



# 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	10:00 am GMT	08:00 am GMT
CATEGORY 2	09:55 am GMT	07:55 am GMT
CATEGORY 3	09:45 am GMT	07:45 am GMT
CATEGORY 4	09:40 am GMT	07:40 am GMT
CATEGORY 5	09:35 am GMT	07:35 am GMT
CATEGORY 6	09:30 am GMT	07:30 am 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.
- To be eligible for a team and team prize money a rider must have completed two races without an ANL during the calendar month.

# 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 a team for the finals.
- 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.
- Riders are allowed to start the final as individual having completed no other SRC races during that calendar month.

## 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](mailto:events@mywhoosh.com) for delays or issues.

## RESULTS:

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

# CATEGORY 1 PRIZE MONEY



## INDIVIDUAL CLASSIFICATION (ALL RACES)

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

## TEAM CLASSIFICATION (MONTHLY FINAL)

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

## PRIZE PER SEGMENT

1 <sup>st</sup>	\$70
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## SPRINT WINNER

1 <sup>st</sup>	\$135
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## KING/QUEEN OF THE MOUNTAINS

1 <sup>st</sup>	\$135
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# CATEGORY 2 PRIZE MONEY



## INDIVIDUAL CLASSIFICATION (ALL RACES)

1 <sup>st</sup>	\$1,310
2 <sup>nd</sup>	\$980
3 <sup>rd</sup>	\$820
4 <sup>th</sup>	\$490
5 <sup>th</sup>	\$330
6 <sup>th</sup>	\$290
7 <sup>th</sup>	\$260
8 <sup>th</sup>	\$200
9 <sup>th</sup>	\$150
10 <sup>th</sup>	\$80

## TEAM CLASSIFICATION (MONTHLY FINAL)

1 <sup>st</sup>	\$5,710
2 <sup>nd</sup>	\$4,080
3 <sup>rd</sup>	\$3,270
4 <sup>th</sup>	\$1,960
5 <sup>th</sup>	\$1,630
6 <sup>th</sup>	\$1,310
7 <sup>th</sup>	\$820

## PRIZE PER SEGMENT

1 <sup>st</sup>	\$50
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## SPRINT WINNER

1 <sup>st</sup>	\$110
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## KING/QUEEN OF THE MOUNTAINS

1 <sup>st</sup>	\$110
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# CATEGORY 3 PRIZE MONEY



## INDIVIDUAL CLASSIFICATION (ALL RACES)

1 <sup>st</sup>	\$780
2 <sup>nd</sup>	\$590
3 <sup>rd</sup>	\$490
4 <sup>th</sup>	\$290
5 <sup>th</sup>	\$196
6 <sup>th</sup>	\$180
7 <sup>th</sup>	\$160
8 <sup>th</sup>	\$120
9 <sup>th</sup>	\$90
10 <sup>th</sup>	\$50

## TEAM CLASSIFICATION (MONTHLY FINAL)

1 <sup>st</sup>	\$3,430
2 <sup>nd</sup>	\$2,450
3 <sup>rd</sup>	\$1,960
4 <sup>th</sup>	\$1,180
5 <sup>th</sup>	\$980
6 <sup>th</sup>	\$780
7 <sup>th</sup>	\$490

## PRIZE PER SEGMENT

1 <sup>st</sup>	\$40
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## SPRINT WINNER

1 <sup>st</sup>	\$80
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## KING/QUEEN OF THE MOUNTAINS

1 <sup>st</sup>	\$80
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# CATEGORY 4 PRIZE MONEY



## INDIVIDUAL CLASSIFICATION (ALL RACES)

1 <sup>st</sup>	\$470
2 <sup>nd</sup>	\$350
3 <sup>rd</sup>	\$290
4 <sup>th</sup>	\$180
5 <sup>th</sup>	\$120
6 <sup>th</sup>	\$110
7 <sup>th</sup>	\$90
8 <sup>th</sup>	\$80
9 <sup>th</sup>	\$50
10 <sup>th</sup>	\$30

## TEAM CLASSIFICATION (MONTHLY FINAL)

1 <sup>st</sup>	\$2,000
2 <sup>nd</sup>	\$1,470
3 <sup>rd</sup>	\$1,200
4 <sup>th</sup>	\$700
5 <sup>th</sup>	\$590
6 <sup>th</sup>	\$470
7 <sup>th</sup>	\$295

## PRIZE PER SEGMENT

1 <sup>st</sup>	\$30
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## SPRINT WINNER

1 <sup>st</sup>	\$55
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## KING/QUEEN OF THE MOUNTAINS

1 <sup>st</sup>	\$55
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# CATEGORY 5 PRIZE MONEY



## INDIVIDUAL CLASSIFICATION (ALL RACES)

1 <sup>st</sup>	\$280
2 <sup>nd</sup>	\$200
3 <sup>rd</sup>	\$180
4 <sup>th</sup>	\$100
5 <sup>th</sup>	\$70
6 <sup>th</sup>	\$65
7 <sup>th</sup>	\$55
8 <sup>th</sup>	\$40
9 <sup>th</sup>	\$30
10 <sup>th</sup>	\$20

## TEAM CLASSIFICATION (MONTHLY FINAL)

1 <sup>st</sup>	\$1,230
2 <sup>nd</sup>	\$890
3 <sup>rd</sup>	\$710
4 <sup>th</sup>	\$430
5 <sup>th</sup>	\$350
6 <sup>th</sup>	\$280
7 <sup>th</sup>	\$180

## PRIZE PER SEGMENT

1 <sup>st</sup>	\$20
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## SPRINT WINNER

1 <sup>st</sup>	\$30
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## KING/QUEEN OF THE MOUNTAINS

1 <sup>st</sup>	\$30
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# CATEGORY 6 PRIZE MONEY



## INDIVIDUAL CLASSIFICATION (ALL RACES)

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

## TEAM CLASSIFICATION (MONTHLY FINAL)

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

## PRIZE PER SEGMENT

1 <sup>st</sup>	\$15
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## SPRINT WINNER

1 <sup>st</sup>	\$15
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## KING/QUEEN OF THE MOUNTAINS

1 <sup>st</sup>	\$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 30 – 50 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 30 - 50 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 45 min before start and submitted at least 30 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](mailto: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 under the correct heading within 2h of the finals event finishing on the pre verification form.

This will help our verification team process these videos in an efficient and timely manner so results can be made official. **Should a rider not submit a post SRC finals weigh in video within this time frame, then they will be ANL from SRC finals.**

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](mailto:racecontrol@mywhoosh.com).

# Athlete Health and Responsible Weight Management

- Category 1 Riders: Weekly pre-event weigh in (90-45 min before start): Maximum in game weight loss will be capped at 1.0 kg per week.
- All Other Categories: Monthly 30 min\* post Final event weigh in: Maximum in game weight loss will be capped at 2.0 kg per month.

If riders weight changes more than set limits, they will not be ANL, however the weight reduction will be capped as per above. An example – A rider was 68kg in March and April weigh in is 65kg. The rider will have a maximum weight reduction of 2kg, race weight for May will be 66kg. Rider weight reflected in game will only decrease as per limits. The weight caps are in place to promote gradual, sustainable changes and to help reduce riders feeling the need to manipulate weight in unsafe ways, such as dehydration or "sweat outs," which are considered both unhealthy and against the spirit of fair play to achieve in game performance improvements.

More information can be found in APPENDIX – H of the [MyWhoosh Cycling Esports Rules and Regulations](#).

Riders can apply to have a weigh cap increase in extenuating circumstances via race control [racecontrol@mywhoosh.com](mailto: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 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>
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 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>
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](mailto:racecontrol@mywhoosh.com)
- Provisional and official results are published on the MyWhoosh website.

