



# VIRTUAL RACE SERIES







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## 1 General information

### 1.1 Event Overview

Cycling BC is pleased to present its inaugural Virtual BC Cup race series for everyone to enjoy. Online training platforms have been serving cycling enthusiasts for many years by providing a convenient alternative to training outdoors and 2020 proved that virtual group rides and races can coexist with real-life cycling in a way that augments the overall cycling experience for athletes. Thanks to the innovative work of online platforms and race organizers, we have seen virtual racing establish itself as a genuinely fun, inclusive and legitimate cycling discipline that provides an opportunity for British Columbian cyclists to compete against people from around the world.

Working in conjunction with *Echelon Racing Promotions* and *RGT*, Cycling BC will be hosting a four-part pro and amateur race series. The series will bring virtual and in-real-life riders together to compete for the BC Cup overall title and cash prizes. Thanks for the generous support of our sponsors, participating in the series is FREE for current Cycling BC members as well as members of an equivalent regional or national cycling federation.

### 1.2 RGT Platform

RGT Cycling is a virtual reality cycling simulator that is available for PC, Mac, and Apple TV. It is used in conjunction with iOS and Android Apps and supported training hardware. Users from around the world are able to Go Beyond and connect, ride, race and train together in a virtual reality that creates the real-life cycling experience using advanced physics and better drafting.

RGT believes the future of digital cycling is as an open platform accessible to all cyclists. Therefore, using RGT's basic features, including joining races and group rides, is free.

### 1.3 Race Staff

Position	Name	Contact
Chief Organizer	Eric Hill	erhill88@gmail.com
Course Director	Matt Usborne	
Race Services Director	Cory Ostertag	cory@cyclingbc.net
Marketing Director	Jerrick Barroso	
Live Commentators	Brad Sohner & Guest	
Photographer	TLBvelo	

### 1.4 Series Calendar

Race	Date	Course	Course Distance / Elevation
#1 – Road Race	Saturday April 3	Paterberg	4.2km / 102m
#2 – Criterium	Saturday April 10	Canary Warf	1km / 5m
#3 – Gravel Race	Saturday April 17	Dirty Reiver	17.7km / 225m
#4 – Road Race	Saturday May 1	<i>TBD</i>	

### 1.5 Technical Support Links

[RGT getting started guide](#) (Apps and how to)

[RGT compatibility](#)

[RGT system support guide](#) (accessibility, resolution and connectivity issues)

Performance verification through [ebiopassport.com](http://ebiopassport.com)

### 1.6 Useful Links

Race website - <https://cyclingbc.net/about/disciplines/road/bc-cup-virtual-race-series/>

Results website – TBC

Photos - <https://tlbvelophotography.pixieset.com/>

## 1.7 Registration

All registration via [ccnbikes.com](http://ccnbikes.com)

**Pro registration** – Pro / Cat 1 races are open to registered trade teams by invite only. Rosters of 4-6 racers are recommended and should be submitted 72 hours before race day. Contact [cory@cyclinqbc.net](mailto:cory@cyclinqbc.net) for more information.

**Amateur registration** – <https://ccnbikes.com/#!/series/virtual-bc-cup-amateur>

**RGT event links will be emailed to registered riders approximately 48hrs before race start. Please check your emails for these important links.**

### Pro races

\*Teams of 4-6 racers

Category	Eligibility	Entry price for licensed racers – including USAC members	Price for non-licensed racers
Pro/Cat 1 Men	Trade team invite only	free	N/A
Pro/Cat 1 Women	Trade team invite only	free	N/A

### Amateur races

Racers may seed themselves into the most appropriate category based on the eligibility criteria listed below.

Category	Eligibility			Price for members ----- including USAC members	Price for non-members
	Priority 1 License category	Priority 2 FTP	Priority 3 Zwift Category		
Cat 2*	Cat 2 Elite, Jr or Masters	3+ w/kg	A	free	\$5 per race / \$15 for series
Cat 3*	Cat 3 Elite, Jr or Masters	2.5-2.9 w/kg	B/C	free	\$5 per race / \$15 for series
Cat 4*	Cat 4 Elite, Jr or Masters	<2.5 w/kg	C/D	free	\$5 per race / \$15 for series
Open Women	Open to any category	Any w/kg	E	free	\$5 per race / \$15 for series

\*Amateur female racers have the option to race women's open field or suitable category based on power output.

## 2 Race information

### 2.1 Race Day Schedule

Category	Start time PDT	Race Length in minutes	Race #1 Laps	Race #2 Laps	Race #3 Laps	Race #4 Laps
Pro / 1 Men	12:00pm	90min	8	40	3 (12:15 start)	TBD
Pro / 1 Women	10:30am	60-90min	6	36	3 (10:45 start)	TBD
Category 2	9:30am	60-70min	6	32	2	TBD
Category 3	9:30am	45-60min	6	32	2	TBD
Category 4	8:30am	45-60min	4	30	2	TBD
Open Women	8:30am	45-60min	4	30	2	TBD

\*Amateur female racers have the option to race women’s open field or suitable category based on power output.

The organizers reserves the right to combine categories and adjust start times as needed prior to the start of the event. All registered participants will be notified of such changes.

### 2.2 Rider Naming Convention

Riders must use their first and last legal name, as it would appear on their national cycling federation license.

- Example: Eric Hill
  - Will display as E. Hill on the RGT Platform



## 2.3 Performance Verification

The purpose of this section is to ensure that all racers taking part in the Virtual BC Cup are utilizing the correct, calibrated equipment as well as accurate weight, and height. This being a virtual race series and the reliance on this data to drive the competition it is imperative that this data be as accurate as possible for each and every individual participating.

- Required** for the invitational pro races
- Recommended** for the amateur events:

Cycling BC will utilize the [ebiopassport.com](http://ebiopassport.com) system for riders to upload their data and for performance validation/verification. All verification data will be collected via the athlete's [eBioPassport.com](http://ebiopassport.com) account.

Participants in the pro/cat 1 races must create a profile, and submit weigh in video, calibration video within 24 hours of the start of the event. Riders are also required to populate their profile with height and power data from outside activities. At the conclusion of each event riders will submit a verification request through [eBioPassport.com](http://ebiopassport.com).

### **Power sources:**

The power source for this series may either be a smart trainer or a power meter on the bike (Quarq, SRM, Stages, PowerTap, etc...). It is highly encouraged and recommended that both a smart trainer and a power meter are used, but only one or the other is required. A wheel-on trainer will not be permitted to be used as the power source for races within the Virtual BC Cup. The day of and prior to the event a calibration or zeroing-out of the power source will need to be completed. Calibration of the trainer and/or the power meter shall be in accordance with the manufacturer's recommendations. Riders must not change the slope of their power meter from the manufacturer's setting. If no recommendation can be found, please use the following protocol:

1. Warm up the trainer or power meter for 15 minutes minimum. This can be an easy spin.

**\*Proof of the calibration/ spin-down must be to the racer's ebiopassport.com profile along with the weigh-in video. This can be a video of the calibration process and showing the results screen or a screenshot showing the result of the calibration.**

2. make a video recording the calibration of your power meter and trainer.

3. Using the manufacturer's app (Sram AXS, Rouvy, Wahoo, etc...), or your Wahoo/ Garmin head unit, to perform a calibration/spin-down of the component.

4. Link the video (upload to either a google drive or youtube) to your ebiopassport profile. And done. It's that easy.

### **Weight:**

Within 24 hours of the start of the race each rider will be required to record a weigh-in verification video. This video be uploaded and linked in the riders ebiopassport profile.

Weigh in videos shall be recorded as follows:

1. Before starting the test:
  1. Set up scales suitable for measuring body weight in the middle of a room on a hard, even surface, with nothing nearby to hold on to.
  2. Find a heavy weight (approx 10kg) that you can comfortably carry.
  3. Make sure you are wearing socks, cycling shorts and a cycling jersey.
2. During the test:
  1. Start recording a video on any device; for example, a cell phone.
  2. Show your face on the video.
  3. Show a newspaper, television broadcast or other such media that shows the current date.
  4. Show the scales.
  5. Zero the scales.

6. Show the zero reading.
7. Place the heavy weight on the scales and show the reading.
8. Take the weight off and show the zero reading.
9. Stand on the scales yourself (without the weight) and show the reading.
10. Take yourself off and show the zero reading.
11. Stand on the scales with the weight and show the reading.
12. Take yourself off and show the zero reading.
13. Stop recording.

The following link is to an example of a weigh-in video:

<https://www.youtube.com/watch?v=g1oPtLzM9V8>

Note: Due to the distribution of weight settings on the RGT Cycling app, users may round down to the lower weight in the app. For example, if a rider weighs in at 169.1lbs and the app distribution is 166/168/170lb, then the rider may choose the 168lb setting in their rider profile on RGT.

### **Heart Rate:**

A heart rate monitor is required for the race series.

### **Power files:**

All racers competing in the Pro / 1 fields must upload power files to their ebiopassport profile for their best 5 minute and 20 minute power efforts, preferably from outside activities, taken within the last 6 months prior to the first race of the series.

Upon request all racers shall submit (.fit) files for performance verification upon request. These files must be from within six months of the event and may include a racers best 5 second, 1 minute, 5 minute and 20 minute efforts with power as part of the file. These files will be then uploaded to the racers ebiopassport within 24 hours of being requested.

## 2.4 Eligibility and License information

- The Virtual BC Cup is open to anyone. UCI licenses or Membership to a national, provincial or state cycling federation is not required, although encouraged.
- The Pro/1 category race for both men and women is invite-only. Riders in the pro race must be a member of an invited Trade Team registered with a provincial cycling federation, Cycling Canada, USA Cycling, USA Crits, or an equivalent governing body.
- There are no age restrictions for any of the available categories. Junior, youth, and masters athletes are welcome to participate in the category best suited to them. For a category self-seeding protocol, please see section 3.8, Registration.

## 2.5 Prizing

- Virtual series leader's jersey will be made available for the overall point leader to wear during subsequent races.
- Real life winner's jersey for series winner (pro men/women only)
- Cash prizes for pro men/women (CAD):

	Pro Men	Pro Women
1 <sup>st</sup>	\$40	\$40
2 <sup>nd</sup>	\$25	\$25
3 <sup>rd</sup>	\$15	\$15
Total race purse	\$80	\$80
Total series purse	<b>\$640</b>	

\*If the starting field size is less than 5, the number of positions awarded cash will be limited to half the field rounded down. I.e. if only 4 starters, only 1<sup>st</sup> and 2<sup>nd</sup> will receive cash prizes.

## 2.6 Results

- Results will be posted to <https://cyclingbc.net/about/disciplines/road/bc-cup-virtual-race-series/>
- Overall series ranking will be updated on Monday following the race.

## 2.7 Series Structure

- Points will be awarded to the top 75 finishers according to the points table below
- All 4 races will count towards the overall points ranking

Place	Points	Place	Points	Place	Points	Place	Points
1	200	21	60	41	35	61	15
2	175	22	58	42	34	62	14
3	155	23	56	43	33	63	13
4	140	24	54	44	32	64	12
5	130	25	52	45	31	65	11
6	120	26	50	46	30	66	10
7	115	27	49	47	29	67	9
8	110	28	48	48	28	68	8
9	105	29	47	49	27	69	7
10	100	30	46	50	26	70	6
11	95	31	45	51	25	71	5
12	90	32	44	52	24	72	4
13	85	33	43	53	23	73	3
14	80	34	42	54	22	74	2
15	75	35	41	55	21	75	1
16	71	36	40	56	20		
17	69	37	39	57	19		
18	66	38	38	58	18		
19	64	39	37	59	17		
20	62	40	36	60	16		

