



Road book & Technical Guide

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SUNDAY RACE CLUB

ROAD BOOK & TECHNICAL GUIDE

Welcome to MyWhoosh Sunday Race Club! Sunday Race Club is a category-based weekly prize money racing event on the MyWhoosh platform open to all men and women worldwide.

Every effort has been made to make this Road book & Technical Guide as complete as possible. It is important to note that we cannot be held liable for any inaccuracies, errors, omissions, or any potential consequences arising from the use of this document. Any last-minute changes or corrections will be promptly conveyed to participants via email. We ask all participant riders to review this document carefully in its entirety, and to acknowledge that they understand and accept its contents.

Fair Play is of utmost importance to us. We expect all participants to compete with honesty, integrity, and respect for fellow cyclists. Any form of unsportsmanlike behavior, including cheating, harassment or abuse, will not be tolerated and may result in disqualification and/or legal action.

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RACE STRUCTURE

RACE OVERVIEW

DAYS /TIMES

All races will occur on Sunday. Each category will have their own start time and these start times may change slightly every week, depending on the calculated handicap timing. Updated timings can be viewed every week in the [event registration page on our website](#). For example, the below timings are for the first Sunday Race Club of January 2024. All times are in Greenwich Mean Time (GMT)

CATEGORIES	MEN – START TIME	WOMEN – START TIME
CATEGORY 1	10:00 am GMT	08:00 am GMT
CATEGORY 2	09:55 am GMT	07:55 am GMT
CATEGORY 3	09:45 am GMT	07:50 am GMT
CATEGORY 4	09:40 am GMT	07:45 am GMT

COURSES AND DISTANCE

Each week will feature a new racecourse. The men will race for approximately 45km and the women will race for approximately 35km. All categories will race on the same course.

RACE FORMATS

Each category has their own start times and racers will be awarded based upon their position at the finish line. Each category will have their own leaderboard.

There will be sprint and KOM segments throughout the racecourses to determine Sprint winner and King/Queen of the mountain, but these have no impact on the GC. They are just an added competitive moment in the race.

DYNAMIC CATEGORIZATION

Categories will be set each week to create fair and competitive racing groups based upon the available competitors. There are no set limits to each category, but we will look at an athlete's historic power profile and group them with similar ability athletes to create a fun and fair race. Athletes may change categories week over week if their performance or the available competition field dictates a change. Currently, we are operating four categories in Sunday Race Club races with Category-1 representing the highest ability level and Category-4, the lowest.

All new entrants with no prior MyWhoosh racing history will be placed in the appropriate category based on their MyWhoosh Power Passport Test. They are expected to race to their capabilities and will not be eligible for prizes and/or prize money or team participation until they have satisfactorily completed three events.

QUALIFICATIONS

- Each qualifier race will have prize money for individual riders; however, each month will conclude with a Monthly Final event which will have prizes for both individuals and teams. In order to qualify for an invitation to the Monthly Final event, an athlete must complete 2 out of the available Sunday Race Club qualifier races throughout the month and pass the post-race verification process.
- There may be up to four or five Sunday Race Clubs in a month depending on the number of Sundays. For example, in August and September 2024, the schedule is as below:
 - August 4th: Qualifier Race #1
 - August 11th: Qualifier Race #2
 - August 18th: Qualifier Race #3
 - August 25th: Monthly Final Race
 - September 1st: Qualifier Race #1
 - September 8th: Qualifier Race #2
 - September 15th: Qualifier Race #3
 - September 22nd: Qualifier Race #4
 - September 29th: Monthly Final Race
- The first rule applies in both cases. For example, for the month of August 2024, an athlete would need to participate and finish any two of the three qualifier races in order to be invited to the monthly final on August 25th. For the month of September 2024, an athlete would have needed to participate and finish any two of the four qualifier races in order to be invited to the monthly final on September 29th.
- If a rider is removed from the results post-race or encounters a technical issue that stops them from completing the race, then that race will not count towards qualification. MyWhoosh reserves the right to qualify a rider based upon outstanding conditions.

PRIZE MONEY

- The same prize money amounts will be followed for both men's and women's events and different categories will have different splits.
- **PRIZE MONEY FOR QUALIFIER RACES:** Prize money will be awarded to the winners (Individuals Only) of each qualifier races of the month. The same prize money amounts will apply for both women's and men's events.
- **PRIZE MONEY FOR MONTHLY FINAL RACE:** Prize money will be awarded to the winners (Individuals & Teams) of the final race of the month. The same prize money amounts will be followed for both women's and men's events.
- **PAYMENTS** Prize money can take up to 10 weeks to be processed and credited to your bank account. Even though we strive to credit the prize money to winners as soon as possible, please note that there might be delays in international transfers and any payment and transfer is always subject to conditions and terms in the [MyWhoosh ruleset](#). If you do experience any delays or issues, kindly reach out to us at events@mywhoosh.com for support.
- New riders with no prior MyWhoosh racing history will be eligible for the prize money if they successfully complete two qualification rounds with no annulment.
- In the next slides, you can view a category-based breakdown of the prize money (all amounts in UAE dirhams).

CATEGORY-1 PRIZE MONEY

MONTHLY FINAL

INDIVIDUAL CLASSIFICATION	1st AED 10,000 2nd AED 8,000 3rd AED 6,000 4th AED 4,000 5th AED 2,000
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TEAMS CLASSIFICATION	1st AED 50,000 2nd AED 30,000 3rd AED 20,000 4th AED 10,000 5th AED 5,000
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QUALIFIER RACES

INDIVIDUAL CLASSIFICATION	1st AED 10,000 2nd AED 8,000 3rd AED 6,000 4th AED 4,000 5th AED 2,000
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CATEGORY-2 PRIZE MONEY

MONTHLY FINAL

INDIVIDUAL CLASSIFICATION	<p>1st AED 6,000 2nd AED 4,800 3rd AED 3,600 4th AED 2,400 5th AED 1,200</p> 
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TEAMS CLASSIFICATION	<p>1st AED 30,000 2nd AED 18,000 3rd AED 12,000 4th AED 6,000 5th AED 3,000</p> 
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QUALIFIER RACES

INDIVIDUAL CLASSIFICATION	<p>1st AED 6,000 2nd AED 4,800 3rd AED 3,600 4th AED 2,400 5th AED 1,200</p> 
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CATEGORY-3 PRIZE MONEY

MONTHLY FINAL

INDIVIDUAL CLASSIFICATION	<p>1st AED 3,600 2nd AED 2,880 3rd AED 2,160 4th AED 1,440 5th AED 720</p> 
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TEAMS CLASSIFICATION	<p>1st AED 18,000 2nd AED 10,800 3rd AED 7,200 4th AED 3,600 5th AED 1,800</p> 
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QUALIFIER RACES

INDIVIDUAL CLASSIFICATION	<p>1st AED 3,600 2nd AED 2,880 3rd AED 2,160 4th AED 1,440 5th AED 720</p> 
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CATEGORY-4 PRIZE MONEY

MONTHLY FINAL

INDIVIDUAL CLASSIFICATION	<p>1st AED 2,160 2nd AED 1,728 3rd AED 1,296 4th AED 864 5th AED 432</p> 
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TEAMS CLASSIFICATION	<p>1st AED 10,800 2nd AED 6,480 3rd AED 4,320 4th AED 2,160 5th AED 1,080</p> 
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QUALIFIER RACES

INDIVIDUAL CLASSIFICATION	<p>1st AED 2,160 2nd AED 1,728 3rd AED 1,296 4th AED 864 5th AED 432</p> 
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REGISTRATION

- Each race is published on the [Events Page](#) at the beginning of every week on Monday at 7 am GMT. Riders can register for the Sunday Race Club of each week by providing all the necessary details.
- Registration for each week's race closes on Thursdays at 3 am GMT.
- All participants will be given their assigned category and a start list of fellow competitors no less than 24 hours prior to the race start.
- Riders must use devices, smart trainers and power meters that meet the [minimum technical requirements of MyWhoosh](#).
- Only those direct-drive smart trainers, smart bikes, heart rate monitors or power meters that are compatible with MyWhoosh shall be permitted. **(Please refer to our Ruleset for the approved list of Smart Trainers)**
- Registration is subject to approval by MyWhoosh and MyWhoosh reserves the right to refuse registration for any reason.
- Registration also involves taking a power passport test and completing the pre-verification form, as described on the next page.

Please email any inquiries to racecontrol@mywhoosh.com.

POWER PASSPORT TEST

To be eligible to race in any MyWhoosh Esports events, riders must video themselves completing the MyWhoosh Power Passport Test, found in Workouts – Testing on the MyWhoosh application. Riders must complete a height and equipment video at the start of the test and a weigh-in directly after the test is complete. The video stream must not be broken and must include all requirements in one video.

The MyWhoosh Power Passport Test results will be used for categorization and verification and will form a major part of a rider's MyWhoosh Power Passport. To remain a valid racer, this test needs to be conducted quarterly or at the request of MyWhoosh.

- New riders must submit a MyWhoosh Power Passport Test before their registration for any MyWhoosh Esports Events is accepted, this test will remain valid for three months.
- Existing riders are required to have completed the Power Passport test by November 1, 2023, and this test will remain valid for a duration of 3 months.

Note: You must complete the entire power passport test without skipping any intervals for a valid submission.

POWER PASSPORT TEST

The following process shall apply in order to complete the categorization process for each Rider.

- Events will use dynamic categorization to create fair and competitive racing groups based on the available competitors. There are no set limits to each category, but athletes' MyWhoosh power passport and other data will be analyzed and used to group them with athletes of similar ability.
- New riders with no prior MyWhoosh racing history will be placed in the appropriate category based on their MyWhoosh Power Passport Test. They are expected to race to /their capabilities and will not be eligible for prizes and/or prize money or team participation until they have satisfactorily completed three events.
- Riders who have "sandbagged" the MyWhoosh Power Passport Test and then exceeded numbers outside of the MyWhoosh Power Passport Test parameters will be ANL for that event. The new numbers will then be used for categorization and expected power capabilities.
- Riders who exceed their expected capabilities from the MyWhoosh Power Passport Test will be asked to redo the MyWhoosh Power Passport Test and will be suspended from racing until they have redone the MyWhoosh Power Passport Test and achieved results that reflect their race result.

The accepted protocol for the power passport test can be found in the [MyWhoosh Cycling Esports Rules and Regulations](#)

PRE-VERIFICATION

- All participants need to fill out the [pre-verification form](#). You will have to upload unlisted weigh-in video, height video, equipment video, your Strava link, primary and secondary power source details among other important fields.
- The weigh-in video is a monthly requirement for MyWhoosh and needs to be conducted within 30 minutes of finishing the MyWhoosh monthly final event. The weight taken from this video will apply until the following monthly final. If a rider does not complete the monthly final or is racing MyWhoosh for the first time, the rider's weight at the completion of the MyWhoosh Power Passport Test will be used. The MyWhoosh Power Passport Test weight will be deleted once a rider completes a monthly final. The monthly final weight remains a rider's weight until they complete another monthly final. At any time, MyWhoosh may request further weight verification.
- ALL participants will need to submit a height video at least once every six months (or whenever the rider wishes to change it) at the [pre-verification form](#). Repeat submissions are not required for height videos for every registration.
- An equipment video is required as part of the MyWhoosh Power Passport Test or any time your equipment changes. Any changes from the MyWhoosh Power Passport Test must be approved by MyWhoosh Race Control team and it is mandatory to undergo another MyWhoosh Power Passport Test to validate the equipment
- Please note that your weight and height in your MyWhoosh profile must match the weight and height in your videos.
- The accepted protocol for weigh-in, height and equipment videos can be found in APPENDIX - B (PRE-RACE PROTOCOL) of the [MyWhoosh Cycling Esports Rules and Regulations](#).
- It is crucial that you input all the details correctly and failure to do the steps may result in annulment, so please spend the time to read the roadbook and ruleset and be as thorough as possible.
- Please email any inquiries to racecontrol@mywhoosh.com.

WEEKLY RACE WEIGHT PRE-VERIFICATION

- Participants need to fill out the [pre-verification form](#) with weight 90-45 min prior to every race. You will have to upload unlisted weigh-in video to YouTube and share the link. For height video, equipment video, your Strava link, primary and secondary power source you write N/A.
- The weigh-in video is a mandatory for Category 1 riders and needs to be done earliest 90 min before the start and submitted at least 45 minutes before the start of the race. MyWhoosh may request further weight verification and there will be spot checks for other categories.
- The accepted protocol for weigh-in, height and equipment videos can be found in APPENDIX - B (PRE-RACE PROTOCOL) of the [MyWhoosh Cycling Esports Rules and Regulations](#).
- It is crucial that you input all the details correctly and failure to do the steps may result in annulment, so please spend the time to read the roadbook and ruleset and be as thorough as possible.
- Please email any inquiries to racecontrol@mywhoosh.com.

TEAMS

- A team must have a minimum of 3 racers and a maximum of 5 racers to be eligible for team prizes.
- The team time will be calculated by adding up the top 3 riders' times during each stage.
- All teams must register with the same team name each week.
- A rider can join a team at any time throughout the month, however a rider cannot switch teams' mid-month.
- All team members should belong to the same category. If a rider changes category throughout the month and cannot race with their previous team, they may race as an individual or start a new team in the different category.
- All riders on any team may also be eligible for individual prize money.
- Any team whose member count is below the minimum required will not be eligible for team classification.
- New riders with no prior MyWhoosh racing history will be eligible to join a team for the monthly final race if they successfully complete two qualification rounds with no annulment.

CLASSIFICATION

GENERAL CLASSIFICATION: Each category has their own start times and racers will be awarded based upon their position at the finish line. The rider with the lowest cumulative time will be awarded as the General Classification Winner. Each category will have their own leaderboard



SPRINT WINNER: Each race will have a variety of Sprint segments throughout the course, ranging from 150m to 300m. Sprint segments will have points available for collection by finishing in the top 5 of any Sprint segment. The top 5 shall be defined as the fastest time through the sprint segment, not necessarily the first through the segment. At the end of the race, sprint points from all the sprint segments in that race will be calculated to select the Sprint Winner. Each sprint segment will have the same amounts of points. **If a scoring rider's result is annulled, their points remain with the rider, they are not passed to the next rider.**

NOTE: Points will be only be displayed in Web Results

POSITION	1 ST	2 ND	3 RD	4 TH	5 TH
POINTS	5	4	3	2	1



CLASSIFICATION

KING/QUEEN OF THE MOUNTAIN:

- Each race will have a variety of Climb segments throughout the course, ranging from 1km to 16.6km.
- Climb segments will have points available for collection by finishing in the top 5 of any climb segment. The top 5 shall be defined as the fastest time through the climb segment, not necessarily the first through the segment.
- At the end of the race, climb points from all the climb segments in that race will be calculated to select the King/Queen of the mountain.
- **If a scoring rider's result is annulled, their points remain with the rider, they are not passed to the next rider.**
- Different climb segments will have different points based on the climb difficulty level.

POSITION	1 ST	2 ND	3 RD	4 TH	5 TH
POINTS FOR 2C & BELOW	5	4	3	2	1
POINTS FOR 1C	10	8	6	4	2
POINTS FOR HC	15	12	10	8	6



RESULTS

- MyWhoosh will publish provisional and official results [here](#).
- **FINISH TIMES:** All finish times and positions will be taken exclusively from the MyWhoosh servers, regardless of what the in-game imagery may show on your local device.

TIES:

- **GC:** In the unlikely event two or more competitors receive the same finish time from the server, then the video feed from MyWhoosh Headquarters will be used as the photo finish to break any ties and assign correct finish positions, while maintaining the same finish time for each rider. In the event that the video feed is unclear, riders will be given the same finish position for that stage, and both will receive the prize money.
- **Sprint/KOM Classifications:** If there is a tie in the Sprint/KOM Classification ranking, the Sprint/KOM Winner is decided by the general classification standing.
- **VERIFICATION:** All results and performances are subject to post-race verification and no result shall be deemed final until all post-race verification measures have been fulfilled.
- **REMOVAL OF RESULTS:** If a rider has their result and/or race(s) annulled or disqualified for any reason, their finish time shall be removed from their individual and their team overall classifications.
- **POST-RACE CATEGORY ADJUSTMENT:** A rider may have their result changed to be participating in a different category from the one they completed the event with if MyWhoosh determines their data justifies such a change. This race will still count towards an athlete's qualification races.



RULES AND VERIFICATION

RACE REGULATIONS

- The full MyWhoosh Cycling Esports Rules and Regulations can be found [here](#).
- It is the athlete's sole responsibility to read through the entire Roadbook and the MyWhoosh Rules and Regulations.
- Fair Play and good sportsmanship is of utmost importance to us. We expect all participants to compete with honesty, integrity, and respect for fellow cyclists. Any form of unsportsmanlike behavior, including harassment, cheating and/or abuse, will not be tolerated and may result in disqualification and/or annulment of your race. We refer to the Fair Play principles and Code of Conduct in the MyWhoosh Rules and Regulations.

VERIFICATION

- All results and performances are subject to post-race verification and no result shall be deemed final until all post-race verification measures have been fulfilled.
- All participants in Sunday Race Club will be monitored by MyWhoosh's Performance Verification Program.
- Riders are expected to race honestly and fairly and comply in a timely manner with any requests from race control via email in an effort to verify a performance.
- At MyWhoosh's discretion riders may be requested to live stream their race to a supplied link. Failure to live stream will result in immediate disqualification.
- All riders must race with accurate height and weight in the game.
- All riders must connect their secondary power source to MyWhoosh. [Tap here](#) to learn how to connect your secondary power source to MyWhoosh. Failure to connect will result in an annulment.
- MyWhoosh reserves the right to annul, disqualify, or otherwise alter the results due to infringements of these rules or a failure to verify a performance.

EQUIPMENT

PRIMARY POWER SOURCE

Your primary data source must record controllable (or resistance), power, cadence and heart rate data. These devices must be connected in the CONNECT DEVICES game menu once you log-in. [Tap here](#) to learn how to connect your primary power source to MyWhoosh. These are the devices you can use:

- **SMART TRAINER / SMART BIKE (BLUETOOTH / ANT+):** All riders must ride on a Bluetooth/ANT+ direct drive smart trainer or smart bike. You must select this as the CONTROLLABLE, POWER and CADENCE source in the MyWhoosh application. All riders must use the default manufacturer slope settings. **Smart trainers that do not record cadence are not permitted by MyWhoosh.**
- **HEART RATE MONITOR (BLUETOOTH / ANT+):** All riders must ride with a functioning Bluetooth/ANT+ heart rate monitor, connected to the MyWhoosh application. **Heart rate monitors must be chest strap. optical sensors are not permitted.**

SECONDARY POWER SOURCE

Your secondary data source must record power and cadence data. This device must be connected to MyWhoosh directly in the SETTINGS menu. [Tap here](#) to learn how to connect your secondary power source to MyWhoosh. These are the devices you can use:

- **CRANK/PEDAL BASED POWER METER (BLUETOOTH):** All riders must use a crank or pedal based power meter that records power and cadence as a secondary source of power data within the MyWhoosh application only via Bluetooth. All riders must use the default manufacturer slope settings.

To avoid any doubt or potential confusion, the MyWhoosh application will not allow a rider to simultaneously use the primary power source to be used for secondary power data capture as well. Different power-recording devices must be connected as primary and secondary devices.

EQUIPMENT

- It is the rider's responsibility to ensure that race data is accurately reported to the MyWhoosh application without signal interference or dropouts.
- Data recorded must be recorded at one second intervals. You can adjust this in the SETTINGS menu
- All riders must calibrate or "spin down" their primary and secondary power source according to manufacturer's instructions prior to each race.
- Riders must have the ability to live stream to a provided link.
- In-game time trial bicycles cannot be used.
- In case you are using new equipment that has never been used on MyWhoosh earlier (you may be a new user, or you may be switching equipment), it is mandatory to undergo the Power Passport test prior to participating in MyWhoosh Esports Cycling events.
- Riders shall not attempt to tamper with equipment, modify any data recorded or otherwise use any mechanical, electronic or other device which provides an unfair advantage or false result.
- Riders must submit video proof of the device ID or serial number of any piece of hardware they use at the [pre-verification form](#).
- Only those direct-drive smart trainers, smart bikes, heart rate monitors or power meters that are compatible with MyWhoosh shall be permitted. (Please refer to our Ruleset for the approved list of Smart Trainers).

COMMUNICATION

POST RACE

It is compulsory that all riders upload their activity to the MyWhoosh application upon ending their race by selecting the **MYWHOOSH** icon and tapping on **UPLOAD**.

COMMUNITY REPORTING

In an effort to increase validity in the racing, any concern regarding another racer's performance must be made within 24 hours of the race conclusion in a private email to racecontrol@mywhoosh.com. Any public or private accusations or concerns are discouraged and we ask you to direct any such concerns to racecontrol@mywhoosh.com so that MyWhoosh can investigate the matter and take appropriate actions, including any applicable sanctions.

RACE CONTROL COMMUNICATION

All questions, concerns, or suggestions can be made to racecontrol@mywhoosh.com.

