Canadian Junior Virtual Cycling Series

Participant Technical Package

Welcome to the Canadian Junior Virtual Cycling Series! Organized by the Saskatchewan Performance Cycling Program in partnership with Cycling Canada and allied sport organizations, the Canadian Junior Virtual Cycling Series aims to provide high quality virtual competition to Junior and U17 cyclists. While traditional competition may be out of the picture for the next little while, we hope to keep the spirit of competition strong in junior cycling. We will be racing on the RGT Cycling platform and creating courses using real Canadian roads. Every week a different region of Canada will be featured in a virtual race up to an hour and a half in length. 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

1.1 START TIMES
We will be running staggered starts at 5 minutes intervals beginning at 9:00am Pacific Time, 12:00 Noon Eastern Time. We ask that riders please join the event at least 15 minutes before your start time to limit technical difficulties. Official category start times are as follows.

U17 Women – 9:00am Pacific, 12:00 Noon Eastern Time.

U17 Men – 9:05am Pacific, 12:05 Eastern Time.

Junior Women – 9:10am Pacific, 12:10 Eastern Time.

Junior Men – 9:15am Pacific, 12:15 Eastern Time.

1.2 CATEGORIES
We will be offering 4 categories: U17 Men, U17 Women, Junior Men, and Junior Women. All categories will race approximately 40km. All events will be run as separate races. Registrations are limited to 198 registrations per category.

1.3 EQUIPMENT AND SYSTEM REQUIREMENTS
To participate riders must either have a smart trainer or a power meter, as well as a heart rate monitor.

Riders will need two devices to run RGT Cycling; a Smart Phone or Tablet running the RGT Phone app, and a tablet or 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
Registration for Series Events can be found on our webpage. After registration, you will receive a link to join the race 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 phone app downloaded. The registration link will not work on a device that only has the RGT Screen app downloaded. The registration and event are completely FREE of charge.

Please note that athletes will only be able to register for individual events on a week-to-week basis. Individuals cannot register for the entire series at once. Registrations are limited to 198 riders per category.

1.5 IN-GAME EQUIPMENT SELECTION
Each province will be assigned specific 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 document you will be provided with before the race and change your equipment in the app to match. This gives you the chance to identify other riders and your own teammates in the race.

1.6 RESULTS

Results and Series Points Standings will be posted to the Canadian Junior Virtual Cycling Series Facebook Page and Website within 24 hours of the event.

In order to verify the results, we require that each athlete take a screenshot of their results after the race and submit the screenshot through the results verification form on our website within 4 hours of the finish. Athletes who do not submit a photo verifying their result WILL NOT be given a finishing placement and will not receive series points for that race. Athletes can verify their results with us here.

2 SERIES OVERVIEW

2.1 SERIES SCHEDULE

Canadian Junior Virtual Cycling Series races will occur every Sunday unless otherwise posted. Please go to https://www.jrraceseries.com/series-calandar for the complete schedule of junior virtual cycling events.

2.2 RACE FEATURES

Every week, the Canadian Junior Virtual Cycling Series will host a race featuring a classic Canadian course. We will rotate between various regions from week to week, so you can ensure that something new awaits with every course. Find our series schedule to see when each region hosts!

2.3 SERIES POINTS

Although athletes are welcomed 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 *Canadian Junior Virtual 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.

Points will be awarded as follows:

100 points for 1st place, 96 for 2nd place, 94 for 3rd, 92 for 4th, 90 for 5$^{th.}$ Sixth place onward will receive one less point then the rider in front of them (Example 6th place 89 points, 7th place 88 points etc.).

To be considered for the overall series results, each participant must have a race result from each of the designated regions. Overall series points will be calculated based on your best points result from each designated region, along with your next best "wildcard" result for a total of five races contributing to your series points. Your wildcard will be your next best result from any region.

The regions of Canada will be:

- Western Canada (BC, Yukon, Alberta Rocky Mountains)
- The Prairies (Saskatchewan, Manitoba, Alberta Prairies)
- Ontario/Quebec
- Atlantic Canada

Athletes who are not in contention for the series (have not met the above criteria) are still eligible to contend in individual races regardless of region.

2.4   TIE BREAKER

In the event of a tie in series points, an additional wildcard result will be added to the tally for a total of six races contributing to series points.

2.5   RACE RADIO

Nearing the start of each event we will have a commissaire introduce the course, features, and rules of the event in a pre-race announcement. Download the Discord app and join our Discord server ten minutes before the start to hear the introduction.

Race radio is permitted in all of our events if clubs, teams, provinces, or individuals wish to communicate. Some popular ways of communicating include Discord servers or Zoom video calls. Race radio is an interesting and useful tool for teams to communicate with each other during their race, so we encourage you to investigate your options.

3   RACE DETAILS – ECHO IN THE WIND ROAD RACE (SASKATCHEWAN)

3.1   ROUTE DETAILS

Located at the heart of the Qu'Appelle Valley, Echo in the Wind Road Race winds through cottage country along Pasqua and Echo Lake towards Fort Qu'Appelle and Lebret. Don't mistake this Prairie road race as a stroll through the fields! With multiple climbs in and out of the Qu'Appelle Valley, riders will feel an ache in the legs long before the finish line. Riders will finish with a final climb out of the valley from Lebret, before a sprint to the finish along a slight downwards grade. Climbers, sprinters, or breakaway artists could all easily take the win with this intense course through this top-quality prairie cycling destination, right in the heart of cottage country.

3.2   TIME AND DATE

May 24th, first wave departs at 9:00am Pacific, 12:00 Noon Eastern Time
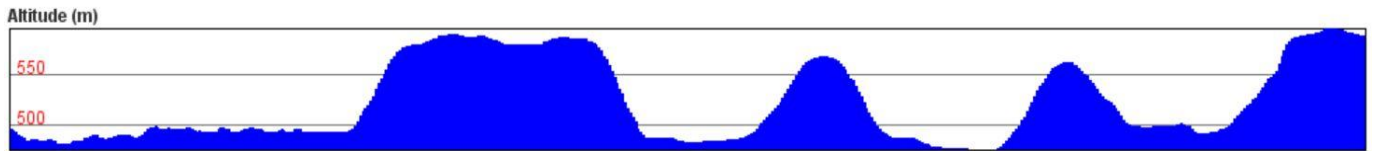
3.3   VIRTUAL RACE LOCATION

Echo Lake Provincial Park (Fort Qu'Appelle) Saskatchewan.

3.4 COURSE ROUTE AND ELEVATION PROFILE

Distance: 37.5km

Elevation Gain: 442m

4 PHOTOS

5 EVENT ORGANIZER CONTACT INFORMATION

To keep up to date with the latest updates and news about the Canadian Junior Virtual Cycling Series follow us on Instagram @junior_virtual_cycling or follow our Facebook Page!

For questions, comments, concerns, or more information contact the race organizers at jrraceseries@gmail.com.

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