



Andrew Simpson Foundation- Virtual eBike4Bart

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Before The Event

Want to get involved but not sure what you need in order to Zwift?

- ↳ Click here to find out: <https://zwift.com/get-zwifting#how-to-ride>
- ↳ Need more help? Here's what you need to ride on Zwift:
<https://zwift.com/video/how-to-cycling/what-you-need-to-ride-zwift>

Got a turbo but not sure if it will work with Zwift?

- ↳ Click here to check your gear: <https://www.zwift.com/hardware>

Ready to ride but don't have an account?

- ↳ Click here to sign up for an account: https://www.zwift.com/create_account
- ↳ Need more help? Here's how to create an account:
https://support.zwift.com/en_us/create-an-account-SkUyGUWxB

Created an account and ready for the next step?

- ↳ Click here to download the Zwift app: <https://www.zwift.com/download>

Ready to sign up for an event?

- ↳ Click here to learn more and sign up to the event: <https://www.zwift.com/events/view/919759>
- ↳ Need more help? Here's how to register for an event:
https://support.zwift.com/en_us/cycling-events-H1z2AUdEr





Day Of The Event

Signed up and ready to go to the event?

- ↳ Here's how to log in a join the event:
 1. Launch the Zwift app and log in
 - ↳ Need help? Here's a guide
https://support.zwift.com/en_us/downloading-and-launching-zwift-Skh3Z4eS
 2. Pair your devices
 - ↳ Need help? Here's a guide
https://support.zwift.com/en_us/pairing-devices-HJIFDrw5S
 3. Tap "Ride" to get your avatar in-game
 4. Tap "JOIN EVENT"
 - ↳ Up to 30 minutes before your event begins, the JOIN EVENT button will be visible in the bottom-left corner of the ride screen. This button will take you straight to the start pen where you can continue to warm up.
 5. When the countdown reaches zero, the event will start.

Top Tips

The Zwift Companion App is your control centre

- ↳ check out how to get and use it here:
https://support.zwift.com/en_us/using-the-zwift-companion-app-Hybn8qzPr

Pre-Ride Checklist

At least 30 minutes before the event starts, it's a good idea to ensure your equipment is ready to go

- ☒ Internet Connection – Check your internet connection and make sure it's strong.
- ☒ Game and Device Updates – Make sure Zwift, Zwift Companion, your trainer, and anything else you are using is running the most recent software and firmware versions.
- ☒ Battery Levels – Double-check that all your devices are plugged in or fully charged.
- ☒ Rejuvenation Station – Put things that you may need during your ride - like water, food, a towel, a phone, and your fan - within reach, so you can focus on enjoying your event.
- ☒ Check Your Equipment – Make sure you've paired all of your devices to Zwift, and that the Zwift Companion (ZC) App is connected.
- ☒ Communication Setup - Once your setup checks out, and you've joined the event, make sure you're able to communicate with other riders, whether it's through your computer or the ZC



app. If you haven't chatted in Zwift before, this [article](#) and [how-to video](#) can help get you sorted..

PowerUps

From improving your aerodynamics to making your avatar invisible, PowerUps are a key part of Zwift's gamification of fitness. In Zwift, you earn PowerUps each time you pass under an arch in-game.

There are five options, each giving you a different benefit for a short period of time. Learning all of them will help you use them at the best moment in a race.

- The Aero Helmet makes you more aerodynamic. This is often saved for sprint finish in a race or used to breakaway.
- The Feather makes you lighter. This should be saved for climbs where weight matters.
- The Van Draft boost gives you a bigger benefit from sitting on someone else's wheel. This can help you recover in the wheels if needed or, if deployed correctly, can let you slingshot past riders.
- The Ghost makes you invisible. Use this to attack while out of sight of other racers.
- The Breakaway Burrito stops other riders from drafting you. Best used to when attacking to stop others following you.



Check out this [article](#) for more info on what each one does and how to use them.

Ride On!

