



Ontario Cycling Association
Virtual Challenge #2

p/b Morning Glory Cycling Club



mgcc

Sand and Sequoias
Saturday January 23rd 2021
Zwift Racing Platform

Technical Guide

Version 1.1

Welcome

Welcome to the OCA Virtual Challenge #2 taking place on the **Zwift Sand and Sequoias** course. The winter season can be challenging when it comes to finding motivation to train. When it's too cold outside for outdoor riding and racing, we wanted to provide a continued sense of community through promoting virtual riding and racing opportunities ranging from club to national level events. In addition to this, the OCA is organizing several of our own Virtual Challenges to allow everyone the chance to race together, albeit indoors separately. Using the Zwift platform, the **Virtual Challenge #2** will take place on **Saturday January 23rd at 9:00 AM EST**.

Registration

FREE. That's right! There's no cost to this event outside of what you need to do indoor training with Zwift (see the section on connecting with Zwift on page 5 for more details).

You **MUST** register with us however, we need to know who you are so we can create start lists and finalize results. You must **sign up by Friday January 22nd at 6:00pm EST** using our online form available here:

https://docs.google.com/forms/d/e/1FAIpQLSfz97wRnDkcqeETrqvU032XmEy10YgriR4doDLti47QHt3Lw/viewform?usp=sf_link

Categories

Virtual riding and racing is its own discipline. Because of that, your Road racing category has little bearing on where you belong in Zwift. If you have a race licence and your category is Elite 4, you may not necessarily slot into the prescribed Zwift category listed below as Zwift C, solely because of the power you can put out on a trainer. Here in Zwift, your category will be based on your average Watts per Kilogram. What that means is, if you average 240 Watts over the course of the race (60-90 minutes in our case) and you weigh 80 KG, then you will be delivering 3.0 W/kg to the virtual race computer. It will then adjust your racing avatar accordingly.

While it might seem strange, some racers may fair much better in the virtual world than on the road because of their wattage alone. If you don't know what your average wattage is for an indoor ride like this, we've compiled a chart (see next page) that you can use as a guiding point; however, don't be surprised if your virtual category is different from your road licence.

While there is nothing preventing you from entering any category in Zwift, we will be monitoring results and will be notifying riders if they potentially belong in a different category. Youth will not be held to category watt limits, however if you elect to move up, you will be scored within your chosen Zwift Category and not separately as youth riders.

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.

Ontario Road Category	Max Watts/Kilogram Average	Suggested Zwift Category
Elite 1/2 Men	N/A	Zwift A
Master 1 Men		
Elite 3 Men	3.99 W/kg	Zwift B
Master 2 Men		
Elite 4 Men	3.19 W/kg	Zwift C
Master 3 Men		
U17 Men/Women*	2.49 W/kg	Zwift D
U15 Men/Women*		
Beginner Sportif		
Elite 1/2 Women	N/A	Zwift E
Elite 3 Women		
Master Women		

The Race

Search Zwift Events in the Zwift Companion app for:

MGCC hosts Ontario Cycling Association Virtual Challenge #2 taking place on **Saturday, January 23rd, 9:00 AM EST** and enter into the category that you submitted to us during registration. If you want to change Zwift Categories, you MUST let us know before the start of the race by emailing events.team@ontariocycling.org

The course for OCA Virtual Challenge #2 will be the Watopia Sand and Sequoias Course. West meets East in this fun splicing of two disparate worlds. A meeting of the desert with the tall trees of the west coast provides riders with some exciting scenery and elevation changes. The desert section is both bone dry and bone flat while the forest grove has some moderate climbing creating a fun and challenging race course. The lap distance is 20.2 KM with a 2.4km lead in. Feed zones are located on the table beside your trainer. Feeding is open throughout the race.

Category Groups	Laps	Distance
Zwift A	3	63.0 KM
Zwift B	3	63.0 KM
Zwift C	2	42.8 KM
Zwift D	2	42.8 KM
Zwift E: Women's Categories	2	42.8 KM

Everyone within the same start wave will complete the same distance, meaning even if you get lapped by someone within your category, you will still complete the full distance.

After the race is over, we will pull out pre-registered riders from the various Zwift Categories to create the Virtual Challenge #2 results which will be posted on our webpage.

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, and allows you to register for any number of rides and races on the platform, including OCA Virtual Challenge #2.

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 minutes 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 full 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). Upon setting yourself up on the companion app, you can then find and add events to your calendar. Search for "MGCC hosts Ontario Cycling Association Virtual Challenge #2" taking place on January 23rd at 9am and click the category of your choice to add it to your upcoming events calendar. If you are unable to download the Zwift Companion application to your phone or tablet, you can also find this event by visiting <https://zwift.com/events/view/1283173>

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 may move you up categories if your power in Zwift is over the max for the category
- Registration is available here:
https://docs.google.com/forms/d/e/1FAIpQLSfz97wRnDkcqeETrqvU032XmEy10YgriR4doDLti47QHzT3Lw/viewform?usp=sf_link
- You need to register or your results will not be recorded
- You must sign up by **Friday January 22nd at 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
- 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
- Results will be posted on the OCA website within 48 hours of completion
- 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 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
- Share pics of your pain cave by using **#OntarioCyclingESPORTS**
- Enjoy the racing amongst friends

Contact

OCA Events and Program Coordinator: Chantal Thompson, Ontario Cycling Association
events.team@ontariocycling.org

Reference material provided by Zwift at <https://www.zwift.com>