



Road book & Technical Guide

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SUNDAY RACE CLUB ROAD BOOK & TECHNICAL GUIDE

Welcome to MyWhoosh Sunday Race Club - a category-based weekly prize money racing event open to all men and women worldwide.

Every effort has been made to make this Roadbook & 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

Races will occur every Sunday. Each category will have their own start time, these start time are subject to change and will be updated on the registration page. Below are the initial start times of each category:

CATEGORIES	MEN – START TIME	WOMEN – START TIME
CATEGORY 1	10:00 am GMT	08:00 am GMT
CATEGORY 2	9:55 am GMT	07:55 am GMT
CATEGORY 3	9:45 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, both men and women, will race on the same course with each course distance varying between 40 - 55km.

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.

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. In the event of challenges, or related question, please contact events@mywhoosh.com.
- 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)	1st 8,000 AED	2nd 6,000 AED	5th 2,000 AED	8th 1,200 AED	
		3rd 5,000 AED	6th 1,800 AED	9th 900 AED	
		4th 3,000 AED	7th 1,600 AED	10th 500 AED	


TEAM CLASSIFICATION (Monthly Final)	1st 35,000 AED	
	2nd 25,000 AED	
	3rd 20,000 AED	
	4th 12,000 AED	
	5th 10,000 AED	
	6th 8,000 AED	
	7th 5,000 AED	


PRIZE PER SEGMENT	1st 250 AED
SPRINT WINNER	1st 500 AED 
KING/QUEEN OF THE MOUNTAIN	1st 500 AED

(All Races)

CATEGORY-2 PRIZE MONEY

INDIVIDUAL CLASSIFICATION (All Races)	1st 4,800 AED	2nd 3,600 AED 3rd 3,000 AED 4th 1,800 AED	5th 1,200 AED 6th 1,080 AED 7th 960 AED	8th 720 AED 9th 540 AED 10th 300 AED	


TEAM CLASSIFICATION (Monthly Final)	1st 21,000 AED	
	2nd 15,000 AED 3rd 12,000 AED 4th 7,200 AED 5th 6,000 AED 6th 4,800 AED 7th 3,000 AED	

PRIZE PER SEGMENT	1st 200 AED	
SPRINT WINNER	1st 400 AED	
KING/QUEEN OF THE MOUNTAIN	1st 400 AED	

(All Races)

CATEGORY-3 PRIZE MONEY

INDIVIDUAL CLASSIFICATION (All Races)	1st 2,880 AED	2nd 2,160 AED 3rd 1,800 AED 4th 1,080 AED	5th 720 AED 6th 648 AED 7th 576 AED	8th 432 AED 9th 324 AED 10th 180 AED	


TEAM CLASSIFICATION (Monthly Final)	1st 12,600 AED	
	2nd 9,000 AED 3rd 7,200 AED 4th 4,320 AED 5th 3,600 AED 6th 2,880 AED 7th 1,800 AED	


PRIZE PER SEGMENT	1st 150 AED
SPRINT WINNER	1st 300 AED
KING/QUEEN OF THE MOUNTAIN	1st 300 AED

(All Races)

CATEGORY-4 PRIZE MONEY

INDIVIDUAL CLASSIFICATION (All Races)	1st 1,728 AED	2nd 1,296 AED 3rd 1,080 AED 4th 648 AED	5th 432 AED 6th 389 AED 7th 346 AED	8th 259 AED 9th 194 AED 10th 108 AED	


TEAM CLASSIFICATION (Monthly Final)	1st 7,560 AED	
	2nd 5,400 AED 3rd 4,320 AED 4th 2,592 AED 5th 2,160 AED 6th 1,728 AED 7th 1,080 AED	


PRIZE PER SEGMENT	1st 100 AED
SPRINT WINNER	1st 200 AED 
KING/QUEEN OF THE MOUNTAIN	1st 200 AED

(All Races)

CATEGORY- 5 PRIZE MONEY

INDIVIDUAL CLASSIFICATION (All Races)	1st 1,037 AED	2nd 778 AED 3rd 648 AED 4th 389 AED	5th 259 AED 6th 233 AED 7th 207 AED	8th 156 AED 9th 117 AED 10th 65 AED	


TEAM CLASSIFICATION (Monthly Final)	1st 4,536 AED	
	2nd 3,240 AED 3rd 2,592 AED 4th 1,555 AED 5th 1,296 AED 6th 1,037 AED 7th 648 AED	


PRIZE PER SEGMENT	1st 75 AED	
SPRINT WINNER	1st 100 AED	
KING/QUEEN OF THE MOUNTAIN	1st 100 AED	

(All Races)

CATEGORY- 6 PRIZE MONEY

INDIVIDUAL CLASSIFICATION (All Races)	1st 622 AED	2nd 467 AED 3rd 389 AED 4th 233 AED	5th 156 AED 6th 140 AED 7th 124 AED	8th 93 AED 9th 70 AED 10th 39 AED	

TEAM CLASSIFICATION (Monthly Final)	1st 2,722 AED	
	2nd 1,944 AED 3rd 1,555 AED 4th 933 AED 5th 778 AED 6th 622 AED 7th 389 AED	

PRIZE PER SEGMENT	1st 50 AED
SPRINT WINNER	1st 50 AED 
KING/QUEEN OF THE MOUNTAIN	1st 50 AED

(All Races)

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 test 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

You need to fill out the [pre-verification form](#) with your videoed weight 90-45 min prior to every race. You are required to upload unlisted weigh-in video to YouTube and share the link with Race control team. For height video, equipment video, your Strava link, primary and secondary power source, state N/A in the respective field.

The weigh-in video is 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.

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. Failure to provide the necessary data may result in annulment, so please spend the time to read the roadbook and ruleset and be as thorough as possible.

Should you have any questions, please contact racecontrol@mywhoosh.com.

CATEGORY 2-6: MONTHLY POST- RACE WEIGH IN

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

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

You are required to upload unlisted weigh-in video to YouTube and share the link with Race control team. For height video, equipment video, your Strava link, primary and secondary power source, state N/A in the respective field. Further weight verification may be requested at any time.

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. Failure to provide the necessary data may result in annulment, so please spend the time to read the roadbook and ruleset and be as thorough as possible.

Should you have any questions, please contact racecontrol@mywhoosh.com.

CLASSIFICATION

OVERALL STANDINGS: Each category has their own start times and racers will be awarded based on 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 number 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 is available in the 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.

