

# The Double-E Half Hour of Pain

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 [devblogs.microsoft.com/oldnewthing/20050923-53](http://devblogs.microsoft.com/oldnewthing/20050923-53)

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I'm pretty confident I'm going to regret this.

I have been goaded into [The Double-E Half Hour of Pain](#), featuring [Eric Gunnerson](#) and [The Fat Cyclist](#). Indeed, Mr. Cyclist has [already started the trash talk](#).

My strategy will be to start slow and taper off. (Especially since it will have taken me about an hour and a half just to get to the starting point.)

I'll be the one in the black shorts and yellow shirt, with a heavy bicycle and [a withered hand](#). (I just like saying "withered hand".)

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