Ride for the Reserve 2020
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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: 351 ft (107 m)
  Lead-In: 0.6 mile (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

- 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