

Getting Started with TBN Virtual Rides in Zwift

You have bought the trainer and have set it up. You have signed up for Zwift - now what? How do get involved in TBN Virtual Rides? To join the TBN Virtual Rides, you need to be a member of the Zwift Club called TBN. To become a member of that club, you need to be a follower of the club admin – **Martin Lansche (TBN)**. Instructions below....

To allow us to talk with one other on a ride, the default approach in Zwift is to use the Discord App. If you do not want to talk to fellow TBNers as you ride, you can ignore the Discord stuff below.

High Level Steps

1. Install Zwift on your “computer” of choice. This can be a PC, or a Mac. My preferred “computer” for Zwift is an Apple TV device (this is the cheapest option) connected to a full size TV. You can also run it on an Android tablet or phone, or an Apple iPhone or iPad. You will have a better experience while Zwifiting when you use a larger screen.
2. Create a Zwift account. Depending on the current marketing programs, you may get a number of days or kms of free usage before they ask for your details for monthly payments.
3. Install the Zwift Companion App (on a phone or tablet).
4. Install the Discord App (I use my phone for both of these apps).
5. In Zwift Companion,
 - o More/Find Zwifters
 - o Find me - **Martin Lansche (TBN)** - and ask to follow me.
 - I will confirm that you are a member of the real Toronto Bicycling Network club, then I will invite you to join our Zwift TBN Club.
 - You will receive an invitation to the TBN Club. Accept it, and you will be able to register to join our Club rides.
 - o (If you want to record Zwift in Strava) More/Settings/Connections - connect with Strava
6. After Discord is installed, on your phone go to <https://discord.gg/bbhsZ3w>

This is the TBN Zwift Riders channel. I found Discord interface confusing so if you are confused too, you have company. You should see a page with Text

Channels and Voice Channels - click on the Voice Channels/Voice to join into a group chat. (Of course, if you are the only one online at that time, you have no one to talk to).

7. You probably need to get a set of headphones with a microphone in order to hear and be heard in Discord.
8. Explore Zwift
 - o Look at the routes available in Watopia.
 - o Look at other worlds available - these change day to day
 - o Look at the routes available in each world.
9. Explore Zwift Companion
 - o Events - see the huge variety of events over the next few days.

A great resource is <https://zwiftinsider.com> - there is a lot on the site, but a good place to start is **Complete Master List of All Zwift Course Routes** <https://zwiftinsider.com/routes/>

Frequently Asked Questions

TBN related

Are the rides open only to TBN members?

- Currently, a small number of non-TBN Zwifters who either have been TBN members in the past (and may be returning TBN members in the future) or are potentially future TBN members join us on the Discord channel, but they are not riding with us in Zwift. If the number of attendees on the Discord chat becomes too large, I will ask the non-TBN members to drop from the call.

In addition, Zwift Children Account users do not appear able to join Zwift Clubs.

Why are the Zwift TBN Club rides listed as TBN Events on the TBN Calendar?

- Primarily for advertising purposes. Secondly, to allow Ride Leader's Reports to be generated to keep track of participation. Thirdly, to provide links to the Route descriptions, and the Discord channel.

Are your rides only weekday mornings?

Currently we have consistent Monday/Wednesday/Friday morning Zwift TBN Club rides during the cold/wet months of November to March. In addition, we have had lighter attended evening rides on Tuesday and Thursday evenings.

Is Martin the only Ride Leader?

- No. I encourage anyone to lead a Zwift club ride. It would be ideal to have multiple club rides at different times of the day, days of the week. In the 2023/2024 season, Anthony Ndirangu has been leading the Tuesday and Thursday evening rides. If you are interested to lead Zwift TBN Club rides, contact virtualrides@tbn.ca.

Discord Related

Can I use Discord on my phone while using Zwift on my laptop?

- Yes - I use Discord and Zwift Companion App on my phone, but the real Zwift on a separate device (Apple TV in my case).

Do I have to use a phone for Discord?

No, you can also run Discord on a tablet, or on a computer.

How do I get to the TBN Discord Channel?

- The easiest way I have found is to open the TBN website on the same device that you will be using Discord on. You only need to do this once. You can do it at any time (for example, not just before your first ride), and you are done.

Open any of the future or past Zwift rides via the Calendar page. You will see a line: **Communications: Discord** <https://discord.gg/bbhsZ3w> Click that link. The Discord App will open to the right channel. It will show the familiar TBN logo. It is now on your list of Discord channels.

If using Discord, can I talk to anyone on the ride or just people near you?

- Think of Discord as an Audio version of Zoom - those who have joined the Discord conference can talk to each other (and text message). If you want to chat to absolutely everyone in Zwift, you must use the Text chat feature in Zwift directly.

How to avoid being kicked out of Discord if you get an incoming phone call?



- Android Discord users have reported being dropped from Discord, and they must restart Discord to get back into the Discord group chat. One way to avoid this is to
 - Enter Airplane Mode – this turns off Phone calls, text messages, and Wifi & Bluetooth
 - Enable Wifi
 - Enable Bluetooth

(Important: Remember to disable Airplane Mode when you are done your ride)

Zwift Related

How to join an upcoming Zwift TBN Club Event?

- The easiest way is the following:

1. You must be a member of the Zwift TBN Club
2. Prior to the event, you must register for the Zwift TBN Club event using the Zwift Companion App.
 - o Click on "Clubs"
 - o Click on "TBN"
 - o Scroll down to see "Club Events"
 - o Click the ">" triangle.
 - o Select the Club Event
 - o Scroll down, and click the  button.
 - o This will change to a  indicating you have registered.
3. Start riding in Zwift about 5-10 minutes before the Event is scheduled to start. It doesn't matter which world. You don't even have to start pedalling. Just be on your virtual bike somewhere in the Zwift worlds.
4. At 5 minutes before the start, a white Pop-up will appear on your screen. There are two "Buttons" – "Let's Go" with a 30 second timer, and "Not Yet". **Don't click anything.**
5. **Just wait for the 30 second timer to complete.**
6. You will be "transported" to the Club ride start location gate near other attendees. Your bike will appear to be sitting on a blue classic trainer.
7. If 4-6 don't happen, then you probably didn't do step 2.

What if I am late to the Ride?

- You must be registered before the ride starts however; it is not possible to register/join the ride after the scheduled start.

- All our rides support a “Late Join”. If you join within the first 30 minutes you will be “teleported” into the middle of the moving group. Make sure you are pedalling, or you will be dropped.

- If you forgot to register, just start riding somewhere in Zwift. You won't be riding with the group, but you can still chat with your friends on Discord.

How do you keep people together on a ride if they are going at different speeds?

- In general, you can pick any Zwift Event (not a TBN Club event) that is advertised at a specific pace (in Watts/kg) that you feel comfortable working at, start the ride, and stay in a large enough group, and you tend to stick together due to drafting. In TBN Club rides, we frequently use the "Keep Riders together" option - a virtual rubber band that keeps you with the pack **so long as you are pedaling (regardless of your effort)**. Note that if you stop pedaling, if you get too far behind, the rubber band may not help you. You will have to rejoin the group to start getting the rubber band effect again.

Our Monday and Wednesday daytime “Intro” and “Exploring” rides use this rubber band effect. The rubber band is not used for the evening and Friday “Challenge” rides.

How do you go about creating and ride and inviting others to join?

- In addition to Club based Events, Zwift supports what they call Meetups (created via the Zwift Companion App). When defining a Meetup, you can invite specific people to join you on a ride. TBN no longer use Meetups for group rides – it became too error-prone when inviting > 40+ “friends”.

Can I use a Classic (or Dumb Trainer)?

- First see <https://zwiftinsider.com/getting-started-classic-trainer/> to see if Zwift has support for your classic “wheel on” style trainer. If it does, you will also need a wheel-based speed sensor that talks to Zwift. Be aware that your Zwift experience will not be as rich as when compared to a Smart Trainer. Zwift will not be able to adjust the resistance that simulates ascending and descending hills – on your Classic trainer all hills will appear flat.

Suspending you Zwift account during the Ride-Outside Season

- Zwift supports either monthly, or yearly subscription. Most TBN riders opt for the monthly subscription option. In the spring, we suspend our Zwift accounts. Zwift, unfortunately uses the terms “pause” and “cancel” instead of suspend. In Zwift terms, “pause” means a 1-8 weeks suspension to billing, then it automatically restarts. Since we are suspending for typically April – October we “cancel” our accounts in the spring to

stop the billing cycle, and we restart our accounts in the fall. For more information, see <https://support.zwift.com/canceling-your-membership-Sky82qONr>.