The role of the LMC in the Extragalactic Distance Scale: Cepheids and Miras

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I will discuss recent observations of LMC Cepheids using HST that have yielded an improved determination of the Hubble constant, building on the exquisite distance determination presented in the previous talk. I will also present results of ground-based observations of Miras in the LMC and other galaxies that pave the way to an independent determination of the Hubble constant.