



Setting up RGT Cycling

Technological Requirements

- 1) RGT Cycling Companion App Download – (one of) iPhone, Android, or iPad
- 2) RGT Cycling Screen App Download – (one of) Windows 10 PC, Windows 10 Laptop, Mac, iPad, or Apple TV

Equipment Requirements

- 1) Smart Trainer with Bluetooth or ANT + Connection (Almost all smart trainers have Bluetooth)
OR
- 2) Power Meter* (on bike or in trainer) with Regular trainers or rollers (No simulated gradients)

* Most modern power meters (including PowerTap) have Bluetooth compatibility. If your power meter does not have Bluetooth compatibility you will need to acquire an ANT + dongle for your device to read power meter data.

** Riders must have a smart trainer or power meter to ride on RGT. There is no speed sensor connectivity for the app.

Getting Set Up

1. Download RGT Cycling Companion Application from Apple App Store (iPhone or iPad) or Google Play (Android)
2. Download RGT Cycling Screen Application from Windows Store (Windows 10 Laptop or PC) or Apple App Store (iPhone, iPad, or Apple TV)
3. Create Profile (follow on screen prompts in RGT companion app). You only need the Free membership to race.
 - If you would like the premium features: send an empty email (no subject line or content) to rideitout@rgtcycling.com to access free premium features during Covid-19 pandemic using the email linked with your profile. You will receive email confirmation that premium features have been activated for your account within an hour or so depending on demand. (RGT is experiencing an increase in demand since premium features have become free)
4. Link your TrainingPeaks account:
 - a. Open RGT companion app
 - b. Tap the menu icon (circular button with three lines above “Races”)
 - c. Access your profile (button with your profile name on it)
 - d. Tap “Connected Apps”
 - e. Under TrainingPeaks toggle switch beside “TrainingPeaks Athlete”
 - f. Verify your TrainingPeaks account and allow RGT access.
 - g. Enable “Auto Upload Activities” to sync RGT activities to your TrainingPeaks account

Connect Sensors and Getting Set Up

1. Log in to RGT companion app
2. Connect the Screen App by touching screen icon in top left corner above “Explore”, opening up the RGT Screen app on the same WiFi network, and entering the 4-digit pin number that appears on the screen app into the RGT companion app.
3. Tap the “Explore” button from the home menu in the RGT companion app
4. Open “RGT Real Roads”
5. Select a route and “Ride From (Route Name)” at bottom of screen
6. Once ride begins, sensor selection will appear near the top of the screen on the companion app. Tap “Power” and select smart trainer (or power meter if not on a smart trainer). Select “Cadence” for cadence sensor and “Heart Rate” for Heart Rate sensor connection (if applicable).
7. If running a Smart Trainer select “Slope” from the sensor connection menu and select you trainer. This will allow smart trainers to simulate gradient.
8. Once all sensors say “connected” beside of them, give your route a quick spin! Make sure everything works properly and there are no techy issues that pop up when you first use the app. Try riding it once before the group rides begin, to know how everything works.

Registering for the Race

Private or Promoted Races

1. Registration closes an hour before the start time. The link for the weeks’ ride will be posted a few days in advance, so register as soon as you can. *
2. The link to join our group ride will be posted on the SCA and MCA websites.

OR

Promoted Races only

1. Open the RGT companion app
2. Tap on “Race”
3. Click “Races”. Find the Race from “Upcoming” list of races.
4. “Sign Up” for the race. Come back later when the race is about to start.

Joining the Race (How to get to the Start Line)

1. When the ride start is less than half an hour away, enter RGT Cycling companion app
2. Tap on “Race”
3. Click “Registered”
Find the Race from “Registered” list of races.
4. “Join Event” for the race.
5. Be on your bike warming up, ready to start 10minutes before the start of the race.