



Beating Cancer with Zwift!

Research shows that regular exercise plays an important role in keep the body's immune defenses strong and reduces stress. The COVID-19 period is restricting outside group activities so we have created a virtual group cycling program using Zwift.

CJF Founder and CEO Robert Hess will be leading a Zwift meetup twice each week. The date and time will be posted on the Cancer Journeys Foundation website events tab. If you already ride on Zwift, follow him @ Robert Hess.

How Difficult is Zwift?

Zwift is a great training system. At last count there were over 1,000,000 registered Zwift users. Users run the gamut people just looking for fitness to professional cyclists.

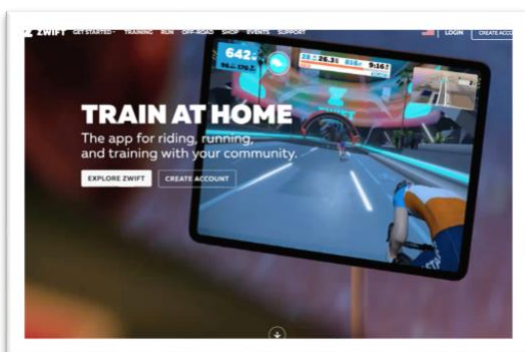
The Cancer Journeys Foundation meetups will be easy to moderate level rides. The goal is to create a cancer survivor community to support our cancer journeys. If you like to “hammer,” you can do that, too.

Zwift Set-Up Guide

In order to participate in our Cancer Survivor / PTSD Prevention and Awareness group rides on Zwift, you will need to **join Zwift** and then **connect to Zwift**. In this short guide, we will explain the functionality of Zwift, how to create an account and log-in, what equipment you will need to have to use Zwift, and how to install your equipment at home.

What is Zwift?

Zwift is a massively multiplayer online cycling and running physical training program that enables users to interact, train, and compete in a virtual world. During the uncertainty of this pandemic, Zwift rides might be the safest, most efficient, and most fun way to maintain exercise routines, stave off disease, and participate in social communities – all from the comfort of your own home.



How to Join Zwift

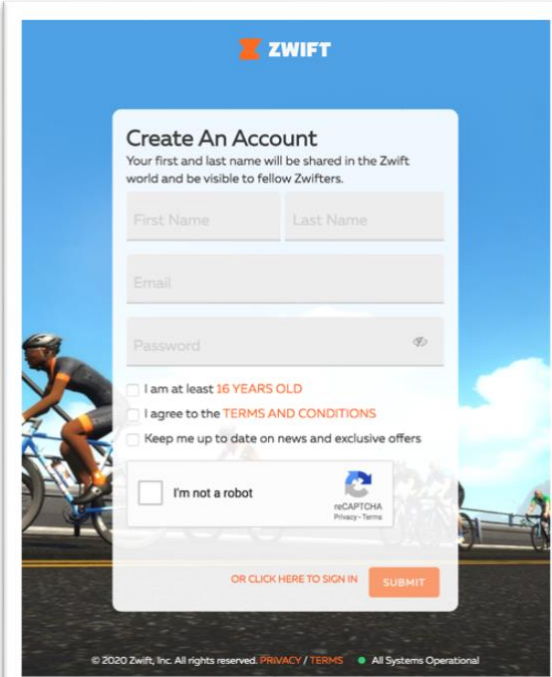
To join Zwift, follow these steps.

Step 1: Go to [Zwift.com](https://www.zwift.com)

Step 2: Click “[Create Account](#)”

Step 3: You will be prompted to Create an Account. Fill out your contact information, set a password, and press **“Submit”**.

Step 4: After creating an account, you will be taken to a page to download Zwift. Click **“Download Zwift”**. [There are apps for iOS, Windows, Mac, and Android.]



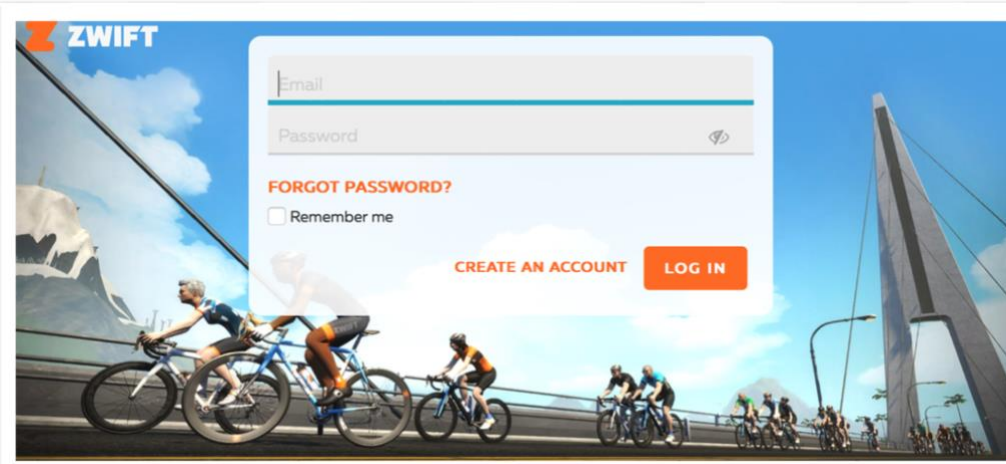
The screenshot shows the 'Create An Account' form on the Zwift website. The form is set against a background image of cyclists on a road. The form fields include: 'First Name' and 'Last Name' (two separate input boxes), 'Email' (one input box), and 'Password' (one input box with an eye icon for visibility). Below the fields are three checkboxes: 'I am at least 16 YEARS OLD', 'I agree to the TERMS AND CONDITIONS', and 'Keep me up to date on news and exclusive offers'. There is also a reCAPTCHA widget with the text 'I'm not a robot'. At the bottom of the form, there is a link 'OR CLICK HERE TO SIGN IN' and a 'SUBMIT' button. The Zwift logo is in the top left corner of the page. At the very bottom, there is a small copyright notice: '© 2020 Zwift, Inc. All rights reserved. PRIVACY / TERMS All Systems Operational'.

How to Log-in to Zwift

Once you have downloaded Zwift, a Zwift application button will show on your desktop, or in your Mac's toolbar. After downloading, Zwift should automatically run. But, if not, click the orange “Z” icon to launch Zwift.



Step 5: Enter the log-in credentials which you used on Zwift.com to log-in to the Zwift Virtual world.



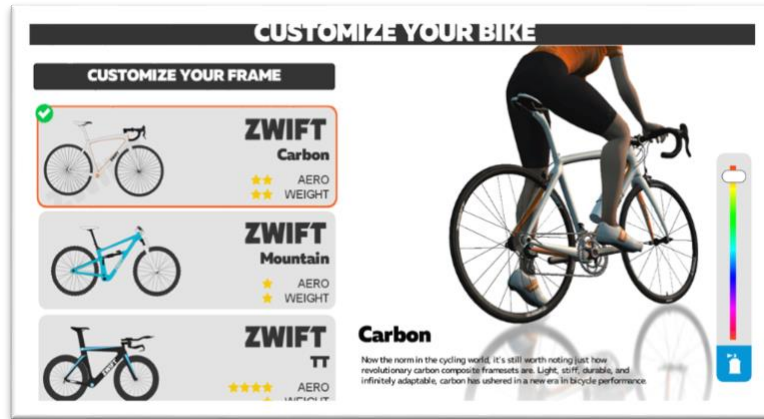
The screenshot shows the login page of the Zwift website. The page features a background image of cyclists on a road. The login form is centered and includes: 'Email' and 'Password' input fields, a 'FORGOT PASSWORD?' link, and a 'Remember me' checkbox. At the bottom of the form are two buttons: 'CREATE AN ACCOUNT' and 'LOG IN'. The Zwift logo is in the top left corner.

Step 6: You will be prompted to select the type of activities you are interested in (Running, Cycling, Both, or Triathlons). Choose the activity, or activities, you enjoy.

Step 7: Next, you will be asked to pair your devices. If you are familiar with the Zwift equipment set-up you can pair now, or you can skip it and create your Zwift avatar.

Note: You can always make changes to your character's attributes after the set-up process, everything from height, weight, hair, skin color, clothing etc., can be changed

later on. As you progress through Zwift you will unlock new styles, equipment, and achievements!



Step 8: Once you are done creating your avatar, click **“Finish”**. You will be entered into the Zwift virtual world.

How to Set-Up Zwift

In order to use Zwift, you will need some basic equipment. The setup below is a basic setup. There are more sophisticated options but this one will get the job done:

1. **A Bicycle with road tires**
2. **Garmin Bike Speed 2 and Cadence Sensor 2**
3. **Kinetic Road Machine 2.0 Bike Trainer**
4. **Mini USB Ant + Stick for Zwift Virtual Training**
5. **Some sort of fan. It gets really warm inside. [See the picture below]**

Setting Up Zwift on a Budget

While the equipment above may sound expensive, you can purchase all of the equipment needed (including the bicycle) for \$350 total. Here are our recommendations for the least expensive, most reliable equipment that will enable you to utilize Zwift, without unnecessarily overspending.

If you do decide to purchase this equipment, we would greatly appreciate if you would consider selecting us as the charity beneficiary for your Amazon smile donation. If you order your equipment off amazon, simply go to smile.amazon.com, put the items in your cart, and select Cancer Journeys Foundation as the beneficiary. A half a percent of the total cost will be donated to our foundation.

Equipment Item #1: A Bicycle

If you are just beginning, our best advice is to visit your local bicycle shop and tell them how you plan to use your bicycle. They can help you choose from their existing stock or very likely can find just what you need on Craig's List, eBay, or Facebook Marketplace.

Two key points about your bicycle:

1. If you are just beginning, start with an inexpensive bike that fits your size.
2. Take it to your local bicycle shop and have them adjust it so that you sit on it properly. The bicycle fit is extremely important.

Equipment Item #2: Speed and Cadence Sensors

Speed and cadence sensors are required to use Zwift. These sensors enable Zwift to calculate your speed and cadence – how quickly you are turning the pedals. Zwift uses this data to calculate your speed and power output compared to the other riders around you.

2. Garmin Bike Speed 2 and Cadence 2 Sensor

[Purchase Garmin Bike Speed 2 and Cadence 2 Sensor on Amazon](#)



Equipment Item #3: A Trainer to Hold Your Bike

Again, there are many options – some of them very expensive. The bike trainer not only monitors your power output, it also sends your data directly to Zwift via ANT+ connectivity. There are many trainer options and some of them are quite expensive. Kinetic Road Machine 2.0 trainer gets the job done and is an affordable way to begin.

3. Kinetic Road Machine 2.0 Bike Trainer

[Purchase the Kinetic Road Machine 2.0 Bike Trainer from Kinetic](#)



Equipment Item #4: Mini USB ANT + Stick for Zwift

This USB ANT + Stick for Zwift enables your smart trainer to broadcast your performance metrics directly to Zwift.

4. Mini USB ANT + Stick for Zwift

[Purchase a Mini USB ANT + Stick for Zwift on Amazon](#)



Here's a Great Shot of a Budget Zwift Setup



The CJF / DVEN PTSD Meetup Schedule

Robert looks forward to connecting with you on Zwift. Check our ride schedule at <https://cancerjourneysfoundation.org/events/>

How to Join the Meetup

You need to be following Robert on Zwift for him to invite you to the Meetup.

Here's what you need to do:

1. Create your account
2. Search for Robert Hess on Zwift and follow him
3. Use the popup contract window on CancerJourneysFoundation.org and tell Robert you want to ride and he'll invite you
4. Log into Zwift at least 5 minutes before the event and you will automatically be joined to the group.

That's it!

Allez!