



# Maccabi Cycle & Tri Club



The Club's inaugural **ZWIFT** cycle race is on Sunday, 26 April starting at precisely 7.00am

Register Now

## Introduction – It's Watt You Do That Counts



**Course:** [Watopia's Out and Back Again](#) route covers *approx. 40.9km and 300m of ascent*. Two short climbs punctuate this mostly flat course where tactical drafting could play a big part in attaining podium finishes and the coveted Yellow jersey



**State Rivalry:** We've thrown down the gauntlet to our Victorian Maccabi counterparts and relish a watt-blooded battle that crosses state lines



**MADA:** The Maccabi Anti-Doping Agency reserves the right to test category winners for digital doping! Ride clean – *solo pane e acqua*



**Dry Run:** Optional *practice session* on Tuesday, 21 April at precisely 6.30am with Meetup invites to be sent to everyone who is following Daniel Bos, Sean Bloch *and* Alan Kaplan on Zwift before this time. Zwift's "elastic mode" will be enabled so we'll be riding together regardless of individual power output

Club Website

Club App

Club Strava


Membership





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## Instructions – Looks Like Rocket Science But It's Child's Play

### Before Race Day – Get Cracking

- 1 Tell us if you're coming by [registering](#) asap (watt are you waiting for!?)
- 2 **Follow**  *Daniel Bos, Sean Bloch and Alan Kaplan* on the Zwift Companion app asap (if you aren't already). If you're on Strava, follow the three of us there too
- 3 Race 'Meetup' invites will be sent to all registered entrants on Friday, 24 April via the Zwift Companion app, which you'll need to accept as "Going"







### On Race Day – The Essentials

- 1 Aim to arrive at the Meetup at least 10 minutes before the 7.00am start time as Zwift blocks access to late arrivals, even by just 1 second!
- 2 Go straight to the Meetup 'line up' where you can warm up on a virtual stationary trainer while you watch the timer countdown to the start of the race
- 3 The race starts when the Meetup countdown hits zero, which will be 7.00am
- 4 Race your way through the course, which is pre-programmed so no need to navigate
- 5 **Important:**   As you travel through the course, you'll see a kilometre countdown clock, so you'll be able to track your progress to the finish. When the countdown clock reaches 0.0km you'll pass through a chequered finish banner. *As soon as you cross this finish line, Save and Quit the ride*
- 6 We'll collect times, KOMs, QOMs and more via Zwift, verify them and post the results on the Club's [app](#) and [website](#)

### On Race Day – Fun Stuff

- 1 Bonus points for entrants who submit photos – best setup, sweatiest mug and so on. Be creative! You can email the photos to us or post them directly in the Club's [app](#) and we'll feature a selection in the race report

## E-Cycling Race Rules – Ensuring A 'Level Playing Field'

-  Drafting is legal
-  Use your real height and weight, as measured in socks, cycling shorts and cycling jersey within 24 hours of the race
-  Do not use the following in-game equipment: Zwift Concept bicycles (e.g. "Tron" bicycles), time trial bicycles, time trial helmets, or disc wheels (e.g. Zipp Super9)
-  Calibrate your trainer's power meter within 24 hours of the race
-  Use a cadence sensor and heart rate monitor (if you have them)
-  Use the most recent public release version of Zwift (no beta versions)