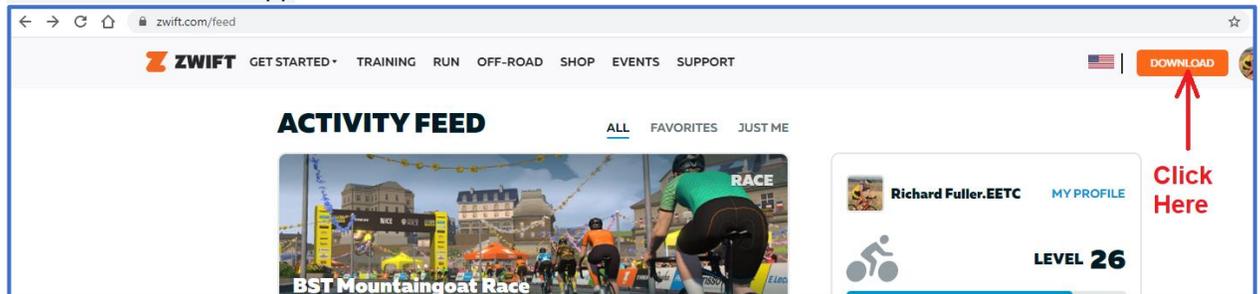


## Setting up for Zwift and racing with East Essex Triathlon Club

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](http://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

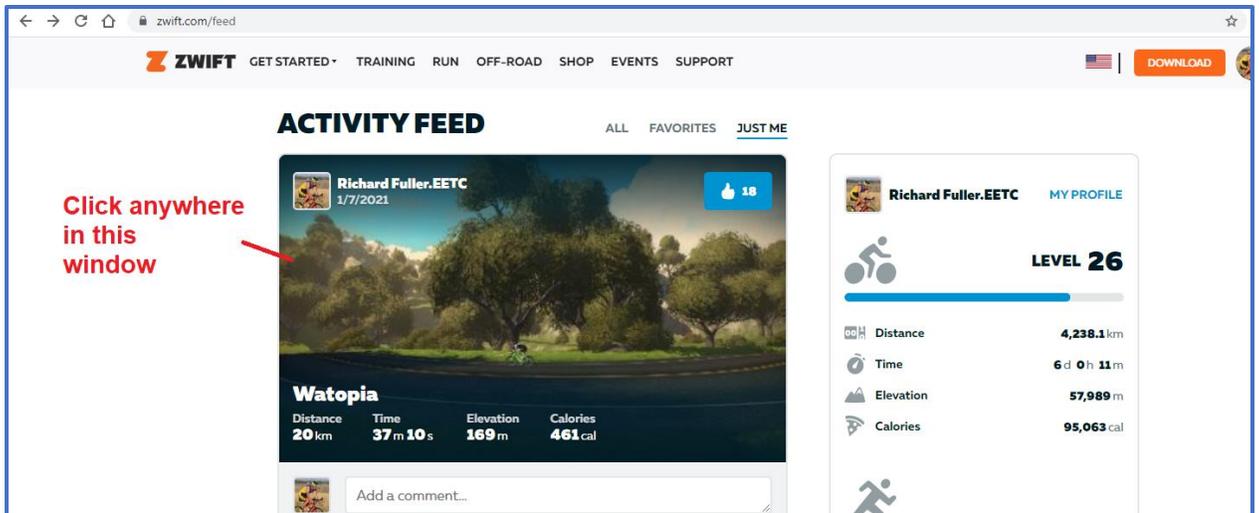
- 3.1. This is used to talk to your team, it is very much like Zoom but we use only the voice, not the video. It is ideal for this task. Use headphones when talking and listening to stop background noise, those headphones that came with your mobile phone tend to work well.

### 4. Sign up to Zwift Power

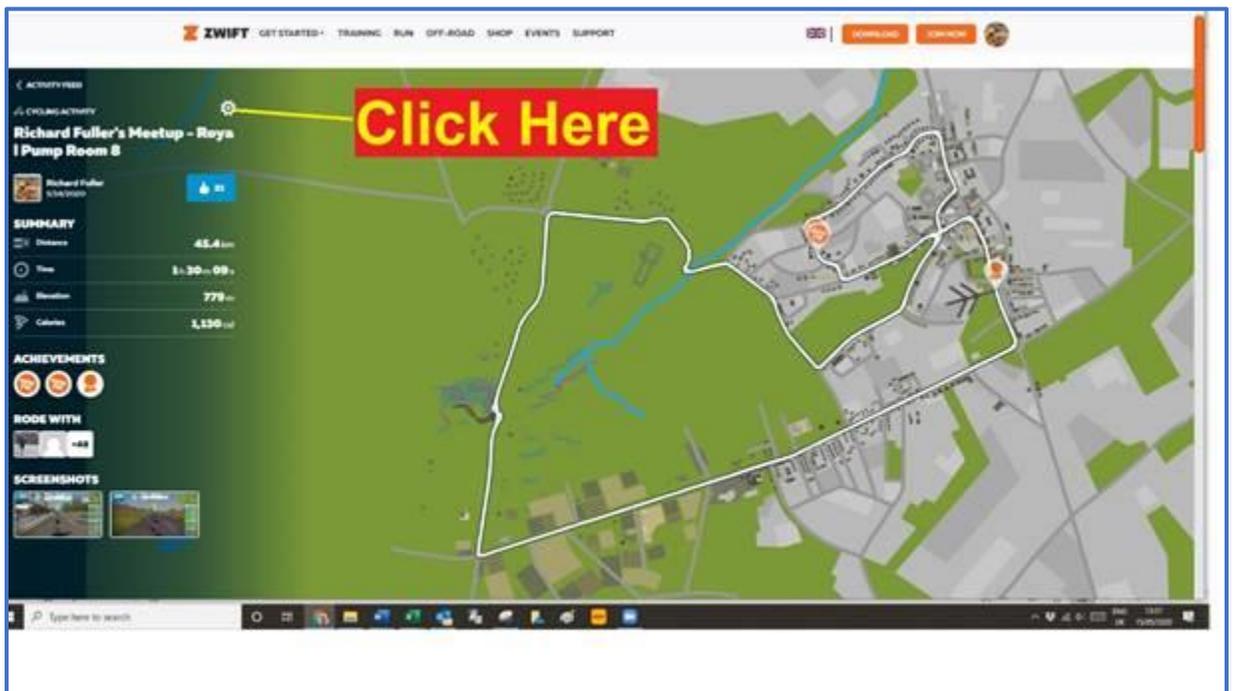
- 4.1. Zwift Power is set up to enable fair racing, ensuring people don't ride below their natural category to get unfair wins and to allow everybody to compete whatever their level. This is the most complex part but if you follow it step by step it will work. If you have any problems message Richard Fuller on Facebook or email him at [triblokerich@gmail.com](mailto:triblokerich@gmail.com).

Instructions for Tablets and phones are shown in green

*1 - The first part is to find out your Zwift ID. Login to [my.zwift.com](http://my.zwift.com) and select an activity you've completed.*



2 - under the selected activity you will see a cog, click that.



3 - Hover over the 'download fit file' button but don't click. Bottom left will be the name of the file location, just after the word 'prod' is a 7 digit number, write it down.

zwift.com/activity/722563538949479040

ZWIFT GET STARTED TRAINING RUN OFF-ROAD SHOP EVENTS SUPPORT

ACTIVITY FEED

CYCLING ACTIVITY

**Watopia**

Richard Fuller.EETC  
1/7/2021

**SUMMARY**

Distance 20  
Time 37 m 1  
Elevation 16  
Calories 463

**ACHIEVEMENTS**

**RODE WITH**  
+17

**SCREENSHOTS**

**ACTIVITY SETTINGS**

Activity Title  
Watopia

Who can see this activity?  
**PUBLIC** FOLLOWERS PRIVATE

Fit File  
**DOWNLOAD FIT FILE**

Hover Here

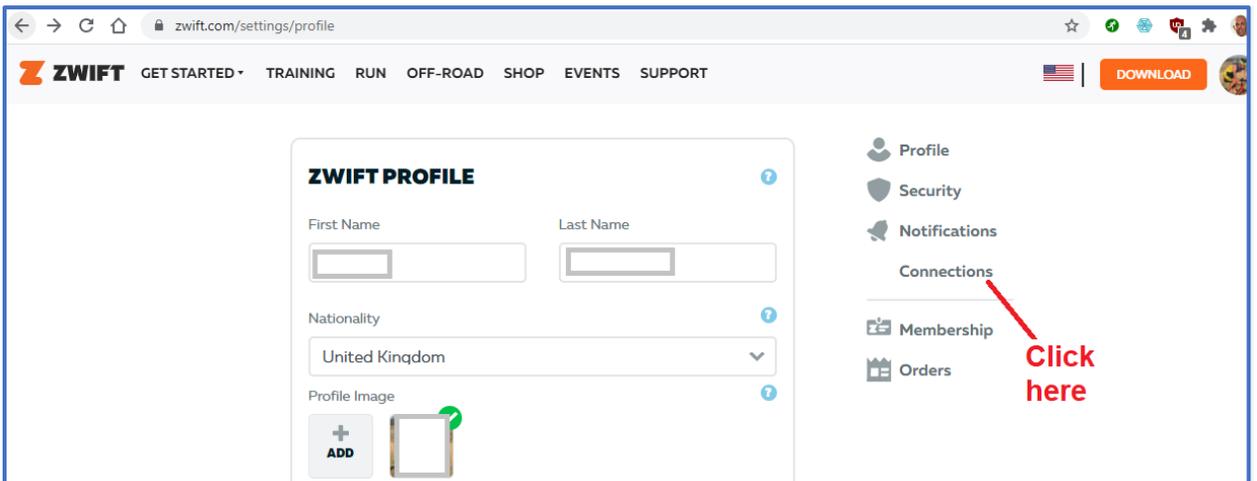
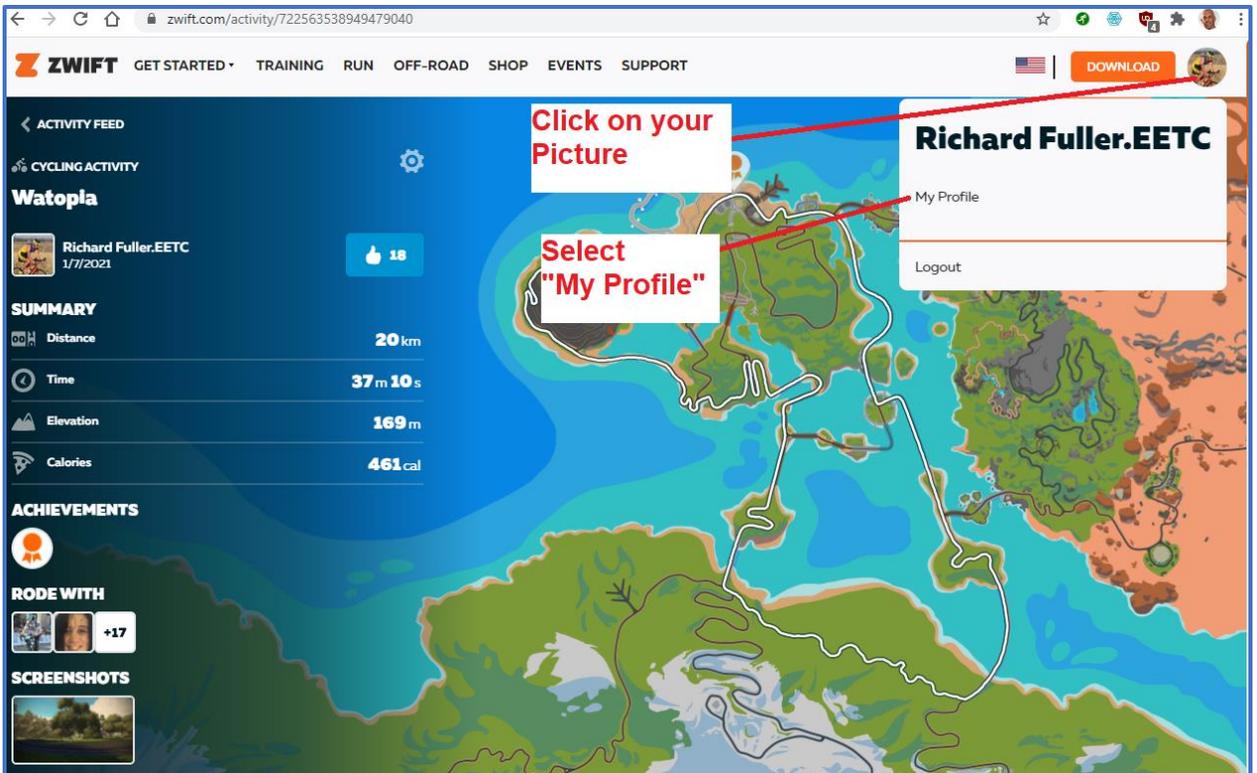
SAVE CLOSE

Read your Zwift ID here

https://s3-fit-prd-uswest2-zwift.s3.amazonaws.com/prod/1908799/80da4284-722563538949479040

*For mobiles/tables: Click on the cog and then long press the 'download fit file' button; you will get an option to 'copy' and do this. Paste the link into another app (eg. Notepad)*

4 – You now need to instruct Zwift to allow communication with Zwift Power. Still in [my.zwift.com](https://my.zwift.com), click on your photo, top right, go to setting and then go to connections.



*For mobiles/tables: In my.zwift.com, click on your picture (top right), then 'My Profile' finally 'connections'*

5 – 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.



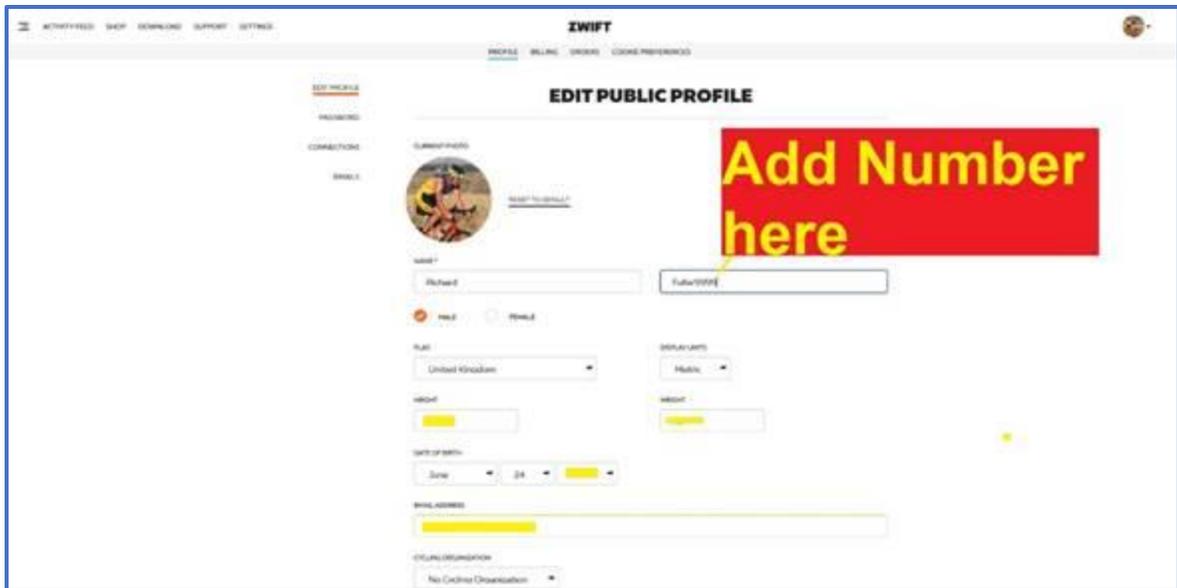
6 - Register at <https://www.zwiftpower.com/ucp.php?mode=register>

7 - Login at [zwiftpower.com](http://zwiftpower.com) (if you aren't already) and select connect from the top menu.

8 - Enter your Zwift ID (from 3 above); that will give you a 4 digit code.

9 - Back on [my.zwift.com](http://my.zwift.com), go to your picture (top right), go to settings and change your surname to add the 4 digit code to the end of it (from 8 above)

Back on [my.zwift.com](http://my.zwift.com), go to your picture (top right), go to 'my profile' and 'edit profile' and change your surname to add the 4 digit code to the end of it (from 8 above)

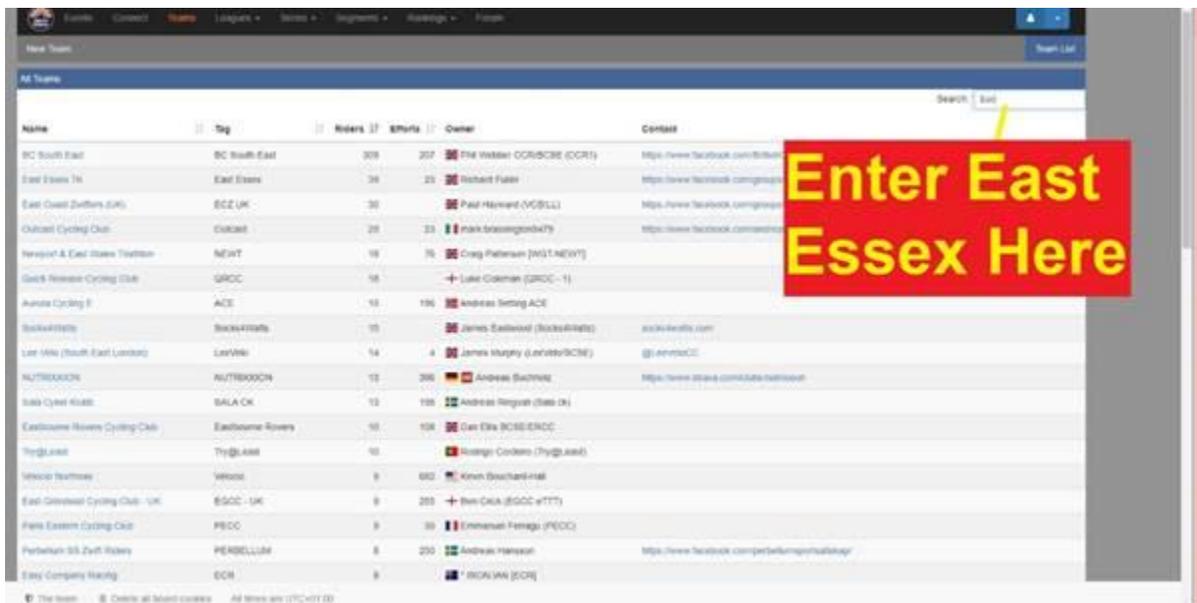


10 - Wait 1 minute

11 - On zwiftpower, select 'connect to my account'

12 - Once connected, go back to [my.zwift.com](https://my.zwift.com) and take the four digit code from the end of your surname

13 - Finally, in zwiftpower, select 'teams' from the top menu, search for "ETC" and request to join



## **5. Sign up to WTRL**

5.1. Do this at [www.wtrl.racing](http://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.