



## **Compassion and Patience**

That phrase has been my guiding principles for the past 2 years and has helped me cope with a lot of things out of my control.

Why do we have the Nosco ride? To bring the cycling community together to memorialize my brother, to raise funds for our recipients and to push our limits. To reunite old friendships and establish new ones, to reinforce our community bonds and to direct our purpose to something more than ourselves!

In all consciousness I could not bring a group of my friends together during a declared Global Pandemic and hope we all come away unscathed. In fact, we could even have a recipient who is suffering the effects of Covid and then that would seem irresponsible to me.

We have decided to forego the annual ride again this year. We would like to still have a purpose; to raise as much money as we can for this year's recipients (still to be announced) and to get a ride in.

Similar to last year, I would like to see the world of cyclists get out there during the week of November 3<sup>rd</sup> and ride an 80 mile course and log it to Strava. I am working on the virtual Zwift ride again, where we can all come together virtually and ride for an hour.

Some of you will be angry with me, sad and fed up with all of this and this is where I loop back to **Compassion and Patience** .