



**MANITOBA  
CYCLING  
ASSOCIATION**

2021

# Manitoba Virtual Spring Cycling Series

*Participant Technical Guide*

*Version 2 (March 6, 2021)*

Welcome to the 2021 Manitoba Virtual Spring Cycling Series organized by the Manitoba Provincial Cycling Program. While traditional competition may be out of the picture for the next little while, we hope to keep the spirit of competition strong in Manitoba. We will be racing on the RGT Cycling platform and are using real roads from around the world. Each race will be up to an hour and a half in length, with racing running Sunday’s from March 14<sup>th</sup> to 28<sup>th</sup>. The RGT app, registration, and event are all completely FREE. Users will not need a premium RGT subscription to participate. We hope you enjoy this collaborative event!

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# 1 EVENT DETAILS

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## 1.1 START TIMES

Races will take place on Sunday's – March 14, 21, & 28. We will be running two races – A (cat 2/3 and fast cat 4) and B (slower cat 4 and cat 5). Both races are open to all genders. Races will be an hour and a half apart so that there is enough time for the 1<sup>st</sup> race to finish before the 2<sup>nd</sup> starts. We ask that riders please join the event at least 15 minutes before your start time to limit technical difficulties. Official start times are as follows.

A – 9:00am Central Time

B – 10:30am Central Time

## 1.2 CATEGORIES

We will be offering 2 race categories each week: A (cat 2/3 and fast cat 4) and B (slower cat 4 and cat 5). Women and Men will race together but be scored separately. Both categories will race the different times doing difference distances, with an anticipated duration between 45 minutes and 1.5 hours depending on the course and ability. All events will be run as separate races. Registration is limited to 198 participants per category.

## 1.3 EQUIPMENT AND SYSTEM REQUIREMENTS

To participate riders must either have a smart trainer or a power meter.

Riders will need two devices to run RGT Cycling: a Smart Phone or Tablet running the RGT Phone app, and a tablet, laptop, running the RGT Screen app. All of these apps are free to download, and the free subscription provides all the features necessary for athletes to compete. Device requirements are:

- RGT Cycling Companion App Download – (one of) iPhone, Android, or iPad
- RGT Cycling Screen App Download – (one of) Windows 10 PC, Windows 10 Laptop, Mac, iPad, or Apple TV.

## 1.4 REGISTRATION

While we encourage participants to become members of the MCA to continue to support the association, an MCA membership is not required. Participants must have RGT Cycling Companion App setup on their phone or tablet. You only need the free subscription to RGT Cycling.

To Register for any of the races, simply [CLICK THE LINK HERE](#) to first fill out the Google forms document. This will give information to the organizers about what club you are racing with, which will give us better details for a start list to share before the race online and for our livestream.

After you complete the Google forms registration, please click the link below for each race to join through the RGT cycling app. Follow the directions provided, and ensure you open the RGT race link on a smartphone or tablet that has the RGT Companion app downloaded. The registration link will not work on a device that only has the RGT Screen app downloaded.

**March 14'21 – Dirty Reiver Gravel Race**

**A Race (2 laps, 35.4km, 450m): <http://app.rgtcycling.com/event?code=1qTZVCCHOC>**

**B Race: (2 laps, 35.4km, 450m): <http://app.rgtcycling.com/event?code=k8cuNFCRzt>**

**March 21'21 – Borrego Springs Circuit Race**

**A Race (6 laps, 46.2km, 114m): <http://app.rgtcycling.com/event?code=HvDDP04KfK>**

**B Race: (5 laps, 38.5km, 95m): <http://app.rgtcycling.com/event?code=9XKn3zN4ju>**

**March 28'21 – Pienza Road Race**

**A Race (4 laps, 32.8km, 940m): <http://app.rgtcycling.com/event?code=kM7GkY60ec>**

**B Race: (3 laps, 24.6km, 705m): <http://app.rgtcycling.com/event?code=7PCf2wSVv2>**

**Registration closes at 8pm Central, the Saturday before each race. We encourage you to sign up early, so you can get your race link early.**

## 1.5 IN-GAME EQUIPMENT SELECTION

Each club along with the series points leaders (male and female) of each category will be assigned specific in-app clothing that they must use for the race. Clothing can be selected under “equipment” in the RGT phone app. Riders, please look at the kit selection information given here and change your kit in the app to match the assigned kit given below. This gives you the chance to identify other riders and your own teammates in the race.

Kits will be assigned to each club for all the Races. If your club is not listed here, please contact us so we can assign a kit for your club.

No Club – Independent	Wattbike - Black	Prairie Fire Racing	DC Bank Kit
A&L Cycle	Stages Team	Team Manitoba (Cycling)	Vive La France
Alter Ego	XXX Racing	Manitoba Triathlon	Team Clif Bar
Bikes & Beyond	Cycling Vlaanderen	Team Saskatchewan	The Big Ring
Country Cycle	KISS Racing Team	Team Ontario	GCN
Dark Red Racing	HUUB	Tri-balistic	Project Echelon
Devo Manitoba	One Love Century Ride	Woodcock Cycle Works (WCW)	Precision Race Team
FOG	Rally Cycling	Windburn Race Academy	Team TOR 2000
Junkyard Dogs	Primal Audi Denver	Velodonnas	Amy D Foundation
Women’s Series Leader	Ravey Kit	Men’s Series Leader	Decathlon

## 1.6 RESULTS

Results and Series Points Standings will be posted to the Manitoba Cycling Association’s social media pages - [Facebook](#), [Instagram](#) and [Website](#) within 24 hours of the event.

## 1.7 LIVE STREAM

All live streamed events will be streamed on our [YouTube Channel](#). Live stream links and information will also be shared on our website and social media. Stay tuned on these channels to see what races are live streamed.

## 2 SERIES OVERVIEW

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### 2.1 SERIES SCHEDULE

Manitoba Virtual Cycling Series races will occur on March 14<sup>th</sup>, March 21<sup>st</sup>, and March 28<sup>th</sup> unless otherwise posted. The A category race will begin at 9:00am, while the B category race will begin at 10:30am (Central Time).

### 2.2 RACE FEATURES

The Manitoba Virtual Cycling Series will host a race featuring RGT real roads. The courses will include a rolling gravel circuit, a flat circuit, and a hilly road race to suit all sorts of different strengths.

### 2.3 SERIES POINTS

Although athletes are welcome and encouraged to participate on a race-to-race basis, we will also be providing a series points classification for those that wish to compete for the title of *Manitoba Virtual Spring Cycling Series Champion*. Registration is conducted on a race-to-race basis, and there is no rider commitment to compete in the full series. After each event athletes will be provided with the opportunity to accumulate Series Points based on their results of each race. Points from each race will be allocated based on position. Athletes will not need to compete in all three races to receive a ranking in the series points classification. Series points are accumulated from each race in the series.

Points will be awarded based on the following points allocation:

40 points awarded for 1<sup>st</sup> place in each category, 38 points for 2<sup>nd</sup>, 36 points for 3<sup>rd</sup>... 21<sup>st</sup> place onwards will receive 1 point each.

### 2.4 TIE BREAKER

In the event of a tie in series points after the 3 races, the lowest total accumulated time from the three races will be used to place the top 5 riders in each category. If a tie still remains, results from the Pienza Road Race will be used to break the tie.

In the event of a tie breaker where an athlete did NOT compete in all three races, athletes will be ranked based on best placement in any race they completed. This policy ONLY applies to the top 5 of each category. Ties in lower rankings will not be broken.

## 3 EVENT ORGANIZER CONTACT INFORMATION

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To keep up to date with the latest updates and news about the Manitoba Virtual Spring Cycling Series, follow us on [Instagram](#), [Facebook](#), , and [Youtube](#)!

For questions, comments, concerns, or more information contact the race organizers at

[cycling.coach@sportmanitoba.ca](mailto:cycling.coach@sportmanitoba.ca).

We hope that you enjoy this Manitoba race series! Ride hard, have fun, and best of luck!

# 4 RACE DETAILS

## 4.1 DIRTY REIVER GRAVEL RACE

Kicking things off, the series starts with the Dirty Reiver Gravel Race! Based on the very popular gravel race in Northern England, the Dirty Reiver takes on rolling hills and challenging dirt to make this race completely unpredictable!

### 4.1.1 Date

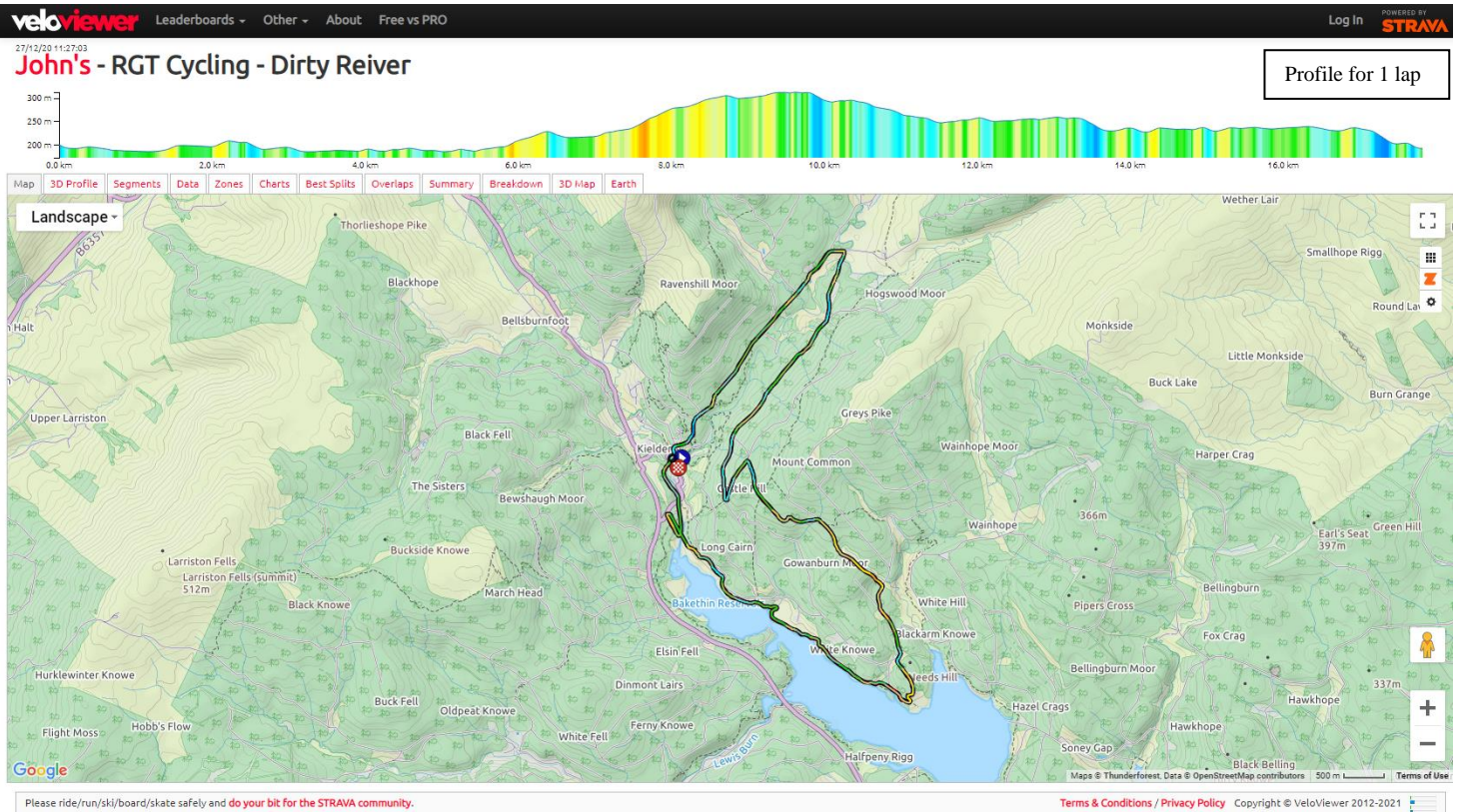
Sunday, March 14<sup>th</sup>, 2021

### 4.1.2 Course Details

A Race: 35.3km (2 x 17.7km), 450m elevation (2 x 225m), 2 laps

B Race: 35.3km (2 x 17.7km), 450m elevation (2 x 225m), 2 laps

[Course Details](#)



## 4.2 BORREGO SPRINGS CIRCUIT RACE

The series moves to flat and fast for round two with racing at Borrego Springs. Located in San Diego County, California, close to the location of the 2019 Time Trial World Championships. Borrego is a wolf in sheep's clothing. It may look easy at only 19m of elevation per lap but bridging gaps if you let a group get away, won't come easy.

### 4.2.1 Date

March 21<sup>st</sup>, 2021

### 4.2.2 Course Details

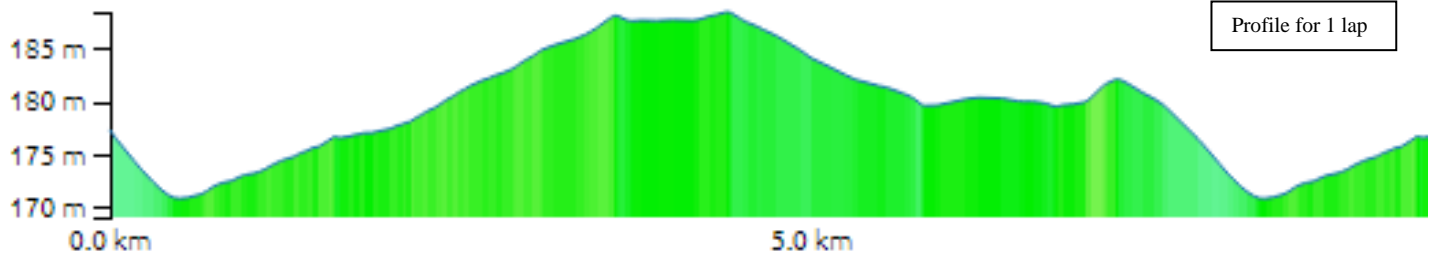
A Race: 46.3km (6 x 7.7km), 114m elevation (6 x 19m), 6 laps

B Race: 38.6km (5 x 7.7km), 95m elevation (5 x 19m), 5 laps

[Course Details](#)



## - RGT Cycling - Borrego Springs





## 4.3 Pienza ROAD RACE

The final race of the series will take you on a ride in Tuscany, Italy. The route is perfect for any time of rider, especially those looking to have some fun on a punchy course. Racing on Pienza will be hard and is likely to be decided on the climb.

### 4.3.1 Date

March 28<sup>th</sup>, 2021

### 4.3.2 Course Profile

A Race: 32.8km (4 x 8.2km), 940m elevation (4 x 235m), 4 laps

B Race: 24.6km (3 x 8.2km), 705m elevation (3 x 235m), 3 laps

[Course Details](#)

