

# RIDE WITH GPS INSTRUCTIONS

## COPY ROUTE TO PHONE (COMPLETE THESE STEPS BEFORE RIDE DAY)

- 1) Download the Ride with GPS app. to your phone
- 2) **Upgrade your account to BASIC - \$50 US**
- 3) In desktop/laptop mode go to individual route on [www.teambodygo.ca](http://www.teambodygo.ca) and click the small arrow on the left side under the date.
  - eg. <http://www.teambodygo.ca/tr1.php>
- 4) This will bring you to the RWGPS page with that route
  - eg. <https://ridewithgps.com/routes/29223802>
- 5) At the top left of page click “more”
- 6) Click “copy to routes”; a separate window will open, click “copy to routes” again
- 7) Open the RWGPS app on your phone and make sure you see the route under “routes”
- 8) While still on your phone tap the route you want then tap “download”. Located bottom left.
  - This will download the route to your phone. This will prevent cell signal drop out and prevent data usage. Cell signal can be spotty in the country. If you lose cell signal you will lose navigation.

## SETTINGS (COMPLETE THESE STEPS BEFORE RIDE DAY)

- 1) Go to your phone’s settings/ notifications and make sure all the notifications for RWGPS are turned on. They are turned on by default when you download the app. Just make sure.
- 2) Open the RWGPS app on your phone and tap the three horizontal lines at the top left. Tap settings
  - Tap **Navigation**
    - Tap “Alert Distance” and then tap early
    - Make sure all the other boxes under “Navigation” are checked
    - You can play with some of these options later.
  - Tap back arrow to go back to settings, then tap **Handlebar Mode**
    - Make sure the box with “Screen On for Cues” is checked
    - Tap box below it and choose “Never” (screen will activate either way when there is turn)
- 3) Shut down the app. You are done. *You should only have to check these settings once.*

## NAVIGATING

- 1) Open the RWGPS app on your phone.
- 2) Tap “Routes”
- 3) Tap “Offline”
- 4) Tap the route you want
- 5) Tap “Navigate”
- 6) Wait until you see a green bar that says “GPS READY”
- 7) After you tap “navigation” tap the three dots in the upper right and make sure both “Handlebar Mode” and “Auto Pause” boxes are checked.
- 8) And last on the list, tap the “north” icon at the top right of the page. It should turn black. If it’s black already leave it alone. This will make sure what you see on your screen is the direction you are going, rather than the map being locked north.
- 9) When you are down be sure to tap the “Pause/Stop” button and save your ride.