

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 get invited to the TBN Virtual Rides, you need to be a follower of the host of the ride. Assuming I am hosting, I need to know your Zwift account name, and we should follow each other. 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.

1. Install the Zwift Companion App
2. Install the Discord App (I use my phone for both of these apps).
3. In Zwift Companion,
 - More/Find Zwifters
 - Find me - Martin Lansche (TBN) - and ask to follow me. Then I can invite you to Meetups. In turn, I will follow you.
 - (If you want to record Zwift in Strava) More/Settings/Connections - connect with Strava

4. 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).

5. You probably need to get a set of headphones with a microphone in order to hear and be heard in Discord.
6. Explore Zwift
 - Look at the routes available in Watopia.
 - Look at other worlds available - these change day to day
 - Look at the routes available in each world.
7. Explore Zwift Companion
 - 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, I am inviting 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. When the number of attendees on Meetups gets large enough, the non-TBN members will no longer be invited.

Why are the Meetups listed as TBN Events?

- 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.

Is Martin the only Ride Leader?

- No. I encourage anyone to lead a Meetup. It would be ideal to have multiple Meetups at different times of the day, days of the week. If you are interested to lead Meetup 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, but it does not matter - a PC also works).

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. Do this once at any time, 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 a 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 in order 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 Meetup?

- The easiest way is the following:

1. You must be following the Leader of the Meetup. Note that the leader may not always be Martin Lansche!
2. The Leader must have invited you to the Meetup.
3. You must have accepted that invitation.
4. Start riding in Zwift about 5-10 minutes before the Meetup 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.
5. 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.**
6. **Just wait for the 30 second timer to complete.**
7. You will be "transported" to the Meetup start location near other Meetup attendees. Your bike will appear to be sitting on a blue classic trainer.
8. If 5-7 don't happen, then you probably didn't do steps 1-4.

What if I am late to the Meetup?

- First, make sure you are in the Meetup. Check that you are in the right Zwift world, and starting at the right start point. Ask on Discord where the Meetup started.

- Find out how far behind you are. Look ahead of you for the Leader's yellow beacon. Ask on Discord where the group is. Don't rely on distance. Ask for landmarks. If you are

not too far behind, you can try to catch up. This may be more difficult than it sounds. Anything over 1 minute and you might be exhausted racing to catch up.

- Sometimes Zwift may start taking you “cross-country” – through buildings, mountains, across rivers and oceans, as the algorithm tries to join you up with the Meetup group. Enjoy the trippy ride – it is not often you go behind the scenes in Zwift. After a while you will resume riding on the road, probably still somewhat behind them. Again, ask on Discord for the group’s location, and try to catch up. If you go cross-country, I don’t think you will get credit for completing the course.

- Just start riding. You can still chat with your friends on Discord. And you might instantaneously get teleported to the group – see the next item.

- Sometimes (we haven’t quite figured when) after riding on your own behind the group, you will be magically transported next to the group. It can take 15-30 minutes before this happens. This behaviour is not 100% reproducible, so don’t depend on it. And, I don’t think you will get credit for completing the course.

- Ask the group to pause while you catch up. **Next time be prompt.**

- If the Meetup is occurring in a World that is open that day, you can select that World in the Zwift start screen, and choose to ride with someone you follow – i.e. the Leader. You will start right next to your friend. Prepare to start pedalling quickly, as your friend is probably going 20-30 kph at that instant. Note that you are not in the Meetup (rubberbanding will not effect you, and you do not see the Leader’s beacon, nor are you, or the others riders in a green bar in the list of Zwifters nearby). Note that if the Meetup is occurring in an off-day world, this option will not be available.

Note that you can not join a Meetup more than 30 minutes after it starts. Riding with a friend (the last option above) may be your only option.

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

- In general, you can pick an 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 Meetups, there is an option of a "Keep Riders together" - a virtual rubber band 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 have to rejoin the group to start getting the rubber band effect again.

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

- Meetups (created via the Zwift Companion App) are the way to invite specific people to join you on a ride. I have never tried to create a Zwift Event. I will leave that to the pros.

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.