



Sunday Race Club

Road Book & Technical Guide

V5.4

15th February 2023

MyWhoosh Sunday Race Club

Road Book & Technical Guide

Welcome to the MyWhoosh Sunday Race Club!

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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Sunday Race Club

Race Structure



DYNAMIC CATEGORIES

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.



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** - <https://event.mywhoosh.com/> . For example, the below timings are for the third Sunday Race Club of February 2023 – 19th January 2023.

All times are in Gulf Standard Time (UTC +4).

| CATEGORIES | MEN – START TIME | WOMEN – START TIME |
|------------|------------------|--------------------|
| CAT-4 | 1:40 pm GST | 11:45 am GST |
| CAT-3 | 1:45 pm GST | 11:50 am GST |
| CAT-2 | 1:55 pm GST | 11:55 am GST |
| CAT-1 | 2:00 pm GST | 12:00 pm GST |

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

All races will follow the “scratch race” format. 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.



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 March 2023, the schedule is:

- **March 5th**: Qualification Race #1
- **March 12th**: Qualification Race #2
- **March 19th**: Qualification Race #3
- **March 26th**: 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 3 racers to be eligible for team prizes.

A team may have at maximum 5 racers.

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.

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.



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.

A breakdown of the prize money (all amounts in UAE dirhams) are as follows:

| INDIVIDUALS | CATEGORY 1 | CATEGORY 2 | CATEGORY 3 | CATEGORY 4 |
|-------------|------------|------------|------------|------------|
| 1st | 10,000 | 6,000 | 3,600 | 2,160 |
| 2nd | 8,000 | 4,800 | 2,880 | 1,728 |
| 3rd | 6,000 | 3,600 | 2,160 | 1,296 |
| 4th | 4,000 | 2,400 | 1,440 | 864 |
| 5th | 2,000 | 1,200 | 720 | 432 |



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.

A breakdown of the prize money (all amounts in UAE dirhams) are as follows:

| INDIVIDUALS | CATEGORY 1 | CATEGORY 2 | CATEGORY 3 | CATEGORY 4 |
|-------------|------------|------------|------------|------------|
| 1st | 10,000 | 6,000 | 3,600 | 2,160 |
| 2nd | 8,000 | 4,800 | 2,880 | 1,728 |
| 3rd | 6,000 | 3,600 | 2,160 | 1,296 |
| 4th | 4,000 | 2,400 | 1,440 | 864 |
| 5th | 2,000 | 1,200 | 720 | 432 |
| TEAMS | CATEGORY 1 | CATEGORY 2 | CATEGORY 3 | CATEGORY 4 |
| 1st | 50,000 | 30,000 | 18,000 | 10,800 |
| 2nd | 30,000 | 18,000 | 10,800 | 6,480 |
| 3rd | 20,000 | 12,000 | 7,200 | 4,320 |
| 4th | 10,000 | 6,000 | 3,600 | 2,160 |
| 5th | 5,000 | 3,000 | 1,800 | 1,080 |



Sunday Race Club

Competition Format



REGISTRATION

Each race is published at <https://event.mywhoosh.com/> at the start of every week and athletes may register for each week's Sunday Race Club.

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.

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 <https://mywhoosh.com/weightvideo>. **ALL** participants will need to submit a height video at least once every six months (or whenever the rider wishes to change it) at <https://mywhoosh.com/weightvideo>. Repeat submissions are not required for height videos for every registration. The protocol to be followed for weigh-in and height videos can be found in the MyWhoosh ruleset at www.mywhoosh.com/ruleset.



RESULTS

MyWhoosh will publish provisional results via <https://mywhoosh.com/results/>

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.

If there is a tie in the overall classification, the rider with the highest finishing place in the most recent stage will be given the higher position.



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.



Sunday Race Club

Rules & Regulations



RULES & REGULATIONS

The full MyWhoosh Esports Rules and Regulations can be found at:

<https://mywhoosh.com/mywhoosh-ruleset>

In the event this technical guide conflicts with the above rules & regulations, this technical guide shall take precedent.

Please read the complete ruleset in the above link, it is the athlete's responsibility to comply with all the rules.



VERIFICATION

All attempts will be made to verify rider performances following each race.

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.

All riders must race with accurate height and weight in the game.

ALL riders must submit a **dual recording of a secondary power source** (with heart rate and cadence) within 4 hours of the completion of the race at verification@mywhoosh.com in .fit file format.

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

- All riders must ride on a direct drive smart trainer or smart bike and select this as their primary power source within the MyWhoosh application.
- All riders must select the smart trainer or smart bike as a controllable trainer in the MyWhoosh application.
- All riders must submit cadence and heart rate through the MyWhoosh application for the duration of the race.
- The smart trainer must be set to a minimum of 50% trainer difficulty in the MyWhoosh application settings.
- All riders must use a power meter as a secondary source of power data recording to a separate recording device, including heart rate and cadence.
- All riders must use the default manufacturer slope settings on any power meter or trainer.
- It is the rider's responsibility to ensure that race data is accurately reported to the MyWhoosh application without signal interference or dropouts.
- All riders must ride with a functioning Bluetooth heart rate monitor and cadence sensor, connected to the MyWhoosh application and, when applicable, a secondary recording device.
- All riders must calibrate or “spin down” their trainer according to manufacturer’s instructions prior to each race.



POST RACE

- It is compulsory that all riders save their activity in the MyWhoosh application under the “public” setting.
- Any necessary dual recorded data must be submitted directly from the device it was recorded on and in .fit file format. Any altered or manipulated data files, or data files in a different format, will not be accepted and the rider will be removed from the race, subject to further sanctions.

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





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