

Welcome to the MITO Virtual Spin 2021 - ZWIFT instructions

In order to ride as part of TEAMmito for the spinathon on Feb. 7th, you'll need to start FOLLOWING Dave Mosher & Richard MacDonald who will be the leaders for the Zwift event.

Please complete the following steps PRIOR TO FEB 6th to ensure you are connected with Dave & Richard.

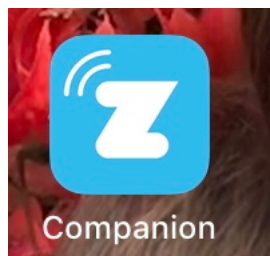
WARNING - if you are NOT connected with Dave & Rich then you can't receive an invite and once the event begins on the 7th, it is impossible to add latecomers.

Once you've FOLLOWED Dave & Rich - you MUST email them to let them know so they can follow you back and invite you to the meetups. PHEW! Now you're ready to roll:)

Dave Mosher = dave.mosher2361@gmail.com

Rich MacDonald = rmacdonald36@yahoo.com

Step one - open your blue zwift companion app



STEP 2 - click on find zwifters and then follow screenshots and arrows below



MEGAN MACDONALD (TEAM MI...
LEVEL 20



FIND ZWIFTERS



SHOP



FORUMS



HELP



SETTINGS



HOME



EVENTS



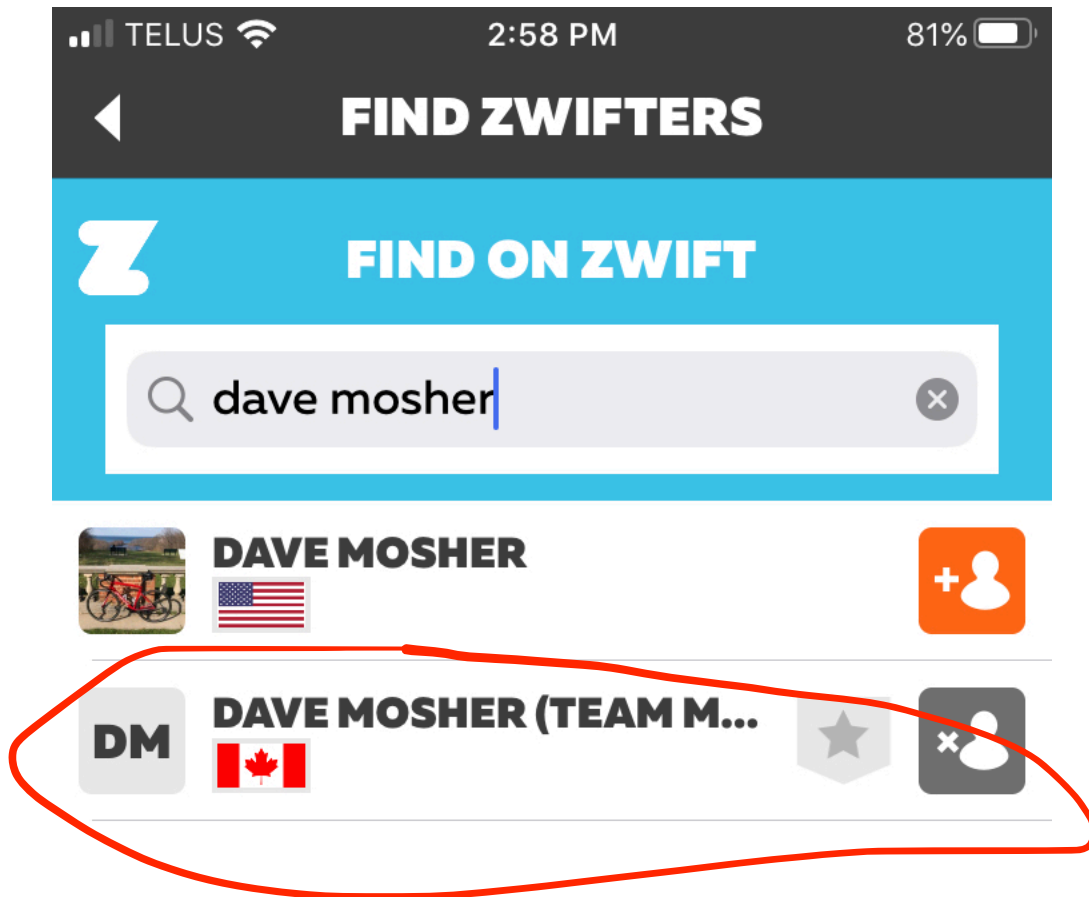
ACTIVITIES



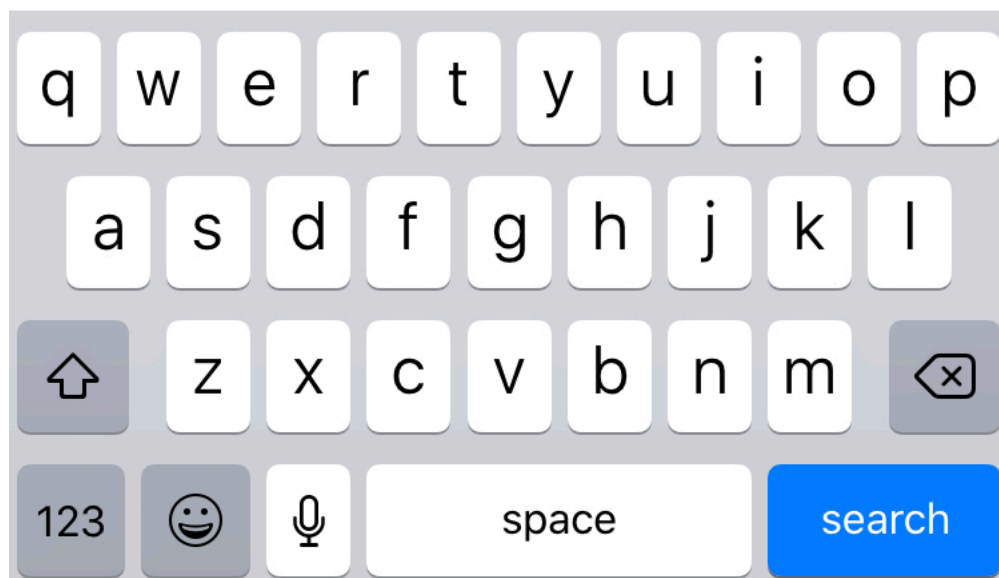
GOALS



MORE



Please note that on your screen, Dave's little square will be orange with a plus sign. Just click orange plus and follow instructions.





FIND ZWIFTERS



FIND ON ZWIFT

richard macdonald



RM

RICHARD MACDONALD



RM

RICHARD MACDONALD



RICHARD MACDONALD



RM

RICHARD MACDONALD...



HOME



EVENTS



ACTIVITIES



GOALS



MORE

DAVE MOSHER (TEAM MIT...



MALE
AGE: 53
HEIGHT: 173 CM



Canada

FOLLOWING

13

FOLLOWERS

79

IN COMMON

2

REQUEST MEETUP

CYCLING STATS



LEVEL 42

ALL TIME

30 DAYS

7 DAYS

DISTANCE

16,370 KM

TIME

22 D 8 H

ELEVATION

156,173 M

SLICES BURNED

1,005



ACTIVITIES



HOME



EVENTS



ACTIVITIES



GOALS



MORE