

## Virtual Race how to get involved

This guide will run you through all you need to know to join the Virtual Tri event on Sunday 7<sup>th</sup> June 2020.

How will the race take place?

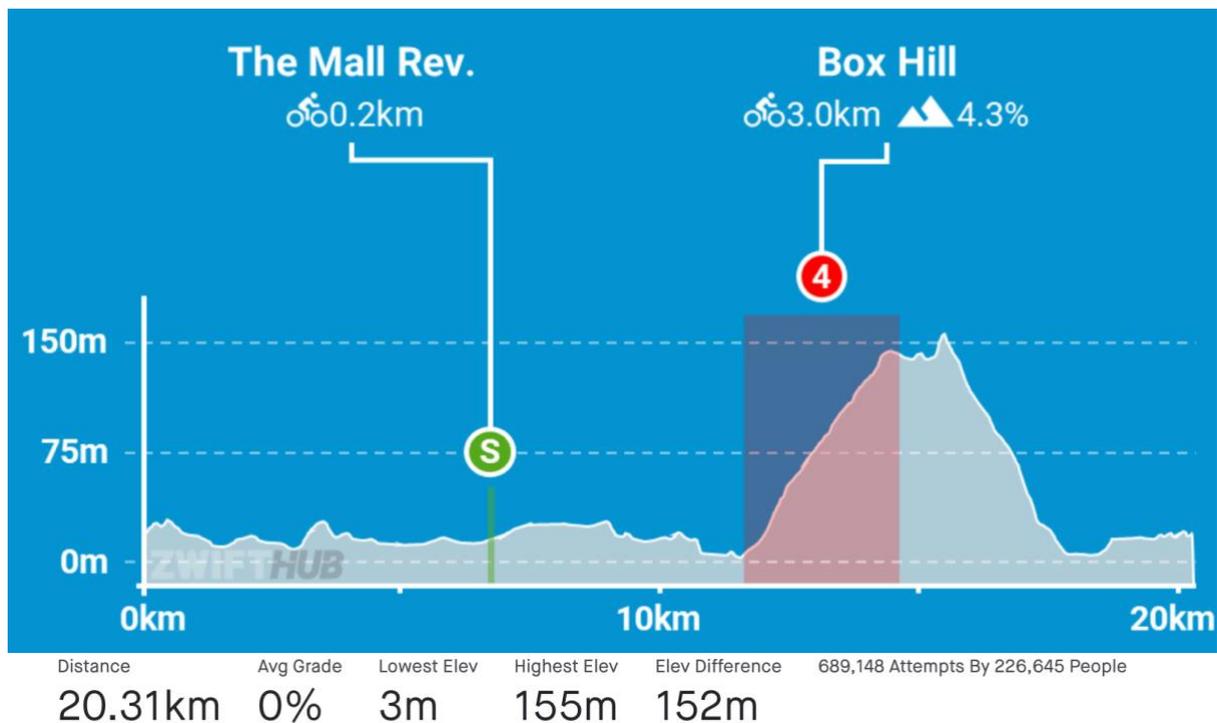
Time:

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 London 8 and will include an ascent of Box hill. The route on zwift is 21.3km for the meetup but the segment I will be using for the results on Strava is 20.3km and runs from the Prudential arch for 1 whole lap. You can see the full route here and the segment below.



**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. Please also make sure you get a run as close to 5km dead on as possible this makes results easier.

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

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-zwifting?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=zwift\\_eur\\_uk\\_cycling\\_search\\_dynamic\\_performance\\_dec19&gclid=CjwKCAjwnlr1BRAWEiwA6GpwNXmmLcql1foEeaCt8HAMF\\_jMG8MCRYVe\\_z24e\\_1ueXHOuhboZnfk54RoCRUoQAvD\\_BwE](https://zwift.com/uk/get-zwifting?utm_source=google&utm_medium=cpc&utm_campaign=zwift_eur_uk_cycling_search_dynamic_performance_dec19&gclid=CjwKCAjwnlr1BRAWEiwA6GpwNXmmLcql1foEeaCt8HAMF_jMG8MCRYVe_z24e_1ueXHOuhboZnfk54RoCRUoQAvD_BwE)

Please make sure you link the Zwift account to Strava if you haven't already done so.

<https://zwift.com/news/4898-zwift-how-to-connect-to-strava>

## 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. This will be sent out 7 days before the event. 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.

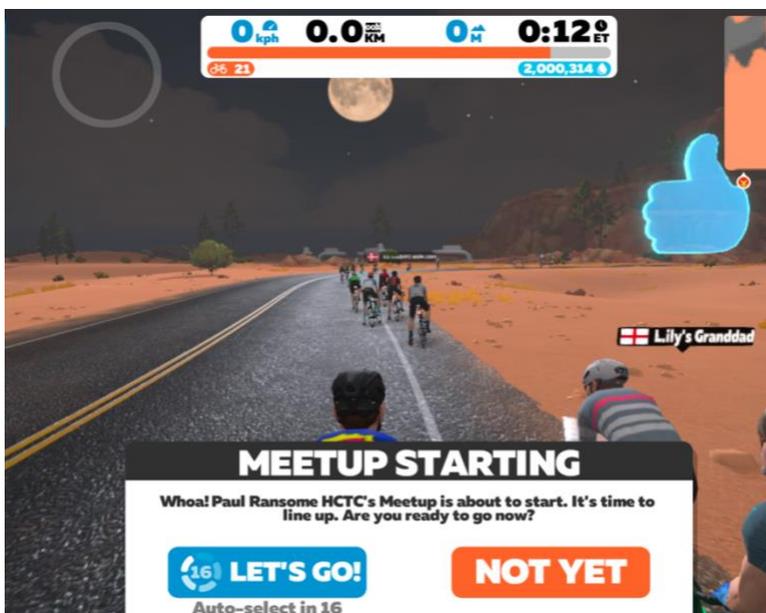
## On the day

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. Between 10 and 15 minutes before the meetup it will show a join meetup button when you enter the world, between 10 and 5 it will take you there automatically at 5 minutes, whatever you do don't click join later.



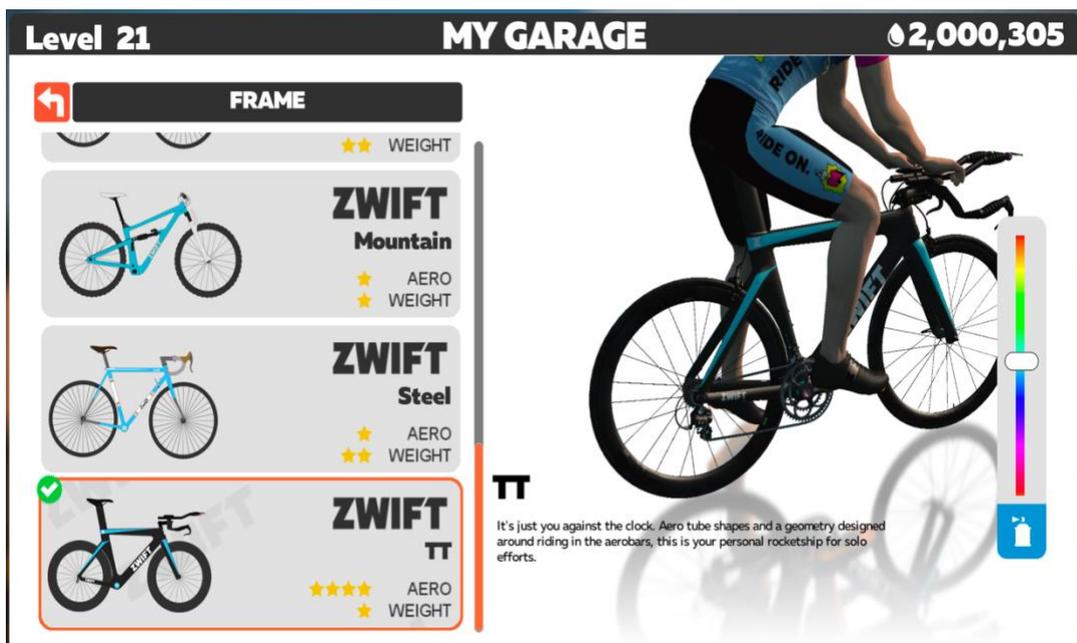
Login to Zwift and join and on the main menu screen you should see the race in the top right hand corner. Chose any world which isn't London and then click ride. You should see a join meetup button in the bottom left hand corner of the screen,

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

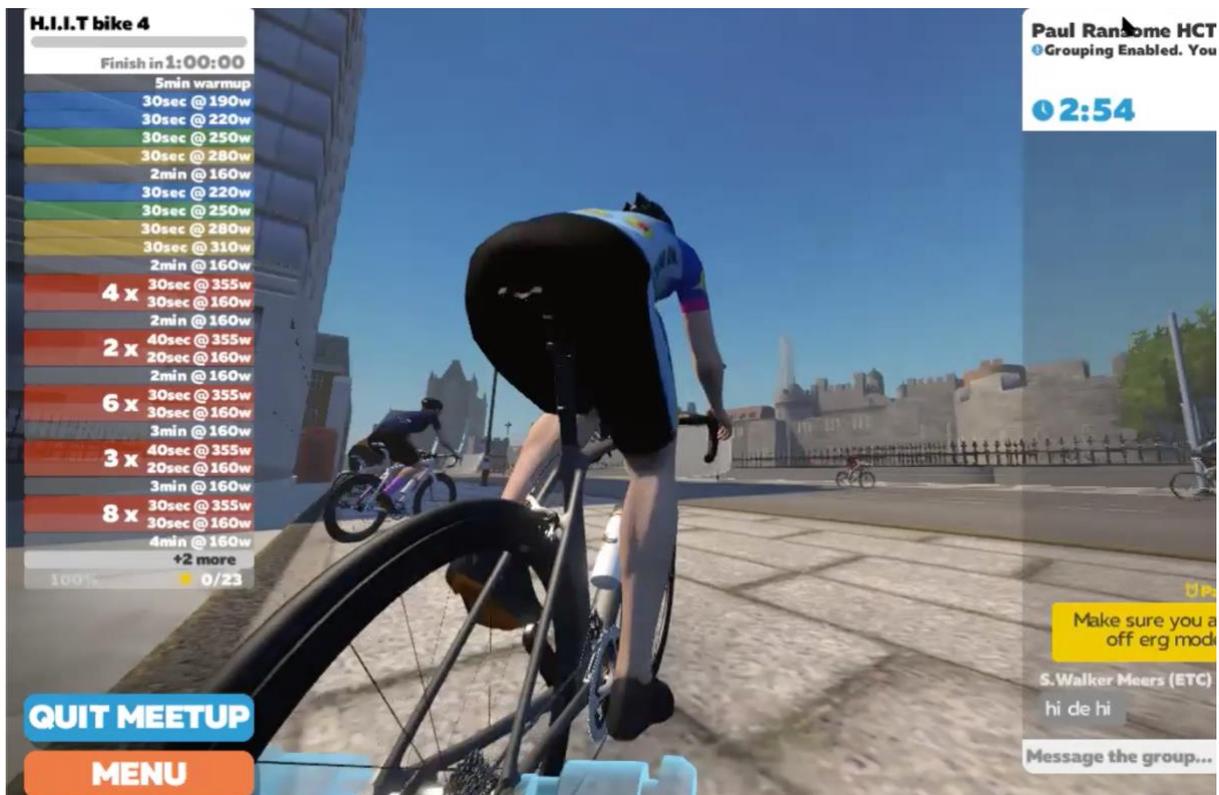


This is what you'll get if you don't have the join meetup button.

Select the TT bike as below, all TT bikes have the same attributes and don't allow you to draft, this is an essential rule, anybody using a road bike will be disqualified.

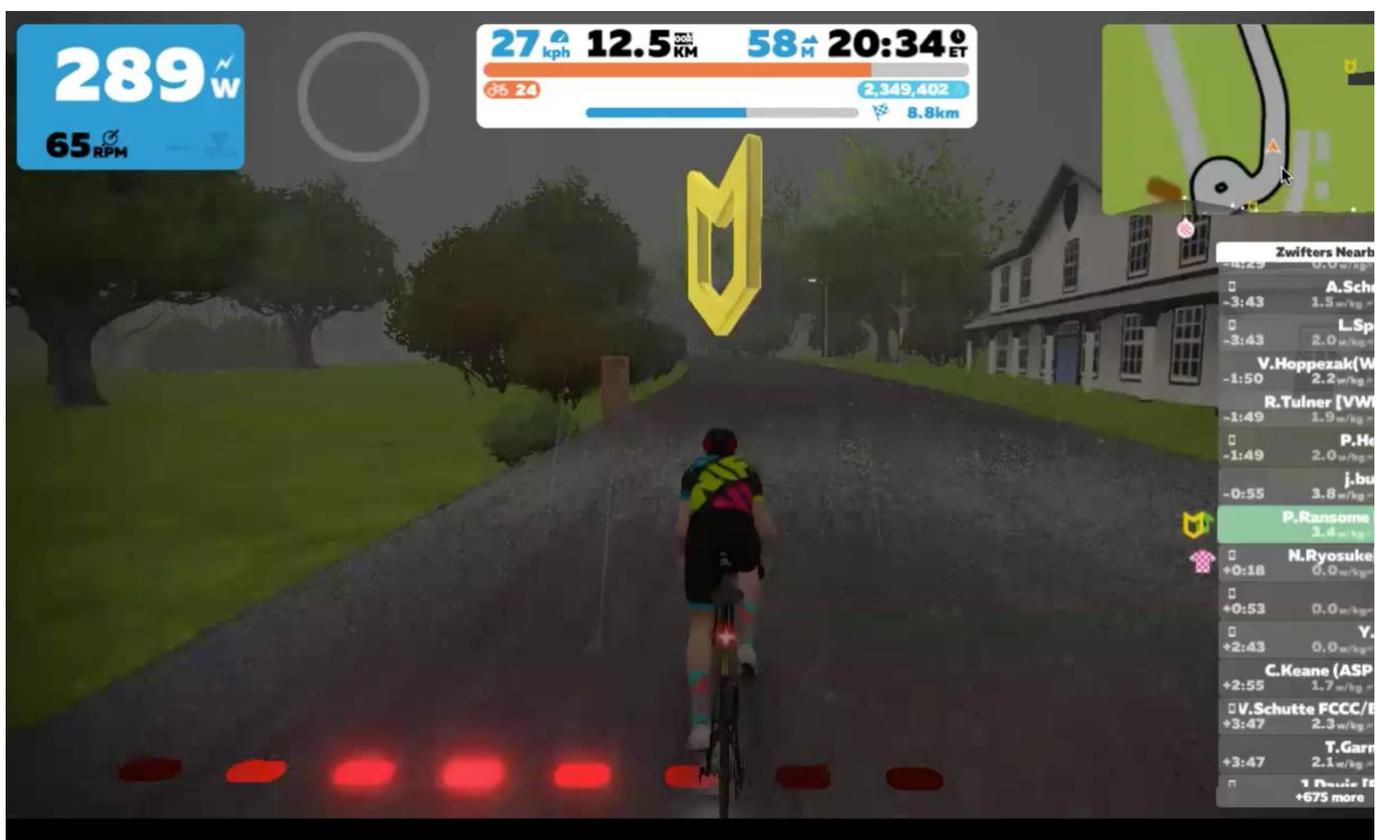


Below is what you will see whilst you're waiting for the start.





The **Start** is 0.7km 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 same line at the end of the lap.



The big climb of the route is Box hill which comes 12.5km into the ride, if hills are your strength it's time to drop the hammer.



Keep going until you hit the finish meetup line which Zwift will generate about 200m up the road from the same prudential arch you crossed to start the race. After this you can either end the ride, make sure you've saved it to Strava or have a little warm down before you hit your run. Remember you have until 12:30 to upload your 5km run.

For those not using Zwift you will ride for 40 minutes following on zoom. You're then free to go get your run done and we will log your run time in the results.