



Ride with GPS

EVERGLADES BICYCLE CLUB

JULY 2016

Lorraine Perez and Dora Suarez

Your \$40 EBC membership fee includes access to premium RWGPS features worth \$80



WEB Based

- ✓ Route Creation and Edit
- ✓ Auto Synch with Garmin
- ✓ Printable PDF Maps and Customizable Cue Sheets
- ✓ Library for Club Routes
- ✓ Event Calendar
- ✓ Message Board

INTEGRATION
Best of both for
Route Managers,
Ride Leaders,
and Riders

Mobile App*

- ✓ Turn by Turn Voice Navigation
- ✓ Off-Line Maps
- ✓ Search Engine
- ✓ Directional Arrows on Maps
- ✓ Mobile Social Media Sharing
- ✓ Camera

*Works with iPhone and Android/no data usage

IF you are not yet an EBC due paying member, join now!

- If you are not yet a paid member of EBC, sign up! Go to evergladesbc.com. Annual membership is only \$40, a great value for your cycling dollar that includes:
 - Access to premium features on RWGPS (no need to purchase their \$50/\$80 upgrade)
 - Discounts at local bicycle shops
 - Discounts on Club events/Rides
 - Saturday ride-leader led rides
- If you are an EBC due paying member and are current on your account:
 - Send an e-mail to hegelcorner@gmail.com requesting the link to join RWGPS EBC's Club Account



Logging into the Web RWGPS Club Account

1. Once you have received the link, open it from your PC/MAC
2. You will be asked for your name and e-mail
3. It will then take you to RWGPS
4. Go to your Profile
5. Scroll down and find our EBC logo and click it

https://ridewithgps.com/users/668146

RIDE WITH GPS HOME FIND PLAN UPLOAD ROUTES RIDES SHOP HELP APP

UPGRADE SIGN OUT

PROFILE FEED FRIENDS NEWS

CAREER YEAR 2016
MONTH > JUNE 2016
MAY 2016
APRIL 2016
MARCH 2016
WEEK 6-19 6-12 6-5 5-29

JUNE BY THE NUMBERS
NUMBER OF RIDES ELEVEN
TOTAL TIME RIDING 17 HOURS 1 MINUTE
DISTANCE TRAVELED 274.1 MILES
AMOUNT CLIMBED 11,033 FEET
WANT TO CALCULATE YOUR CALORIES? SETUP YOUR HEART RATE ZONES
SEVEN PHOTOS TAKEN

Dora Suarez
Member Since February 2016
MANAGE ACCOUNT

ROUTES & RIDES (28) CALENDAR PINNED SEGMENTS

PHOTOS

GEAR
Cervelo S3
ADD BIKE ADD ACCESSORY

CLUBS
Everglades Bicycle Club

GROUPS
FIND A GROUP CREATE A GROUP

EVENTS
FIND AN EVENT CREATE AN EVENT

06/18/16
Coral Gables, FL, US
68.4 mi 1,028 ft 3 hr 51 min
on 6/18/2016
GARMIN WRITE DELETE

06/17/16
Sweetwater, FL, US
6.8 mi 1,692 ft 15 min
on 6/17/2016
GARMIN WRITE DELETE

06/12/16
Miami, FL, US
38.7 mi 1,481 ft 2 hr 43 min
on 6/12/2016
GARMIN WRITE DELETE

06/11/16
Coral Gables, FL, US
48.8 mi 925 ft 3 hr 8 min
on 6/11/2016
GARMIN WRITE DELETE

CORAL GABLES/MIAMI BEACH/KEY BISCAYNE
Coral Gables, FL, US
45.0 mi 1,892 ft 2 hr 56 min
on 6/10/2016
GARMIN WRITE DELETE

Syncing Garmin rides to RWGPS

The screenshot shows the RIDE WITH GPS website. The navigation bar includes links for HOME, FIND, PLAN, UPLOAD (circled in red), ROUTES, RIDES, SHOP, HELP, and APP. The main content area is titled 'ADD A RIDE' with the subtitle 'You did the work, now show it off'. Below this is a section for 'AUTOMATIC GARMIN SYNC' (circled with a dashed line), which includes the text 'Enable Garmin Connect syncing. Automatically sync your rides from Garmin Connect or Garmin Express.' and a button labeled 'ENABLE AUTOMATIC SYNC'. To the right, a red-bordered box contains a list of instructions for syncing Garmin rides, with red lines pointing from the 'ENABLE AUTOMATIC SYNC' button to the first two instructions.

RIDE WITH GPS

HOME FIND PLAN **UPLOAD** ROUTES RIDES SHOP HELP APP

ADD A RIDE

You did the work, now show it off

AUTOMATIC GARMIN SYNC

Enable Garmin Connect syncing. Automatically sync your rides from Garmin Connect or Garmin Express.

ENABLE AUTOMATIC SYNC

- *Plug in your Garmin*
- *Open RWGPS on the Web and go to UPLOAD*
- *Click Automatic the LINK button under AUTOMATIC GARMIN SYNC*
 - *Depending on how many rides you have to transfer from Garmin to Ride with GPS, this could take 48 hours or more.*
 - *Once the first upload is complete, the transfer only takes seconds.*

WEB
Based

User Friendly Club Route Search

- FILTERS

By Tag By Name By Location
Any Distance Any elevation gain

<input type="checkbox"/>	Route Name	Tags	Location	Dist (mi)	Ele (ft)	Privac...	Created	View
<input type="checkbox"/>	City Hall 14-16	SATURDAY Rides	Miami, FL	26.5	177	Public	04/21/16	View
<input type="checkbox"/>	City Hall 16-18	SATURDAY Rides	Miami, FL	39.2	227	Public	04/21/16	View
<input type="checkbox"/>	City Hall 18-22	SATURDAY Rides	Miami, FL	39.6	219	Public	04/21/16	View

1

+ FILTERS

<input type="checkbox"/>	Route Name	Tags	Location	Dist (mi)	Ele (ft)	Privacy	Created
<input type="checkbox"/>	Bike 305 Trails Nov. '15	BIKE 305	South Miami, ...	35.6	146	Public	04/21/16
<input type="checkbox"/>	Bok Tower 100	SEBRING	Sebring, FL	98.9	1847	Public	04/21/16
<input type="checkbox"/>	Chucho's 70th 37	ARCHIVE	Cutler Bay, FL	37.1	39	Public	04/21/16
<input type="checkbox"/>	Chucho's 70th 51	ARCHIVE	Palmetto Bay,...	50.7	94	Public	04/21/16
<input type="checkbox"/>	Chucho's 70th 70	ARCHIVE	Coral Gables, ...	69.9	204	Public	04/21/16
<input type="checkbox"/>	City Hall -> Cauley Square	SPICE RIDES	Miami, FL	46.1	266	Public	06/05/16
<input type="checkbox"/>	City Hall -> Cauley Square	SPICE RIDES	Miami, FL	50.7	286	Public	04/21/16
<input type="checkbox"/>	City Hall -> Knaus v3	SPICE RIDES	Miami, FL	55.2	294	Public	04/21/16
<input type="checkbox"/>	City Hall -> La Playa v2	SPICE RIDES	Miami, FL	61.2	242	Public	06/11/16
<input type="checkbox"/>	City Hall 14-16	SATURDAY Rides	Miami, FL	26.5	177	Public	04/21/16
<input type="checkbox"/>	City Hall 16-18	SATURDAY Rides	Miami, FL	39.2	227	Public	04/21/16
<input type="checkbox"/>	City Hall 18-22	SATURDAY Rides	Miami, FL	39.6	219	Public	04/21/16
<input type="checkbox"/>	Coastal Prairie Hike	ARCHIVE	Monroe Count...	16.5	24	Public	04/21/16
<input type="checkbox"/>	Deering -> La Playa Grill	ARCHIVE	Palmetto Bay,...	19.0	37	Public	04/21/16

Height: + -

3

Browser window showing the route search interface. The address bar shows the URL: <https://ridewithgps.com/clubs/582-everglades-bicycle-club#club-routes>. The page title is "Everglades Bicycle Club". The interface includes a search bar, filters, and a list of routes.

- FILTERS

By Tag By Name By Location
Any Distance Any elevation gain

2

1

<input type="checkbox"/>	Route Name	Tags	Location	Dist (mi)	Ele (ft)	Privac...	Created	View
<input type="checkbox"/>	City Hall 14-16	SATURDAY Rides	Miami, FL	26.5	177	Public	04/21/16	View
<input type="checkbox"/>	City Hall 16-18	SATURDAY Rides	Miami, FL	39.2	227	Public	04/21/16	View
<input type="checkbox"/>	City Hall 18-22	SATURDAY Rides	Miami, FL	39.6	219	Public	04/21/16	View

PDF Cue Sheets still a good back-up on a ride

MAP OPTIONS

Orientation: portrait

- ☐ Include elevation profile?
- ☐ Override elevation scale
- ☒ Include Description
- ☐ Show coordinate grid on map
- ☐ Overlay ordered cuesheet icons
- ☒ Show distance markers

customizable

CUESHEET OPTIONS

Orientation: portrait

Rows and Columns 2 x 2

Font size 12

- ☐ Cuesheet number
- ☒ Distance from Start
- ☐ Distance From Last
- ☒ Label (left/right/food/etc)
- ☒ Notes
- ☒ Distance To Next

1
2
3
4

Distance From Start

Distance To Next

Falun One Hundred

0.0	Start of route	0.0
0.0	Slight R to stay on Pan American Dr	0.2
0.2	R onto South Bayshore Drive	1.3
1.5	Continue onto South Miami Avenue	1.0
2.5	Slight R onto Brickell Avenue, US 1	0.1
2.7	Continue	0.0
2.7	Slight R onto Rickenbacker Causeway	5.6
8.4	R onto Rickenbacker Circle	0.2
8.6	R onto Rickenbacker Causeway	0.9
9.5	Sharp R onto Grapetree Drive	0.0
9.5	Sharp L	0.7

9.5 miles. +63/-65 feet

23.3	R onto Ingraham Terrace	0.1
23.3	L onto Southwest 42nd Avenue	0.1
23.4	R	0.0
23.5	R onto Southwest 72nd Street	0.7
24.2	L onto Ponce de Leon Road	1.0
25.3	L onto North Kendall Drive	0.2
25.4	Sharp R onto Old Cutler Road	2.9
28.4	R onto Southwest 128th Street	0.5
28.9	L onto Southwest 62nd Avenue	0.5
29.4	R onto Southwest 136th Street	0.5
29.9	L onto Ludlam Road	1.0

7.3 miles. +46/-63 feet

10.2	R onto Rickenbacker Causeway	1.8
12.0	Sharp R onto Arthur Lamp Jr Road	1.5
13.5	Continue	0.5
14.0	Continue onto Arthur Lamp Jr Road	1.5
15.5	R onto Rickenbacker Causeway	2.9
18.4	L onto South Miami Avenue	1.2
19.6	Continue onto South Bayshore Drive	1.5
21.2	R onto McFarlane Road	0.2
21.4	L onto Main Highway	1.0
22.4	L onto Southwest 37th Avenue	0.2
22.6	Slight R onto Ingraham Highway	0.6

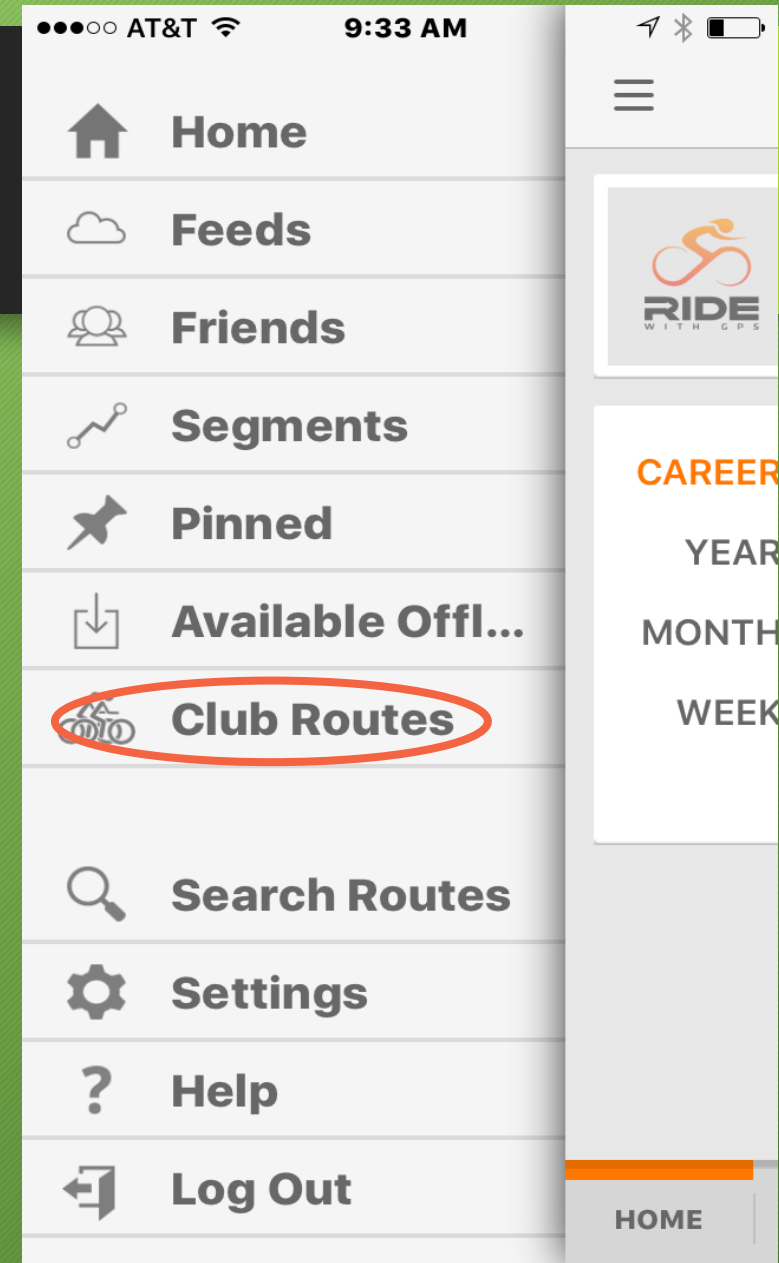
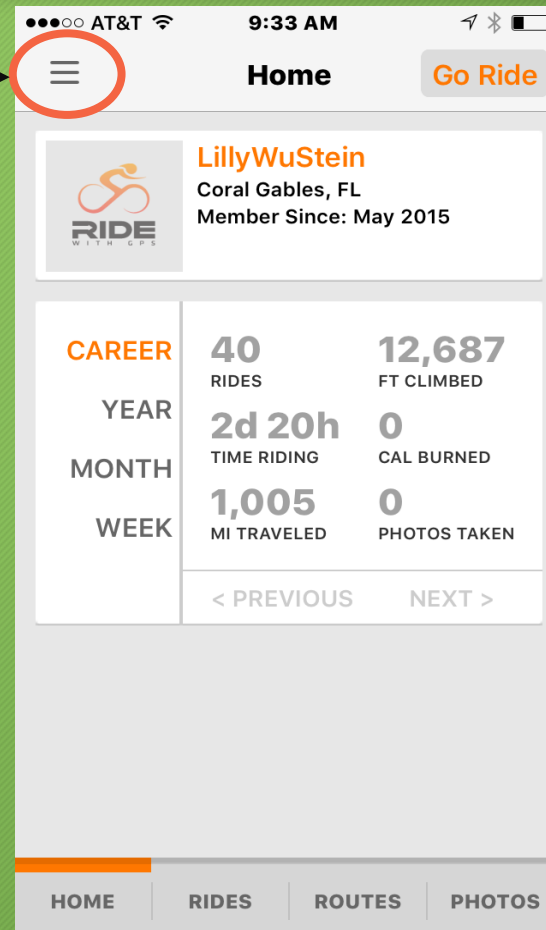
13.1 miles. +80/-65 feet

30.9	R onto Southwest 162nd Street	0.1
31.0	Continue onto Coral Reef Drive	1.4
32.4	L onto Southwest 82nd Avenue	1.0
33.5	R onto Southwest 168th St	0.3
33.7	Continue onto Southwest 168th Street	0.2
34.0	R	0.0
34.0	R onto Southwest 87th Avenue	5.4
39.4	Slight R onto Southwest 248th St	2.2
41.6	Continue onto Southwest 248th Street	1.5
43.0	Continue onto Southwest 248th St	8.1

13.1 miles. +28/-40 feet

Logging into the Mobile App

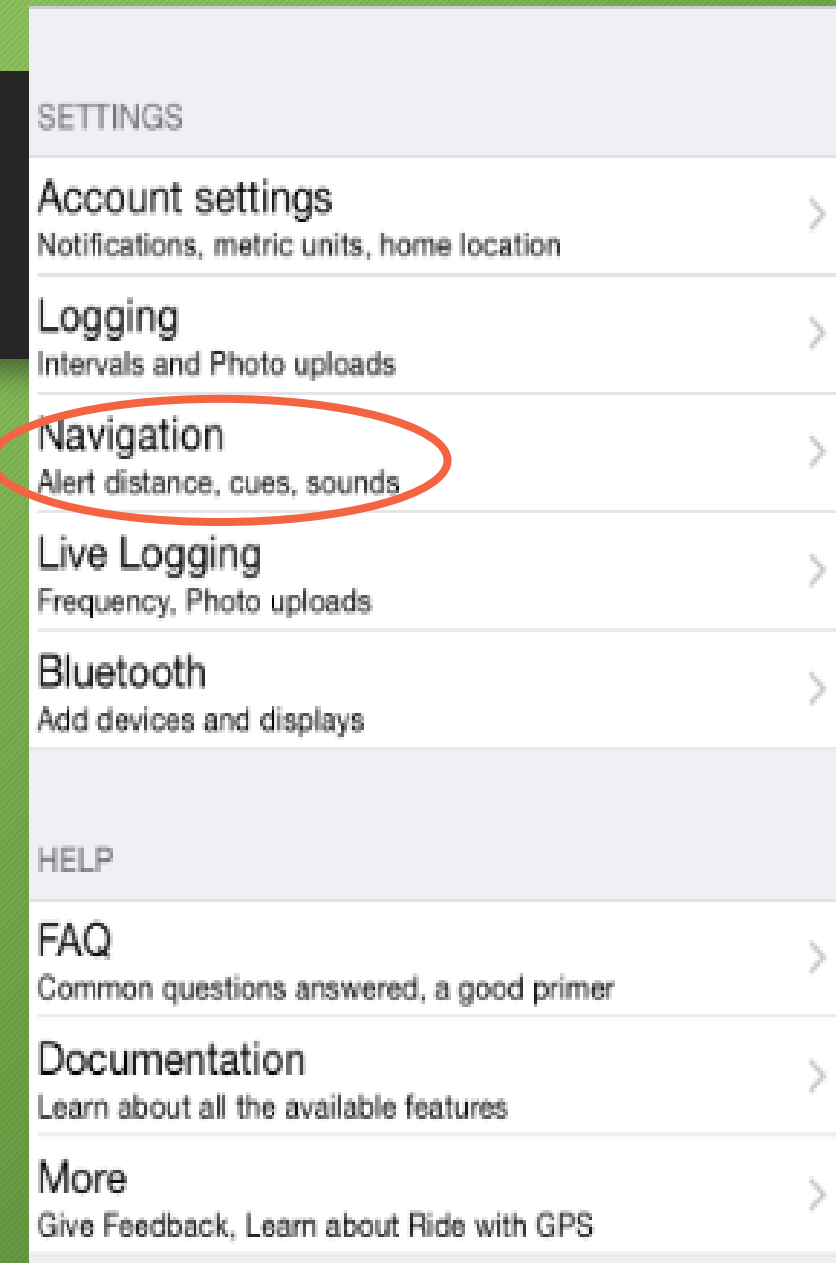
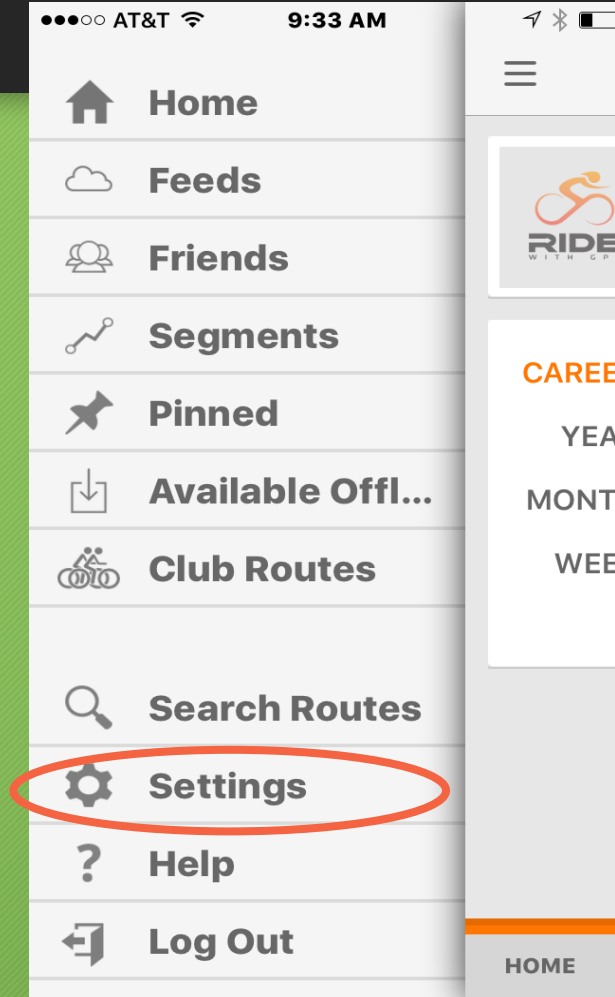
- Once you've logged into the RWGPS on the Website, you are now ready to log into the mobile app
- If you already have an individual RWGPS account on your phone, make sure you log out of it first
- Open the App and from the Home page, tap the menu
 - Now you can see the Club Routes
 - You may need to tap your Profile first in order to see the Club Routes



Manage Settings

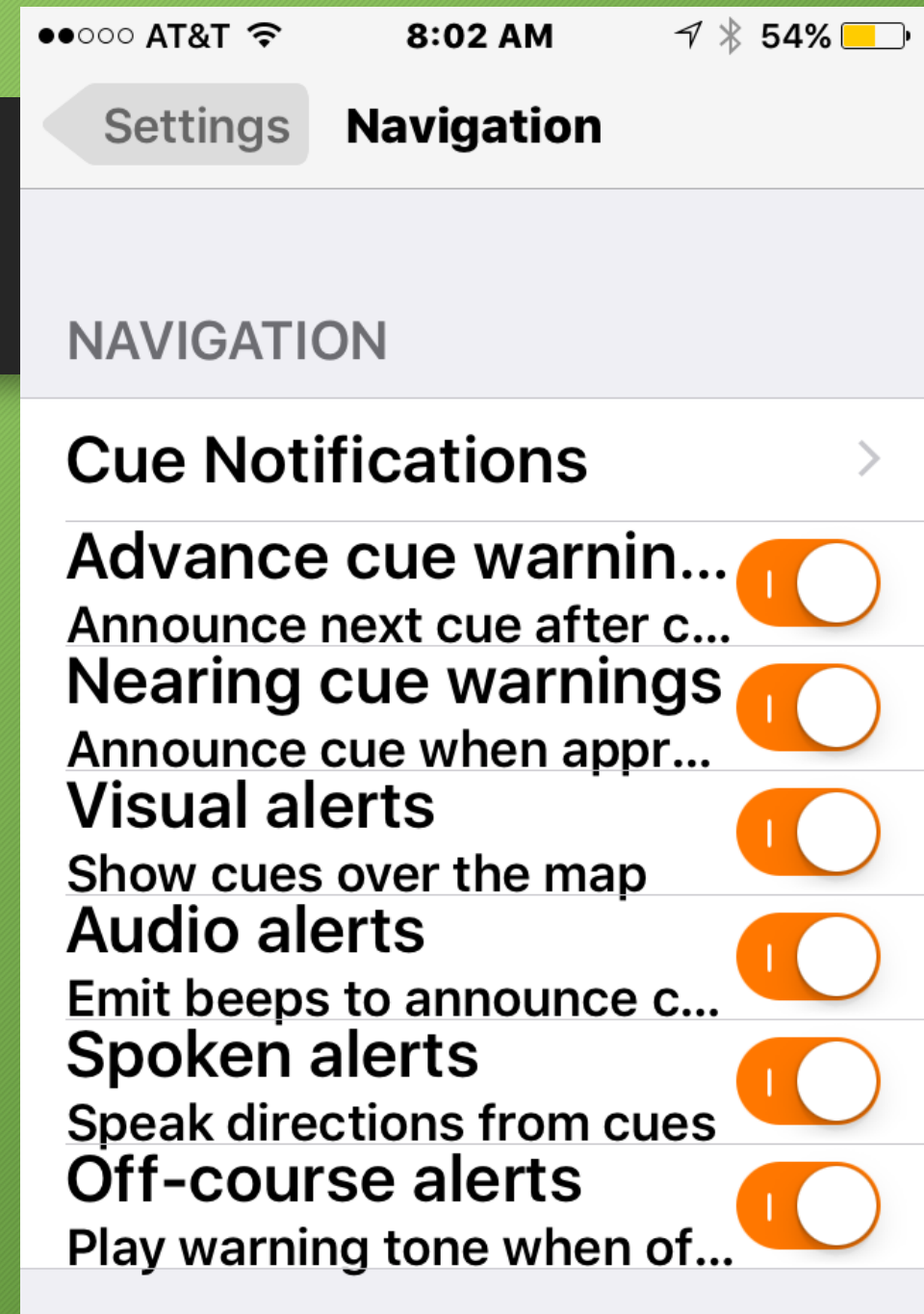
Explore Settings and choose your preferences

1. Tap the MENU icon in the upper left corner of the app screen to bring up the app drawer.
2. Tap SETTINGS
3. Start Exploring
4. Use the APP HELP and FAQ for more info



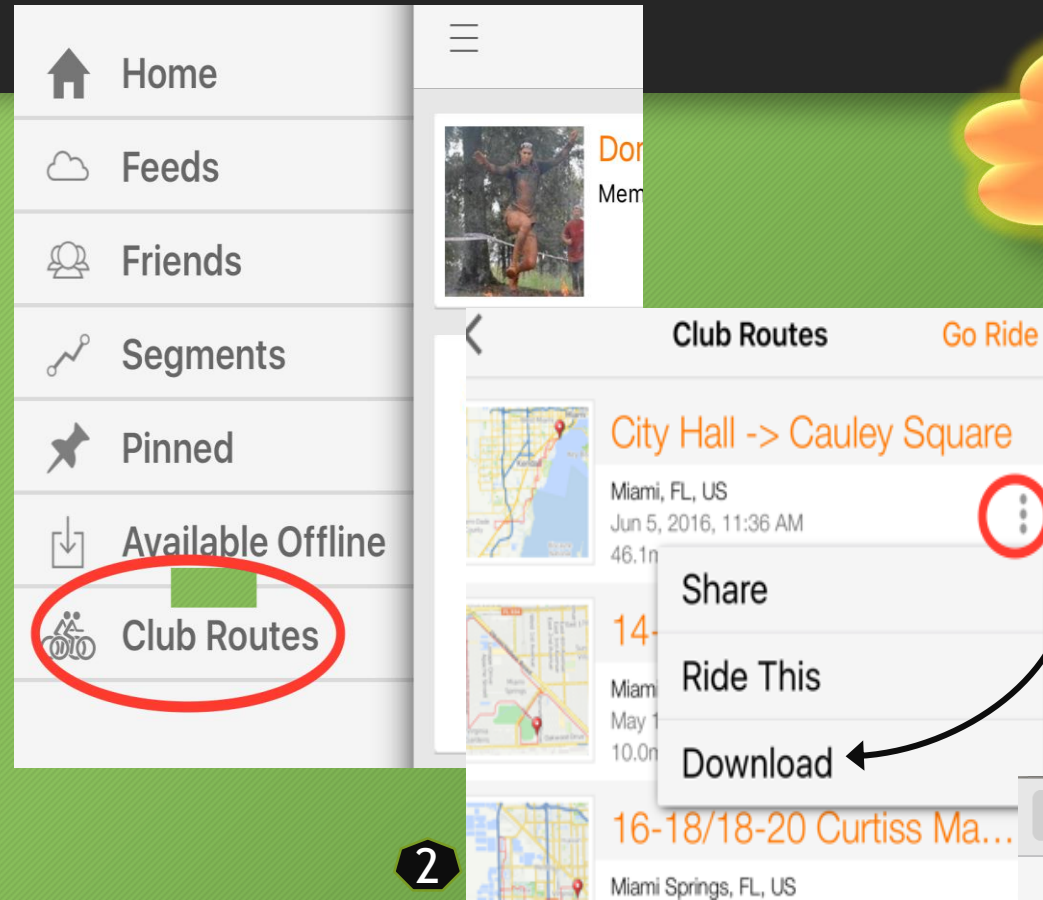
Voice and other navigation settings

- Tap Navigation in Settings to get to this screen.
- Voice navigation cues work with the mobile app when playing back a recorded ride or a ride you selected from the EBC Library.

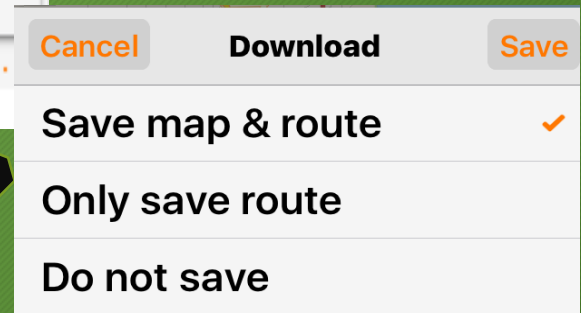


Find EBC Route

1. Tap the MENU icon in the upper left corner of the app screen to bring up the app drawer.
2. Tap CLUB ROUTES
3. Select the Route from Library
4. Choose Ride This or Download.

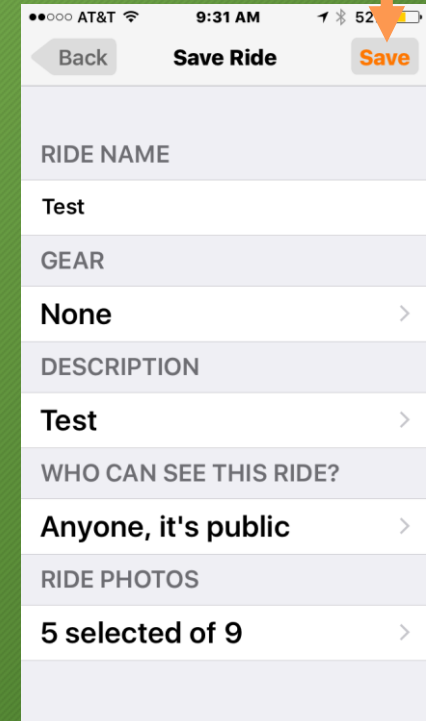
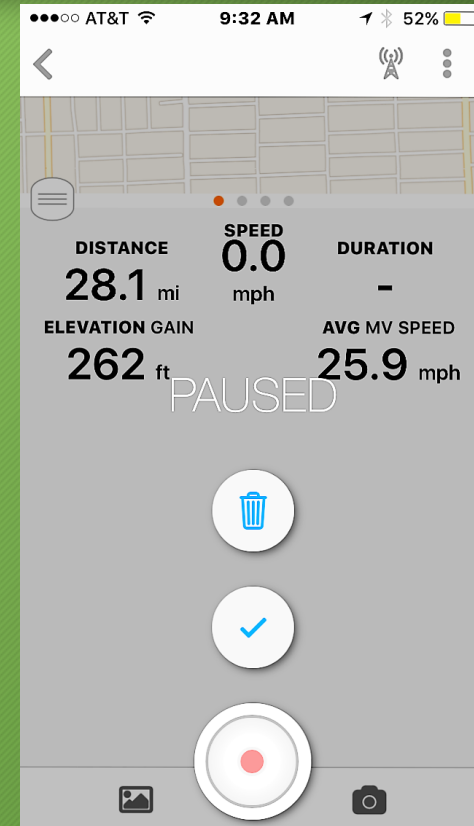
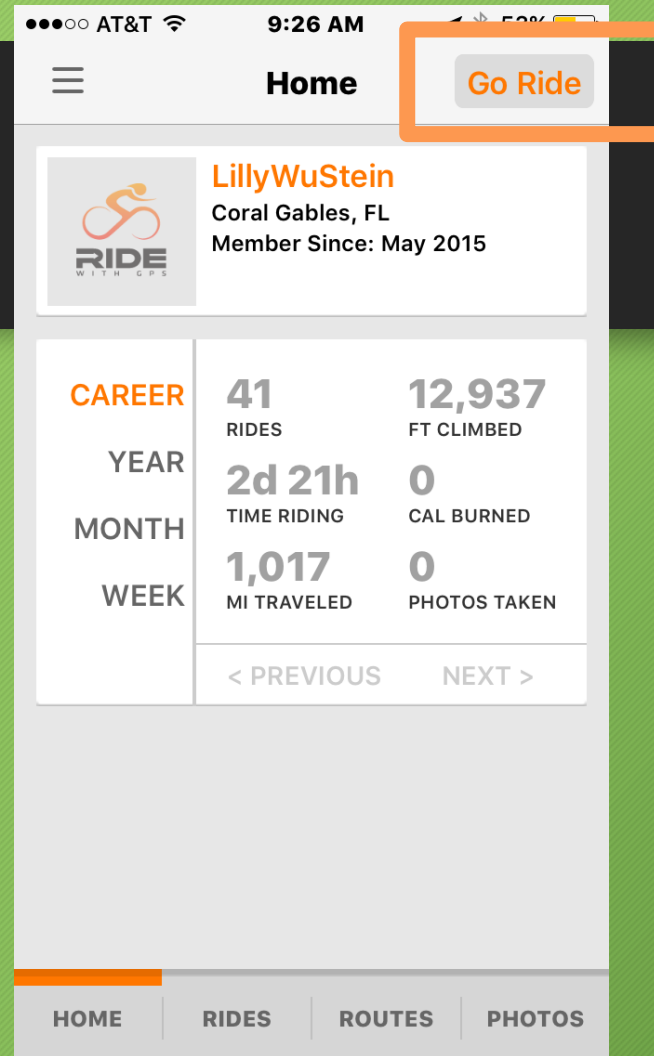


Select download to use the navigation features without data charges.



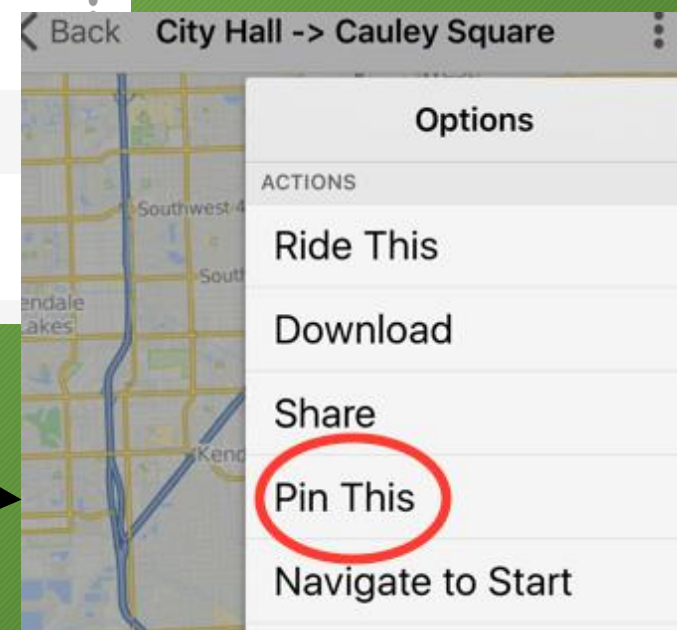
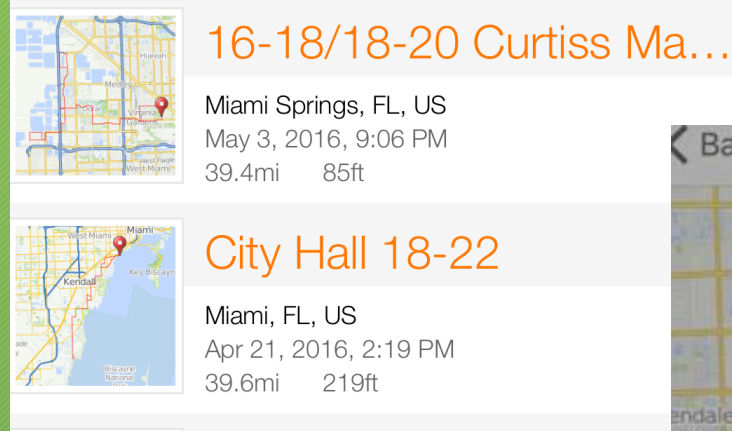
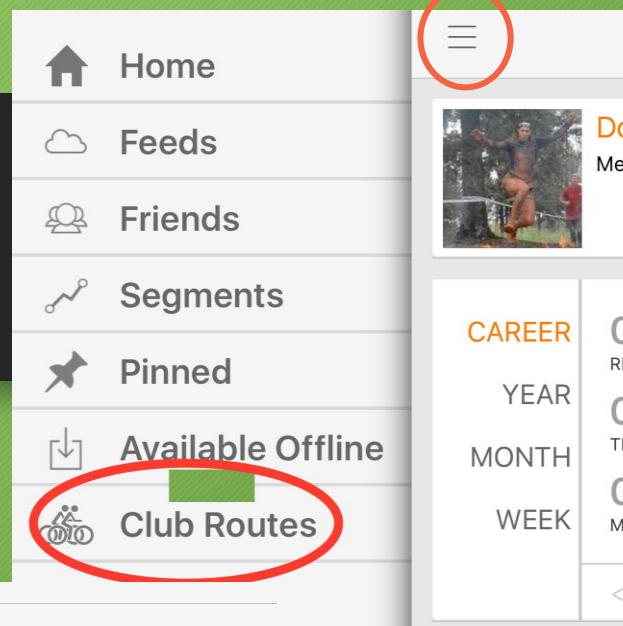
Record a Ride

1. Log into RWGP mobile app
2. Select Go Ride option
 - iPhone top right corner
 - Android lower right corner
3. Start recording
4. Stop recording by hitting record button again
5. Name your ride and select your privacy settings and SAVE



Pin & Download EBC Route

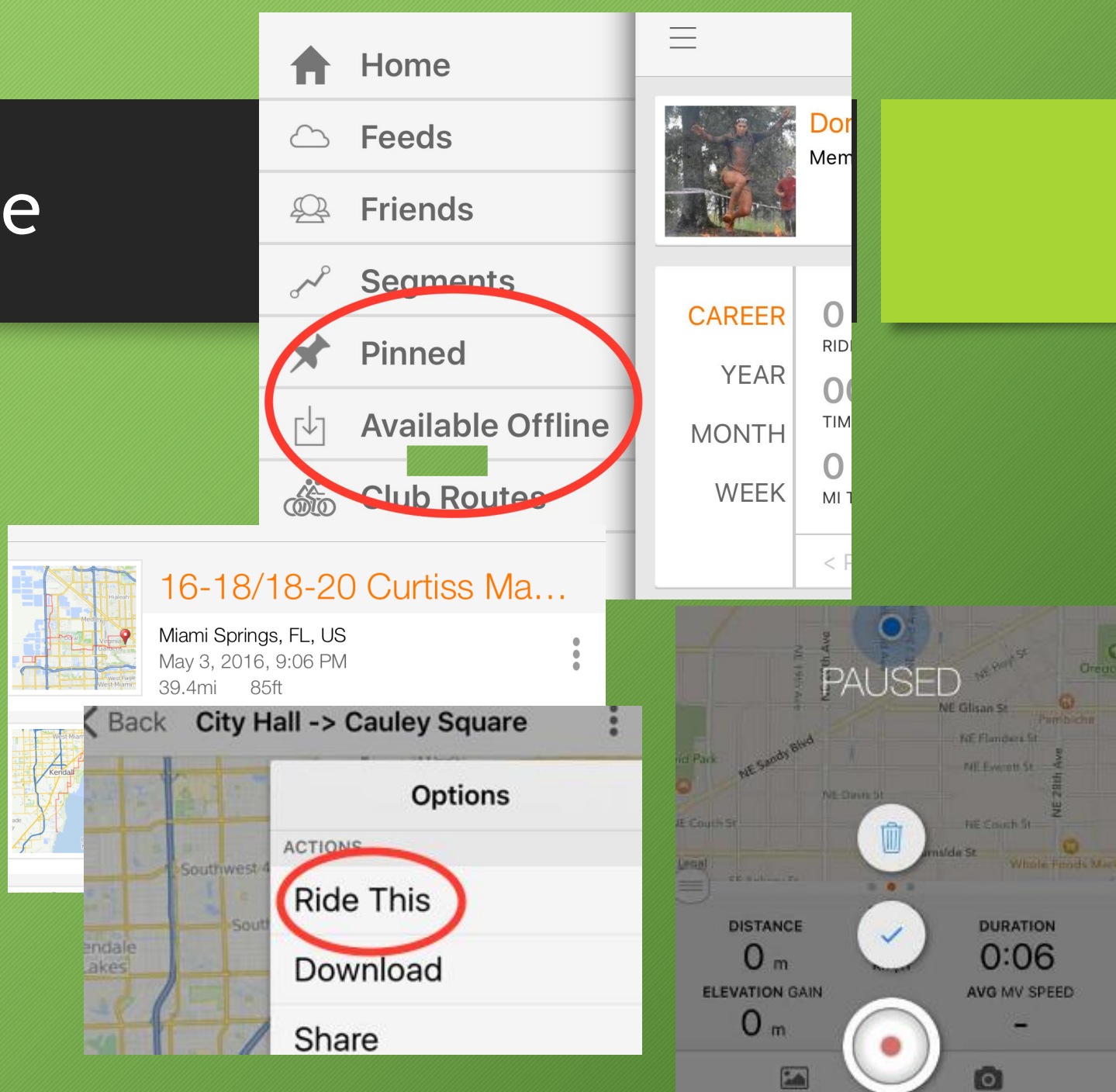
1. Pinning is like favorites.
2. Use this feature to quickly locate your favorite and frequent EBC routes.
3. Additionally you can download the ride to playback without DATA usage.
4. Tap the MENU icon in the upper left corner of the app screen to bring up the app drawer.
5. Tap CLUB ROUTES
6. Click to open the Route from Library
7. Choose to PIN the ride
8. Optional: Choose Download



Playback an EBC Route

Once you have Pinned and/or downloaded the ride it's simple to playback

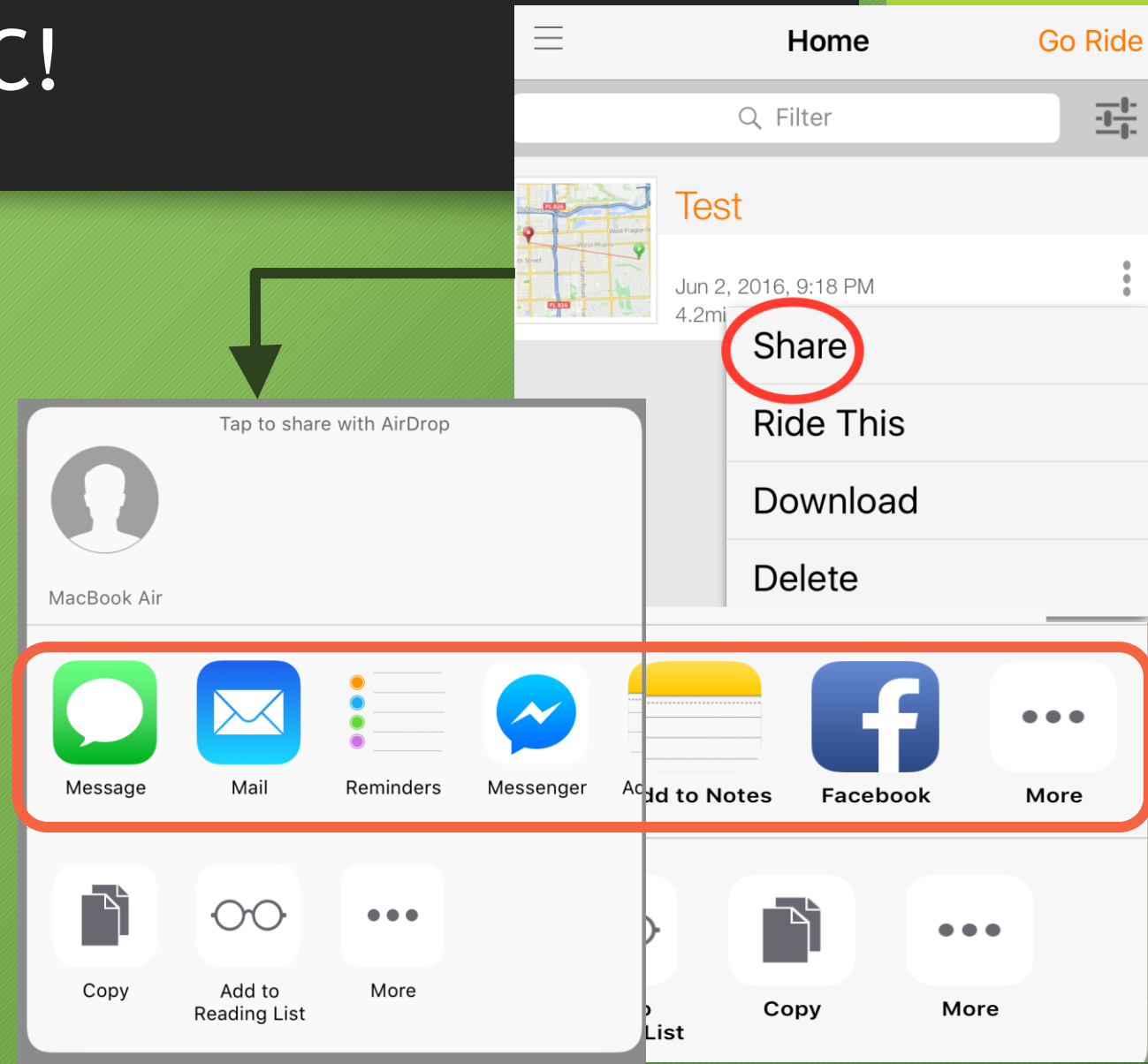
1. Tap the MENU icon in the upper left corner of the app screen to bring up the app drawer
2. If Pinned, select Route from Pinned library
3. If downloaded, select from Available Offline library.
4. Then click PLAY



Share your rides with EBC!

Once you have recorded a ride you may select the SHARE option to e-mail your ride for EBC Route Sharing.

1. Send Email to Hegelcorner@gmail.com
2. Please include an overview of the ride:
 - Distance
 - Start Address
 - Any other pertinent info you'd like to share



HELP on both RWGPS Webpage and App

*Comprehensive and robust
HELP available for both
mobile and web
functionality*

Mobile App

HELP on both RWGPS Webpage and App

*Comprehensive and robust
HELP available for both
mobile and web
functionality*

RIDE WITH GPS HOME FIND PLAN UPLOAD ROUTES RIDES SHOP HELP APP

search here ... **SEARCH**

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Select Category

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Tag Cloud

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Want to share tips and discussions?
[Check out our help forums](#)

HOME / RIDE WITH GPS HELP

Ride with GPS Help

We realize things can be tricky sometimes, or you want to enhance your experience with our advanced tools. Either way, let us help you.

Route Planner

Everything you'll want to learn to help plan your next big ride:

- [Create a Route](#)
- [Advanced Route Editing](#)
- [Trace Ride to get Cues](#)
- [Points of Interest](#)
- [Working with Cues](#)
- [Using the Elevation Profile](#)
- [Splitting and Combining Routes](#)
- [Pinning and Sharing](#)
- [Embedding](#)
- [Switching Map Styles](#)
- [Printing Map & Cuesheets](#)
- [Estimated Time](#)

Garmin Units

Learn all the recommended settings for your Garmin unit, how to transfer a route, and upload recorded rides.

- [Garmin Connect](#)
- [TCX GPX Differences](#)
- [Manual Export](#)
- [OSM Cards](#)
- [Uploading Rides](#)

Manage Your Account

You've created an account, now learn how to change your profile settings and other goodies.

- [Using your Home Page](#)
- [Set up Health Info](#)
- [Create Manage Gear](#)
- [Photos](#)
- [Profile Widget](#)
- [Privacy Zones](#)

Mobile

Everything you'll want to know about using the Ride with GPS app for iPhone and Android.

- [Voice Navigation](#)
- [Manage Settings](#)
- [Offline Maps](#)
- [Record a Ride](#)
- [Connect Sensors](#)
- [Live Logging and Group Live Logging](#)
- [Taking Photos](#)
- [Pinning and Sharing](#)
- [Changing Metrics](#)
- [Sorting/Finding Rides and Routes](#)
- [Auto-pause](#)
- [Full Screen Map and Metrics](#)

Analyze Rides

You've recorded a ride and uploaded to the website. Now take a look at those rides to learn how to analyze, cleanup, and edit.

- [Using the Elevation Profile](#)
- [Trimming/Ride Cleanup](#)
- [Segments](#)
- [Trace Ride to get Cues](#)
- [Ride Center](#)
- [Editing Ride Details](#)
- [Analyze Ride Metrics](#)

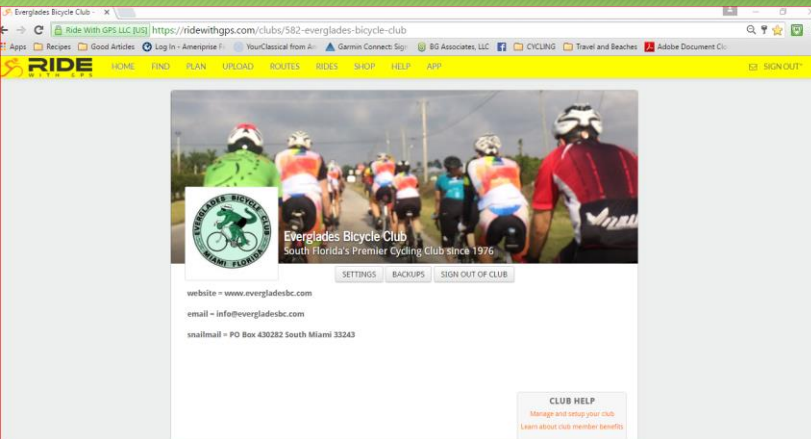
Clubs

Learn how to set up a Club page and take advantage of the Premium features they offer.

- [Club Account Overview](#)
- [Club Management](#)
- [Club Member Benefits](#)
- [Navigating Club Routes](#)
- [Managing Club Members](#)

DIDN'T FIND WHAT YOU WERE LOOKING FOR? [SUBMIT A SUPPORT TICKET](#)

How to transfer a route from the EBC Library in RWGPS to your Garmin device



1. Connect your Garmin to your PC using its cable
2. Make sure you have already activated the link that was e-mailed to you to join RWGPS for EBC

ROUTE LIBRARY						
+ FILTERS						
<input type="checkbox"/>	Route Name	Tags	Location	Dist (mi)	Ele (ft)	Privacy
<input type="checkbox"/>	City Hall -> Cauley Square 46	SPICE RIDES	Miami, FL	46.1	266	Public
<input type="checkbox"/>	City Hall -> Cauley Square 50	SPICE RIDES	Miami, FL	50.7	286	Public
<input type="checkbox"/>	City Hall -> Knaus	SPICE RIDES	Miami, FL	55.2	294	Public
<input type="checkbox"/>	City Hall -> La Playa	SPICE RIDES	Miami, FL	61.2	242	Public
<input type="checkbox"/>	City Hall 14-16	SATURDAY Rides	Miami, FL	26.5	177	Public
<input type="checkbox"/>	City Hall 16-18	SATURDAY Rides	Miami, FL	39.2	227	Public
<input type="checkbox"/>	City Hall 18-22	SATURDAY Rides	Miami, FL	39.6	219	Public

3. Click Route Name for the Route you want to export

WEB Based

7220 sw 53rd Court Miami x

With GPS LLC [US] https://ridewithgps.com/routes/13787625

Apps Recipes Good Articles Log In - Ameriprise F YourClassical from An Garmin Connect: Sign BG Associates, LLC CYCLING Travel and Beaches Adobe Document Clo

RIDE WITH GPS HOME FIND PLAN UPLOAD ROUTES RIDES SHOP HELP APP SIGN OUT

SEGMENTS CUESHEET

CUE SHEET PRINT PDF

Turn right onto Fairway Dr	0.1 mi
Turn right onto Eldron Dr	0.5 mi
Slight right onto Curtiss Pkwy	0.9 mi
Turn right	1.5 mi
Turn left toward Palmetto Dr	1.5 mi
Turn left onto Palmetto Dr	1.6 mi
At the traffic circle, take the 1st exit onto Curtiss Pkwy/S Royal Poinciana Blvd	1.6 mi
Keep left to stay on S Royal Poinciana Blvd	1.6 mi
Keep left to stay on S Royal Poinciana Blvd	3.5 mi
Turn right toward S Royal Poinciana Blvd	3.6 mi
Turn left onto S Royal Poinciana Blvd	3.6 mi

Open
Always open files of this type
Show in folder
Cancel

14-16_Curtiss_Mansi....tcx

Overview Metrics EXPORT

Garmin Write

TCX Course

☒ Notify before turn?
30 meters in advance

☐ Reduce to 500 points (for older devices)

Best format for turn by turn directions on Edge 500, 510. Will provide true turn by turn navigation on Edge 800, 810, 1000, Touring including custom cue entries. Great for training when we release those features. Not currently optimal for Virtual Partner.

GPX Track (.gpx)

☐ Include POI as waypoints?

☐ Include cues as waypoints?
Warning: can clutter your GPS with extra points. Don't use if you don't need it.

☐ Reduce to 500 points (older devices)

Useful for any GPS unit. Contains no cuesheet entries, only track

Show all downloads...

4. Click EXPORT tab

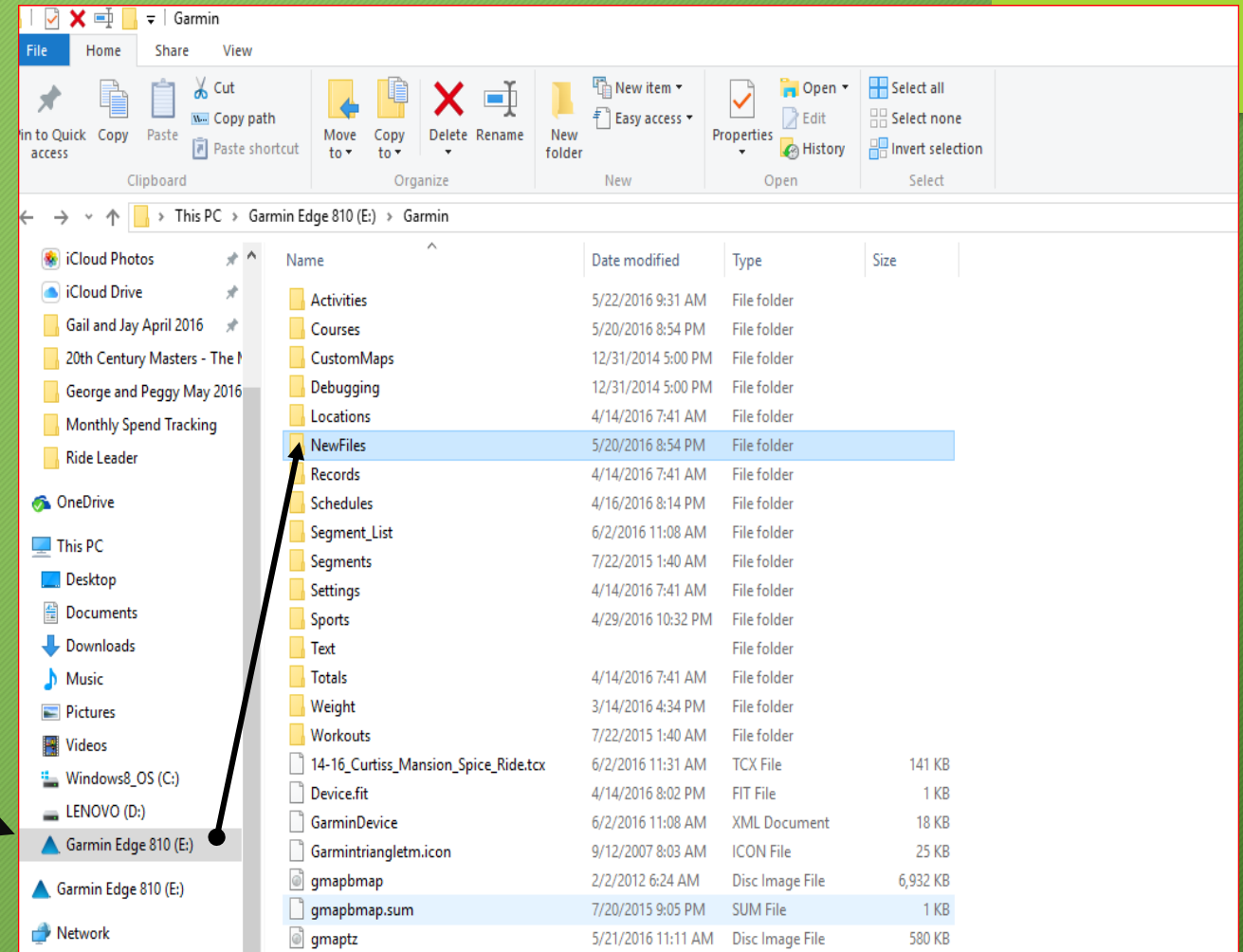
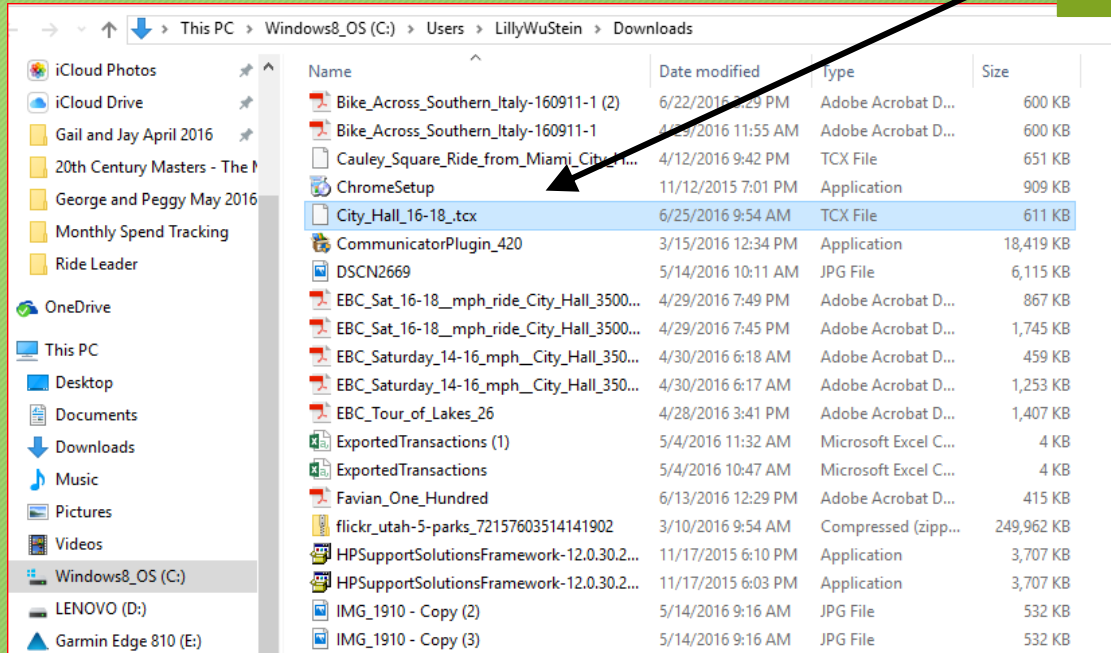
5. Advance Turn Notification

6. Click TCX Course

7. Select Show In Folder

WEB Based

8. The file will be highlighted for you. Now simply copy the file by using CNTRL C or right click to COPY



9. Click Garmin Edge

10. Then click to open NewFiles.

11. Use CNTRL V to paste the route.
You will see the file download.
Takes only seconds.

12. Disconnect your Garmin using your safe disconnect utility. (Don't just unplug your Garmin from your computer. You can damage the device.)