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1 General information

1.1 Event Overview

Cycling BC is excited to announce that it has collaborated with Echelon Racing Promotions for the second year in a row to deliver the BC Cup Virtual Race Series on the RGT virtual cycling platform. The BC Cup Virtual Race Series was introduced in 2021 to keep the cycling community motivated, connected and committed after a year of in-real-life events being cancelled and postponed due to the ongoing Covid-19 pandemic. 2020 and 2021 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 three-part race series in the lead up to the first-ever [Canadian National Esports Championships presented by Wahoo](#) taking place on March 12th and 13th.

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 groups rides, is free.

1.3 Race Staff

| Position | Name | Contact |
|------------------------|---------------------------------|--------------------|
| Chief Organizer | Eric Hill | erhill88@gmail.com |
| Course Director | Frank Cundiff | |
| Race Services Director | Cory Ostertag | cory@cyclingbc.net |
| Marketing Director | Jerrick Barroso | |
| Live Commentators | Brad Sohner & Ryan Cousineau | |
| Photographer | TLBvelo | |

1.4 Series Calendar

Cycling BC is pleased to feature a diverse line up of courses for the second edition of the Virtual BC Cup. The first race will showcase an Iconic Colorado race course, the Iron Horse which will pit racers against a steam engine travelling from Durango to Silverton. Returning for year two is Canary Warf, the crit racers' favorite. This course is situated in a vibrant urban centre. The relatively technical course will require racers to react to attacks out of the corners while keeping their position in mind coming into the finish.

The third race in the series will make use of RGT's unique magic roads function which turns your favorite local IRL route into an immersive virtual course. Participants will likely know this route well as it combines the route from Vancouver's Stanley Park along Marine Drive to Horseshoe Bay then carries on along the Sea to Sky Hwy to Squamish. The first half will feature non-stop rolling terrain while the back half of the race brings the challenging and sustained climbs out of Furry Creek and Britannia Beach.

In order to preview the Magic Roads route of Stanley Park to Squamish, use the Magic Roads ID below using your RGT premium account.

| Race & Registration link | Date | Course | Course Distance / Elevation |
|---|----------------------|----------------------------------|-----------------------------|
| #1 – Road Race Register | Saturday February 19 | Iron Horse Bicycle Classic | 27.8km / 300m |
| #2 – Criterium Register | Saturday February 26 | Canary Warf | 1km / 5m |
| #3 – Road Race Register Magic Roads ID: pV9US6DivgpF | Sunday March 6 | Sea to Sky Vancouver to Squamish | 65km / 1050m |

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

1.6 Useful Links

Race website - <https://cyclingbc.net/about/disciplines/road/bc-cup-virtual-series-2022/>

Results website – <https://rgtdb.com/>

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

Magic Roads ID (race #3): pV9US6DivgpF

1.7 Registration

All registration via ccnbikes.com

Series registration: <https://ccnbikes.com/#!/series/2022-virtual-bc-cup>

RGT Race Link

Only participants who have pre-registered for this event, online via the above link, will receive the link to participate in their respective category’s event.

NOTE – in addition to registering on ccnbikes.com, all registrants must sign up for the event in RGT. RGT event links will be sent included in the registration

confirmation emails as well as emailed to registered riders approximately 48hrs before race start. Please check your emails for these important links.

1.8 Categories

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

| Category | Priority 1 FTP | Priority 2 License Category | Price for licensed racers** | Price for non- members |
|----------------|-------------------|-----------------------------------|-----------------------------------|---------------------------|
| A | 4+ w/kg | Cat 1/2/3 | free | \$5 per race |
| B | 3-3.9 w/kg | Cat 3/4 | free | \$5 per race |
| C | <3 w/kg | Cat 4/5 | free | \$5 per race |
| Open Women* | All abilities | All categories | free | \$5 per race |

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

** Registration is free for members of Cycling BC and other UCI-affiliated provincial or national cycling federations. This includes cycling associations from all Canadian provinces and territories and USA Cycling.

2 Race information

2.1 Race Day Schedule

| Date | Time PT | Time ET | Race Title | Course | Laps |
|-----------|---------|---------|-------------------------------|------------------------|------|
| 19-Feb-22 | 1130 | 1430 | Cycling BC Race 1 Cat A | IronHorse | 3 |
| 19-Feb-22 | 900 | 1200 | Cycling BC Race 1 Cat B | IronHorse | 2 |
| 19-Feb-22 | 900 | 1200 | Cycling BC Race 1 Cat C | IronHorse | 1 |
| 19-Feb-22 | 1030 | 1330 | Cycling BC Race 1 Womens Open | IronHorse | 2 |
| 26-Feb-22 | 1130 | 1430 | Cycling BC Race 2 Cat A | Canary Wharf | 44 |
| 26-Feb-22 | 900 | 1200 | Cycling BC Race 2 Cat B | Canary Wharf | 36 |
| 26-Feb-22 | 900 | 1200 | Cycling BC Race 2 Cat C | Canary Wharf | 30 |
| 26-Feb-22 | 1030 | 1330 | Cycling BC Race 2 Womens Open | Canary Wharf | 36 |
| 06-Mar-22 | 1130 | 1430 | Cycling BC Race 3 Cat A | Sea to Sky to Squamish | 1 |
| 06-Mar-22 | 900 | 1200 | Cycling BC Race 3 Cat B | Sea to Sky to Squamish | 1 |
| 06-Mar-22 | 900 | 1200 | Cycling BC Race 3 Cat C | Sea to Sky to Squamish | 1 |
| 06-Mar-22 | 1030 | 1330 | Cycling BC Race 3 Womens Open | Sea to Sky to Squamish | 1 |

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

The organizer 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 Live Cameras

Join us from your pain cave! Participants are encouraged to participate with live rider cameras. Participants should connect to the zoom link 15 minutes before their event.

[Zoom link](#)

Cameras should be landscape, if possible. Riders should also try to ensure good lighting and professional looking backgrounds.

2.3 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

2.4 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 Category A races

-Voluntary but **recommended** for all other categories. Note that the top performing women in the “open women” category may be requested to share performance data.

Cycling BC will utilize the 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 account.

Participants in Cat A 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.

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 manufactures 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.

2.5 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.
- 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 1.8, Categories.
- There are no gender restrictions for Categories A, B or C. All athletes are welcome to join and are encouraged to self-seed based on FTP. The 'open women' category is open to women only.

2.6 Prizing

Real life winner's jersey for series winners in each category.

2.7 Results

Results will be posted to <https://rgtdb.com/> and <https://cyclingbc.net/about/disciplines/road/bc-cup-virtual-series-2022/>

Overall series ranking will be updated on Monday following the race.

2.8 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 | | |