

From: Ready2Rent Cycling, an arm of the University of Guelph
Sent: 2023, from Facebook & Email, Tue 21
Re: January 21, 2023 10:15 AM
To: Gordon.Williams@uoguelph.ca

1/21



Hiya, Murray Board

Our season opener was a bit wet, but 60% of our team got off to a great and safe start of the 2023 touring season! We say 60%, because the wet night should double some of the rider numbers we recorded to account towards that of the capacity! We'll have a lot to a few hours while night was later in day, to control your budget.

Since the race was not too hot, and we had a lot of great Ride Members and observers here, we got several great feedback tips to share with everyone to work on going.

Safety Reminder - Make sure your bike is the right size for you!

One of our great long-time Ride Members (Jim Campbell), came in on a bike that is sport racing a size which was too big and at the very top, and the bike was not changed when trying for the bike. This created at least two safety concerns. First, the seat was about 10cm, or 4 in, out of the standard for fit. Second, the bike seat needs suffer a repetitive strain injury (RSI) from pedaling that is not the correct position.

It's always pretty obvious when your bike is the wrong size for you. If you are unsure, ask one of the Ride Members at the race to take a look. You can also go to bikefit.ca, or your local bike shop for a bike fitting. A simple fitting may be free, but most shops will offer a more detailed fitting service, which is definitely worthwhile. You will be riding a lot, and your fitting will ensure you to work more efficiently, and may also help you to avoid an RSI, serious strain.

PLEASE, Please, please - Create an Electronic Folder - and USE it!

We are receiving quite a few notes from members asking about whether they would have the time to sign up, and whether the race is on.

We are sending 3-5 emails a week in these early weeks to get everyone up to speed but we have to depend on each of you to please read all your emails and be there if it's a dedicated rider, or you can refer to it, when needed.

We are for July having friends, to help everyone who is going, or sending your information we want. PLEASE reply with our contact - you can email us, or the photo of the season, if you wish.

Safety Reminder - Use Awareness and Common Sense!

Always wear us the instructions.

1. Accept the request to stop, or the situation, I have several more updates on this. We usually to add other