

How To Participate in SBC Zwift Group Rides

The Spokane Bicycle Club (SBC) is piloting virtual group rides on Zwift. This is a brief write up on the basics for participating in a SBC Zwift virtual group ride. For information on how to set up a Zwift account and use the Zwift and Zwift Companion apps including pairing trainers/sensors, please refer to the resources on zwiftinsider.com.

Prerequisites to participate in virtual group rides:

- Software:
 - Active Zwift account and Zwift app loaded to iOS, Android, or PC device that meets requirements. Most recent devices are supported. For older devices, a list of supported devices is provided under support.zwift.com. Bigger screens like tablets, laptop PCs, or TVs provide a better experience by making it easier to see ride participants, virtual scenery, and ride data/details.
 - Zwift Companion app loaded to iOS or Android device. This enables notifications of upcoming group rides and the ability to indicate that you are “going” to participate.
 - Be a “follower” of a virtual group ride leader in Zwift. This enables the rider leader to include you on group ride notifications, i.e., invitations.
 - Optional but highly recommended: Discord account and Discord app loaded to iOS, Android, or PC device. Discord is a separate application from Zwift that allows for voice communications among riders during the ride, increasing the social aspect to the ride beyond the basic support for texting in Zwift. For the best audio experience, it is recommended that you use cordless earbuds like Apple AirPods to support voice communications.
- Bicycle hardware:
 - Smart bicycle trainer like the Zwift Hub One or Wahoo KICKR Core or Snap paired to the Zwift app through Bluetooth or ANT+.
 - Alternative: A classic wheel-on (or non-smart trainer) like the Kurt Kinetic Road Machine with wheel speed sensor may also be used but will not provide the full Zwift experience. A list of supported trainers is provided on support.zwift.com. You will need to make sure that your wheel speed sensor transmits a signal that is supported on the device on which you will run the Zwift app. For iOS and Android devices, this would generally be Bluetooth. Both Wahoo and Garmin make speed sensors that transmit in Bluetooth. Upon initial sign in to the Zwift app, you will need to configure your classic trainer by pairing the wheel speed sensor, selecting tire size, and selecting the classic trainer from a list. More information is provided on support.zwift.com.
 - Optional: heart rate monitor and/or cadence sensor to pair with Zwift.

Ride Notification

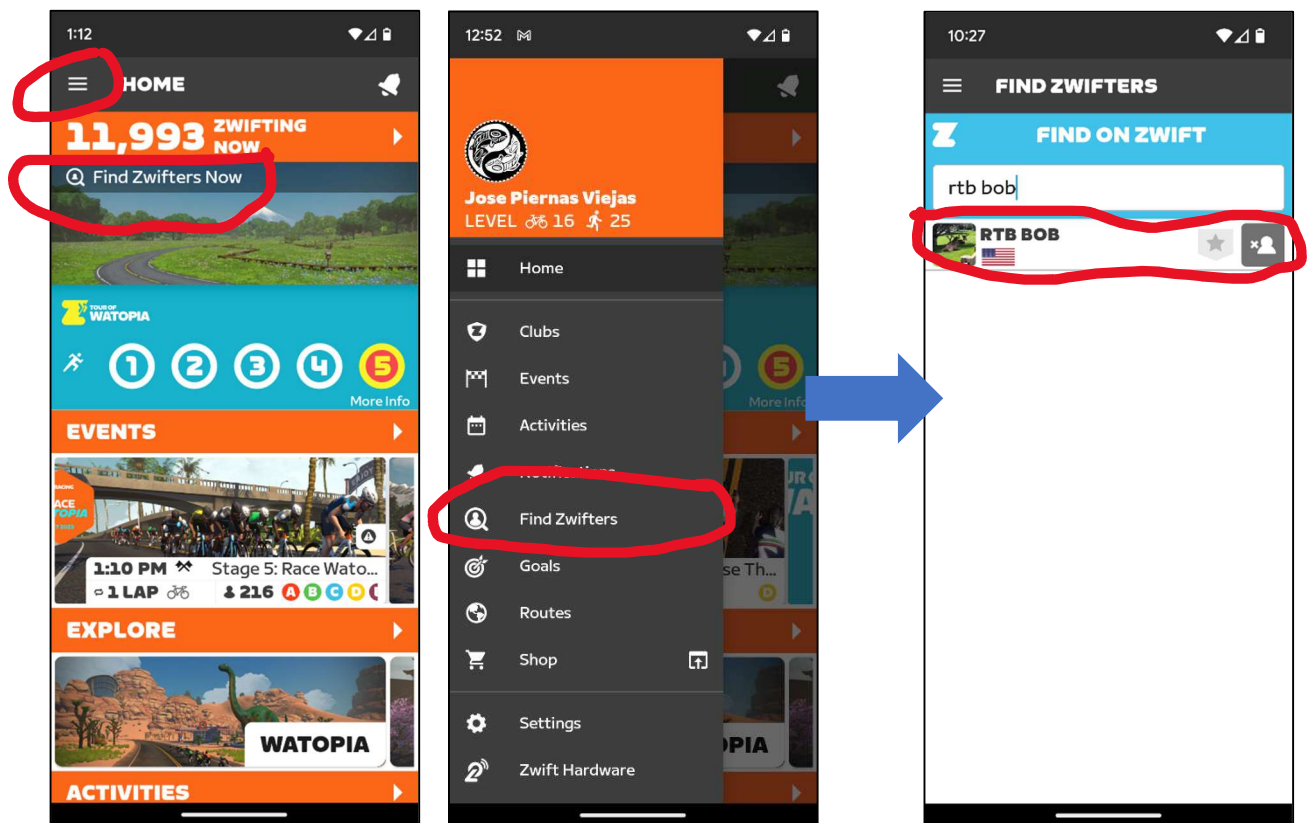
SBC virtual group rides on Zwift are being piloted through Zwift’s Meetup function in the Zwift Companion app. This is not to be confused with meetup.com, where real world group rides are scheduled for SBC members and non-members.

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To receive a notification for an upcoming group ride and an opportunity to sign up, you must have the Zwift Companion app installed on an iOS or Android device and be a follower of a virtual group ride leader.

For the virtual group ride pilot, Robert Buck is currently the only acting, virtual group ride leader on Zwift. He goes by "RTB BOB" in the app. You can find and follow Bob by selecting the "Find Zwifters Now" search button on the home screen of the Zwift Companion app or by selecting the three bar menu (aka hamburger icon) on the home screen and selecting "Find Zwifters." Both options bring up a search screen as shown below. Enter "rtb bob" in either small or large case letters and complete the search.

Once you locate Bob or any Zwifter by a search, clicking on the person icon on the right will change your status to following that individual and the icon will then turn gray.

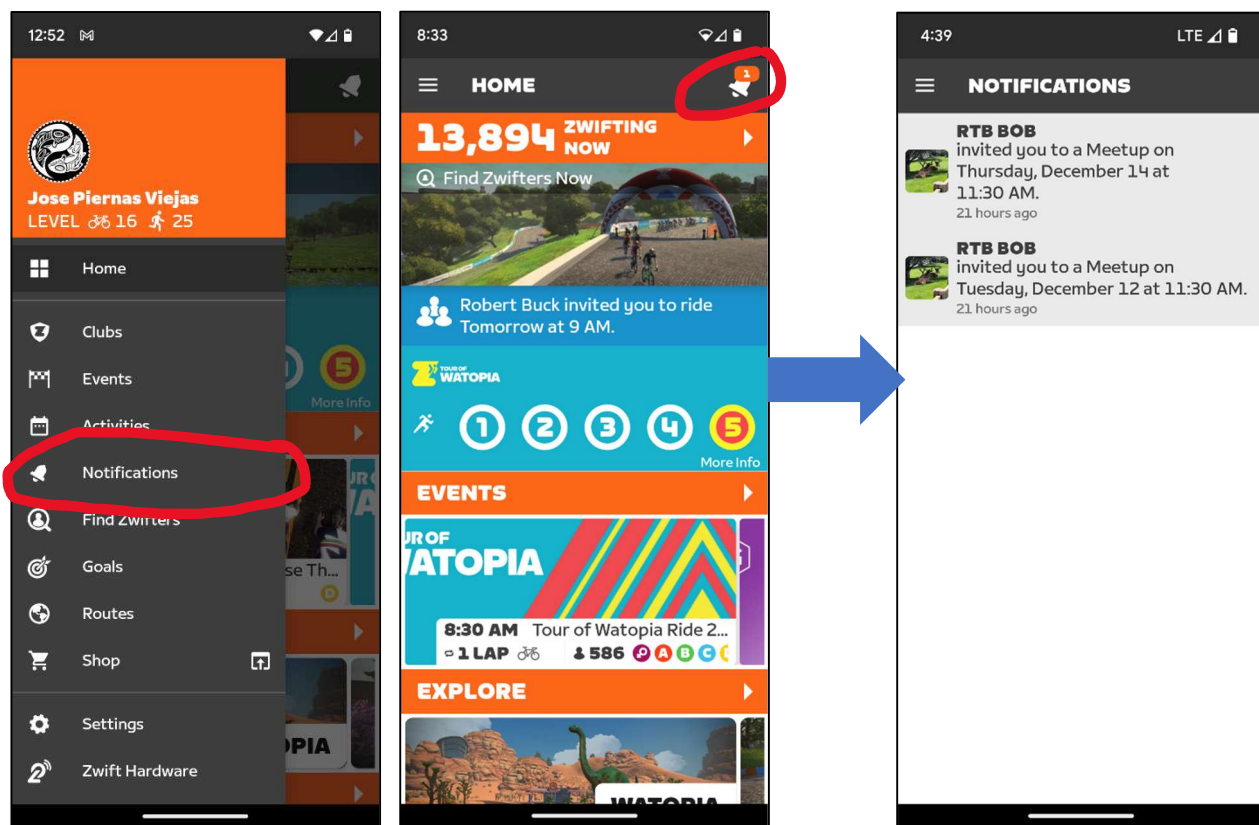


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Ride Notification Acceptance and Discord Server Participation

Once a group ride leader initiates a Meetup group ride Event, you will receive a notification through Zwift Companion. The notification may or may not show separately in the notifications bar on your iOS or Android device depending on whether you allow notifications from the Zwift Companion app.

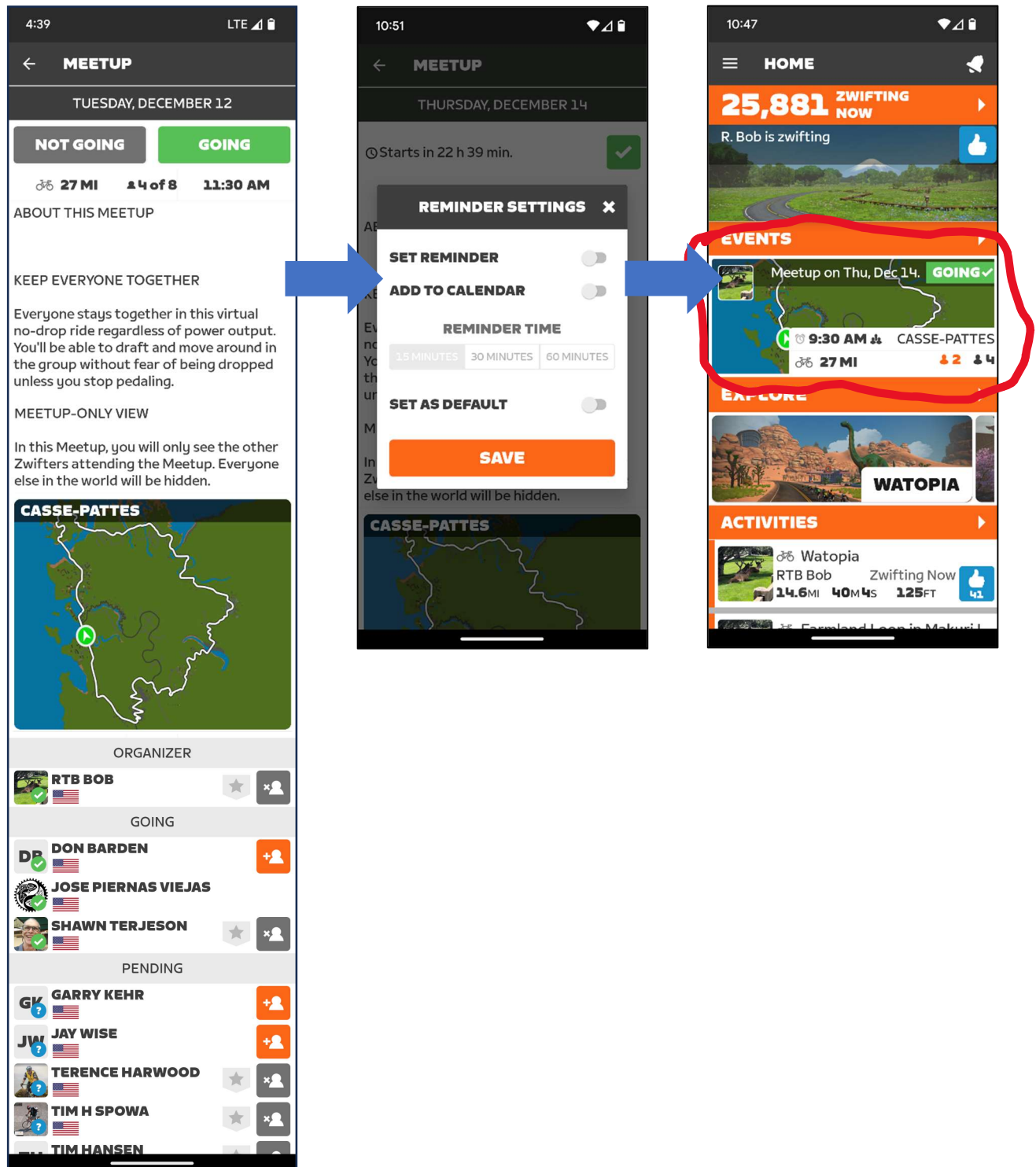
In the Zwift Companion app, the new group ride notification will show up under notifications on the menu and be indicated by the bell notification icon in the upper right corner of the home screen as shown below. Clicking on the bell or notifications in the menu will bring up a notification list.



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Once you click on the ride notification, you will be presented with a screen summarizing details of the ride, who is invited/going, and an option to indicate that you are “going.”

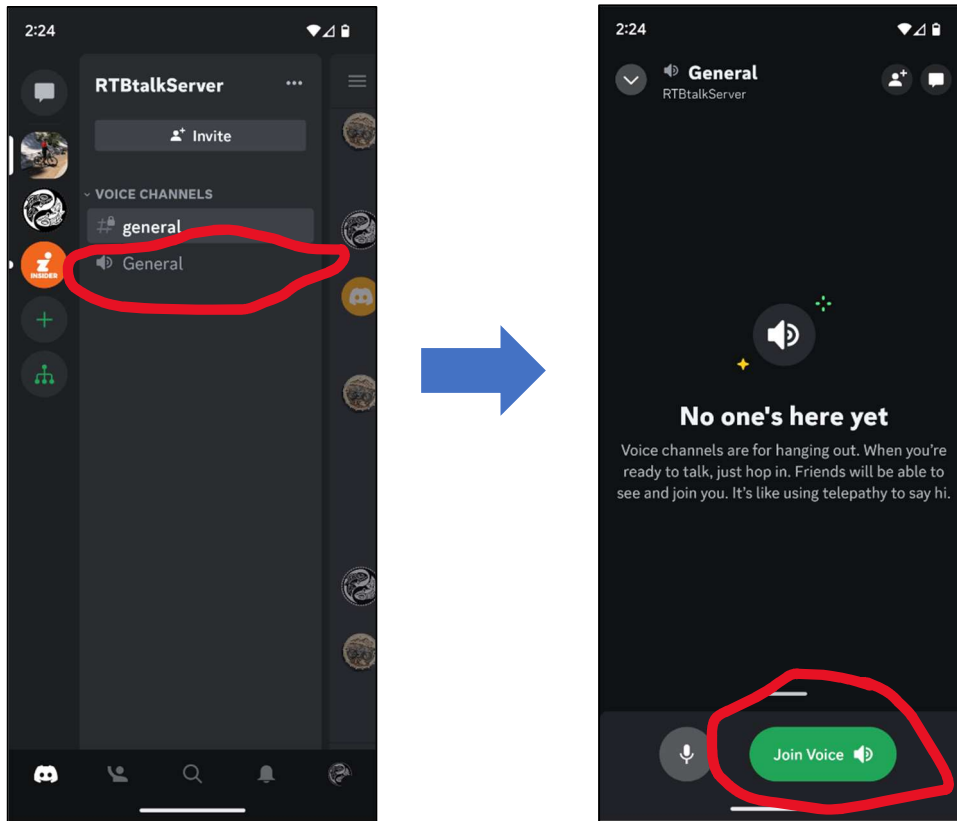
Once you have selected that you are going, you will have an option to add the group ride to your device calendar or set a reminder and the group ride will automatically show up under Events on the home screen on the day of the ride on both the Zwift Companion app and the Zwift app.



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In the Meetup notification or by email, you will also receive the invitation link code to the Discord voice server that will enable you to participate in voice conversations during the ride. You will need to enter this link in your browser and log into the Discord app or website to accept the invitation. Once you have accepted the Discord server invitation it will show up as an option, RTBtalkServer, in the Discord app and you will not need to enter the link for future rides.

On the day of the ride, you will join the Meetup event separately in Zwift and in Discord. In Discord, select and join the voice channel by selecting the speaker icon under the talk server and then selecting "Join Voice."



Please provide any questions or feedback on this guide to Joe Smith at joe.zzyzx.smith@gmail.com. Also, please check for updates to this document as we gain more experience with this new venue.