



BASIC INFORMATION

I. NECESSARY EQUIPMENT

1. Bike

2. Smartphone with the Garmin Connect app installed

3. Garmin Bike Computer

Compatible devices: Edge 520, Edge 520 plus, Edge 530, Edge 820, Edge 830, Edge 1030, Edge 1000 (limited functionality).

4. Indoor bike trainer (ANT+FE-C).

Compatible devices – Tacx Neo, Tacx Neo 2, Tacx Flux S, Tacx Flux 2, Tacx Flow Smart, Tacx Magnum, Tacx Genius Smart, Tacx Bushido Smart, Tacx Vortex Smart, Bkool Smart Go, Ckool Smart Pro, Cycleops Magnus, Cycleops Gammer, Elite Direto, Elite Drivo, Elite Rampa, Elite Qubo, Elite Real Turbo Muin, Elite Real Axiom, Elite Real Emotion, Elite Realtour, Jet Drive Whisper Drive Smart, Kinetic Inride 3.0, Wahoo Kickr, Wahoo Kickr Core, Wahoo Kickr Snap.

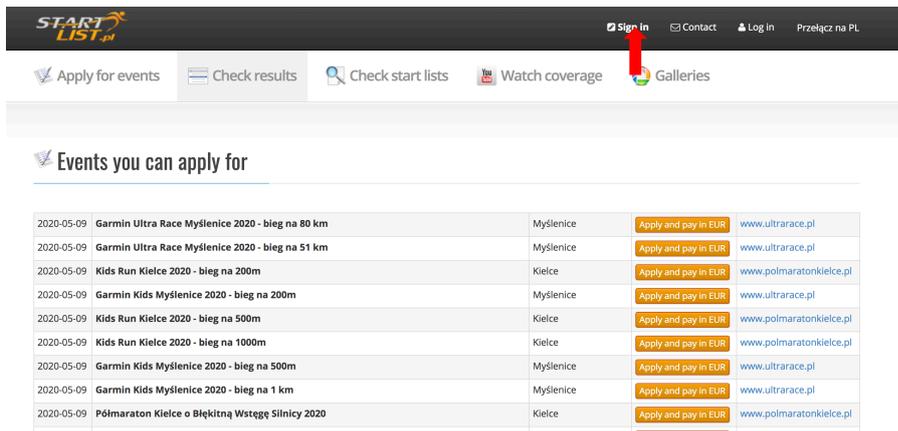
II. STEP BY STEP – HOW TO PARTICIPATE

1. Visit site www.startlist.pl and switch to English Version.

The screenshot shows the StartList.pl website interface. At the top, there is a navigation bar with the StartList.pl logo and links for 'Załącz konto', 'Kontakt', 'Zaloguj się', and 'Switch to EN'. Below the navigation bar, there are several menu items: 'Zapisz się na zawody', 'Sprawdź wyniki', 'Sprawdź listy startowe', 'Obejrzyj relacje', and 'Zobacz galerię'. A red arrow points to the 'Zobacz galerię' link. Below the menu items, there is a section titled 'Zawody na które możesz się zapisać' (Races you can sign up for). This section contains a table with the following data:

Date	Race Name	Location	Sign Up Button	Website
2020-05-09	Garmin Ultra Race Myślenice 2020 - bieg na 80 km	Myślenice	Zapisz się	www.ultrarace.pl
2020-05-09	Garmin Ultra Race Myślenice 2020 - bieg na 51 km	Myślenice	Zapisz się	www.ultrarace.pl
2020-05-09	Kids Run Kielce 2020 - bieg na 200m	Kielce	Zapisz się	www.polmaratonkielce.pl
2020-05-09	Garmin Kids Myślenice 2020 - bieg na 200m	Myślenice	Zapisz się	www.ultrarace.pl
2020-05-09	Kids Run Kielce 2020 - bieg na 500m	Kielce	Zapisz się	www.polmaratonkielce.pl
2020-05-09	Kids Run Kielce 2020 - bieg na 1000m	Kielce	Zapisz się	www.polmaratonkielce.pl
2020-05-09	Garmin Kids Myślenice 2020 - bieg na 500m	Myślenice	Zapisz się	www.ultrarace.pl
2020-05-09	Garmin Kids Myślenice 2020 - bieg na 1 km	Myślenice	Zapisz się	www.ultrarace.pl
2020-05-09	Półmaraton Kielce o Błękitną Wstęgę Siłnicy 2020	Kielce	Zapisz się	www.polmaratonkielce.pl

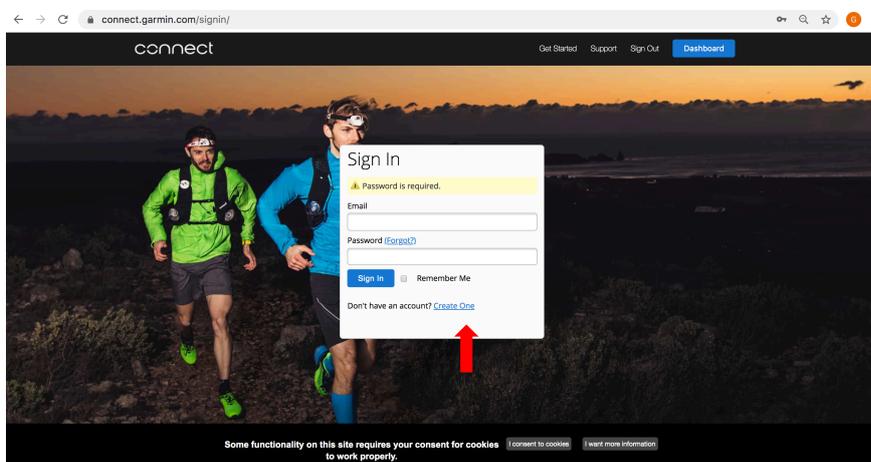
2. Create an account – sign in. (skip this step if you already have an account)



3. Apply to Garmin MTB Series Connect event.

4. Create an account on site – <http://www.connect.garmin.com/>(skip this step if you already have an account)

How to do it? – Tutorial - <https://youtu.be/VQUYIKuxLe8>

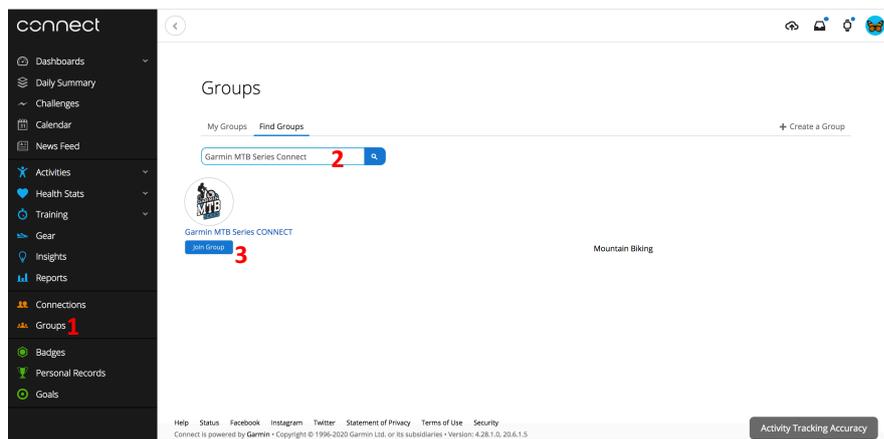


5. Download Connect app on your smartphone using Appstore (concern IOS) or Play Shop (concern Android). (skip this step if you already have Connect App on your smartphone)

6. Pair your smartphone with Garmin bike computer and pair your bike computer with indoor bike trainer. (skip this step if you already have devices paired)

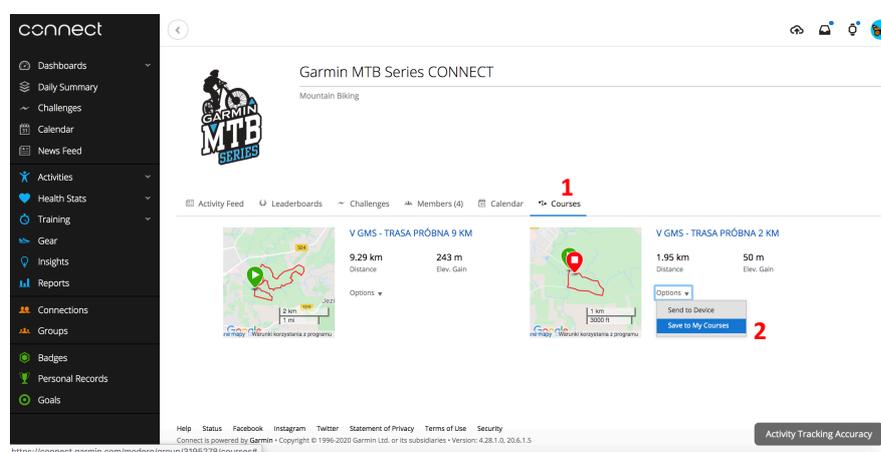
How to do it? – Tutorial - <https://youtu.be/h02EBoYIdHE>

7. Join Garmin MTB Series Connect Group on www.connect.garmin.com.



8. On Courses Tab find an event course and Save to my courses.

How to do it? – Tutorial - https://youtu.be/kUYvdVHc_Qs



9. Open Connect app on your smartphone. Find Your Courses. Training -> Courses. Find and open event course and send it to your device (Garmin bike computer).

10. Ride a course on dates set by the organizer:

- course Garmin MTB Series Gdańsk 2020 in days 17.04 (from 00:00 AM) – 19.04 (till 04:00 PM);

- course Garmin MTB Series Kolbudy 2020 in days 20.04 (from 00:00 AM) – 22.04 (till 04:00 PM);

- course Garmin MTB Series Sopot 2020 in days 23.04 (from 00:00 AM) – 25.04 (till 04:00 PM).

11. Send a link to your activity on Garmin Connect to address – garminmtb@gmail.com within the deadline:

- Garmin MTB Series Gdańsk – until 19.04 to 04:00 PM

- Garmin MTB Series Kolbudy – until 22.04 to 04:00 PM

- Garmin MTB Series Sopot – until 25.04 to 04:00 PM

III. CONTACT AND HELP

In case of any problems and questions please let us know by an email – garminmtb@gmail.com.