

Welcome to the Liberty! Ride Club

Thanks for joining! The LRC has a goal of growing our cycling community and creating a positive environment full of awesome people who want to ride and train together.

Right now, we are running our rides indoors from home using Zwift. Post-COVID, we hope to have in-person group-rides again, but for now we are making the most of the situation and continuing to motivate and ride together, at a distance, virtually.

Here is what you need to get started:

1. A Zwift account. Log on to <https://zwift.com/ca> and get yourself set up. Here is a video showing what you will need to Zwift: <https://www.youtube.com/watch?v=hQ2uC4n4VoY>
2. A speed-sensor, power-meter, or “smart” trainer. These will sense how hard you are pedalling and send that information to the Zwift app. Most sensors are only ANT+ compatible, meaning you will also need what is called an ANT+ Receiver/Dongle to allow the speed-sensor to send information to your computer. Some smart trainers are Bluetooth compatible and may not require this additional device, but ANT+ is better at receiving data from multiple sources.
3. Download the Zwift Companion App on your phone. This works as a remote control when you are riding in the app.
4. Follow Liberty! Bicycles on Zwift. This will allow us to invite you to the rides.
5. Download the Discord App. We use this app to communicate during the rides. The updated link for our discord group is <https://discord.gg/ZC6BTKyGeZ>
6. Do a test ride. Make sure your sensors are working and you can ride on Zwift without issues. If you run into trouble, Zwift has a great support page on their website. Otherwise, do not hesitate to ask us for help.
7. Check your email. We send updates and weekly workouts to your email. You will be asked to load these workouts into your Zwift account so we can ride them together. Here is how: https://zwift.com/news/11792-importing-and-sharing-custom-zwift-workouts?_znl=en-ca
8. Stay awesome and see you on the virtual road!



Ant+ dongle

Cheers,

The team at Liberty!