidence? Inquiring minds want to know...

full LCC kit! Is anyone else wondering how god-freaking awful that race had to be if Jimi came in third!??? #nothanks





Last, but certainly not least, our beloved Saturday ride. The move to the west end has been a rousing success with big number turnouts each week, including a double sighting of Mike Breault. Getting up before noon is not one of Mikey's strengths but it is great to see that "sharky" smooth pedal stroke back on the roads.

sarcasm - eye roll emoji) made an appearance, wreaking havoc on the roads and on the LCC FB page. An emergency meeting of the Board was convened (yes it IS a coincidence that it took place in a bar #youalldrivestodrink). The new "Rules" were *hammered* out (choice of adjective purposeful - winky face emoji) and published. All was calm across the land until the back end of the A group ride. Having clearly not fully digested the Rules, new LCC member Conor Sheridan hit the front and not only dished out the hurt but failed to see the speed trap laid out by Constable Lancop and was clocked at 42 in a 34 zone. Constable Lancop, though angry with the flagrant disregard for the Rules, decided not to press charges and let young Conor off with a warning. Do we have a new Uncle Surge? Jeff Reid thinks so. Only time will tell (smiley face emoji with tears of laughter).

Until next time dear reader...



---

Copyright © 2022 [info@limestonecitycycling.ca](mailto:info@limestonecitycycling.ca), All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

Grow your business with  **mailchimp**