

Virtual Big T how to get involved

This guide will run you through all you need to know to join the Virtual Big T event on Sunday 3rd May 2020.

What is the Big T?

it usually runs as a sprint and standard distance triathlon in Trowbridge, but due to COVID-19 there aren't any multi sports events running. After some successful workout using Zwift meetups and zoom video conferencing with Paul Ransome one of the coaches for the Hot Chillis and Vibe Live we have decided to run the event as a virtual sprint duathlon (bike, run)

How will the race take place?

Time:

Brief on zoom 9:15am

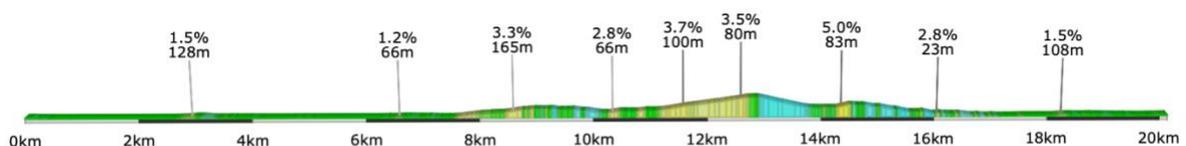
Bike start 9:45am

Run to be uploaded by 12:30pm

The Bike portion of the race will take place on Zwift using the meet-ups function so everybody can race together and we will stream it live over zoom so everybody can be involved interactively. Because we are using zoom you can also take part by using any form of exercise bike / turbo trainer and follow the action on screen and be involved. The Bike course being used is Sand and Sequoias <https://zwiftinsider.com/sand-and-sequoias/> and due to the loop being 20km just like the sprint distance and it has a similar profile.

Sand and Sequoias (Zwift Insider verified)

3D 2D Spin 3D Print
20.1km at 0.0%



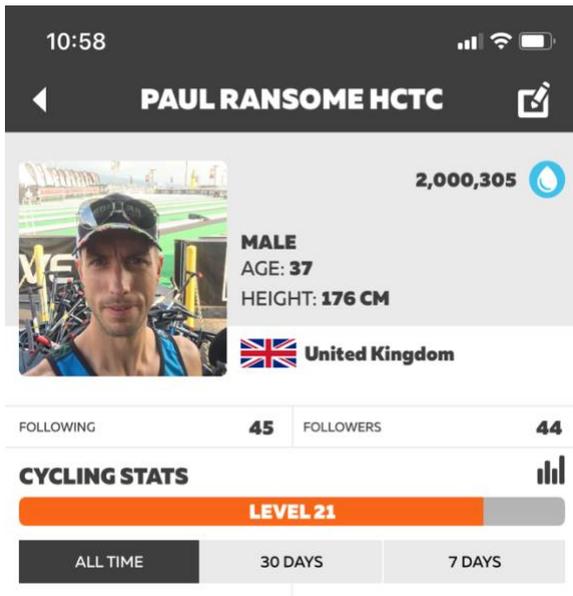
The run is essentially a 5km flat run in a location of your choice as long as it's not a net down hill of more than 10m (out and back is the best option but find somewhere as flat as possible). You will need to log this run on Strava within 2 hours of the bike finishing. Please make sure you've become a member of this Strava club as this is where we will pull the results from for the bike segment and your 5km run and add the times together for your result...

There will be prizes.

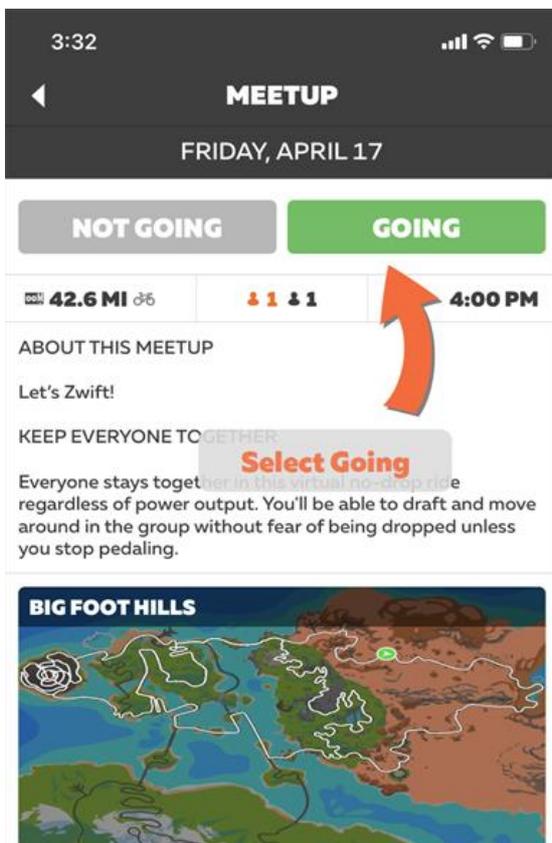
<https://www.strava.com/clubs/634144>

If you want to join Zwift for the event there is a 7 day free trial so you will be able to use that for the event. https://zwift.com/uk/get-zwifiting?utm_source=google&utm_medium=cpc&utm_campaign=zwift_eur_uk_cycling_search_dynamic_performance_dec19&gclid=CjwKCAjwnlr1BRAWEiwA6GpwNXmmLcql1foEeaCt8HAMFjMG8MCRYVez24e1ueXHOUhboZnfk54RoCRUoQAvD_BwE

Joining the meetup



First you will need to download the Zwift companion app and follow 'Paul Ransome HCTC' so he can invite you to the race and then also make sure you link your zwift account to your Strava account in companion. <https://zwift.com/uk/video/how-to-cycling/upload-your-fit-file>

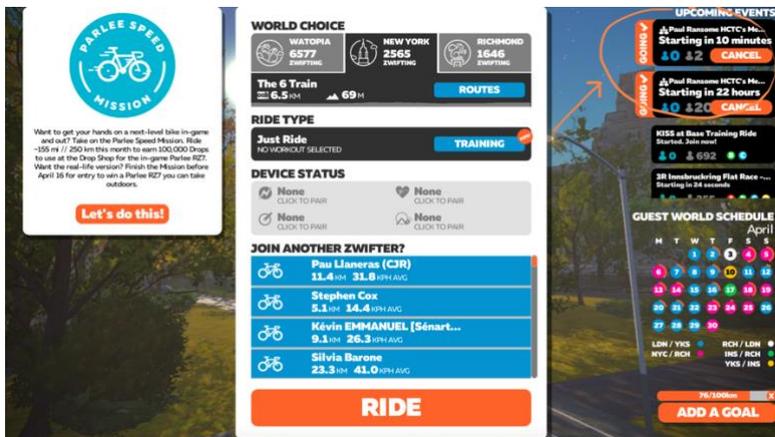


After Paul invites you to the meetup you'll receive an invite in the companion app make sure you accept this ASAP. More detail here <https://zwift.com/news/19189-zwift-how-to-ride-with-friends>

If you forget to accept the invite you will not be part of the head to head race but you can still ride the course and set a time on the morning.

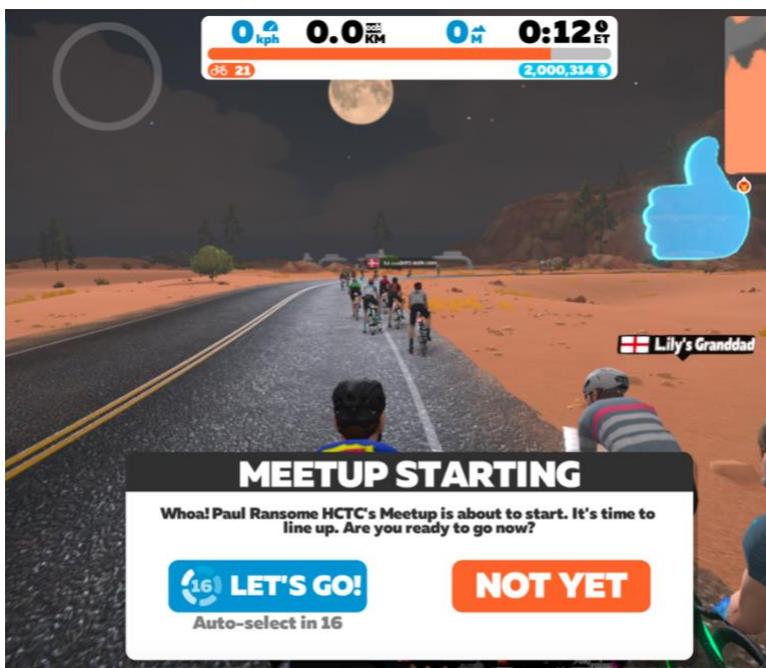
On the day

Try get on Zwift and Zoom early at least 15 minutes before the meetup start to make sure you have time to be briefed and get into the meetup and change your bike to a TT bike.



Login to Zwift and join and on the main menu screen you should see the race in the top right hand corner. Chose the Sand and Sequoias route in Watopia and then click ride. You should see a join meetup button in the bottom left hand corner of the screen,

click this and you will then be on a turbo trainer sat at the side of the road with a count down timer for the start of the race. If you leave it later you may not see the join meetup button so start riding then a count down to join the meetup automatically usually happens with around 5 minutes to go. During the time sat on the turbo trainer go into the menu screen and select a TT bike. You are now ready to go



This is what you'll get if you don't have the join meetup button.

Select the TT bike as below, all TT bukes have the same attributes and don't allow you to draft

Level 21 **MY GARAGE** **2,000,305**

FRAME

- ZWIFT Mountain**
★★ WEIGHT
★ AERO
★ WEIGHT
- ZWIFT Steel**
★ AERO
★★ WEIGHT
- ZWIFT TT**
★★★★ AERO
★ WEIGHT

TT
It's just you against the clock. Aero tube shapes and a geometry designed around riding in the aerobars, this is your personal rocketship for solo efforts.

Below is what you will see whilst you're waiting for the start.

H.I.I.T bike 4
Finish in **1:00:00**

- 5min warmup
- 30sec @ 190w
- 30sec @ 220w
- 30sec @ 250w
- 30sec @ 280w
- 2min @ 160w
- 30sec @ 220w
- 30sec @ 250w
- 30sec @ 280w
- 30sec @ 310w
- 2min @ 160w
- 4 x 30sec @ 355w
- 30sec @ 160w
- 2min @ 160w
- 2 x 40sec @ 355w
- 20sec @ 160w
- 2min @ 160w
- 6 x 30sec @ 355w
- 30sec @ 160w
- 3min @ 160w
- 3 x 40sec @ 355w
- 20sec @ 160w
- 3min @ 160w
- 8 x 30sec @ 355w
- 30sec @ 160w
- 4min @ 160w
- +2 more

100% 0/23

QUIT MEETUP
MENU

Paul Ransome HCT
Grouping Enabled. You

02:54

Make sure you are off erg mode

S. Walker Meers (ETC)
hi de hi

Message the group...



The Start is 2.4km into the ride so we will have a rolling start and I will shout go when we cross the line. The race will finish when you cross the line at the end of the second lap.



The start line is just through the stone arch.



The start line you will be able to see. Make sure you keep going for a KM or so after to spin the legs out. You then have 2 hours to post your 5km run. Good luck and any questions get hold of us.