

ErgRace Online Race Participation Manual

December 2025
Japan Rowing Association



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To-do list

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

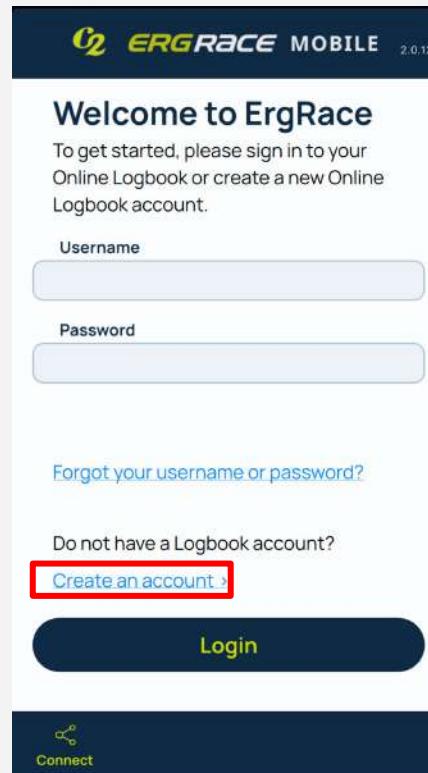
Linking your Logbook account

Log in to your Logbook account.

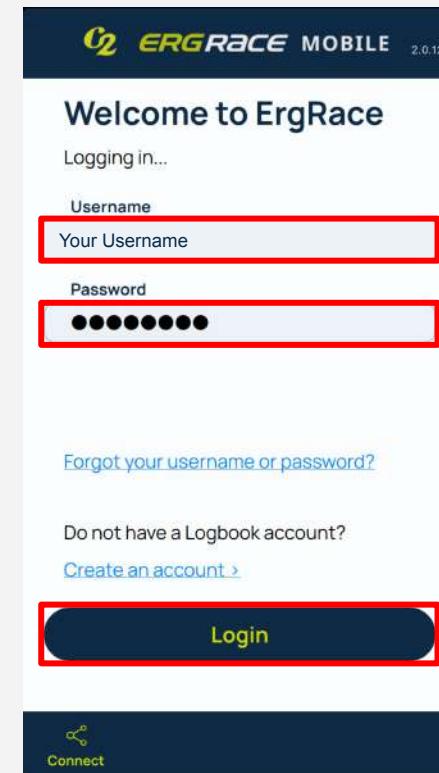
Search for ErgRace Online in the app store and download it.



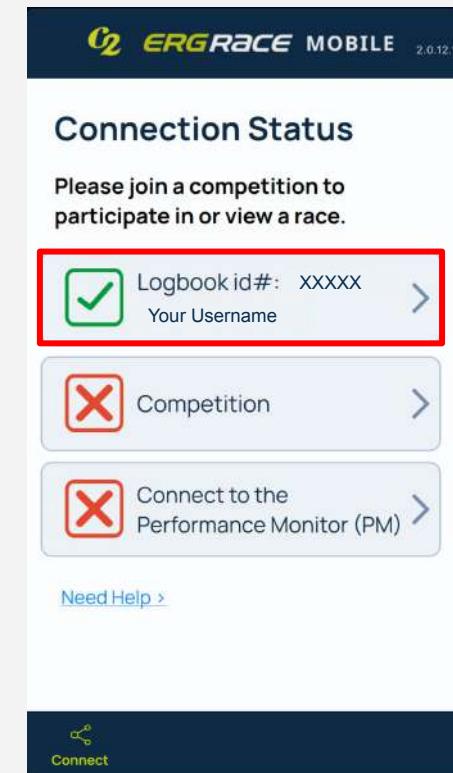
Open the app. If you don't have an account, create one (explained on the next page).



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.

< Back

Registration

First Name

Last Name

Email

Username

Password

Sex Male Female

Connect 

Enter your gender, country, and date of birth.

< Back

Password

Sex Male Female

Country

Date of Birth

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](#).

Connect 

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

< Back

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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.

私はロボットではありません reCAPTCHA の利用規約が変更されます。 対応する

reCAPTCHA の利用規約が変更されます。 プライバシー - 利用規約

Connect 

Click Register to register.

< Back

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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.

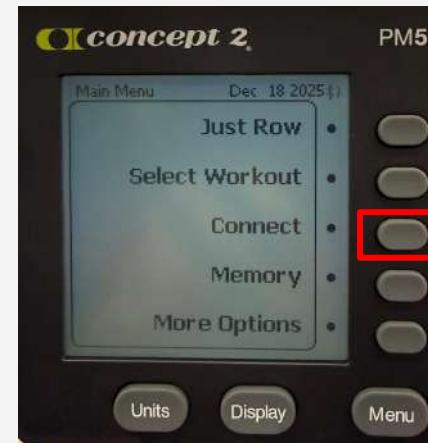
*Connection is not possible with PM3 or PM4.



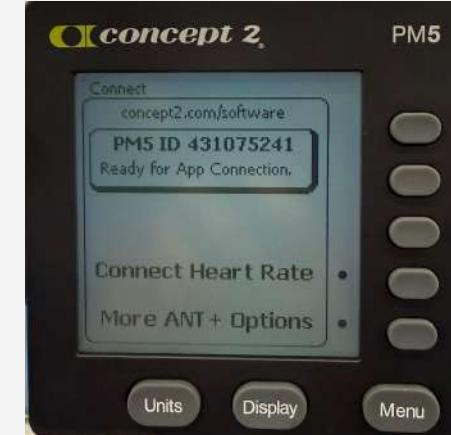
Press the Menu button at the bottom right of the monitor.



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)

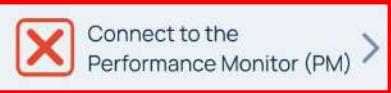
Connect to the ergometer from the smartphone app.

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



Connection Status

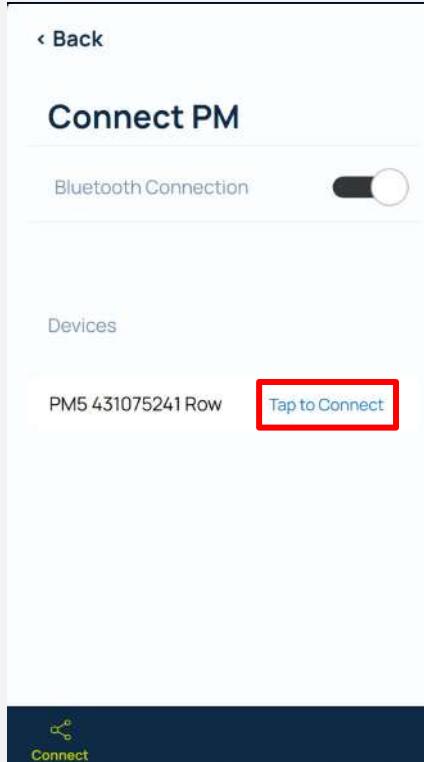
Please join a competition to
participate in or view a race.



[Need Help >](#)



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



Connect PM

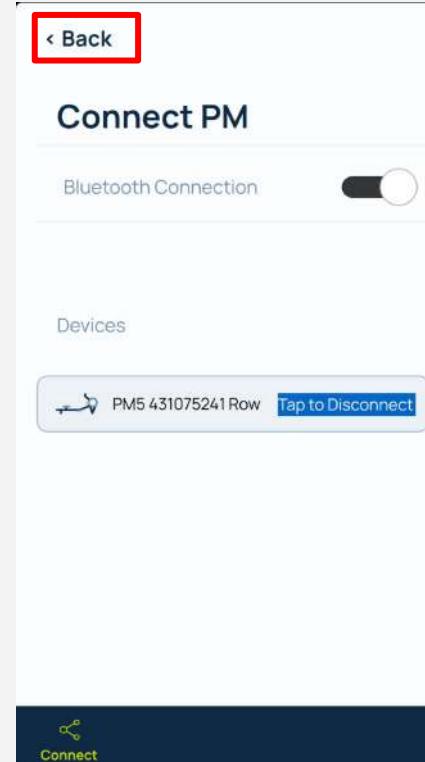
Bluetooth Connection

Devices

PM5 431075241 Row

[Tap to Connect](#)

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



Connect PM

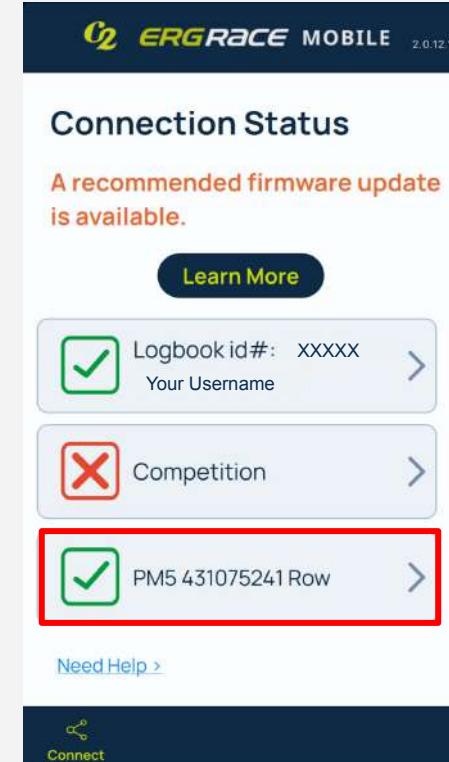
Bluetooth Connection

Devices

 PM5 431075241 Row

[Tap to Disconnect](#)

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



Connection Status

A recommended firmware update
is available.

[Learn More](#)



[Need Help >](#)



Linking competition code

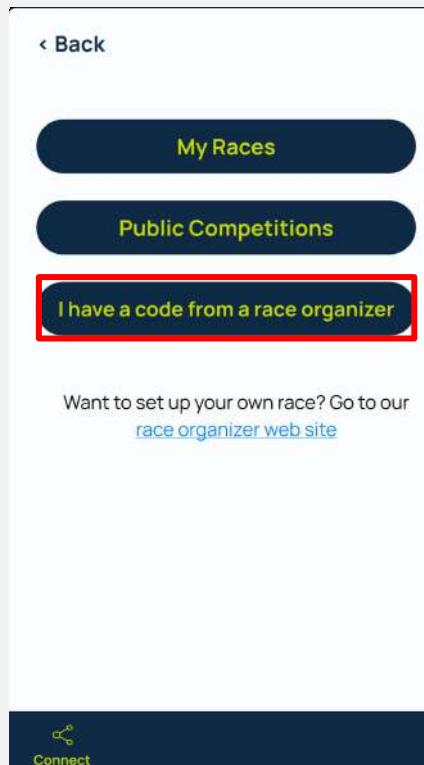
Participate in the competition from your smartphone.

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

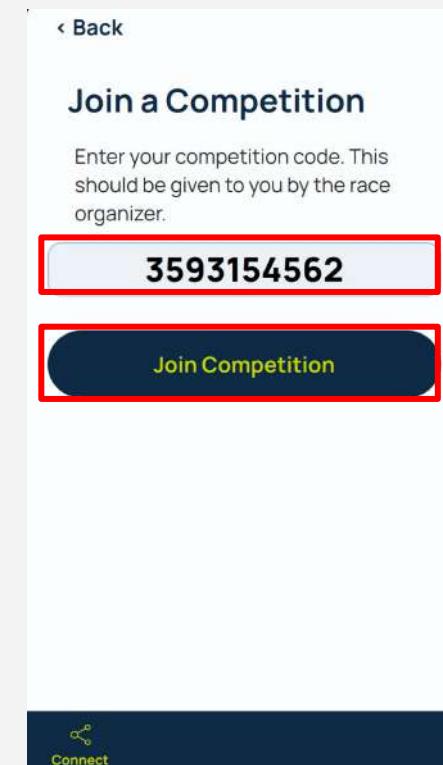
Press the second button
(Competition).



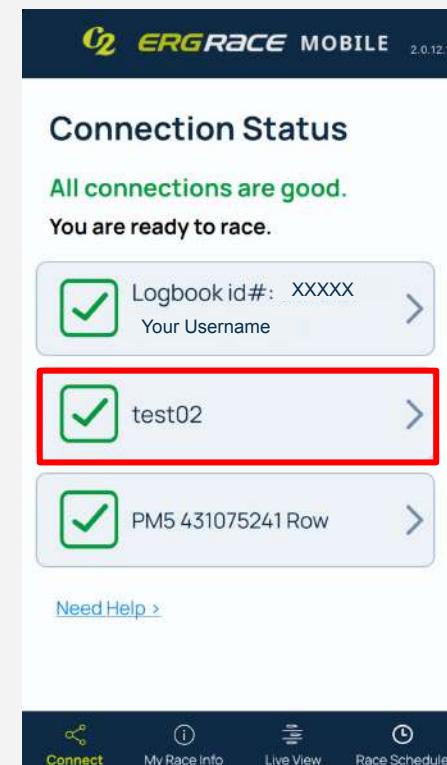
Press the third button (I have a code from a race organizer).



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.



Connection Status

All connections are good.

You are ready to race.

Logbook id#: XXXXX [>](#)
Your Username

test02 [>](#)

PM5 431075241 Row [>](#)

[Need Help >](#)



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



PM5 Connection Internet
 test02

MY NEXT RACE:
RaceNo.03

10:51

You are entered in RaceNo.03

Warm up until the race starts.
Watch your monitor for the start. Tap Live View to see others.

[Show Participants >](#)



Clicking Show Participants will display the participant list screen below.



User Name -

Once entries are closed, the screen below will appear.



PM5 Connection Internet
 test02

MY NEXT RACE:
RaceNo.03

10:39

Entries are now closed. Race Setup in progress – please wait.

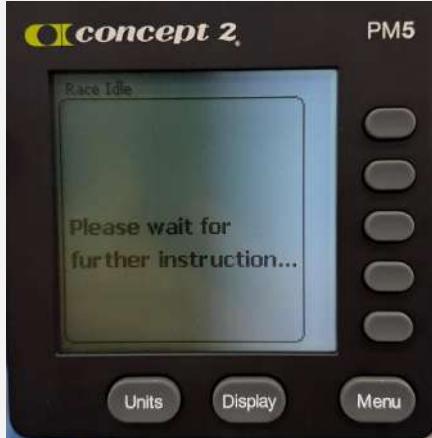
[Show Participants >](#)



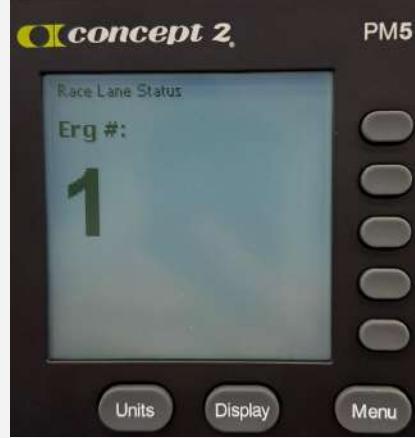
Check the race status

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

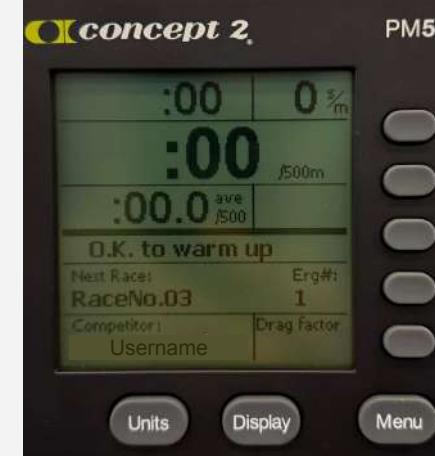
With the screen below displayed, wait for the competition administrator to invite you to the race.



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.

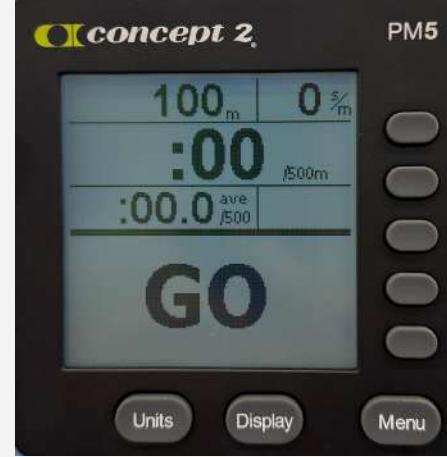
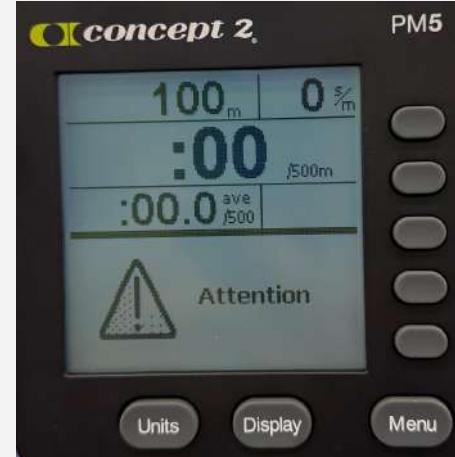
When the screen below appears, stop rowing and assume the starting position.



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



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