# Setting up for Zwift and racing with East Essex Triathlon Club

To race with East Essex Triathlon Club in the virtual world of Zwift there are a number of things you must do. The following is a step by step guide to getting setup, don't worry, it's a little onerous but only needs to be done once.

1. Sign up to Zwift

    1.1. Go to WWW.ZWIFT.COM and create an account

    1.2. Download the Zwift App
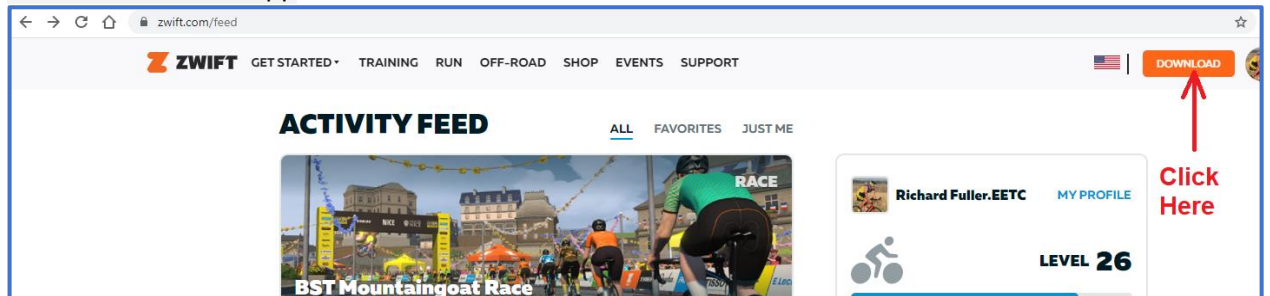
2. Download the Zwift Companion App

    2.1. This is used to enter races, sign up for club rides and is an ideal partner alongside Zwift

3. Download the Discord app

    3.1. This is used to talk to your team, it is very much like Zoom but we use only the voice, not the video. It is ideal for this task. Use headphones when talking and listening to stop background noise, those headphones that came with your mobile phone tend to work well.

4. Sign up to Zwift Power

    4.1. Zwift Power is set up to enable fair racing, ensuring people don't ride below their natural category to get unfair wins and to allow everybody to compete whatever their level. Go to www.zwiftpower.com and register using your Zwift Id (the email address you use to login to Zwift) and your Zwift password

    4.2. You now need to instruct Zwift to allow communication with Zwift Power. While in my.zwift.com, click on your photo, top right, go to setting and then go to connections.

    4.3. Scroll down to Zwift Power and click where it says "Opt in". If it says "Opt out" then you are already connected and need not do anything else.

    4.4. Again in Zwift Power, select the "Teams" tab at the top, in the search box enter "East Essex Tri" and apply to join our club.

5. Sign up to WTRL

5.1. Do this at www.wtrl.racing – you will require the Zwift ID you found for Zwift Power

6. Join the club Zwift Racing page in Facebook

6.1. https://www.facebook.com/groups/eastessexteamtimetrial

6.2. Once you've done all of this you are ready to sign up to race with the club.