



Ride for the Reserve
FALL FARM BIKE TOUR

BROUGHT TO YOU BY
MONTGOMERY COUNTRYSIDE
ALLIANCE

Zwift Options

Ride for the
Reserve 2020



Ride for the Reserve 2020 *Options*

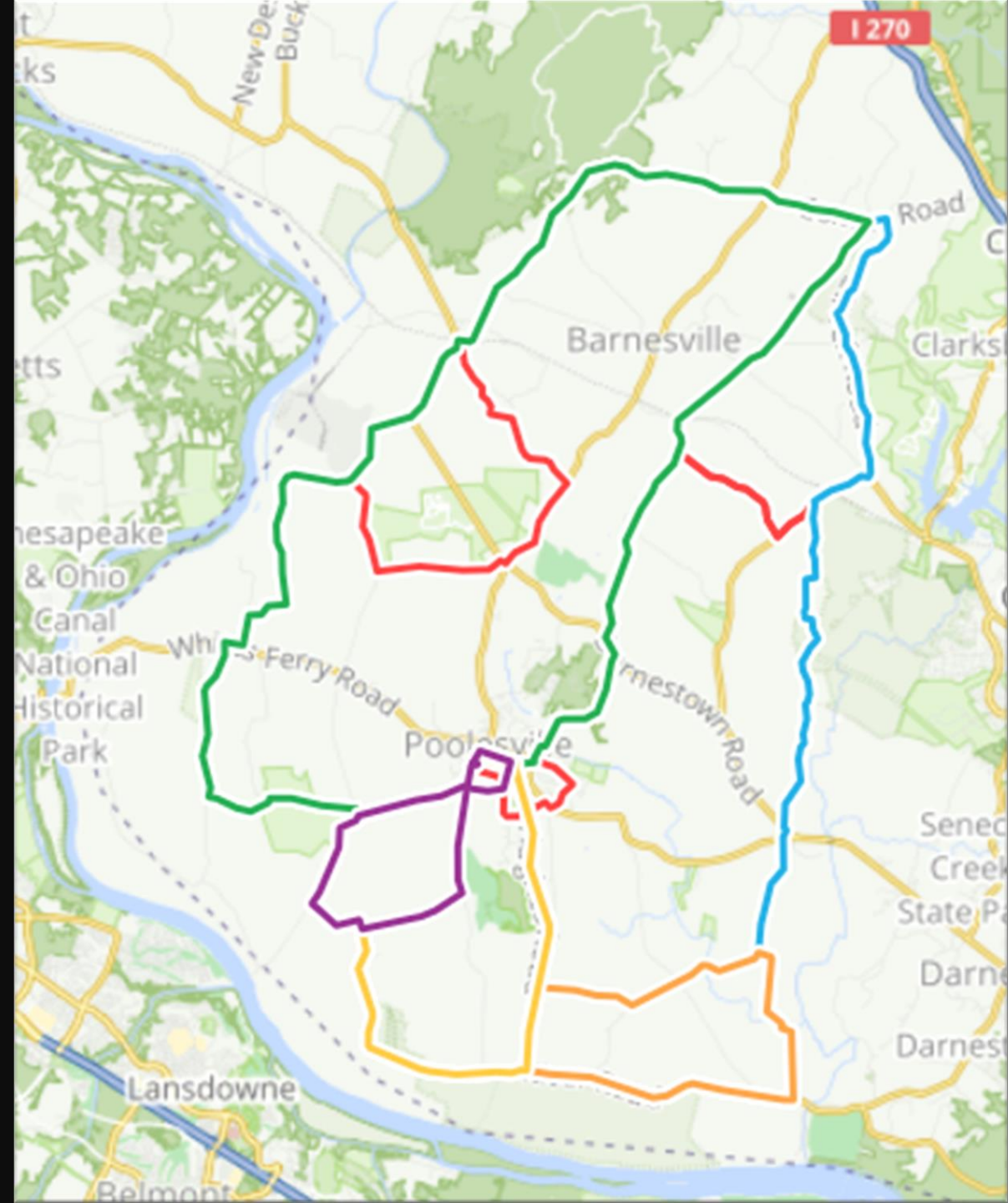
2020 Virtual Rides

- **Ride curated routes**

- <https://bit.ly/2EZBLQR>



- **ZWIFT** Options



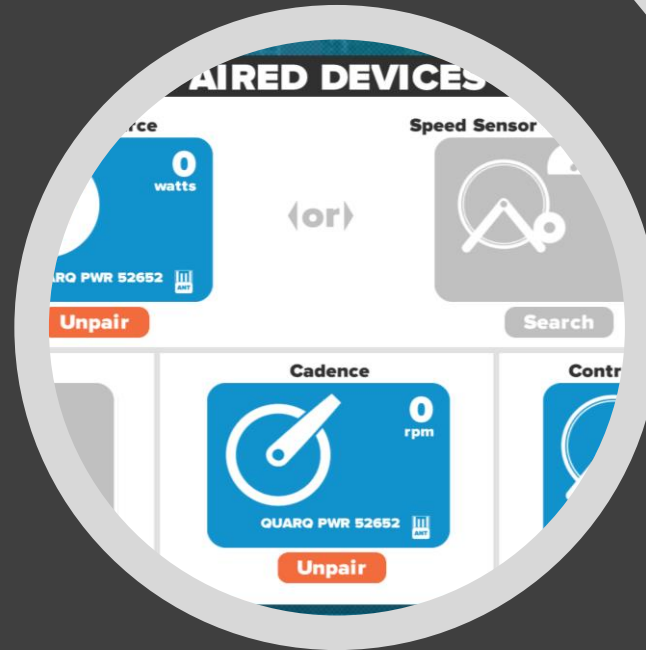
Ride for the Reserve **Zwift** Options



Assumptions

All riders have:

- Already set up their own Zwift accounts
- Set up their indoor smart trainers
- Have some experience riding in Zwift





Ride for the Reserve

Zwift Options

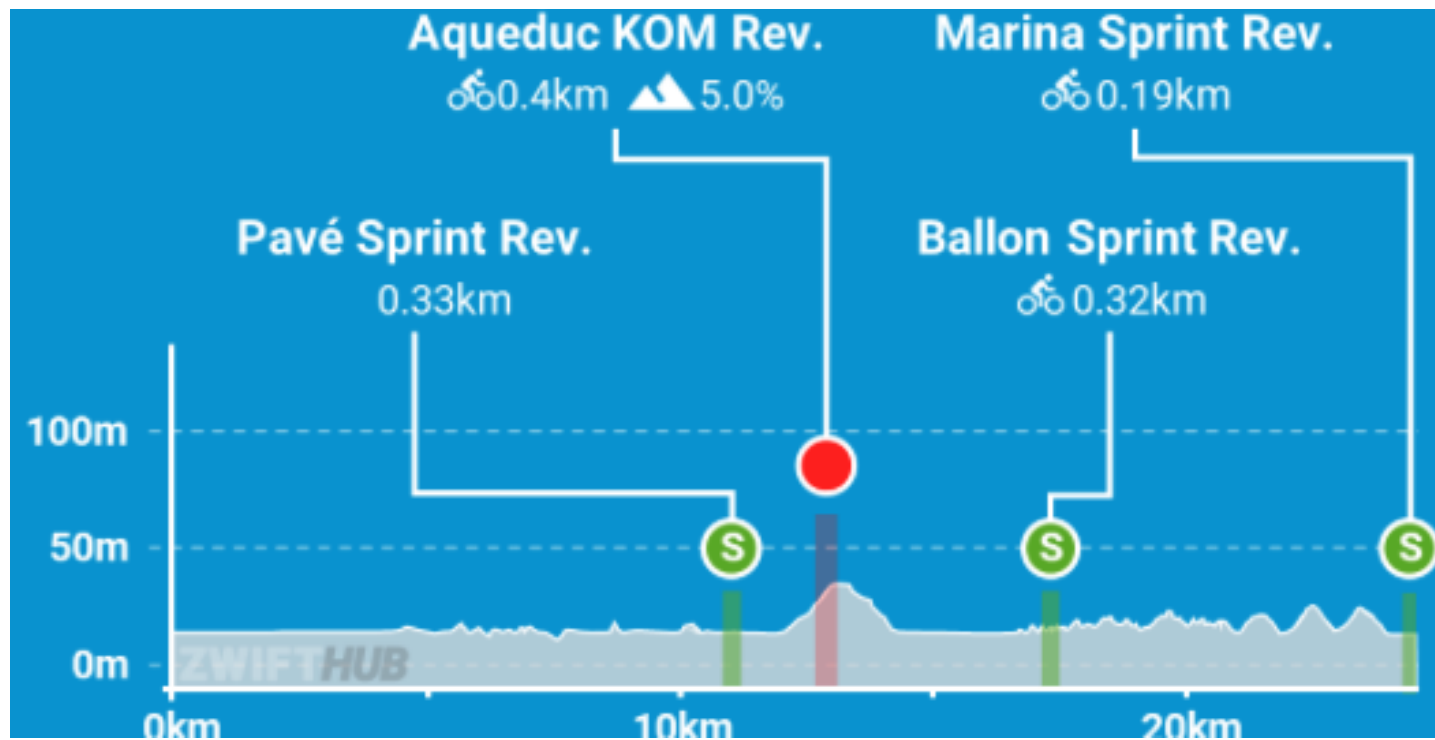
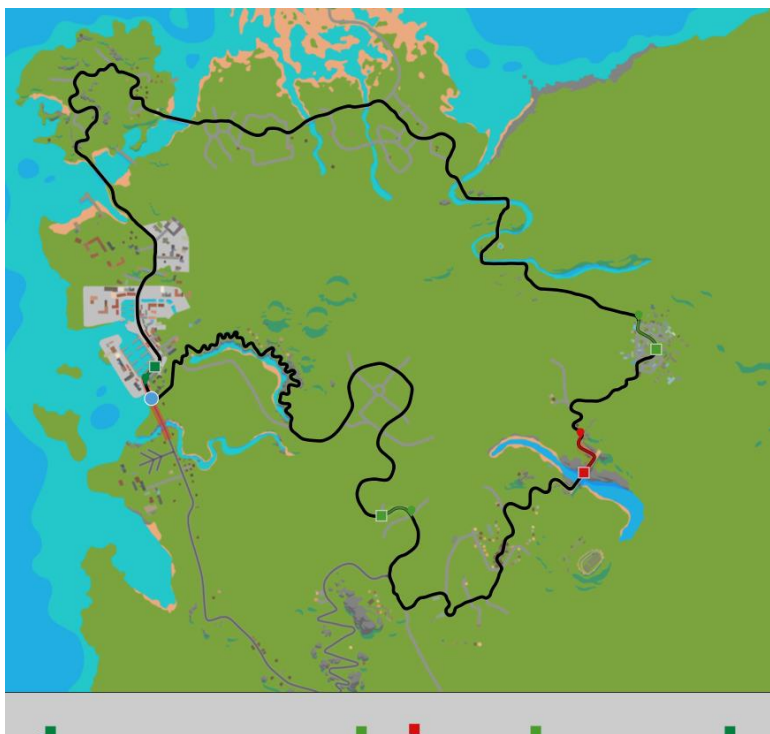
- Ride Meetup dates:
 - Saturday September 12, 2020
 - Saturday September 19, 2020
- Time: 9:30am
- Ride time: ~1hr
- Ride leader : Vivien Bonazzi
- Pace: conversational: 1-1.5w/Kg
- Route: France: R.G.V.



Ride for the Reserve

Zwift Route R.G.V.

- R.G.V. - *Route Grand Vitesse*, or “high speed road”
- Length: 15.0 miles (24.1 km)
- Elevation: 351ft (107 m)
- Lead-In: 0.6mile (1 km)



How to Join the **Zwift** Meetup

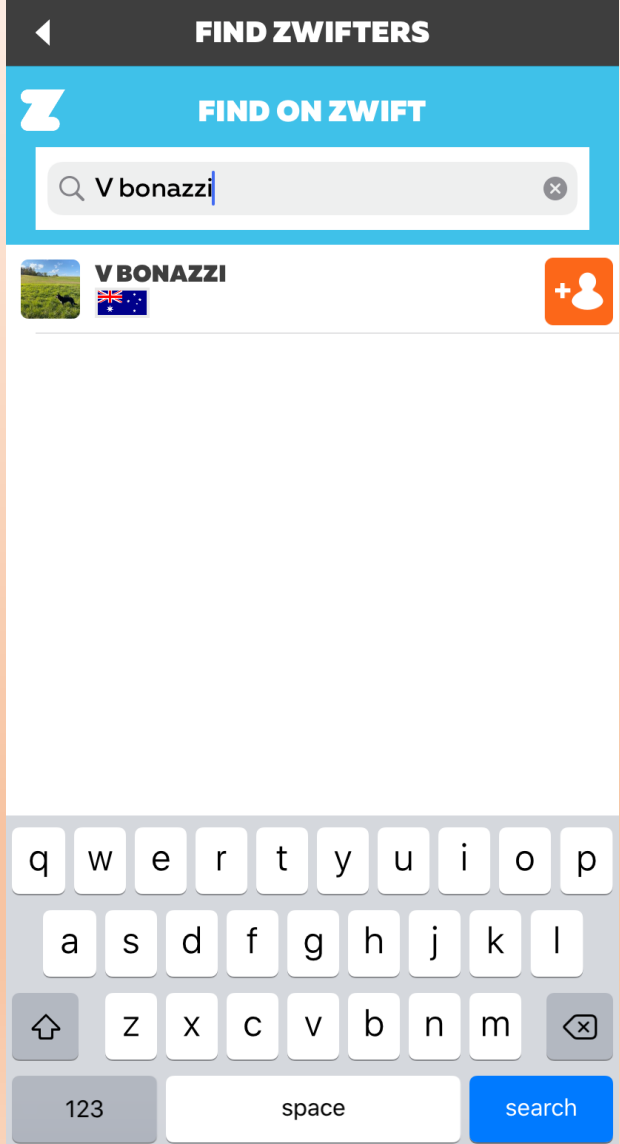
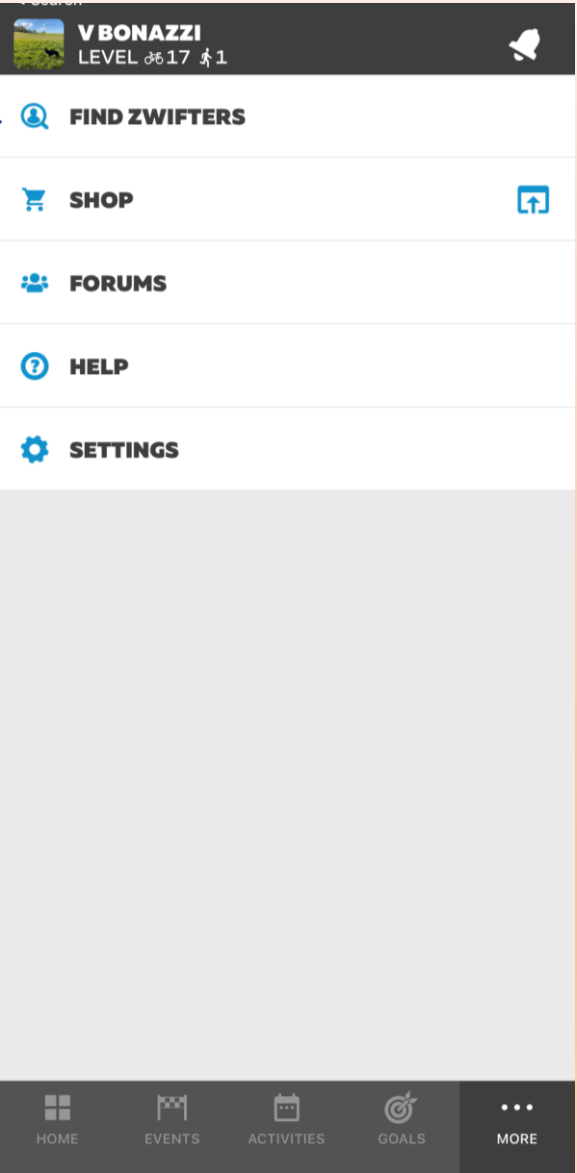
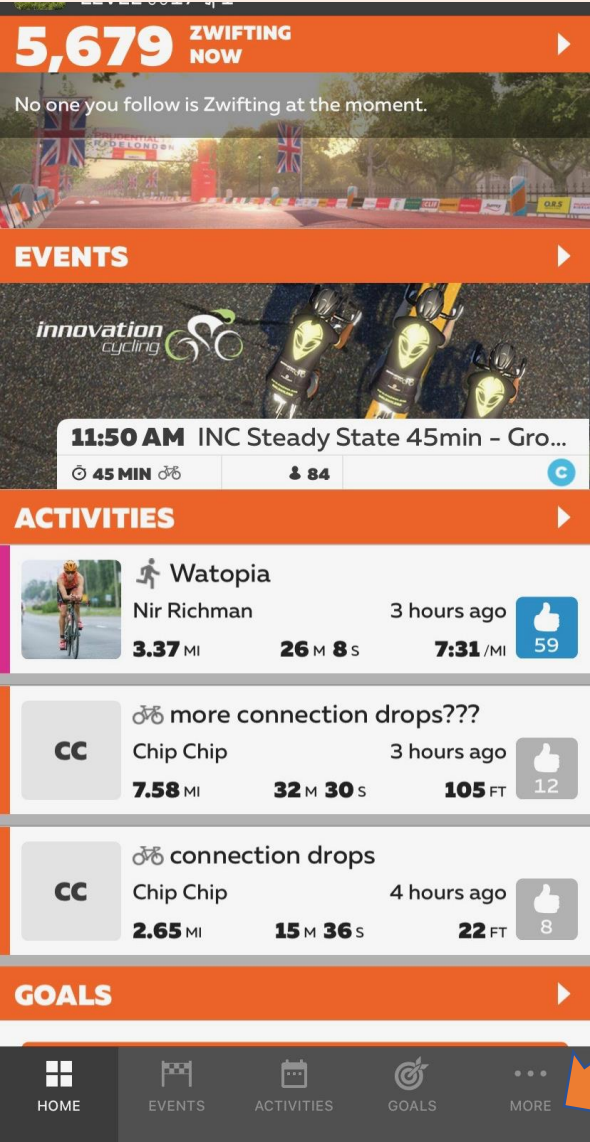
Before the Ride

Find and **follow me** on Zwift

- On Zwift Companion App click on the “more” button in the lower right corner of the screen
- Select “find Zwifters” and then type my name “V Bonazzi” in the search box
 - There is a **SPACE** between V and Bonazzi
- Click on the orange square with the “+” to the right of my name to follow



How to Join the Zwift Meetup - *in pictures*





Next Steps: Zwift Meetup

- Email your ride date preferences – or do both rides! (please include your zwift handle)
 - kristina@mocoalliance.org
 - **Please RSVP by email by 8pm the Thursday evening before the day you'd like to ride.**
- You will receive a meetup request from me (V Bonazzi) for desired dates



For the Zwift Ride

JOIN MEETUP



- **Log into Zwift a few minutes *before* 9:30am** to confirm Zwift set-up / connectivity

- **Select any Zwift world** that is available that day

Sept 12: New York/Richmond/Watopia

Sept 19: London/Yorkshire/Watopia)

- **France is available ONLY as part of a Meetup on Sept 12 and 26** so you won't be able to select it

- **Joining the Meetup** 

- 10 mins before the scheduled 9:30am Meetup start time you will see a "Join Meetup" button on the lower left of your screen and/or on your Zwift Companion App
- **Click on the "Join Meet-up" button**
- You will be transported to the France world starting area
- You can pedal in place until the ride starts

- **Riding the Route**

- As the ride leader I will have a lovely large yellow beacon hovering over my head
- I'll ride at a relaxed pace 1-1.5W/Kg
- I will use the "Keep everyone together Feature"
- You should see everyone who is in the meet-up highlighted in green in the list of Zwifters on the right of the screen.

- Snap a screen shot or two using the photo feature in the companion app. kristina@mocoalliance.org

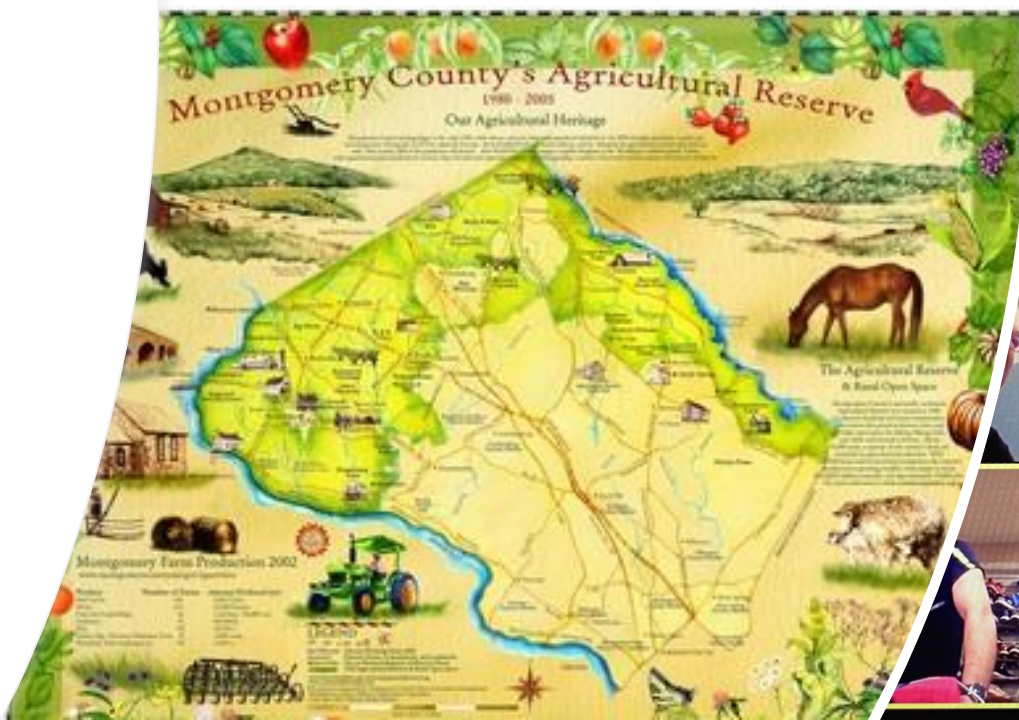
- Have fun!



During **Zwift** Ride

Zoom chat session

- **Join the Zoom call** (Optional) to hear and chat about the Reserve while you ride!
 - **Not** a requirement to join the meetup
- Zoom call info will be sent to riders who sign up for the Zwift rides



Celebrate 40 YEARS

Montgomery County's Agricultural Reserve



We Protect What We Love

Montgomery Countryside Alliance MoCoAlliance.org

