

**ZWIFTING**  
**WITH**  
**TOUR DE CURE**





## WHAT IS ZWIFT?

"Zwift is an online, interactive training and racing platform. Pedalling on a trainer drives your avatar around a virtual course. The harder you pedal the faster you go."

bikeradar

## Zwift Overview

<https://zwift.com/video/how-to-cycling>

## WHAT EQUIPMENT DO I NEED?



- Your bike
- A smart trainer or classic trainer with a speed and cadence sensor
- A computer, smartphone or tablet with Bluetooth or ANT+ (or an ANT+ USB dongle) to connect to your set up.
- The Zwift App. Zwift Companion App, Discord App – available from the Apple App store or the Google Play store
- A powerful fan and a towel – you're going to need it! Get ready to sweat!
- Optional extras – Heart rate monitor, cadence sensor – power meter can all record your efforts.

# What do I need to do to be part of Zwift and what does it cost?

**VISIT ZWIFT WEBSITE  
ON HOW TO JOIN**

**[HTTPS://ZWIFT.COM/VIDEO/HOW-TO-CYCLING](https://zwift.com/video/how-to-cycling)**

LOGIN

CREATE ACCOUNT

**JOIN ZWIFT  
7 DAY FREE TRIAL THEN  
\$21.99 PER MONTH**

**YOU CAN CANCEL AT  
ANYTIME**

**Please ensure both your STRAVA name and your ZWIFT name are consistent with your actual name and mean something to us!**

# WHEN WILL TDC RIDE?

We are continuing with Tuesday and Thursday mornings with No Drop Rides.

Other rides will be posted for the weekend training and watch out on STRAVA for other options.

Follow us on

<https://www.strava.com/clubs/TDC-VIRTUAL-RIDE>



# CAN I COMMUNICATE WITH OTHERS?

YES!

Sign up to the free and easy to use gaming App – Discord

Grab your headphones and get onboard. Details on how to connect on the next page.

In ZWIFT you can also text chat from a keyboard or the ZWIFT Companion App. (Available on Apple or Google Play – download on your IOS or Android device)

Check out YouTube for further instructions to how to communicate through the ZWIFT Companion App

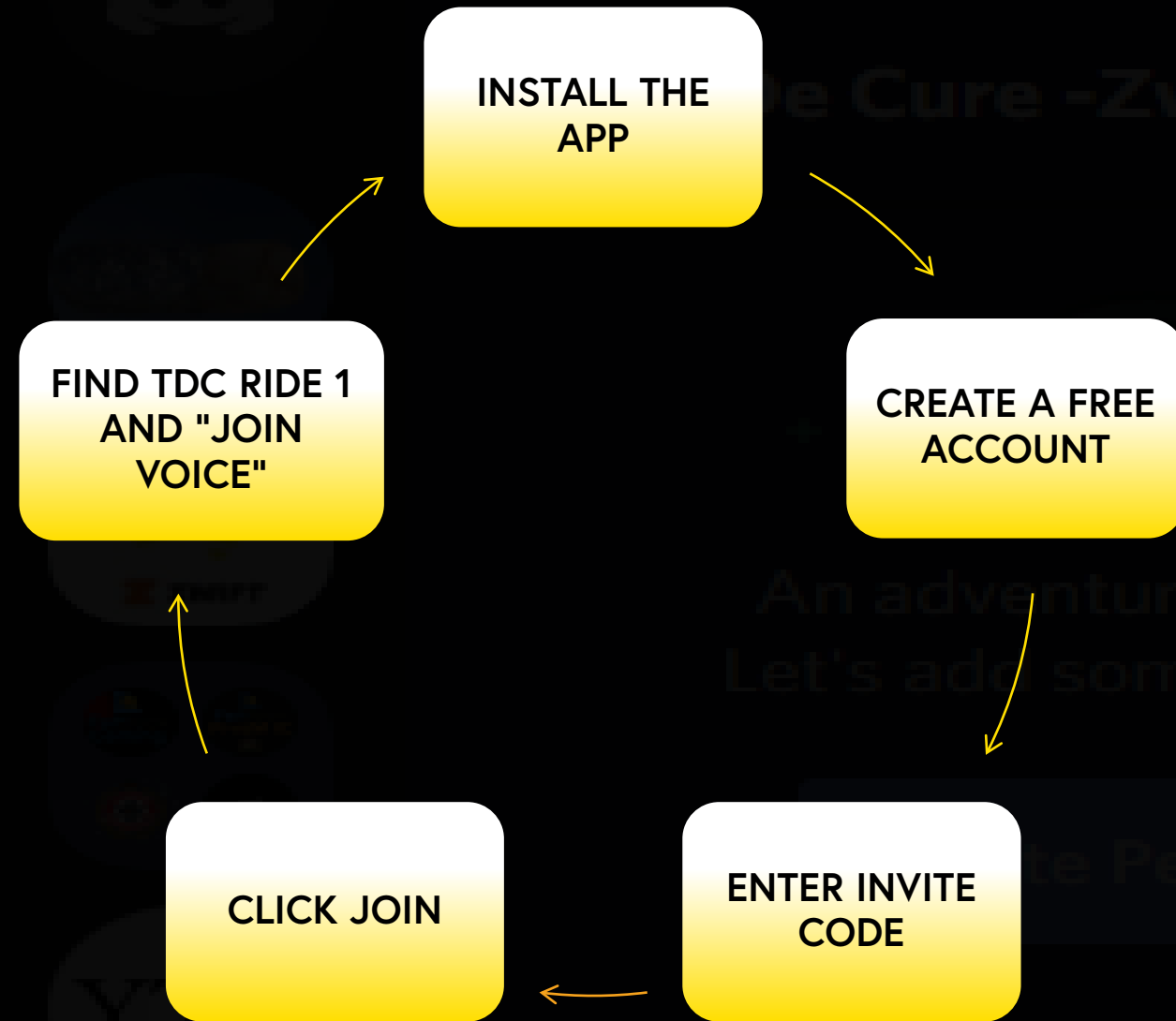
<https://www.youtube.com/watch?v=EjeLZDycZqw>



# Install The Discord App In Five Easy Steps

Installation is simple use this link  
<https://discord.gg/HMGU9cX>

1. Search for "Discord" App on your mobile device or visit <https://discordapp.com/> on your computer or visit the apple App store / google play store
2. Create your FREE account – just click "register" and enter your email and desired password
3. Enter the invite code (you must have an invite code) – click this link from the device you have installed or enter the last part of it manually into discord to join our server  
<https://discord.gg/HMGU9cX>
4. Congrats! You are in! Now just click "join" & you will be logged into the Zwift discord server
5. Tricky part – discord automatically places you in text chat – you don't want to be here. Click the handlebar menu (3 lines at top-left) to view all the channels. Click "tdc ride 1" THEN CLICK "JOIN VOICE" TO JOIN THE RIDE VOICE CHAT





## WILL I GET LEFT BEHIND?

We have different ride options.

No Drop, Regroup and Race.

There is a no-drop option in the set up for "Meetups" which we will use for the no-drop rides- as long as you pedal from before the countdown goes to zero at the start and keep pedalling all the way to the end you won't get dropped.

For Regroup & Race – these will have certain points where we will wait for everyone (tops or hills) and your ride leader will let you know.

## WHAT WILL THE RIDE CONSIST OF?

The Ride Leader will instruct you on the effort you should be aiming for. This will change through the ride.

## HOW DO I GET ONTO THE RIDE?

See **STRAVA** ride <https://www.strava.com/clubs/TDC-VIRTUAL-RIDE>

## WILL IT LINK TO STRAVA?

**YES** – That's a setting in connections on your **ZWIFT** account.

You need to know your **STRAVA** passwords. Please contact us if you need help.

## WHO WILL RUN THE RIDE?

Find the TDC profile "K ING BUDDY (TDC)"

You'll find all the familiar faces of the TDC training teams including the State Managers.

# HOW TO RECEIVE AN INVITE ON YOUR ZWIFT?

Invites will be sent the day prior to the 'STRAVA event'

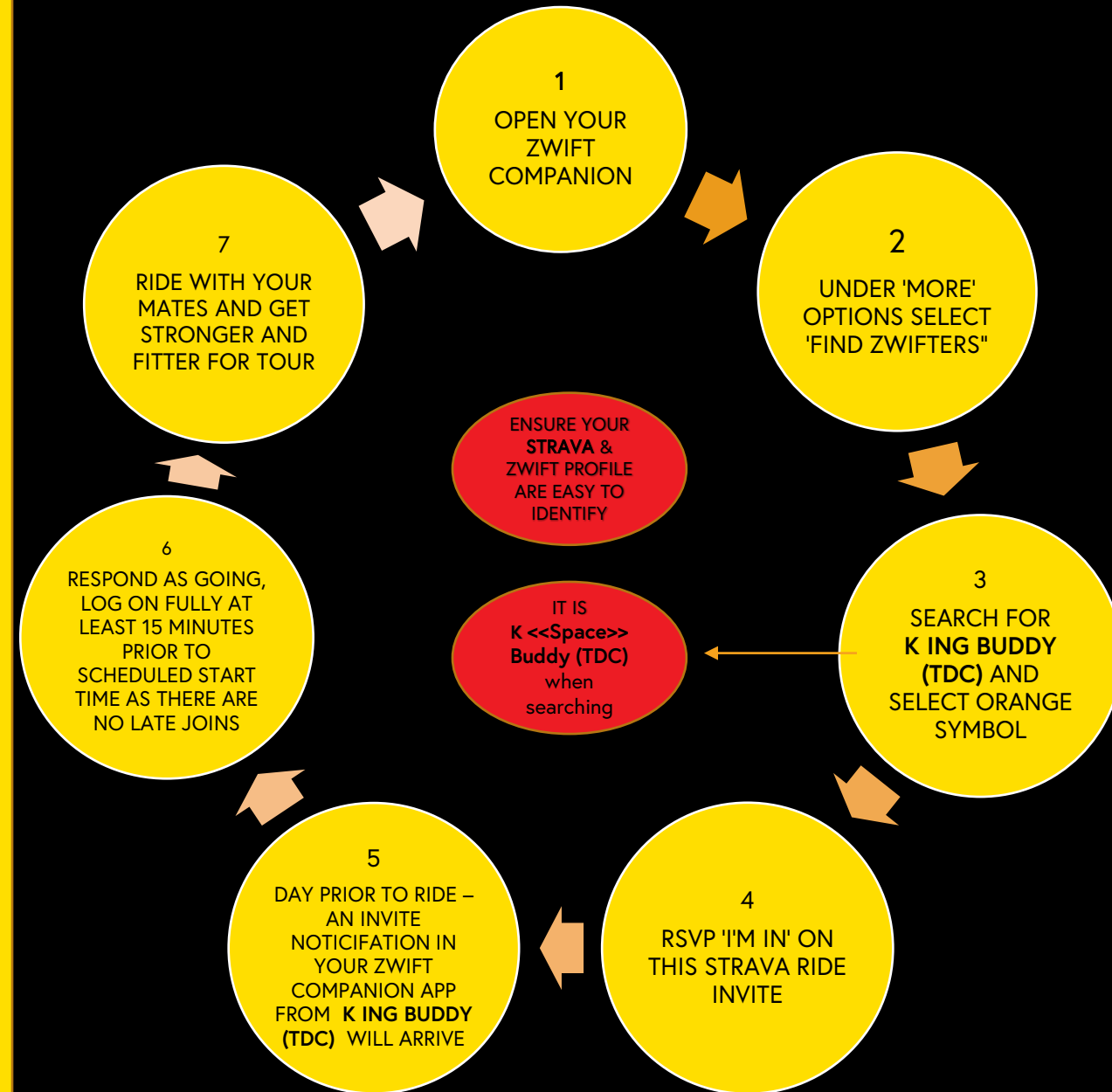
Spaces are limited, please ensure you have RSVP'd on STRAVA at least 24hrs before the ride or you may get left behind!

ZWIFT allows a maximum of 50 riders, if we are oversubscribed we will arrange 2 rides – please RSVP early to enable us to manage this.

## IMPORTANT

You need a ZWIFT account

Please ensure your STRAVA & ZWIFT profile name is easy to identify – If we don't know who you are, we can't invite you!



<https://www.strava.com/clubs/608085/posts/8686008>





## Summary to get started:

- Download Apps
  - ZWIFT
  - ZWIFT Companion
  - DISCORD
- Join the ride on STRAVA 24hrs prior
- Set up your bike with fan, towel, drink bottle, tablet/Laptop
- Headphones for Discord on your phone
- Get ready, we're gonna make you sweat!



**THE POSSIBILITIES ARE ENDLESS**

