SUNDAY RACE CLUB

ROAD BOOK AND TECHNICAL GUIDE

my WHOOSH

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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. Last minute changes and/or errors needing correction will be communicated to participants via email. Please read this completely.

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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 April 2023 – 2nd April 2023.

All times are in Greenwich Mean Time (GMT)

CATEGORIES	MEN - START TIME	WOMEN - START TIME
CAT-1	4:30 pm GMT	5:30 pm GMT
CAT-2	4:25 pm GMT	5:25 pm GMT
CAT-3	4:15 pm GMT	5:20 pm GMT
CAT-4	4:10 pm GMT	5:15 pm GMT

COURSES

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 segments throughout some of the racecourses, but these have no impact on the overall results. 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.

NOTE: All new entrants to Sunday Race Club (those who have not participated in any SRC events) will be placed in Category-1 (the highest ability level) for the first five Sunday Race Club races or till sufficient racing data is collected. Once this period is over, the collected data will be used to ascertain the ability level of the rider and place her/him in the appropriate category. We may also ask for an FTP test from any candidate for further data verification.

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 qualification races throughout the month and pass the post-race verification process.

- For example, in May 2023, the schedule is:
  - **May 7th**: Qualification Race #1
  - **May 14th**: Qualification Race #2
  - **May 21st**: Qualification Race #3
  - **May 28th:** Monthly Final Race

- In this case, an athlete would need to participate and finish any 2 of the first 4 weeks in order to be invited to the monthly final.

- 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.

TEAMS

- A team must have at minimum of 3 racers or 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.

- 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 are eligible for all individual prize money.

- Any team whose member count is below the minimum required will be disqualified and will not be eligible for team classification.

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 be followed 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.

- 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**
TEAMS CLASSIFICATION	1st **AED 50,000** 2nd **AED 30,000** 3rd **AED 20,000** 4th **AED 10,000** 5th **AED 5,000**

QUALIFIER RACES

INDIVIDUAL CLASSIFICATION	1st **AED 10,000** 2nd **AED 8,000** 3rd **AED 6,000** 4th **AED 4,000** 5th **AED 2,000**

CATEGORY-2 PRIZE MONEY

MONTHLY FINAL

INDIVIDUAL CLASSIFICATION	1st **AED 6,000** 2nd **AED 4,800** 3rd **AED 3,600** 4th **AED 2,400** 5th **AED 1,200**

TEAMS CLASSIFICATION	1st **AED 30,000** 2nd **AED 18,000** 3rd **AED 12,000** 4th **AED 6,000** 5th **AED 3,000**

QUALIFIER RACES

INDIVIDUAL CLASSIFICATION	1st **AED 6,000** 2nd **AED 4,800** 3rd **AED 3,600** 4th **AED 2,400** 5th **AED 1,200**

CATEGORY-3 PRIZE MONEY

MONTHLY FINAL

INDIVIDUAL CLASSIFICATION	1st AED 3,600 2nd AED 2,880 3rd AED 2,160 4th AED 1,440 5th AED 720

TEAMS CLASSIFICATION	1st AED 18,000 2nd AED 10,800 3rd AED 7,200 4th AED 3,600 5th AED 1,800

QUALIFIER RACES

INDIVIDUAL CLASSIFICATION	1st AED 3,600 2nd AED 2,880 3rd AED 2,160 4th AED 1,440 5th AED 720

CATEGORY-4 PRIZE MONEY

MONTHLY FINAL

INDIVIDUAL CLASSIFICATION	1st **AED 2,160** 2nd **AED 1,728** 3rd **AED 1,296** 4th **AED 864** 5th **AED 432**
TEAMS CLASSIFICATION	1st **AED 10,800** 2nd **AED 6,480** 3rd **AED 4,320** 4th **AED 2,160** 5th **AED 1,080**

QUALIFIER RACES

INDIVIDUAL CLASSIFICATION	1st **AED 2,160** 2nd **AED 1,728** 3rd **AED 1,296** 4th **AED 864** 5th **AED 432**

REGISTRATION

- Each race is published at the [Events Page](#) at the start of every week and athletes may register for each week's Sunday Race Club here by inputting all the details required.
- Registration for each week's qualification closes 12 hours prior to race start.
- All participants will be given their assigned category and a start list of fellow competitors no less than 2 hours prior to the race start.
- Registration is subject to approval by MyWhoosh and MyWhoosh reserves the right to refuse registration for any reason.
- Registration also involves filling out the pre-verification form which will be described on the next page

Please email any inquiries to racecontrol@mywhoosh.com.

PRE-VERIFICATION

- All participants need to fill out the pre-verification form prior to the race here. 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.
- Kindly select the appropriate SUNDAY RACE CLUB event with the correct date in the Race field dropdown.
- ALL participants will need to submit a weigh-in video no more than 48 hours prior to the start of the race and no less than 12 hours prior to the start of the race at our pre-verification form.
- 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.
- ALL participants will need to submit their equipment video 12 hours prior to the race start. In case you are using the same equipment, you can use the same video for repeat submissions. In case you are changing any equipment or are a new user, you would require a new video. 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 will be mandatory to do a 30-minute free-ride/workout/event prior to participating in Sunday Race Club.
- The accepted protocol for weigh-in, height and equipment videos can be found in APPENDIX - B (PRE-RACE PROTOCOL) of the MyWhoosh ruleset.
- 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 technical guide and ruleset and be as thorough as possible.
- Please email any inquiries to racecontrol@mywhoosh.com.

RESULTS

- MyWhoosh will publish provisional and official results [here.](here)

- **FINISH TIMES:** All finish times and positions will be taken from the MyWhoosh Servers, regardless of what the in-game imagery may show on your local device.

- **TIES:** 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.

- **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 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 Esports Rules and Regulations can be found [here](#).
- In the event this technical guide conflicts with the above rules & regulations, this technical guide shall take precedent. Please use this technical guide as your primary source of information.
- Please read the complete ruleset in the above link, as there are multiple changes to the previous MyWhoosh racing guidelines.
- It is the athlete's responsibility to read through the entire Technical Guide and Ruleset and then comply with all the rules.

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. The smart trainer must be set to a minimum of 50% trainer difficulty in the settings and all riders must use the default manufacturer slope settings.
- **CADENCE SENSOR (BLUETOOTH / ANT+)**: In case your smart trainer/smart bike does not record cadence, you should connect a separate Bluetooth/ANT+ cadence sensor to MyWhoosh.
- **HEART RATE MONITOR (BLUETOOTH / ANT+):** All riders must ride with a functioning Bluetooth/ANT+ heart rate monitor, connected to the MyWhoosh application.

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 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 will be mandatory to do a 30-minute free-ride/workout/event prior to participating in Sunday Race Club.
- 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.

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 made otherwise will be disregarded and the competitor making such accusations may be sanctioned accordingly.

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