

Road book & Technical Guide

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MY WHOOSH

Public

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.

Classification: Public

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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	09:57:30 am GMT	07:37:30 am GMT
CATEGORY 2	09:55:00 am GMT	07:35:00 am GMT
CATEGORY 3	09:52:30 am GMT	07:32:30 am GMT
CATEGORY 4	09:50:00 am GMT	07:30:00 am GMT
CATEGORY 5	09:47:30 am GMT	07:27:30 am GMT
CATEGORY 6	09:45:00 am GMT	07:25:00 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.

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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.

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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 for delays or issues.

RESULTS:

- MyWhoosh will publish provisional and official results here.

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CATEGORY 1 PRIZE MONEY



INDIVIDUAL CLASSIFICATION (ALL RACES)

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

TEAM CLASSIFICATION (MONTHLY FINAL)

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

PRIZE PER SEGMENT

1st	$70

SPRINT WINNER

1st	$135

KING/QUEEN OF THE MOUNTAINS

1st	$135

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)

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

TEAM CLASSIFICATION (MONTHLY FINAL)

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

PRIZE PER SEGMENT

1st	$15

SPRINT WINNER

1st	$15

KING/QUEEN OF THE MOUNTAINS

1st	$15

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.
- All users will need to have a PPT verified by our verification team before they will be able to enter an SRC event
- 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. Please find a link to the form here.
- 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 3-6, conducted within 30 minutes of completing the monthly final event. For Category 1 & 2 riders, weigh-in videos must be submitted 50 - 20min before each event. These videos must be submitted via the weight submission tab on riders web profiles.
- 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

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CATEGORY 1 & 2: WEEKLY PRE-RACE WEIGH IN

Participants need to submit their pre-weight weigh in videos via the tab that appears on the users web profile. This will appear between 50 - 20min prior to every race. You will have to upload unlisted weigh-in video to YouTube and share the link.

The weigh-in video is a mandatory for category 1 & 2 riders and needs to be done earliest 50 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 .
For category 1 riders, riders will be able to lose a maximum of 1kg from their previous weigh in on record with us. The maximum a rider in category 1 & 2 may lose per month is 2kg (one month constitutes 4 SRC events)

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.

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CATEGORY 3-6: MONTHLY POST- RACE WEIGH IN

Participants need to submit any required post - race weigh in videos via the tab that appears on the users web profile. This will appear post race and will be live for 2 hours for users to submit.
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.

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.

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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 checkpoints throughout the course. Sprint checkpoints will have points available for collection by finishing in the top 5 of any Sprint checkpoint. The top 5 shall be defined as the first through the sprint checkpoint, not the fastest through the segment. At the end of the race, sprint points from all the sprint checkpoints in that race will be calculated to select the Sprint Winner. Each sprint checkpoint 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	1ST	2ND	3RD	4TH	5TH
POINTS	5	4	3	2	1

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CLASSIFICATION

KING/QUEEN OF THE MOUNTAIN:

Each race will have a variety of Climb checkpoints throughout the course.
Climb checkpoints will have points available for collection by finishing in the top 5 of any climb checkpoint. The top 5 shall be defined as the first through the climb checkpoint, not the fastest through the segment.
At the end of the race, climb points from all the climb checkpoints 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.

KOM checkpoints will have different points based on the difficulty level of the climb.



Position:	1st	2nd	3rd	4th	5th
Points for C4:	5	4	3	2	1
Points for C3:	8	6	4	3	2
Points for C2:	10	8	6	4	2
Points for C1:	15	12	10	8	5
Points for HC:	20	17	15	12	10

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ATHLETE HEALTH AND RESPONSIBLE WEIGHT MANAGEMENT

- Category 1 & 2 Riders: Weekly pre-event weigh in (50 - 20 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.

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ANTI DOPING / INTEGRITY TESTING

MyWhoosh may apply Anti-Doping / Integrity Testing administered by its private anti-doping and integrity programme. These steps are put in place to protect fair competition, rider trust, prize-money integrity, and the credibility of Sunday Race Club. SRC has become a serious global racing product, and the integrity standards need to match the level of competition.

Testing selection may be random, podium-based, targeted, performance-based, intelligence-led, or otherwise determined by MyWhoosh in its reasonable discretion. Testing may include urine, dried blood spot, venous blood, or other integrity-based testing methods. The WADA Prohibited List will be used as the reference list for prohibited substances and methods unless MyWhoosh states otherwise for a specific event or programme.

All categories may be subject to testing, although not every rider will be tested. Testing is not limited only to professional or Elite riders. Selection may be random, podium-based, targeted, performance-based, intelligence-led, based on data or risk indicators, or otherwise determined by MyWhoosh in good faith, acting reasonably for competition integrity, sporting fairness, athlete protection, fraud prevention, or event administration purposes under the applicable Rules. Rules.

More information can be found in APPENDIX – J of the MyWhoosh Cycling Esports Rules and Regulations .

Classification: Public

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.

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RESULTS VALIDATON, PRIZE MONEY, AWARD PROCESS AND PAYMENTS

RESULT VALIDATION: MyWhoosh shall undertake a thorough verification process to validate the race results and determine the winners of each Racing Event. This validation process may take up to 60 days from the official MyWhoosh announcement of the results of each Racing Event. Participants acknowledge and agree to patiently await the finalization of the result validation process. MyWhoosh will publish provisional and official results here.

- **FINISH TIMES:** All finish times and positions will be taken exclusively from the MyWhoosh servers, regardless of what the in-game imagery may show on your local device.

IN THE EVENT OF TIES:

- **GC:** 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.

- **SPRINT/KOM CLASSIFICATION:** If there is a tie in the Sprint/KOM Classification ranking, the Sprint/KOM Winner is decided by the general classification standing.

- **VERIFICATION:** All results and performances are subject to post-race verification, and no results shall be deemed final until all post-race verification measures have been fulfilled.

- **REMOVAL OF RESULTS:** If a rider has their result and/or race(s) annulled or disqualified for any reason, their finish time shall be removed from their individual and their team overall classifications.



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