

# ErgRace Online Race Participation Manual

December 2025  
Japan Rowing Association



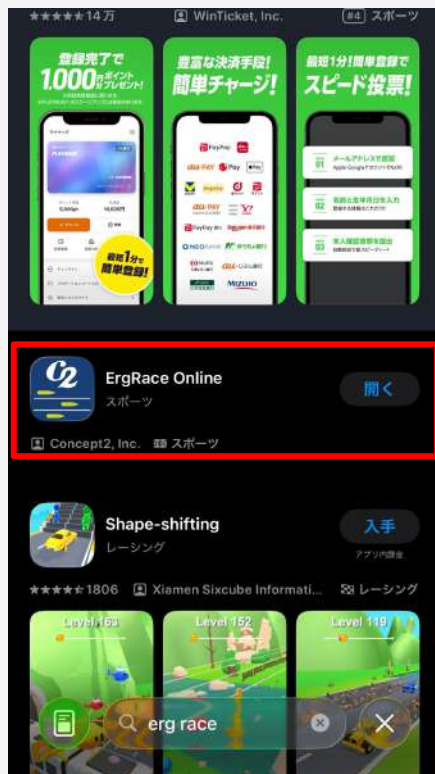
## To-do list

timing	To-do
30 minutes before the race	<a href="#"><u>Linking your Logbook account</u></a>
	<a href="#"><u>Linking Ergometer (PM5)</u></a>
	<a href="#"><u>Linking competition code</u></a>
5 minutes before the race	<a href="#"><u>Check the race status</u></a>
	<a href="#"><u>Start the race</u></a>

# Linking your Logbook account

## Log in to your Logbook account.

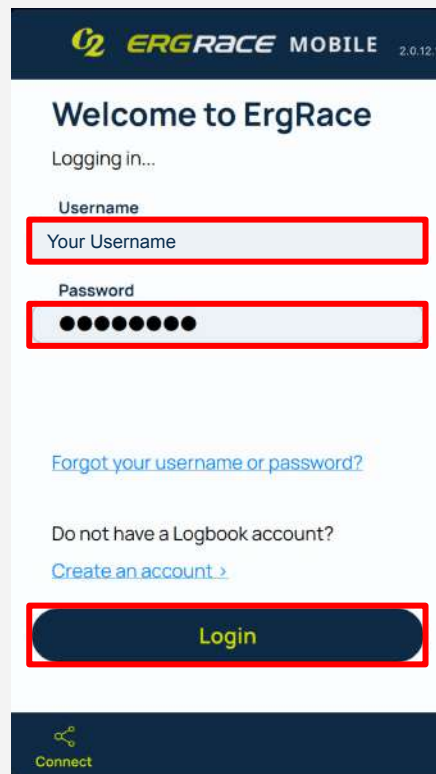
Search for ErgRace Online in the app store and download it.



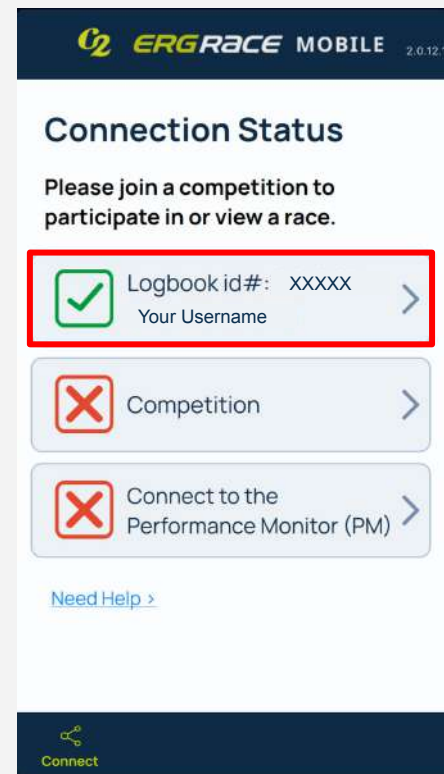
Open the app. If you don't have an account, create one (explained on the next page).



Log in to Logbook using your username and password.



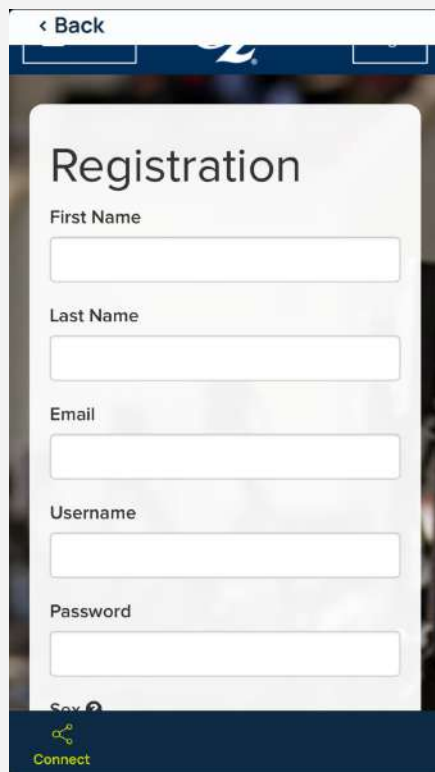
Verify that you have logged in.



# Linking your Logbook account

## <Additional Information> Create a Logbook account.

Enter your name, email address, and password.



Registration

< Back

First Name

Last Name

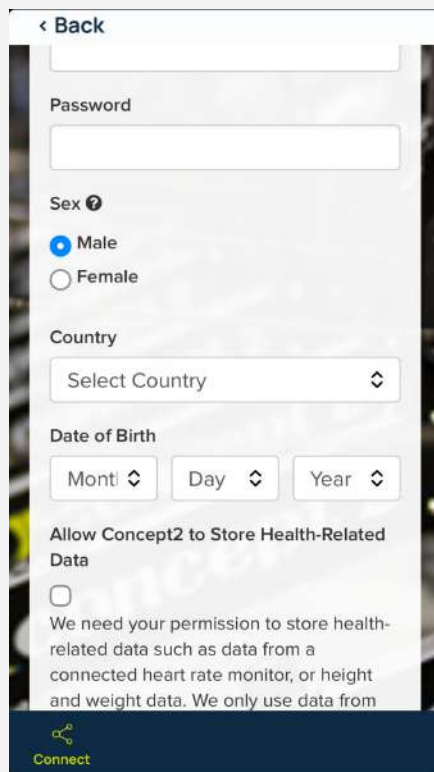
Email

Username

Password

Connect

Enter your gender, country, and date of birth.



< Back

Password

Sex

Male

Female

Country

Select Country

Date of Birth

Month

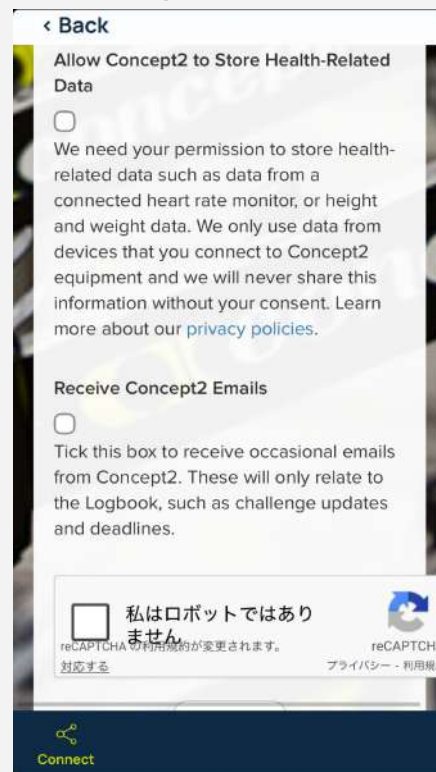
Day

Year

Allow Concept2 to Store Health-Related Data

Connect

Select the options you need for linking your health data to Concept2 and receiving emails from Concept2.



< Back

Allow Concept2 to Store Health-Related Data

We need your permission to store health-related data such as data from a connected heart rate monitor, or height and weight data. We only use data from devices that you connect to Concept2 equipment and we will never share this information without your consent. Learn more about our [privacy policies](#).

Receive Concept2 Emails

Tick this box to receive occasional emails from Concept2. These will only relate to the Logbook, such as challenge updates and deadlines.

Connect

Click Register to register.



< Back

Receive Concept2 Emails

Register

By creating an account you agree to the [Terms of Service](#).  
[View our Privacy Policy.](#)

Connect

# Linking Ergometer (PM5)

## Make the ergometer connectable.

Check the display in the upper right corner of the monitor to confirm that it is PM5.

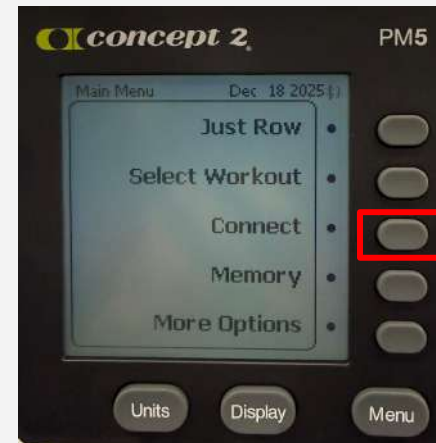
\*Connection is not possible with PM3 or PM4.



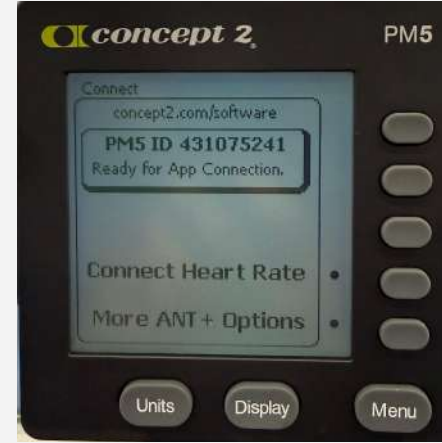
Press the Menu button at the bottom right of the monitor.



Press to the right of the part that says Connect.



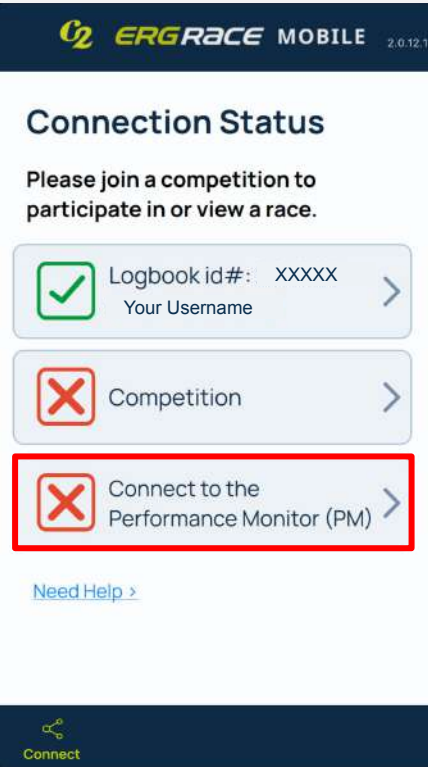
Make sure your ID is displayed and connect using your smartphone. (Continued on next page)



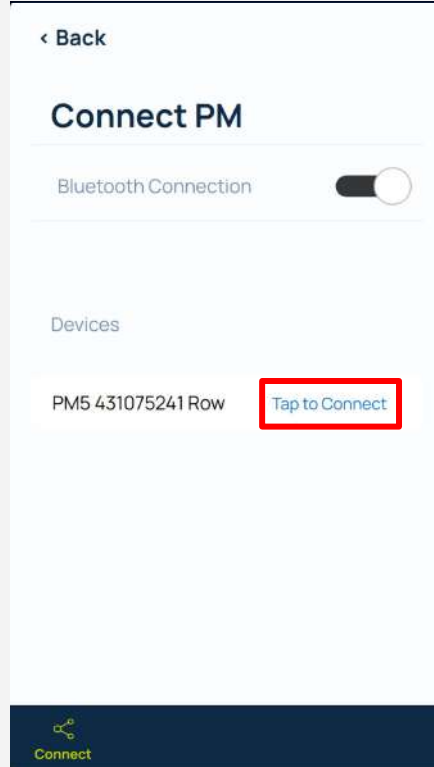
# Linking Ergometer (PM5)

## Connect to the ergometer from the smartphone app.

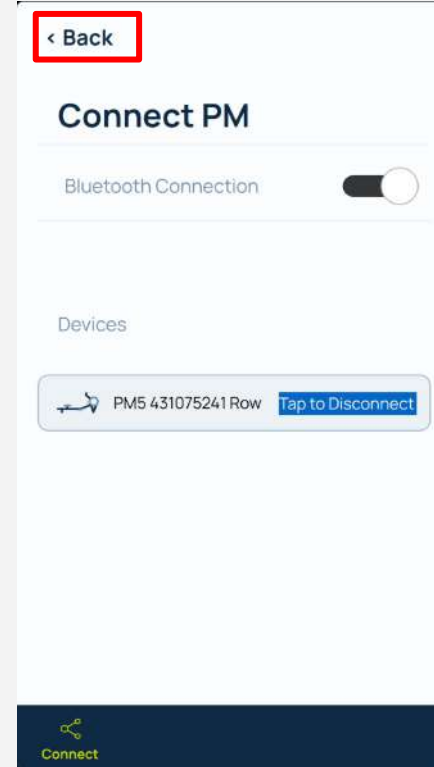
Press the third button  
(Connect to the Performance  
Monitor (PM)).



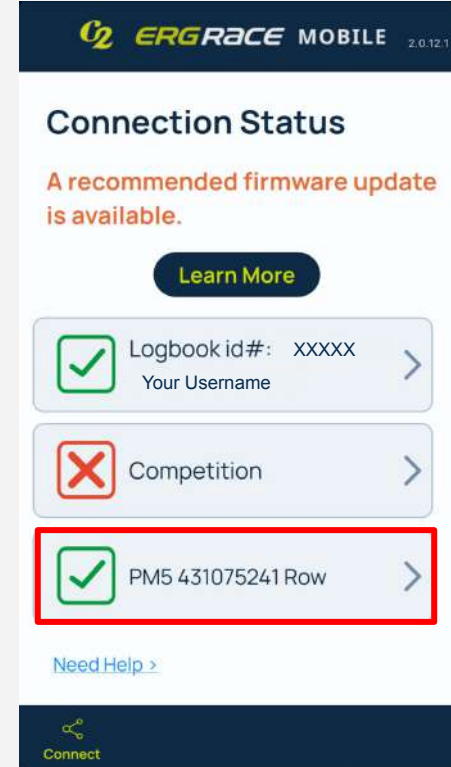
Once Ergo is found, it will  
appear in Devices, so press  
Tap to Connect.



Once connected, the Devices  
display will change. Press Back to  
return to the home screen.



Check the ergometer  
connection. [Update the  
firmware](#) if necessary.

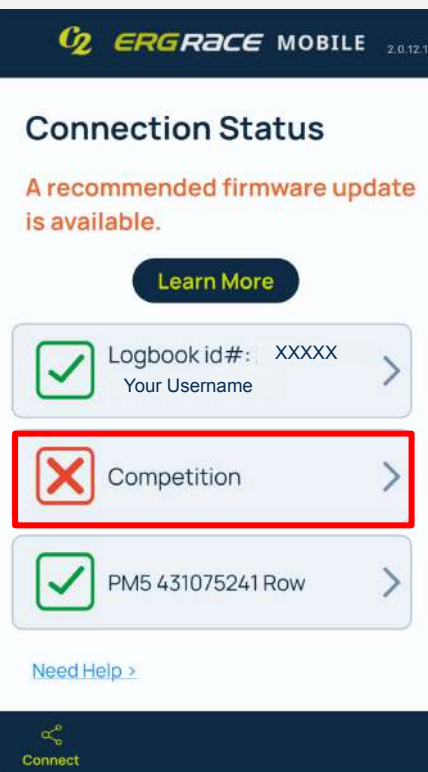


# Linking competition code

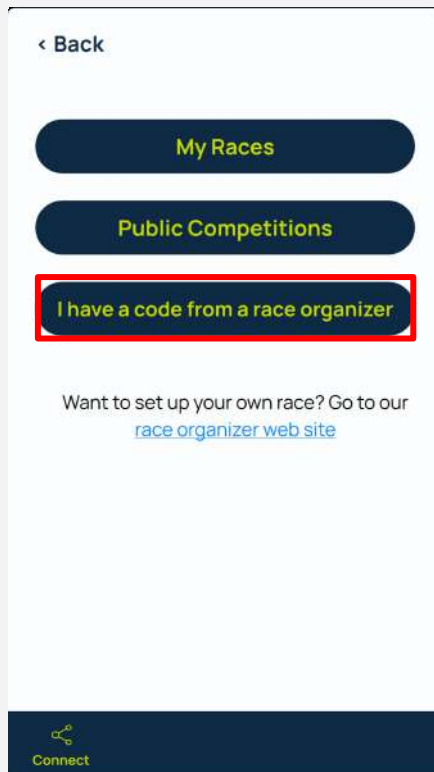
## Participate in the competition from your smartphone.

\*The competition code will vary depending on the race you are participating in. Please refer to the matchup table.

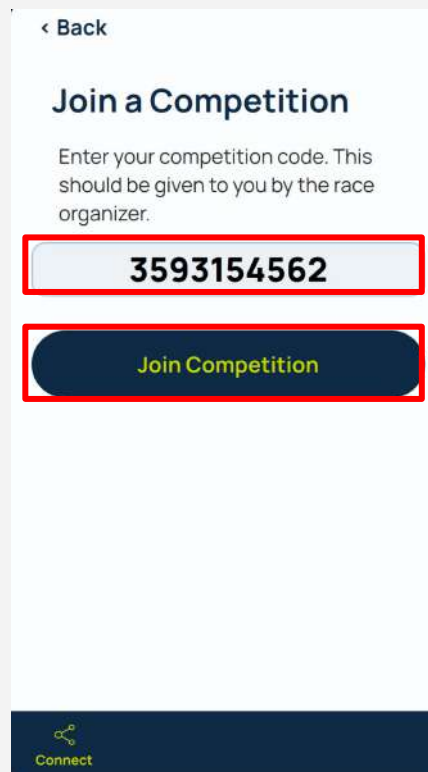
Press the second button  
(Competition).



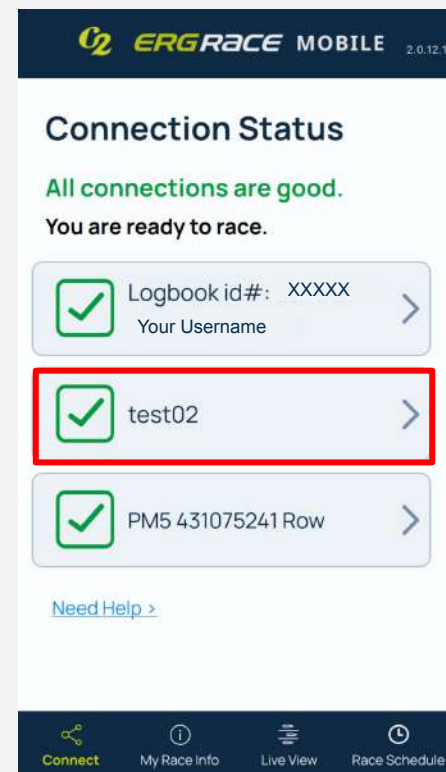
Press the third button (I have a  
code from a race organizer).



Enter the competition code  
posted along with the pairings  
and click "Join Competition."



Verify that you have  
connected to Competition.

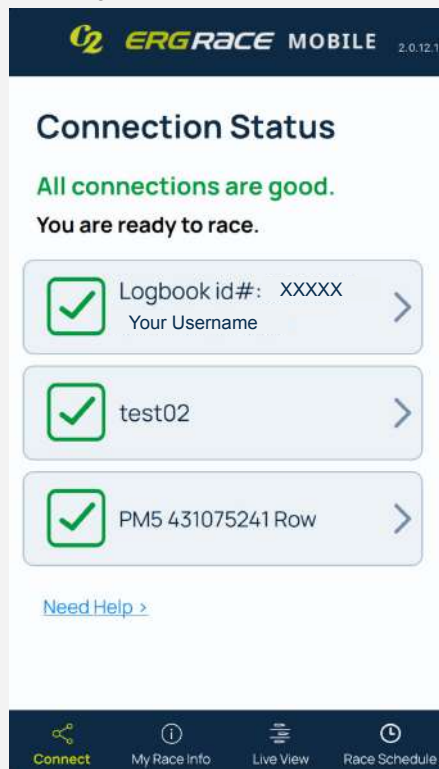




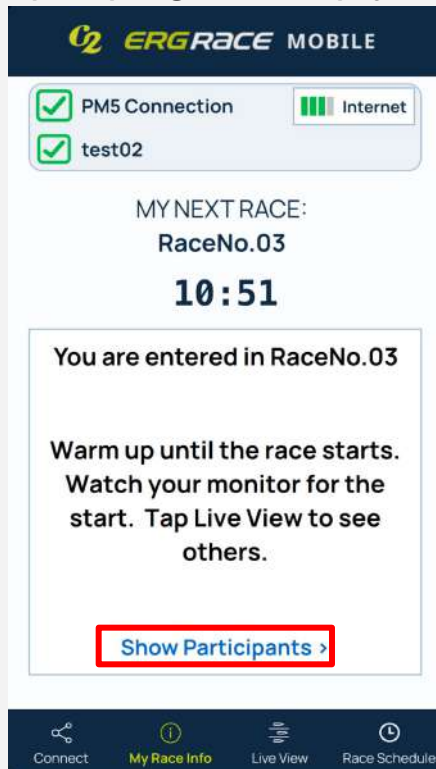
# Check the race status

## Check the race progress on your smartphone. (No operation required.)

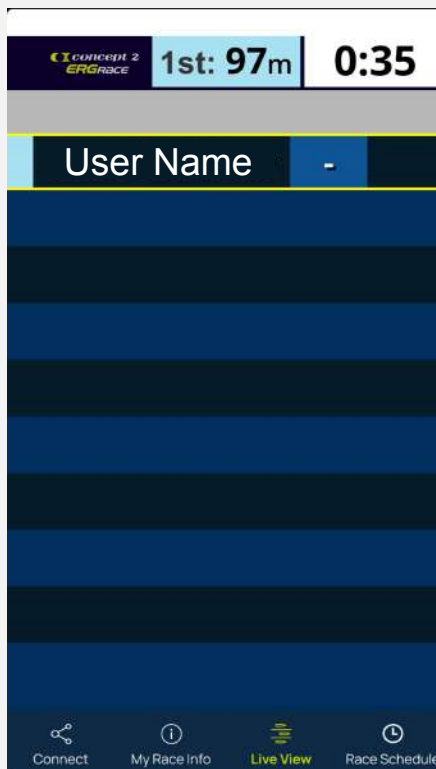
While the screen below is displayed, wait for the competition administrator to invite you to the race.



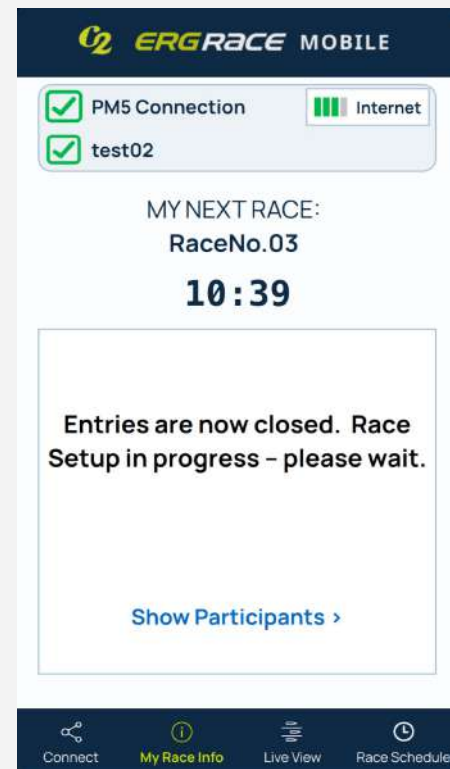
When you are invited to a race, the time until the start and the race number you will be participating in will be displayed.



Clicking Show Participants will display the participant list screen below.



Once entries are closed, the screen below will appear.

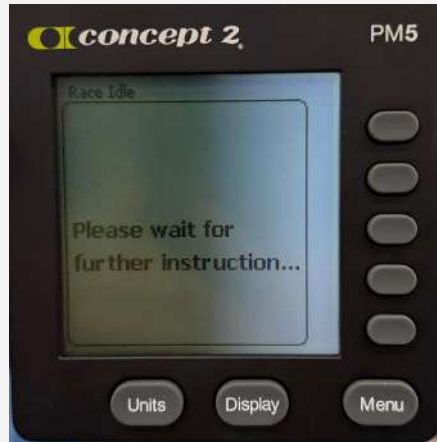




# Check the race status

## Check the race progress on the ergometer. (No operation required.)

With the screen below displayed, wait for the competition administrator to invite you to the race.



When you are invited to a race, your lane number will be displayed.



You can warm up while the screen below is displayed.



# Start the race

## Check the race situation using an ergometer.

When the screen below appears, stop rowing and assume the starting position.



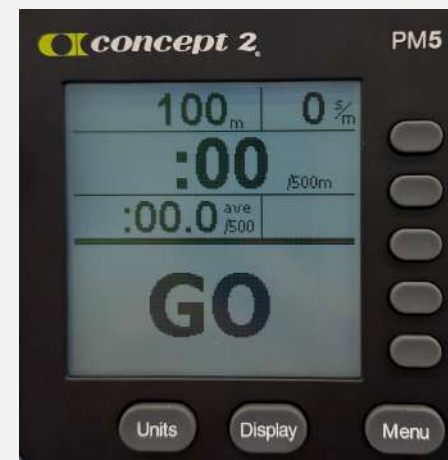
A message will appear informing you that the race is beginning. (Approximately 2 seconds)



A message will appear informing you that the race is beginning. (Approximately 2 seconds)



When GO appears, start the race.



HP



YouTube



Facebook



Instagram



## Japan Rowing Association

606 Japan Sport Olympic Square, 4-2  
Kasumigaoka-cho, Shinjuku-ku, Tokyo 160-0013

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