

## Instructions to Download a RideGPS Route to a Garmin or similar device:

### 1. Locate your course RideGPS Link:

- a. Visit the ['Ride' page on Pedalthecause.org](#) and locate your ride.
- b. Click on the Course Map button and it will take you to the Ride with GPS page where the route is displayed.

### 2. Access the Download Options:

- a. On the route page, look for the More button, usually located under the route title.
- b. Click on More, and from the dropdown, choose Export as File.

### 3. Select the File Format:

- a. Depending on your device, you can select one of the following file formats:
  - i. GPX Track: Most widely used by Garmin devices.
  - ii. TCX: Useful if you want extra features like turn-by-turn notifications.
  - iii. FIT: Smaller file size and suitable for newer Garmin devices.
- b. Click the preferred file format, and it will download to your computer or mobile device.

### 4. Transfer to Your Device: For Garmin Devices:

- a. Using a Computer:
  - i. Connect your Garmin device to your computer via USB.
  - ii. Open the folder for the Garmin device on your computer (it should appear like a USB drive).
  - iii. Drag the downloaded GPX, TCX, or FIT file into the NewFiles folder on your Garmin.
  - iv. Eject the Garmin device from your computer.
  - v. On the Garmin device, go to Courses and find your route.
- b. Using Garmin Connect (Mobile):
  - i. Download the GPX file to your phone.
  - ii. Open the Garmin Connect app on your phone.
  - iii. Import the downloaded file into Garmin Connect (in the Courses section).
  - iv. Sync your Garmin device with Garmin Connect to transfer the route.
- c. For Other GPS Devices:
  - i. Most other GPS devices follow a similar process. Download the appropriate file format (usually GPX or TCX), connect your device to your computer, and drag the file into the correct folder for routes or courses.