

OCA Indoor Road Racing Series 2020



Technical Guide
Saturday, May 9

CORRECTION – See pg 2/3

Version 1.0

ARC Event
Management



Ontario Cycling Association

Welcome to the OCA Indoor Road Race Series (IRRS). During these novel times where outdoor, in person racing is not possible, we wanted to provide a continued sense of community through organizing a weekly race series to allow everyone the chance to race together, albeit indoors separately!

Using the Zwift platform, we will be holding a weekly race on Saturday at 10:30 AM EST Beginning Saturday May 2nd, and running weekly until the restrictions on outdoor racing have been lifted.

Registration



That's right! There's no cost to the racing outside of what you need to do indoor training with Zwift (see the section on connecting with Zwift for more details).

You **MUST** still register with us however. We need to know who you are so we can create start lists and finalize results. You must sign up every week, by **Friday 6:00 PM EST** using our online form, with a new one available every week. Here is the form for this race:

<https://forms.gle/woo39zuR7djFShkH6>

Categories

Because Zwift's category system doesn't quite match up to the "Ontario" categories, we have drawn up a system that matches up closely, of course with exceptions:

Zwift Category	Ontario Category	ONTARIO CODE What to include at the end of your Username	Max Watts/Kilogram Average
Zwift A	Elite 1/2 Men	E12M	N/A
	Master 1 Men	M1M	
Zwift B	Elite 3 Men	E3M	3.99 W/kg
	Master 2 Men	M2M	
Zwift C	Elite 4 Men	E4M	3.19 W/kg
	Master 3 Men	M3M	
Zwift D	U17 Men/Women	U17M / U17W	N/A
	U15 Men/Women	U15M / U15W	
	Beginner/Sportif	SPT	
	Elite 1/2 Women*	E12W	
	Elite 3 Women*	E3W	
	Master Women*	MW	

CORRECTION – MAY 7th, 2020

Picking Your Category:

If you don't know what your Zwift category is or know what your average wattage would be for an hour long race in Zwift, start with your "Ontario" category. If it's too high you can always move down. If it's too low, and your wattage is over the category max, we'll move you up to the next category for the next race.

Aside from registering for the race every week, you will need **modify your Zwift Username** to include the code in the table above so everyone knows what category you are racing in during the event.

IMPORTANT: If your Zwift and your "Ontario" category doesn't match where you are racing in Zwift, that's OK. This will be your new "virtual" category. Everyone is required to add the ONTARIO CODE to the end of their Zwift user name – right after your last name.



WOMEN: We are introducing the "E" category, which is a women's only category with no wattage maximum. Here you can simply sign up for the E race and use your actual "Ontario" category where we will break out results based on those categories. If you still want to race another category for some reason, that's OK, but we'll only be breaking out results by category for the E Racers.

CORRECTION May 7, 2020 – Unfortunately, we were not able to secure the Women's E category for this week's race. We would like to encourage all women racers to return to the D category for this week while we sort it out.

YOUTH: We would like to welcome some of our youth racers to the event. All U17 and U15 men and women are invited to race in the D category – just remember to add your category to your name (see chart). To clarify, any racer under the age of 15 would be in the U15 category, we are not providing results for U13 or U11. If you want to race outside of D, you'll have to race with an Elite code as we won't break out Youth results outside of D.

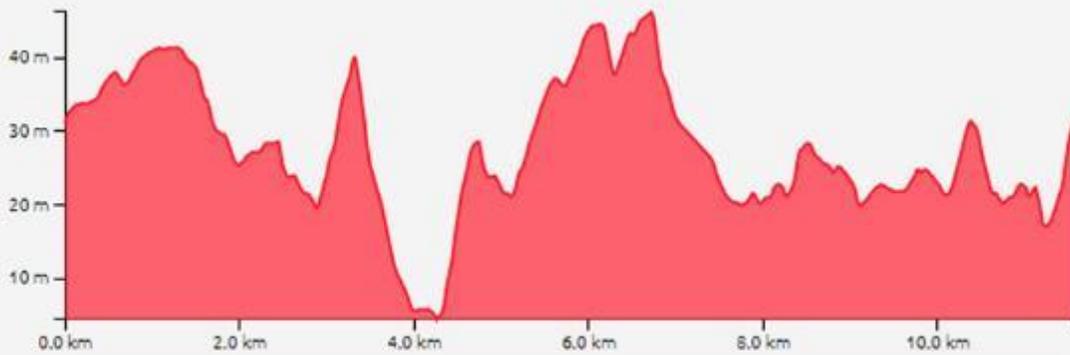
The Race

Search Zwift Events for "OCA Indoor Road Race Series" on Saturday, May 09, 10:30 AM EST and enter into the category that you submitted to us during registration. If you want to change, you **MUST** let us know before the start of the race.

This week the course will be the famed Astoria Line 8 Course. Using the Perimeter Loop in Central Park Manhattan, this 11.5 km loop is sure to thrill as many New Yorkers have described the layout and gradient to be fairly pitch perfect. There is some climbing, but nothing to shake a stick at.

Category Groups	Laps	Distance
Zwift A (E12/M1)	6	69.0 KM
Zwift B (E3/M2)	5	57.5 KM
Zwift C (E4/M3)	4	46.0 KM
Zwift D (Youth/Sportif/Women)	3	34.5 KM

I ❤️ NY



Each week the race will consist of a different course that will aim for a 90 mins race for the Zwift A groupers and have a number of laps adjusted accordingly. Everyone will do the same distance, meaning even if you get lapped in your race, you will still complete the full distance.

Afterwards, we will pull out results from everyone who “pre-registered” with us and create an IRRS result for each “Ontario” category

Connecting with Zwift

If you don't already have a Zwift account, here's what you will need for this race:

TRAINER

You can do this race on practically any indoor trainer, but it's recommended to use a smart trainer or power meter that can talk to your computer and relay wattage data. Even if you don't have one of those, a regular magnetic or fluid trainer will work, however you will need speed and cadence sensors for your bike and an ANT+ stick for your computer to pick up the data. If you have a heartrate monitor, you're welcome to use it to show off how hard you are working!!!

ZWIFT

To download the software needed, go to www.zwift.com, download the software (OS specific) and register for the service. There is typically a limited free trial, but the regular monthly fees are under \$20 CAD. You will be asked to create a username. Don't forget to include the “Ontario” categories we mentioned above.

We recommend getting this set up days before the first race, and even testing things out with a solo ride in Zwift. At the very minimum, login at least 45 mins before the race to ensure you can sign up for the race and that all your settings are correct. If all is well, the worst thing is you'll get a good warm up.

Once you have the software up and running, you'll be asked for some data regarding your trainer setup and your biometrics. It is a very simple process and the software guides you through it.

For a fully detailed FAQ on how to use Zwift, go here: <https://support.zwift.com/categories/what-you-need-to-ride-BJjM4TyeH>

ZWIFT COMPANION APP

In order to get the fullest experience out of using Zwift, it is highly recommended to download the Zwift Companion App onto your phone or tablet (available on the Google Play Store or the Apple App Store).

Rules & Regulations

- In order to keep things fair, please be honest when inputting your data into Zwift, especially your height and weight as this will affect your avatar's physics
- Categories in Zwift may not translate to "Ontario" categories. Please use the table in the tech guide to match your wattage to the "virtual" category
- No one will ever be downgraded from riding up a category, however, we will move you up categories if your power in Zwift is over the max for the category
- Registration is available here: <https://forms.gle/woo39zuR7djFShkH6>
- You need to register or your results will not be recorded
- You must sign up every week, by **Friday 6:00 PM EST**. Registration will be closed after that.
- If you do not appear in the Zwift Results, you will be listed as DNS
- Too many DNS's may result in exclusion from future results
- If you complete part of the race but do not finish, your result will be listed as DNF
- Riders finishing within a group will receive the same time as the leader of the group
- Feeding is open from the start of the race and closes after 0 KM to go
- Feed zones are located on the table next to your trainer
- Results will be posted on the OCA website as soon as possible after the racing concludes
- Categories and performances in Zwift may not be used to apply for up/downgrades on your OCA licensed category
- Maintenance and safe operation of bicycles and trainers is the sole responsibility of the participant
- You must be in proper physical shape and health in order to participate
- The OCA and ARC Event Management is not responsible for any issues that may arise as a result of your participation in this event
- There is no dispute process beyond clerical errors and omissions
- Enjoy the racing amongst friends

Contact

Race Director: Andrew Paradowski, ARC Event Management

OCA Events Coordinator: Chantal Thompson, Ontario Cycling Association

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