Prairie Virtual Spring Series

Presented by the SCA and MCA

Welcome to the Prairie Virtual Spring Series – Presented by the SCA and MCA! Over the coming weeks we will be racing on routes around Manitoba and Saskatchewan. The event is being provided to our Saskatchewan and Manitoba Cycling Association members. Events will take place on Saturday mornings, and will alternate between Saskatchewan and Manitoba courses every week. We will be using the virtual training and racing software RGT Cycling to run these events on Magic Roads courses to recreate our favorite routes from our beautiful local roads. The races will vary between one and two hours in length. You can stop at any time. More details on RGT setup can be found below. Thank you to all who helped organize these events!

Cabin Fever Dash - Saturday May 16

Date: Saturday May 16

Time: 9am (SK), 10 am (MB)

Platform: RGT Cycling

Virtual Race Location: Falcon Lake, MB (Whiteshell Provincial Park, MB)

Start Line at the Whiteshell Community Club

Distance: 49.24 km

Elevation Gained: 252m

Jersey Selection: Please choose a jersey other then *Ruhetag* and *Adidas Adistar-Green Jerseys*. These jerseys are being used by the two provincial teams.

Registration Deadline: Participants are encouraged to register early to ensure they get a spot in the race. This race is <u>NOT</u> promoted on RGT (aka public).   <u>You must have the link below to register</u>.   Sign up early!! Register using your smartphone running RGT mobile App.

Tip: 1) Join the race on race day early to avoid technological mishaps and be able to line up closer to the front of the race. 2) Start pedaling hard just before the start of the event to avoid being dropped at the start line by others who are already spinning at 5 watts/kilo just before event start time.   A virtual race start is different than an outdoor race in this respect, you "pre-load" for the start.

Course details: https://www.strava.com/routes/25671634

RGT <u>Smart Phone</u> Race Link: http://app.rgtcycling.com/event?code=y4DY7IXNzn

Reminder: Your personal computer acts only as a display monitor for RGT racing.

*If you try to register for the RGT race using your personal computer you will see the pink prompt below.
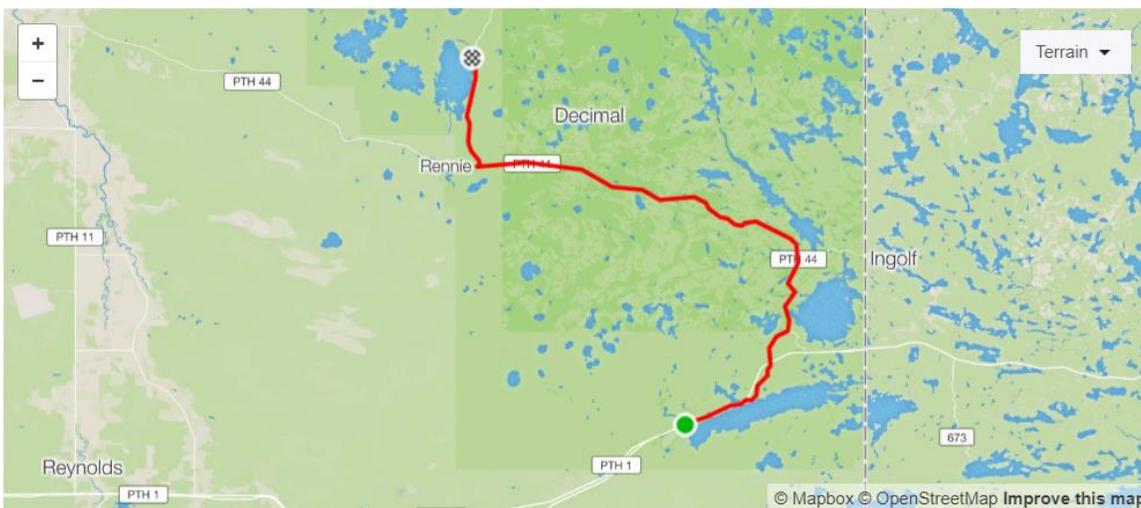

Race Description: "Cabin Fever Dash" is a virtual re-creation of a mix of gravel and paved road in Riding Mountain National Park. Starting at Lake Audy, we will ride the quiet gravel road as we climb our way to the main highway (Hwy 10). We will then ride the paved highway south towards the south entrance of the park, to finish at the beach in the beautiful town of Wasagaming. As a reward for all your hard work this week, the finish is right next to the Ice cream shop. Enjoy, you've earned it!

This race is mainly promoted to the Saskatchewan and Manitoba cycling communities, to race you must have the link in this technical package.   The race link can be freely shared with any party interested in participating in this race. However, the race is not publicly displayed on RGT App under Upcoming Race events as it is classified as "Private RGT Race" not "Promoted" RGT Race.

There is no registration fee.

Course Route

Course Profile

49.2km, Elev Gain: 252m

East on the PR301

PTH 44, passing West Hawk Lake

West on PTH44, just before turning north on PR307

Finish on PR307 just North of Brereton Lake

Prairie Virtual Spring Series Information

When

Saturday mornings at 9:00am Saskatchewan time, 10:00am Manitoba time, beginning on April 18th, 2020, ending June 6, 2020. Please "Join Event" at least 15 minutes early to give the course time to load (sooner is better). Races will be between one and two hours long.

Participation

Any rider who has a smart trainer or a standard trainer with a power meter can participate. Participants must sign up for an RGT Cycling account, with signup details below. All you need is the Free membership to participate.

To register, participants can follow this link on a device with the RGT app downloaded (see race details) and select "Sign Up" once the RGT application opens the ride details. *Depending on the application opening the link, the user may have to open the link in a browser. Do this by either selecting an icon in the top right corner of the screen (three dots in Facebook) and open the link in your browser or by holding the "link" hyperlink in the centre of your screen and opening in your browser. More details on RGT setup can be found below.

Equipment Selection

In the equipment section of your RGT application, you may select from an array of bicycle and apparel options. Feel free to use any kit you wish <u>EXCEPT</u> for the "Adidas Adistar – Green" kit and "Ruhetag" kit. These kit options will be used to identify the Saskatchewan and Manitoba Provincial Teams respectively.

Course Schedule

Each week the course will switch between Manitoba and Saskatchewan highlighting a different region of each province each week.

Sat, April 18: (MB) Spring Chicken Digital – Kenora, ON
Sat, April 25: (SK) Lake to the Ridge – Waskesiu, Prince Albert National Park, SK
Sat, May 2: (MB) Riding Mountain Cruise, Wasagaming, MB
Sat, May 9: (SK) East Qu'Appelle Crusade – Round Lake, SK
Sat, May 16: (MB) The Cabin Fever Dash – Falcon Lake, Whiteshell Provincial Park, MB
Sat, May 23: (SK) The Sa-Whet Scrimmage – Craven, SK
Sat, May 30: (MB) Pembina Hell – Pembina Valley, MB
Sat, June 6: (SK) Prairie Ear Popper Classic – Cypress Hills Provincial Park, SK

Setting up RGT Cycling

Technological Requirements
1) RGT Cycling Companion App Download – (one of) iPhone, Android, or iPad
2) RGT Cycling Screen App Download – (one of) Windows 10 PC, Windows 10 Laptop, Mac, iPad, or Apple TV. Note RGT runs off your smart phone, your computer is linked as a screen.

Equipment Requirements
1) Smart Trainer with Bluetooth or ANT + Connection (Almost all smart trainers have Bluetooth)
   OR
2) Power Meter* (on bike or in trainer) with Regular trainers or rollers (No simulated gradients)

* Most modern power meters (including PowerTap) have Bluetooth compatibility. If your power meter does not have Bluetooth compatibility you will need to acquire an ANT + dongle for your device to read power meter data.

** Riders must have a smart trainer or power meter to ride on RGT. There is no speed sensor connectivity for the app.

Getting Set Up
1. Download RGT Cycling Companion Application from Apple App Store (iPhone or iPad) or Google Play (Android).
2. Download RGT Cycling Screen Application from Windows Store (Windows 10 Laptop or PC) or Apple App Store (iPhone, iPad, or Apple TV).
3. Create Profile (follow on screen prompts in RGT companion app). You only need the Free membership to race.

Connect Sensors and Get Set Up.
1. Need a smart phone and a computer.
2. Log in to RGT companion app on Smart Phone follow prompts.
3. Open RGT Screen app and follow prompts given, entering the 4-digit pin number that appears on the screen app into the RGT companion app on your smart phone.
4. Once ride begins, sensor selection will appear near the top of the screen on the companion app. Tap "Power" and select smart trainer (or power meter if not on a smart trainer). Select "Cadence" for cadence sensor and "Heart Rate" for Heart Rate sensor connection (if applicable).
5. If running a Smart Trainer select "Slope" from the sensor connection menu and select you trainer. This will allow smart trainers to simulate gradient.
6. Once all sensors say "connected" beside them, you are ready to ride/race. Make sure everything works properly and there are no techy issues that pop up when you first use the app. Try riding it once before the group rides begin, to know how everything works. If you are on the start line and cannot see a power value close your screen app and companion app and try again.

Registering for the Race

Private or Promoted Races
1. The link for the weeks' race will be posted several days in advance, so register as soon as you can. *
2. <u>The link to join</u> the event will be posted on the SCA and MCA websites. Some races are "Private" and require this link. Discretion of organizer if posted RGT Private or RGT Promoted.   RGT Private means you need the link to join. RGT Promoted means the event displays on the RGT App, resulting in random world riders joining. You can invite friends outside of Manitoba and Sask by sharing the SCA/MCA link.

Promoted Races only (Organizer may choose to host race as promoted)
1. Open the RGT companion app
2. Tap on "Race"
3. Click "Races". Find the Race from "Upcoming" list of races.
4. "Sign Up" for the race. Come back later when the race is about to start.

Joining the Race (How to get to the Start Line)
1. When the event start is half an hour away, enter RGT Cycling companion app.
2. Tap on "Race"
3. Click "Registered"
   Find the Race from "Registered" list of races.
   "Join Event" for the race.

   If race does not appear in your registered race list go back to SCA/MCA website and use the link on your smart phone to re-register.

4. Be on your bike warming up, ready to start 10 minutes before the start of the race. Start riding hard just before the start to avoid being dropped at the virtual start line.

<p align="center">We hope you Enjoy this SCA and MCA Presented Event!</p>

<p align="center">SCA special thank you to HPL Cycling, SCA-Performance Cycling Program, Manitoba Provincial Program and SCA athletes of the ad hoc SCA 2020 Virtual Race Committee.</p>