

## Ride With GPS SCBC Users Guide

### 2 Main Components:

1. Mobile Access. Your phone is used as a map and will record your rides.
2. Web Access (RWGPS.com). Does all other functions (Editing, messaging, etc.)
3. Access both from your account with email address and password.
4. Remember to use the same password and email address.

### Ride with GPS Instructions

#### 1. Download Ride with GPS on your mobile device.

##### a. iPhone:

- i. Open the App Store
- ii. Locate small magnifying glass search icon on bottom right
- iii. Press icon and search window appears at top of page
- iv. Type in “ride with gps”
- v. Ride with GPS will appear as a black box with an orange bike rider (see below). Note that it is not always the first option listed.



- vi. Download and open the app.
- vi. Create an account (if needed) or log in.

##### b. Android:

##### i. Open the Play Store

- ii. In the search bar at the top of the screen, search for “ride with gps”
- iii. Select the Ride with GPS app (see below for app icon). It may not be the first option listed.



- iv. Download and open the app.
- iv. Create an account (if needed) or log in.

## **Using a GPS device to record your miles**

Many club members have GPS devices on their handlebar. Most of them prefer to use the hardware GPS to record their mileage. The most popular is Garmin, but there are other manufactures. The following is a guide to using a Garmin and connect it to the RWGPS challenges.

You must configure the Garmin Connect App to upload your rides to RWGPS. You can load the maps into your Garmin using Garmin Connect for ease of navigation. When putting Garmin Connect in auto upload instructions are correct except devices setting is actually worded general settings.

At the start of the ride, select the ride and then start.

Once the ride is complete, save the ride and the ride will be uploaded to Garmin Connect and to RWGPS.

Your Garmin device needs to be paired to your mobile phone with the Garmin Connect App. In the app you press "More" in the bottom right followed by "Garmin Devices" Next press right arrow next to your Garmin Device followed by "Device Settings" and lastly set "Auto Upload" to on. This allows your ride to be uploaded automatically after you finish and save your ride. The ride will additionally be automatically uploaded to your RWGPS account if you link your Garmin and RWGPS accounts. Further, if you joined one of the SCBC challenges it will automatically upload to the challenge.

After setting up the Garmin, you must go to RWGPS.com to connect RWGPS to Garmin Connect. From the RWGPS dashboard press more. then select edit profile. Scroll down and select connected services, select Garmin Connect and enter your Garmin connect credentials.

# Editing mileage for a ride

**NOTE: DETAILS CANNOT BE EDITED ON THE MOBILE APP. THIS MUST BE DONE ON A COMPUTER**

**COMPUTER:**

The screenshot shows the RideWithGPS website dashboard for user Jim W. The page is divided into several sections:

- Stats:** Career statistics for Jim W. include 13,061.3 Miles Traveled, 452,753 Feet of Elevation Gained, and 426 Rides Logged. Other stats shown are 903:00 Hours Ridden and 268,296 Calories Burned. A 'Career' tab is selected, with options for Week, Month, Year, and Career.
- Challenges:** Two challenges are listed: 'SCBC 2023 Road' (#5 ranking with 4241.4 mi) and 'SCBC 2023 Open' (#10 ranking with 5144.7 mi). A 'View Challenges' link is provided.
- Upgrade:** A 'Premium Tools' section offers access to powerful route planning tools and ride analysis features by upgrading to Premium. A 'Learn More About Premium' link is included.
- Routes & Rides:** A search bar is present. A list of rides is shown, including:
  - 11/05/23: 20.8 mi, 0 ft, 1 hr 46 min. Ride yesterday.
  - 11/04/23: Stark County, OH, 27.4 mi, 904 ft, 1 hr 48 min. Ride 2 days ago.
  - 11/03/23: Stark County, OH, 24.7 mi, 977 ft, 1 hr 52 min.
- Feed:** A feed of recent activity shows 'figgster went on a 10.6 mi ride in Stark County, OH 3 hours ago' and 'figgster went on a 22.6 mi ride in Stark County, OH 3 hours ago'.

The browser address bar shows 'ridewithgps.com'. The page footer includes a search bar, 'Upgrade' button, and navigation icons. The system tray at the bottom shows the date as Nov 6, 12:38.

## Edit ride

Name for this ride

Greenville County Road Cycling

Description

Who can see this?


Anyone, it's public


What did you take with you?

Who came with you?

Nobody

One or more friends

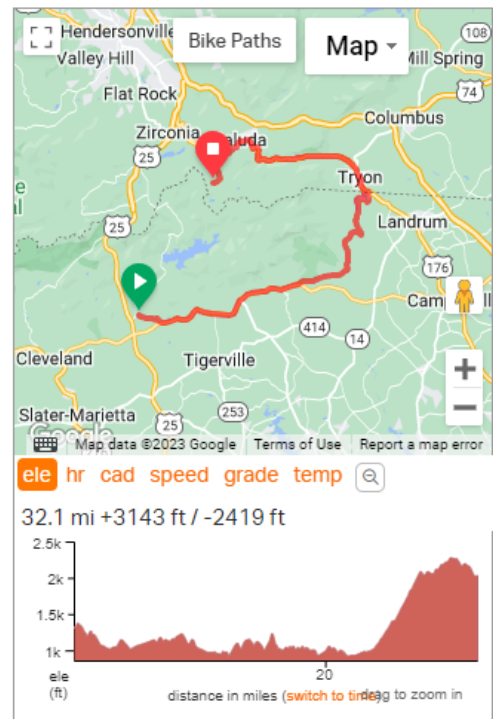
Stationary ride? (don't show map) 

Show metrics 

[Link with other ride](#) 

[Join two rides together](#) 

Save



Replace elevation data (changes may take up to one minute to take effect)

Correct distance and speed (removes speed sensor values)

1. Additional information will show up on the screen. Adjust metrics as needed.
2. Select "Save"

What did you take with you?

Who came with you?

- Nobody  
 One or more friends

Stationary ride? (don't show map)

Show metrics

Distance (miles)

32.0759

Moving time (hh:mm)

02:58:43

Started ride on

2022-10-22 06:10 am

Total duration (hh:mm)

03:38:46

Max HR

207

Min HR

71

Max Cadence

120

Min Cadence

10

Avg HR

161

Avg. Cadence

70

[Link with other ride](#)

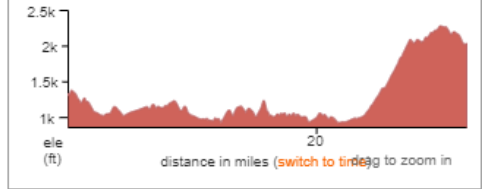
[Join two rides together](#)

Save



ele hr cad speed grade temp

32.1 mi +3143 ft / -2419 ft



Replace elevation data (changes may take up to one minute to take effect)

Correct distance and speed (removes speed sensor values)

## **RWGPS Messages**

The following tells you what a message from Ride With GPS looks like:

- You will receive a message in your email inbox from “Ride with GPS”
- The title of the email will be:  
“You have a new club message in Stark County Bicycle Club.”
- The body of the email will contain a picture of our bicycle club with the phrase “Message posted by” below it.
- In the line directly below will be the message. Unfortunately the message with the change to the ride is in very small print. **Don’t miss this message.**
- If you click on the orange box that states “Go to Club Page” you will go to Ride with GPS and find the same information under the message banner.

**Note:** check Spam folder as well as email.

## **Ride Changes**

We are asking all ride leaders to update their ride schedule with a Ride With GPS message. Ride leaders please include your name, ride number, location and date of ride update.

## Ride with GPS Rules

Leader Boards and Definitions:

Road: Scheduled SCBS rides

Trail: Scheduled SCBS rides

E-bike: Miles ridden on E-bike

Open: Any miles ridden NO limits

Ride leaders may adjust mileage of rides to accommodate detours etc.

All rider miles must be visible on leaderboards.

Riders may start a ride 15 minutes early with ride leader approval.

Mileage variance of 5% of ride schedule distance permitted.

Club Members with a dispute on miles should speak to the ride leader.

Ride leader will discuss with the person in question in regards to the dispute. Mileage disputes follow the sequence below. Only those listed below may exclude a ride after discussion in writing at every level.

1 Ride leader of original ride.

2 Road Captain

3 Statistician

4The SCBC Executive Board has the final ruling.

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