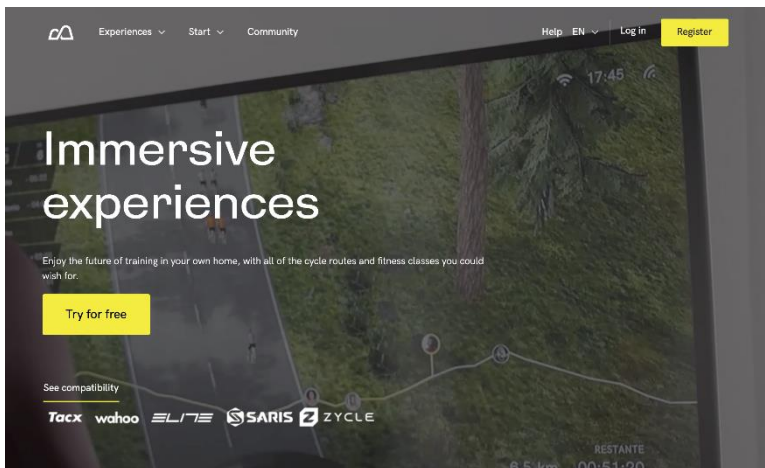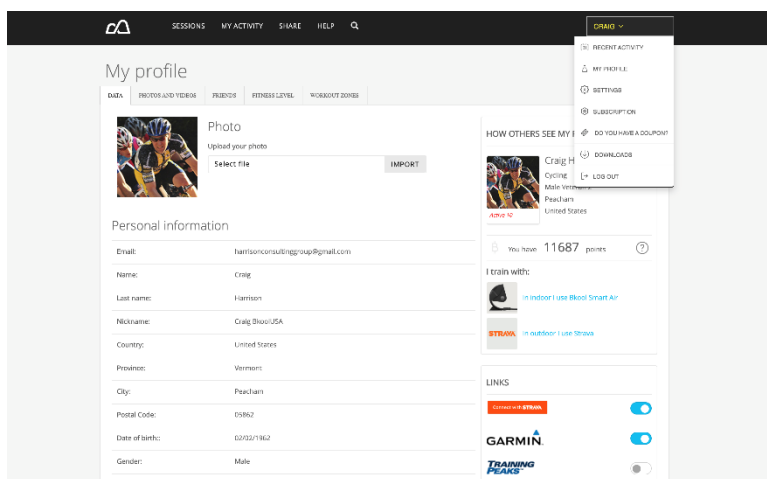## Best Buddies Virtual Challenge
Getting Started on Bkool

1. If you haven't had a Bkool subscription in the past, go to bkool.com and set up your free 30-day trial Premium account. If you have had a Bkool subscription in the past, email supportusa@bkool.com and provide your name and the event you're participating in. We will issue you a new coupon code for a 1-month Bkool Premium subscription.
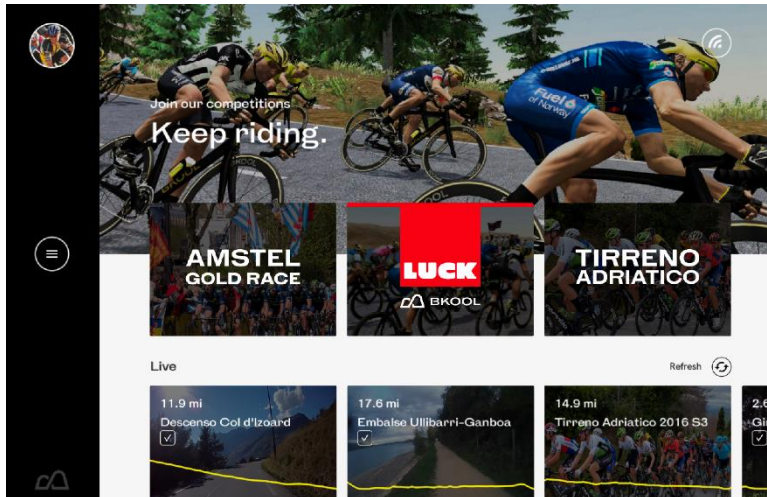

bkool.com – Home Page

2. Once you've set up your Bkool premium account on bkool.com, make sure you link your Strava account to your Bkool account, otherwise your results won't be counted for the Best Buddies Virtual Challenge.

    To do this, go to your profile screen on bkool.com (click on your name in the upper right, then select "Profile" from the dropdown menu), then click on the button next to Strava under "LINKS" and follow the directions to synchronize the two accounts:

bkool.com – My Profile

3. Next, download the free [Bkool Cycling app](#) (a.k.a. Bkool Indoor) for your computer or tablet (Windows, Mac, Android, iPad) and install it. Then follow the directions in the app to pair it to your smart trainer and/or sensors. Feel free to access the [help/FAQ section](#) on [bkool.com](#) or contact [supportusa@bkool.com](#) if you need help.

4. Once you have logged into the Bkool Cycling app and paired to your trainer/sensors, you need to find the Best Buddies Virtual Challenge route that you're going to ride.

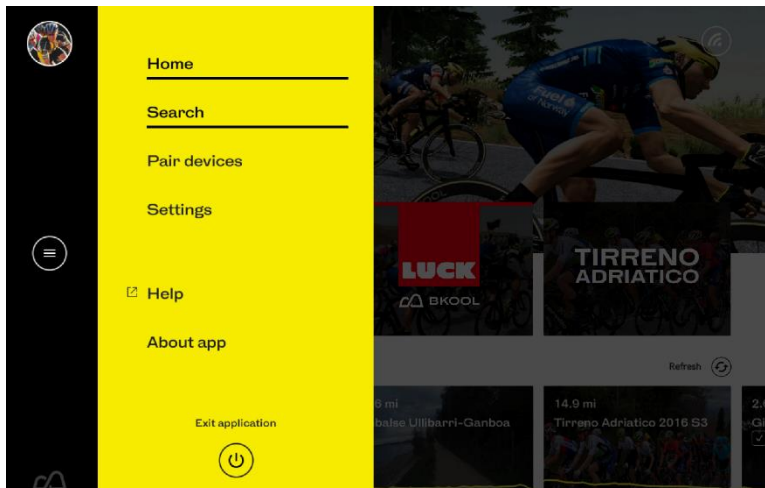5. From the Bkool app home screen:

Bkool App – Home Screen

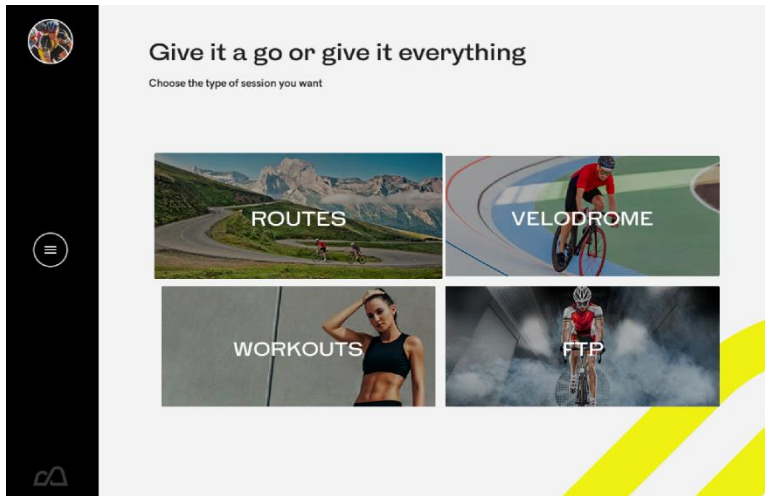Click on the button in the middle of the left column. It looks like this:
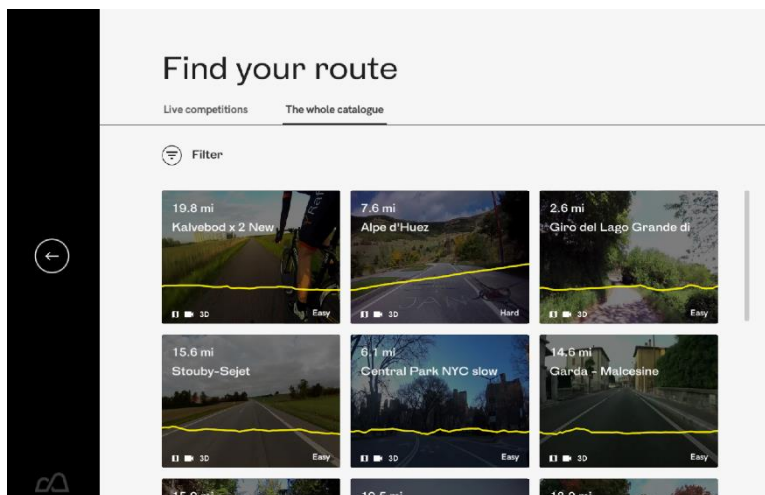

and will take you to the menu screen:

Bkool App – Menu Screen

BEST BUDDIES CHALLENGE

6. Click on "Search" and you'll get a new screen with a choice of places to search:
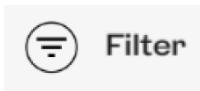

Bkool App – Search Screen

7. Click on "ROUTES" to be taken to the route library. This screen defaults to "Live competitions," which shows the routes that others on Bkool are riding at the moment. Click on the "The whole catalogue" tab instead.
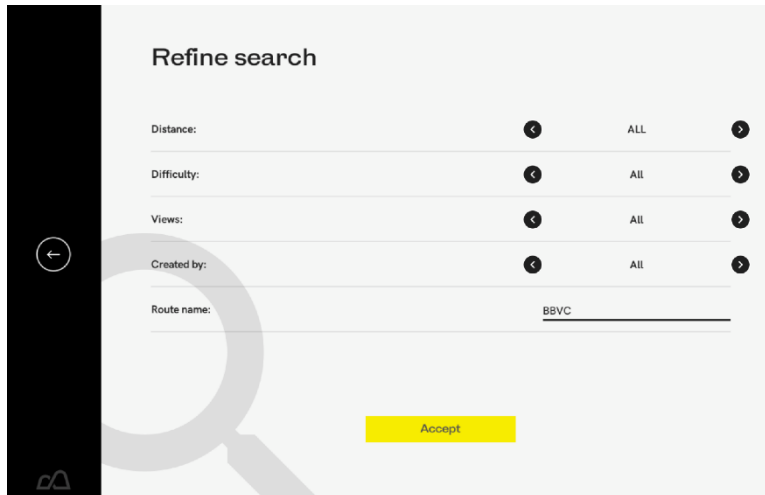

Bkool App – Route Library
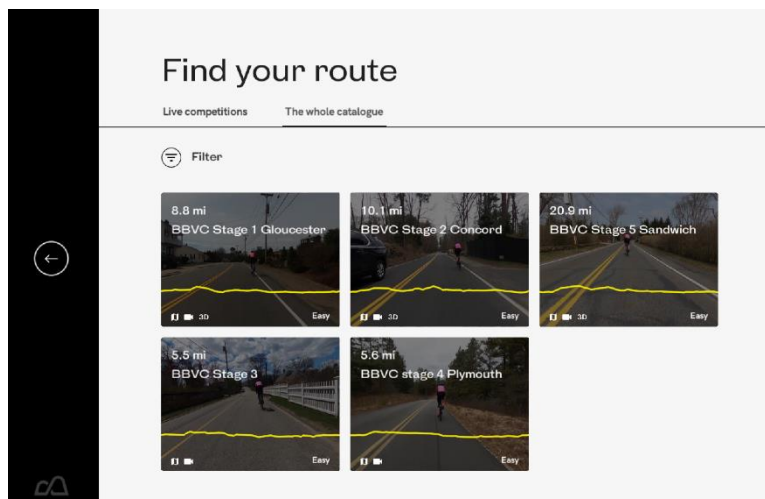
8. Click the filter button:

and type in "BBVC" next to route name and hit "Accept":

Bkool App – Filter/Refine Search

9. All 5 stages should pop up:

Bkool App – Filter/Search Results

10. Click on the route you want to ride and off you go!

11. Make sure that once you're finished riding the route, you save it -- otherwise it won't be logged in your Strava account.

If you encounter any issues during setup, feel free to access the help/FAQ section on bkool.com or contact supportusa@bkool.com with questions.