

The Pedal Taiwan VCR

How to get involved...



An aerial photograph of a dark, winding road that snakes through a dense, dark green forest. The road has white lane markings and a few small vehicles are visible in the distance. The text is overlaid on the upper half of the image.

Thank you for signing up to the **Pedal Taiwan VCR**, taking place 21st
November 2020.

We are very excited to show you what we've put together, and can't wait for
you all to ride out with our 2020 champions.

Please follow this guide carefully to ensure that your event day runs smoothly!
If you haven't yet confirmed your place, you can do so by [following this link!](#)

An aerial photograph of a paved road winding through a green landscape. Several cyclists are riding along the road, and a white car is parked on the side. The road has yellow markings and a black and white striped barrier. The background is filled with lush green trees and vegetation.

A bit about us: Pedal Taiwan

We are the largest English-speaking cycling tour operator in Taiwan.

We work with local guides to educate tourists on Taiwanese culture and history, and to offer the most authentic Taiwanese cycling experience.

We offer bespoke multi-day cycling tours across Taiwan with guides and vehicles that follow you throughout your tour.

Want more info? Follow our social media accounts @pedaltaiwan for regular updates!

The tours include accommodation, food, cultural activities, and a bike building, or rental service.

PEDAL TAIWAN VIRTUAL CYCLING RACE



Saturday 21st November

10am

12pm

2pm

MARK BEAUMONT

ALEX DOWSETT

ED LAVERACK



WHY THE PEDAL TAWIAN VCR?

ACTION MEDICAL RESEARCH- Fundraising for a brilliant cause.

We want to raise money for Action Medical Research who are striving to change children's lives through developing treatments, medical research, vaccinations and cures.

SPREAD THE WORD- Cycling in Taiwan.

We want to show everyone that Taiwan is the top cycling destination in Asia. Come and see for yourself...

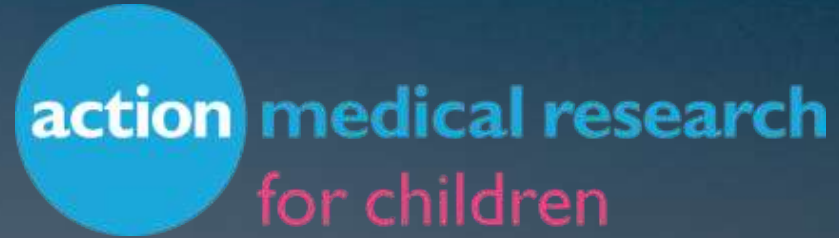
COVID- Extraordinary times call for new ideas.

In a time where travelling isn't possible we want to bring cyclists the ultimate virtual Taiwanese cycling experience.

Cyclists need events to exercise that competitive side, and COVID has stopped this.

So we've introduced the Pedal Taiwan VCR.

ACTION MEDICAL RESEARCH



Action Medical Research is the leading UK charity funding vital research to help defeat the diseases that devastate the lives of sick and disabled babies, children and young people.

As the event itself is free, we are asking that you help support this wonderful charity by either making a donation, by [clicking here](#), or / and paying from 50p upwards to add a song to the special [event Spotify playlist](#).

SETTING UP CHECKLIST:

CHECK 1 - Signing up for Rouvy (Page 8):

At least a few days before the event, you need to sign-up to Rouvy and claim your 2 weeks free trial on the platform. You can sign up by following this link:

<https://my.rouvy.com/en/signup>

For a full guide on how to create your Rouvy account, please see the next page (8).

CHECK 2 – Downloading the App (Page 9):

DEVICE / MONITOR- Enjoy Rouvy on Windows, Mac, Apple TV, phone or tablet

CHECK 3 – Joining the ride (Page 10)

Please make sure that you have provided your Rouvy username through the [Google Survey here!](https://docs.google.com/forms/d/1LXoYuCN_drTbimSCL8cyLmB3sW/VVYY31gS5zZRer6UY/viewform?edit_requested=true)

https://docs.google.com/forms/d/1LXoYuCN_drTbimSCL8cyLmB3sW/VVYY31gS5zZRer6UY/viewform?edit_requested=true

CHECK 4 – Equipment (Page 11):

BIKE- You can use your favourite bike.

TRAINER- Smart bike, direct-drive or wheel-on trainer. For more information on the type of bike you have see page 11.

SIMPLE STEPS TO SIGN UP TO ROUVY

Step 1: Follow [this link](#) to arrive at the sign-up page below.

Step 2:

Fill in the three boxes as shown below. This includes a username, email address and password. Alternatively, you can sign up with Facebook or Apple.

A screenshot of the Rouvy website's sign-up page. The title is 'CREATE AN ACCOUNT' with a subtitle 'or sign up with a social media account'. There are three input fields for 'Username', 'Email', and 'Password'. A red number '2' is placed next to the 'Password' field, with two red arrows pointing to it from the left. Below the fields are buttons for 'Sign up with email', 'Sign up with Facebook', and 'Sign up with Apple'. At the bottom, there is a row of social media icons and a 'Log in' button.

Step 3:

Fill out your user profile.

TIP: England, Scotland, Wales and Northern Ireland are classed under 'Great Britain' in the country drop down list.

A screenshot of the Rouvy website's user profile page. The title is 'USER PROFILE'. It contains several fields: 'Date of Birth' (set to 01/01/1987), 'Gender' (with radio buttons for 'Male' and 'Female', 'Male' is selected), 'Preferred units' (set to 'Imperial'), 'Weight' (set to '165.0' with a unit dropdown), and 'Country' (set to 'United States' with a dropdown arrow). At the bottom is a green 'Save profile' button.

Step 4:

Select whether or not you would like to subscribe to the Rouvy newsletter, then press 'Continue'.

Step 5:

You will be diverted to your profile page on the Rouvy website. Be sure to verify your email by following the instructions sent to you from Rouvy via email.

Then, download the app on your chosen device and pair with your bike:

iOS (iPhone & iPad): Download App from App Store called: 'Rouvy AR'.

Bluetooth Smart

iPad 2 / iPad mini and all newer models support Bluetooth 4.0 (built in). Bluetooth Smart is the recommended communication for iPhone and iPads. No additional accessories required.

Android: Download App from Google Playstore called: 'Rouvy AR'.

Bluetooth Smart

Android 4.3+. Android device has to support Bluetooth 4.0.

Mac: Install from 'Download' Section on [Rouvy](#) website.

Bluetooth Smart 4.0 or newer- The Bluetooth Smart is natively supported by Mac devices. You don't need any other accessories.

ANT + via USB Dongle- All Mac devices require the ANT+ USB dongle accessory to be able to communicate via ANT+.

OS Minimum- macOS 10.12.

Apple TV: Download from App Store.

Apple TV 2015 (4th generation) and newer.

Connection: Only Bluetooth Smart communication supported. No additional accessories required. Apple TV supports max 2 connected BT devices.

Windows: Install from 'Download' Section on [Rouvy](#) website.

Bluetooth Smart 4.0 and newer- Windows 10 via native Bluetooth Stack (no need for any dongle).

ANT+ via ANT+ USB Dongle- Windows 7, Windows 8, Windows 10 All desktop requires the ANT+ USB dongle accessory.

HOW TO JOIN THE RACE

STEP 1 – Providing your Rouvy Username:

In order to invite you to the race, we need to know your Rouvy username.

Once you have created your Rouvy account, you must fill in [this Google Survey](#), to provide us with your Rouvy username.

Once you have done this, we will be able to invite you to the event.

STEP 2 - Accessing the race on Rouvy:

After you have provided your Rouvy username via the entry form, Pedal Taiwan will invite you to your specific race time.

You will receive an email from Rouvy notifying you that you have been added to your chosen race the day before the event. The invitation will also be visible on your Rouvy dashboard under 'Races and Invitations'.

The password for the event will be 'pedaltaiwan2020'. We will remind you of this in an email the day before the event.

STEP 3 - Peloton on Zoom:

All participants will have the opportunity to ride in a virtual peloton with our celebrity riders while they compete, via Zoom.

We will provide the link and password for the session you have selected in an email the day before the event. Please note, you will need a separate device to access Zoom, as it is not possible to run Zoom & Rouvy from the same device simultaneously.

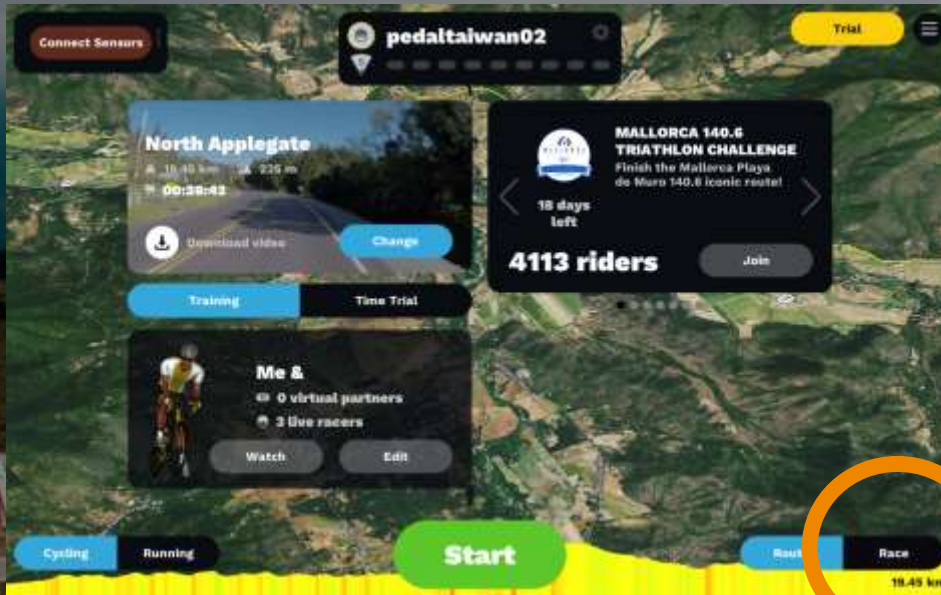
If you do not already have a zoom account, you can create one [for free here!](#)

STEP 4 - Day of the event:

Go onto the Rouvy AR application, select race in the bottom right hand corner and select 'My Races'. Then, select specific race name that you have been emailed prior to this point.

STEP BY STEP: HOW TO JOIN THE RACE

STEP 1: After opening the Rouvy AR Application, look for 'Race' in the bottom right hand corner.
Click on this.



CLICK HERE

STEP BY STEP: HOW TO JOIN THE RACE

STEP 2: Click on the arrow next to 'My races'.



CLICK HERE

STEP BY STEP: HOW TO JOIN THE RACE

STEP 3: Your races will be different to the ones displayed in the image below. Click on the race with the name 'The Pedal Taiwan VCR Challenge'.



CLICK HERE
ON THE
CORRECT
RACE

STEP BY STEP: HOW TO JOIN THE RACE

STEP 4: Click on the arrow next to 'My races'.



CLICK HERE
WHEN IT IS
TIME TO
START

Do you have: SMART OR NON-SMART?

SMART- INDOOR BIKE, TRAINER OR ROLLERS:

1. AUTOMATIC POWER RESISTANCE BY APP
2. 100% REALISTIC AND IMMERSIVE FEEL
3. ULTIMATE EXPERIENCE AND INTERACTIVITY



NON-SMART- CLASSIC OR TURBO SETUP:

1. POWER RESISTANCE CHANGES MANUALLY
2. ORDINARY EXPERIENCE BUT REALISTIC SPEED
3. ENJOYABLE RIDES OVER GEO-SYNCD VIDEOS



With both types of bikes it is possible to take part in our VCR event. The key difference is that with a SMART set-up, the resistance will change automatically based on the gradient of the route. With a non-SMART set-up, the resistance will remain constant (unless you change it manually), and your speed on the course will depend solely on your power output.

Keep up to date with your **emails** and follow our [Facebook](#), [Twitter](#) or [Instagram](#) for regular updates. If you have any questions at all about the event you can email us at events@pedaltaiwan.com

Plus, don't forget to add the Pedal Taiwan VCR (Saturday 21st November) to your calendar! Good luck!

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