



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 OVERVIEW

DAYS /TIMES

All races will occur on a Sunday. Each category will have their own start time, and these start times may change slightly every week. Full breakdown in ruleset. See categories and start times listed below:

CATEGORIES	MEN – START TIME	WOMEN – START TIME
CATEGORY 1	05:05 pm GMT	04:05 pm GMT
CATEGORY 2	05:00 pm GMT	04:00 pm GMT
CATEGORY 3	04:50 pm GMT	03:50 pm GMT
CATEGORY 4	04:45 pm GMT	03:45 pm GMT
CATEGORY 5	04:40 pm GMT	03:40 pm GMT
CATEGORY 6	04:35 pm GMT	03:35 pm GMT

COURSES AND DISTANCE

Each week will feature a different course. All categories will mostly race on the same course with each course distance varying between 40 - 55km for the men and for women some courses will be a shortened version of the men's routes, while others will be a custom 35 km route.

RACE FORMATS

The race format is a Scratch Race. Prizes apply for Overall standings, Sprints, and KOM/QOM in each category.

DYNAMIC CATEGORIZATION & TEAMS

CATEGORIES:

- Categories will be set dynamically each week to create fair and competitive racing based upon the available competitors. Riders will be categorized based on results, FTP and other data variables.
- There are 6 categories with Cat 1 being the highest level.
- New entrants will be categorized based on their PPT results and are not eligible for prizes until 2 SRC events are completed without an ANL.

TEAMS:

- Teams must consist of 3 to 5 racers from the same category.
- The combined overall times of each team's top three riders are used for team results.

QUALIFICATIONS, PRIZE MONEY & RESULTS

QUALIFICATIONS:

- There may be up to five Sunday Race Clubs in a month depending on the number of Sundays. The monthly final will always be the last Sunday of the month.
- Rider must complete at least two events each month and pass the post-race verification to be eligible to race in the 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.

PRIZE MONEY:

- Prize money is available for individuals in each Qualifier race and available for both Individuals and Teams in the monthly final which occurs on the final Sunday of each month.
- Details about prize money are outlined in the ruleset. Contact events@mywhoosh.com for delays or issues.
- Riders that enter SRC and do not start in more than one race per month will not be eligible for monthly finals.

RESULTS:

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

CATEGORY 1 PRIZE MONEY



INDIVIDUAL CLASSIFICATION (ALL RACES)

1 st	\$2,170
2 nd	\$1,630
3 rd	\$1,360
4 th	\$820
5 th	\$540
6 th	\$490
7 th	\$440
8 th	\$330
9 th	\$240
10 th	\$140

TEAM CLASSIFICATION (MONTHLY FINAL)

1 st	\$9,520
2 nd	\$6,800
3 rd	\$5,440
4 th	\$3,270
5 th	\$2,720
6 th	\$2,180
7 th	\$1,360

PRIZE PER SEGMENT

1 st	\$70
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SPRINT WINNER

1 st	\$135
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KING/QUEEN OF THE MOUNTAINS

1 st	\$135
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CATEGORY 2 PRIZE MONEY



INDIVIDUAL CLASSIFICATION (ALL RACES)

1st \$1,310

2nd \$980

3rd \$820

4th \$490

5th \$330

6th \$290

7th \$260

8th \$200

9th \$150

10th \$80

TEAM CLASSIFICATION (MONTHLY FINAL)

1st \$5,710

2nd \$4,080

3rd \$3,270

4th \$1,960

5th \$1,630

6th \$1,310

7th \$820

PRIZE PER SEGMENT

1st \$50

SPRINT WINNER

1st \$110

KING/QUEEN OF THE MOUNTAINS

1st \$110

CATEGORY 3 PRIZE MONEY



INDIVIDUAL CLASSIFICATION (ALL RACES)

1st \$780

2nd \$590

3rd \$490

4th \$290

5th \$196

6th \$180

7th \$160

8th \$120

9th \$90

10th \$50

TEAM CLASSIFICATION (MONTHLY FINAL)

1st \$3,430

2nd \$2,450

3rd \$1,960

4th \$1,180

5th \$980

6th \$780

7th \$490

PRIZE PER SEGMENT

1st \$40

SPRINT WINNER

1st \$80

KING/QUEEN OF THE MOUNTAINS

1st \$80

CATEGORY 4 PRIZE MONEY



INDIVIDUAL CLASSIFICATION (ALL RACES)

1st \$470

2nd \$350

3rd \$290

4th \$180

5th \$120

6th \$110

7th \$90

8th \$80

9th \$50

10th \$30

TEAM CLASSIFICATION (MONTHLY FINAL)

1st \$2,000

2nd \$1,470

3rd \$1,200

4th \$700

5th \$590

6th \$470

7th \$295

PRIZE PER SEGMENT

1st \$30

SPRINT WINNER

1st \$55

KING/QUEEN OF THE MOUNTAINS

1st \$55

CATEGORY 5 PRIZE MONEY



INDIVIDUAL CLASSIFICATION (ALL RACES)

1st \$280

2nd \$200

3rd \$180

4th \$100

5th \$70

6th \$65

7th \$55

8th \$40

9th \$30

10th \$20

TEAM CLASSIFICATION (MONTHLY FINAL)

1st \$1,230

2nd \$890

3rd \$710

4th \$430

5th \$350

6th \$280

7th \$180

PRIZE PER SEGMENT

1st \$20

SPRINT WINNER

1st \$30

KING/QUEEN OF THE MOUNTAINS

1st \$30

CATEGORY 6 PRIZE MONEY



INDIVIDUAL CLASSIFICATION (ALL RACES)

1 st	\$170
2 nd	\$130
3 rd	\$110
4 th	\$60
5 th	\$45
6 th	\$40
7 th	\$35
8 th	\$30
9 th	\$20
10 th	\$10

TEAM CLASSIFICATION (MONTHLY FINAL)

1 st	\$740
2 nd	\$530
3 rd	\$430
4 th	\$250
5 th	\$210
6 th	\$170
7 th	\$110

PRIZE PER SEGMENT

1 st	\$15
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SPRINT WINNER

1 st	\$15
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KING/QUEEN OF THE MOUNTAINS

1 st	\$15
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PRE-VERIFICATION & POWER PASSPORT

REGISTRATION:

- Registration for each SRC event opens every Monday before the event at 7:00 AM GMT and closes on Thursday at 3:00 AM GMT.
- Participants will receive their assigned category and competitor list 24 hours before the race.
- Riders that enter SRC and do not start in more than one race per month will not be eligible for monthly finals.

POWER PASSPORT:

- Riders must complete a Power Passport Test and pre-verification form to become eligible to race in SRC prior to their first event.
- The power passport results are used for categorization and verification.
- Accepted protocols for the Power Passport Test are outlined in the MyWhoosh Rules and Regulations.

PRE-VERIFICATION:

The pre-verification form includes the following:

- Weigh-in Video: Required monthly for Categories 2-6, conducted within 30 minutes of completing the monthly final event. For Category 1 riders, weigh-in videos must be submitted 90 to 45 minutes before each event.
- Height Video: Required with PPT submission or whenever a change is needed.
- Equipment Video: Required with PPT submission and mandatory if equipment changes.
- Other details like Strava link, primary and secondary power source data are required.
- All videos must be unlisted and submitted as links.
- More details on the verification process can be found in the ruleset: [MyWhoosh Cycling Esports Rules and Regulations](#)

CATEGORY 1: WEEKLY PRE-RACE WEIGH IN

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 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.

CATEGORY 2-6: MONTHLY POST- RACE WEIGH IN

Participants need to fill out the [pre-verification form](#) with post race weight max 30 min post race after the monthly final.

This will be the race weight applied for the next month.

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 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.

CLASSIFICATION

OVERALL STANDINGS: 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 Overall Winner. Each category will have their own leaderboard.



SPRINT WINNER: Each race will have a variety of Sprint segments throughout the course. 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.
- 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 and 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



RACE REGULATIONS, VERIFICATIONS & EQUIPMENT

REGULATIONS:

- The full MyWhoosh Cycling Esports Rules and Regulations can be found [here](#).

VERIFICATION:

- Results are subject to post-race verification.
- All results and classifications are provisional until verification processes are completed. Full breakdown in ruleset.

EQUIPMENT:

- Riders must use approved smart trainers, power meters, and heart rate monitors.
- Equipment requirements are outlined in the MyWhoosh Rules and Regulations and can be found [here](#).

COMMUNICATION:

- Race concerns or suggestions should be directed to racecontrol@mywhoosh.com
- Provisional and official results are published on the MyWhoosh website.

