



Best Buddies Challenge

2020 Virtual Training Ride Series

A Note to Our Riders:

Due to current restrictions related to the ongoing Coronavirus / COVID-19 outbreak, the Best Buddies Challenge has cancelled all outdoor training rides until further notice.

We want to keep turning our pedals with you even though we're unable to ride outside. In lieu of our spring training rides, we are offering a series of virtual rides that you can join no matter where you are. These rides are open to anyone and everyone, regardless of cycling ability.

This document will walk you through everything you need to know about Zwift and virtual rides. We know that there's a bit of a learning curve to overcome before getting comfortable with Zwift and virtual riding in general. If you have any questions after reviewing this document, please feel free to drop us an email at coach@bestbuddies.org. There are also plenty of great resources on websites like <https://zwiftinsider.com/> so be sure to check there if you'd like to learn more about the program.

We hope you'll log on, join one of our group rides, and knock out some miles with us!

We'll see you in Watopia.

Ride On!

- The Best Buddies Challenge Team

BEST BUDDIES
CHALLENGE.



Setting Up

There are a few things you'll need to make sure you have before you start riding on Zwift.

The Must Haves

- Indoor Trainer

Zwift supports a variety of makes and models but you can verify that your trainer is compatible at <https://zwift.com/hardware>

Don't have a trainer? There are a few different places where you can purchase one.

- o From Your local bike shop
- o From Zwift – Buy at <https://zwift.com/shop> or get a 30-day trial at <https://zwift.com/shop/30-day-hometrial>
- o From one of the brands supported by Zwift

- Bike

Any bike will do! Just make sure that it's compatible with your trainer. If you're unsure, give us a shout at coach@bestbuddies.org and we'll do our best to point you in the right direction.

- Computer

You'll need a computer or other Bluetooth-enabled device that is compatible with Zwift. Find the correct format for your device and download the Zwift program/app at <https://zwift.com/download>

Pro Tip: For the most immersive Zwifiting experience, we recommend putting Zwift up on a TV screen by using an HDMI cable or casting your screen.

The Nice to Haves

- A Second Device

Our Zwift virtual ride leaders will be hosting **Zoom video conferences** during each ride so you can get some facetime with your fellow riders. You could run Zoom in the background of the device that you're using to Zwift but you won't be able to see anyone. Use your phone, tablet, or a second computer to log in to our Zoom Room and join the party! We'll include a link to the meeting room in the details of every ride invitation.

You can also use this second device to run the Zwift Companion App, which makes it easy to follow your friends, navigate the program, and send in-ride chat messages. (See the **Getting Started** section below for more info on the Companion App).

- Fan

This is technically a "Nice to Have" but most riders say it's a must. Grab a fan (use a large box fan or something similar), put it in front of your bike, and point it at your face and torso. It will keep you cool and comfortable while you're in the saddle. You **WILL** notice the difference when it's not running.

- Floor Mat

You're going to sweat. Grab a yoga mat or a towel and put it underneath your bike and trainer. It will keep your floors clean and make post-ride cleanup a snap!

- Heart Rate Monitor

A heart rate monitor (**HRM**) is one of the best training tools you can have as far as the data it provides.

We recommend a chest strap HRM, which you can purchase at your local bike shop or from a variety of retailers. The most commonly used HRMs are made by Wahoo and Garmin.

If you already have a wrist-based activity tracker, see if it's compatible with Zwift. You may be able to use that instead.

- Side Table

You're going to be using a lot of **stuff** during your Zwift sessions. You might have a second screen logged into the Zoom Room, headphones, your ride nutrition, a TV remote or two, your face towel, and more! Grab a side table and put it next to your bike so you can easily access everything without getting out of the saddle.

Don't Forget!

Before you hop on the bike and start Zwifiting, don't forget to fully charge and/or plug in all of your devices, turn on your fan, fill up your bottles, and make sure you have everything that you may need nearby and ready to go.



Getting Started

Once you have your setup dialed in, you'll be ready to fire up the Zwift program and start riding!

Download and Start Zwift

Find the correct format for your device and download the Zwift program/app at <https://zwift.com/download>

Log In or Create an Account

- If you already have a Zwift account, log in using your Username and Password
- If you don't have an account yet, click "Create an Account", fill out your details, and you'll automatically be logged in.

Pair Your Devices

- Click "Let's Go"
- If this is your first time on Zwift, review and accept the Zwift License Agreement
- Answer the two questions and you'll arrive at the "Paired Devices" screen. This is where you'll wirelessly connect your trainer and HRM (if you have one) to your computer or mobile device. There are two types of connections that you can use to pair your devices - **ANT+** and **Bluetooth**.

Before pairing - plug your trainer in, wake it up (turn the pedals a few times) and if you have a HRM, ensure it has a battery.

ANT+

If you have an ANT+ stick plugged into your computer and your devices are ANT+ compatible, they should automatically pair and appear. If they don't, hit "Search" and try waking them up again.

Built-In Bluetooth

If your computer or mobile device is Bluetooth-enabled (most modern devices should be), make sure the device's Bluetooth is turned on, click the Settings button in the upper right corner, and select "Use Built-In Bluetooth". Your device(s) should then automatically connect via the Bluetooth connection.

If your device is not Bluetooth-enabled or if you're having trouble connecting via Bluetooth, you can use the Zwift Companion App to pair your devices.

Zwift Companion App (Bluetooth)

Click the Settings button in the upper right corner and select "Use Zwift Companion".

Download the Zwift Companion App on a **separate** mobile device. Please note that this is an entirely different app. You'll know you have the right one if the "Z" app icon is **BLUE** instead of orange.

- [Android Download](#)
- [iOS Download](#)

Open the Companion App, log in using your credentials, and your device(s) should automatically pair and appear. The mobile Companion App serves as a go-between for your trainer and your computer. It also lets you interact with the program during your ride. For example, you can have Zwift up on your computer screen and send in-ride chat messages from your phone if you have the Companion App running.

Complete Your Profile

If this is your first time riding, you'll need to add your gender, height and weight. This information is used to make the experience as realistic as possible. Be honest.

Let's Ride!

That's it! You're ready to ride. Be sure to follow the official Best Buddies Challenge Zwift account before you do anything else. This will make you eligible to join our daily group rides. You can find us by selecting "**Find Zwifters**" in the Companion App and typing in "**Best Buddies Challenge**".

If you've never ridden on Zwift before, you'll start out with a free trial that gives you 7 days or 25 km (whichever you hit first). To unlock all of Zwift's features, you'll need to sign up for a membership (\$14.99/month).

We'll send out invitations to our group rides when we schedule them to Zwift. To join us, just accept the invitation and make sure you hit "Ride" on the home page before the ride starts. Five minutes before the meetup is scheduled to begin, a blue "Join Ride" button will appear in the lower left corner of your screen. Click that button and you'll be sent to the start of our ride. For more information on meetups, check out <https://zwift.com/news/19189-zwift-how-to-ride-with-friends>

Unfortunately, you cannot join our meetups after they begin so be sure to give yourself plenty of time to get set up!