

LVCC Virtual Rides (rev. 01.28.2025)

The following is an overview of what is needed in order to participate in a virtual (online) ride with some of your fellow LVCC members. This document will include the following topics.

1. What you need to participate in a virtual ride (hardware and software).
2. How to use Discord on a virtual ride. How to connect in order to have a conversation with the other riders who are participating.
3. How to post a virtual ride on Meetup.

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1. What you need to participate in a virtual ride.

If you have a smart trainer, and are already riding virtually, you can probably skip most of this. There is, however, some information specific to the Rouvy application that you may want to read if you are not familiar with Rouvy.

rouvy.com. (Link to Rouvy website, has lots of information about all of the following.)

Rouvy is the application we have been using on our Mon/Wed/Fri rides, usually starting at 10 am. There are numerous others, such as Zwift, some of which could be substituted for Rouvy if you and some other riders use that application. As of January 2025, a subscription to Rouvy costs \$149 per year. There are also some monthly plans and a 7 day free trial period.

Currently, Rouvy can be used with desktop computers, either Windows or Mac, tablets, and smart phones. More information can be found on the Rouvy website. You can also find numerous video tutorials on Rouvy use, [including this one](#).

As for a trainer, the best functionality is obtained with the use of a smart trainer, but you can participate in group virtual rides with a dumb trainer and send data to the computer via a speed/cadence or power sensor. You may already have one of these on your bike. You can connect to your device via ant+ or bluetooth.

2. How to use Discord on a virtual ride.

Discord is an application that was initially created to allow video gamers to communicate with each other, but it works very well for conversation during virtual group rides.

Begin by following this link: <https://discord.gg/5hFcZJU54Z>

This will open a browser window with an invitation to join the LVCC virtual rides server on Discord. If you are a first time user, you will need to create an account, select a username (will be displayed on the screen during a ride), and set up your profile. Once you've done this, you should automatically go to LVCC discord area when you go to discord.com in a browser. If you download the Discord application and use that instead, this information will automatically sync to that.

Either way, you'll see your username and icon displayed on the screen. To enter the chat, click on "LVCC ride #1" (there is only one chat room at the time this was written), and you'll see your icon and username enter the chat area. When you talk, you'll see a green circle light up around the icon.

To prepare for your first use of this feature, it is a good idea to contact the [LVCC Discord administrator](#). We arrange to get you set up in advance of your first ride, and to iron out any bugs that may occur.

3. How to post a virtual ride on Meetup.

When posting an actual, in-person ride on Meetup, there is certain information that is necessary, such as the location, time, etc. Some of this is the same when you post a virtual ride, but there are some differences.

Your best bet is to mirror the ride listing from one of the M/W/F rides, as these contain all of the essential information, and edit it as appropriate to your ride. Don't forget to specify the ride as an "online" event.

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Problems, questions? Because of the many combinations of trainers, computing devices, and other factors, it is impossible to cover all of the possible issues in this document. If you are in the dark about something, contact the [LVCC Discord administrator](#).