



The Major Race Bible

Los Angeles March 24th & 25th, 2018

CVR World Cup Results

The CVR World Cup Head Official, expected to be Neil Stewart, will certify all race results and final overall positions. **HIS DECISIONS ARE FINAL.** Race results and final overall positions will be published on cvrworldcup.com.

For all races, **except the hill climb**, the preferred results will be the standard Zwift results as shown below. If, however, that is not available for any reason, and in the case of the hill climb (see information about hill climb finish in the hill climb race details later in this document), video and/or CVR World Cup telemetry will be used to place positions. **No matter the method used the CVR World Cup Head Official has the final say on finishing positions and the official's decision is final.**

The CVR World Cup Head Official has full discretion in placing positions.

Zwift Results Screen

RANK	NAME	TIME	GAP	WATTS	W/KG	HR
1st	M.Roberts [Vision] XR	19:00.7	+ 0"	361w	5.2	159
2nd	M.v Rooyen	19:04.4	+ 3"	457w	4.9	0
3rd	F.J. RaceWBR (A)	19:35.7	+ 37"	362w	4.8	175
4th	S.Kühn [VISION] XRS (19:57.9	+ 59"	327w	4.6	171
5th	A.Sharman (Baines Ra	20:15.6	+ 1' 17"	291w	4.4	159
6th	R.Mrazek XRS (A)	20:27.1	+ 1' 28"	320w	4.4	175
7th	H.Bayley xrs (A)	20:31.7	+ 1' 33"	331w	4.3	151
8th	J.Long XRS (A)	20:52.6	+ 1' 54"	305w	4.1	158
9th	J.Wren XRS (A)	21:11.8	+ 2' 13"	235w	4.1	177
10th	C.Rees TeamWBR XRS	21:52.2	+ 2' 53"	253w	3.5	150

CVR World Cup Telemetry

CVR World Cup Equipment Responsibility

YOU ARE RESPONSIBLE FOR THE MOUNTING AND SECURING OF ALL BIKE AND PERIPHERAL EQUIPMENT NECESSARY FOR YOU TO RACE. CVR WORLD CUP STAFF WILL BE ON HAND TO ASSIST YOU, HOWEVER THE MOUNTING, SECURING AND USE OF PERIPHERAL EQUIPMENT IS NOT THE RESPONSIBILITY OF THE CVR WORLD CUP STAFF, IT IS YOURS. ANY ISSUES WITH EQUIPMENT ARE DEEMED THE RESPONSIBILITY OF THE ATHLETE AND HIS OR HER SUPPORT TEAM.

The CVR World Cup Keyboard assembly, shown here, will be available to you. It does **NOT** have to be mounted to your bike or used during the race. While the keyboard and assembly will be needed prior to an event to logon to Zwift and get ready to race USE OF IT DURING A RACE IS AT YOUR DISCRETION. There is some risk associated with using it or not using it. The call is yours. Its, mounting, securing and use is solely your responsibility. Not using it will preclude



the use of power-ups at the start of an event as **YOU WILL NOT BE PERMITTED TO USE YOUR MOBILE PHONE DURING THE RACE.**

If you do decide to use the keyboard assembly, please note that this assembly flips up and over so that the keyboard is protected from sweat. Failure to mount and secure the keyboard correctly could result in it falling off your handlebars which could cause you to be removed from an event or lose time due to Zwift entering a device pairing screen for example. Failure to protect the keyboard from sweat may result in your inability to use a power-up as desired. **Mounting, securing, using the keyboard correctly, and flipping the keyboard to protect it is the SOLE responsibility of the rider. AS PREVIOUSLY STATED FAILURE TO MOUNT, SECURE, AND USE THE KEYBOARD CORRECTLY COULD RESULT IN ADVERSE RACE CONSEQUENCES SUCH AS THE INABILITY TO USE A POWER-UP, LOST TIME, AND EVEN EXITING OF THE EVENT ENTIRELY. THESE WILL BE DEEMED THE SOLE RESPONSIBILITY OF THE RIDER.**

Mobile Phones

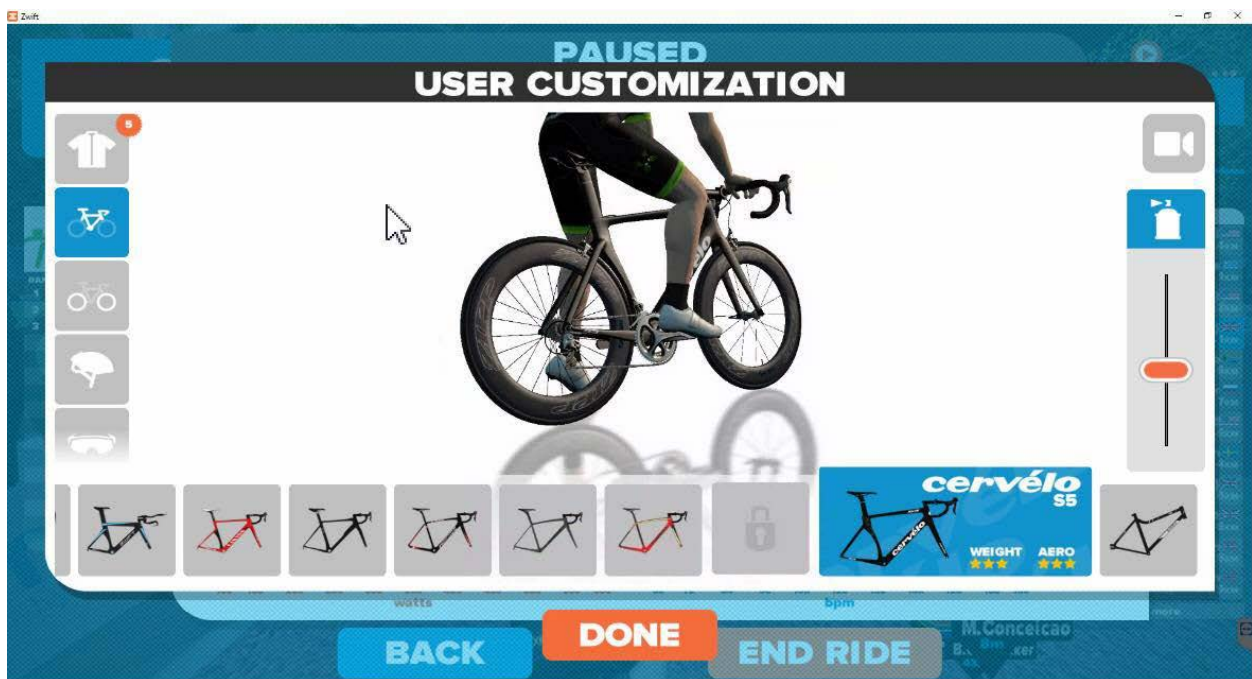
Mobile phones interfere with signals and using it may cause your trainer to lose communication with Zwift and thus cause power dropouts in game. You may say to yourself that you use your mobile phone all the time with your trainer and so discount this warning. **PLEASE DON'T**. The concentration and number of signals in the CVR World Cup Arena is MUCH DIFFERENT. There is a high probability that using your phone will cause dropouts, **SO JUST DON'T. SWITCH YOUR PHONE OFF.**

Power Up Usage

Power-up usage will be the same as it is for the CVR World Cup League. The events will have power-ups disabled. You will not receive a power-up once in an event and any power-up you have at the start of an event will be deleted when you go underneath a banner. You are allowed to use any power-up you have when the event starts.

Equipment Selection & Swaps

Any equipment available in Zwift may be used for racing at any time. You may also change equipment at any time, during or between races. Want to ride a TT bike up the mountain, go for it. Equipment selection and changes are completely up to you and **completely** your responsibility. Any issues that occur as a result of changing or attempting to change equipment are the responsibility of the athlete. For instance, **mouse movement could become an issue if you do not flip the keyboard to protect it from sweat.**



CVR World Cup Race Days & Course Details

There will be two days of racing. Heats on Saturday, finals, in the form of a mini-stage race, on Sunday.

Saturday Heats

There will be four heats of 10 riders each. Two for women and two for men. The top four finishers from each heat will advance to the Elite Bracket. In addition, the two fastest racers from either heat, not among the eight selected by position, will be selected for the Elite Bracket.

Sunday Races

On Sunday each of the brackets will do three events back to back. Please sign-up for all three events (hill climb, hilly road, and flat crit) based on your bracket as determined on Saturday. **RIDERS MUST COMPLETE THE FULL COURSE OF EACH EVENT, PRIOR TO THE NEXT EVENT STARTING.** Five minutes before an event starts Zwift will automatically offer to take you to the starting pen for the event. As long as you crossed the finish line of the previous event we **strongly recommend you simply do nothing and let Zwift take you starting pen automatically.** You can decline the automatic penning, for instance if you have not crossed the finish line of your previous event, you must then click on “Join Event” prior to the next event commencing to continue racing. **IF YOU DO NOT SIGN-UP FOR AN EVENT, JOIN IT PROPERLY AND CROSS THE FINISH LINE YOU WILL NOT BE ALLOWED TO CONTINUE.**

For the last event a rider must complete the full event course within the allotted duration. Each event’s duration, in minutes, is shown below. Please note, these are the EXPECTED durations and are subject to change when Zwift creates the events. PLEASE CHECK THE EVENTS ON ZWIFT TO CONFIRM EXACT DURATIONS.

Race Type	Elite Bracket		Performance Bracket	
	Men	Women	Men	Women
Hill Climb	21	24	24	28
Hilly Road	33	36	36	41
Flat Crit	30	34	34	35

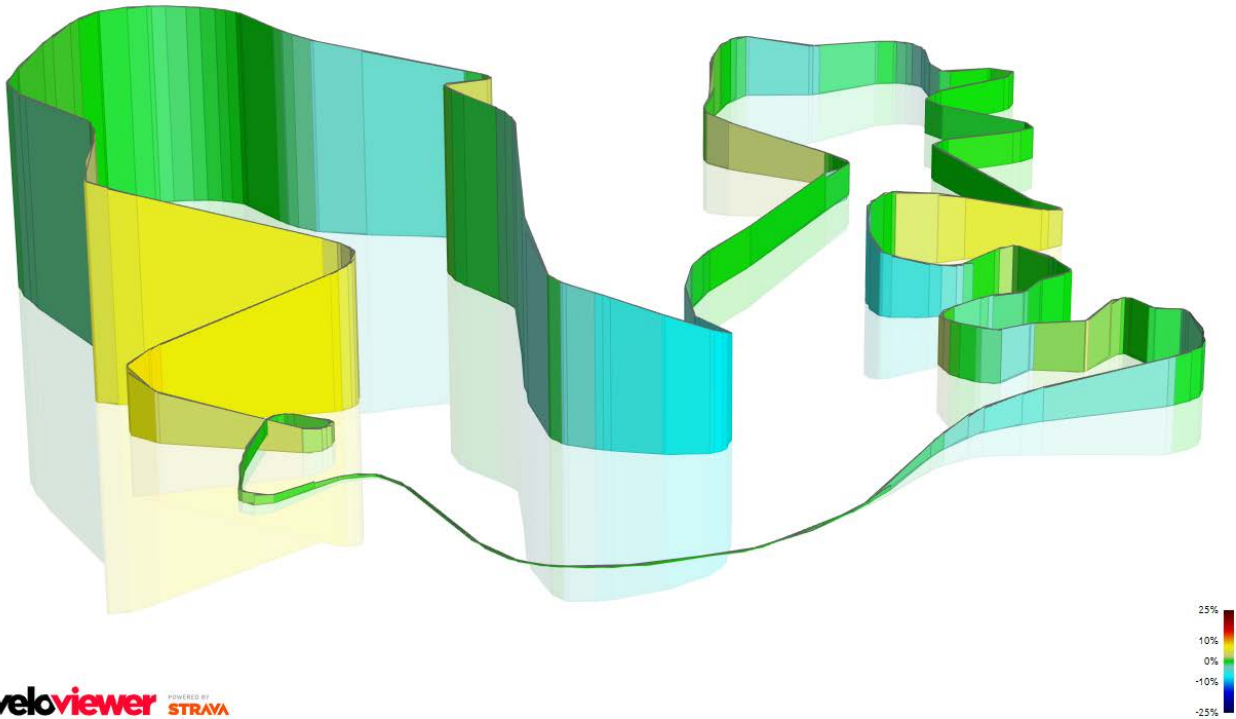
For each race each rider will score points for finishing position as shown to the right. The scores from each of the three races will be totaled and riders’ overall finishing positions will be assigned by total points in descending order. Should a tie in points result, total accumulated time across all three races will be used to break the tie.

The FINAL OVERALL positions 1-10 will come from the Elite Bracket. All other riders will be selected for the Performance Bracket. The final overall positions 11-20 will come from the Performance Bracket.

Position	Points
1st	20
2nd	16
3rd	13
4th	11
5th	9
6th	7
7th	6
8th	5
9th	3
10th	1

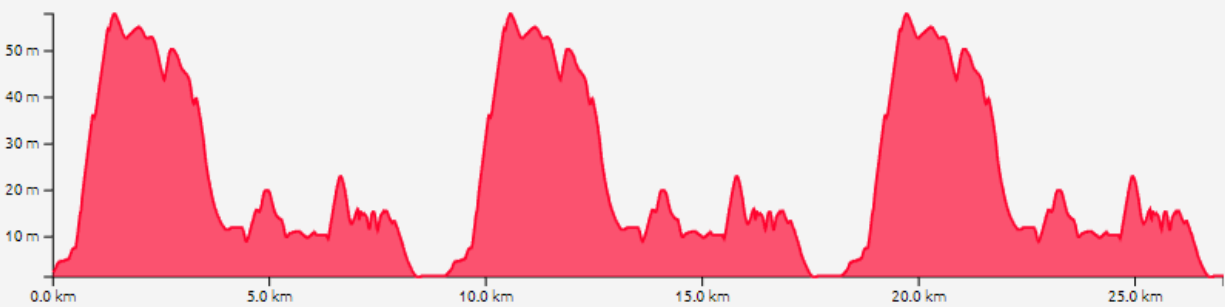
Saturday Races – Hilly Road – Watopia Hilly Forward 3 Laps

The course for heats on Friday will be Watopia Hilly Forward 3 laps. Riders will have 50-55 minutes to complete. Should a rider not complete the course, due to a mechanical or any other reason, they will be given a position by distance completed. Info Links: <http://veloviewer.com/segments/14528100> & <https://www.strava.com/segments/14528100>.

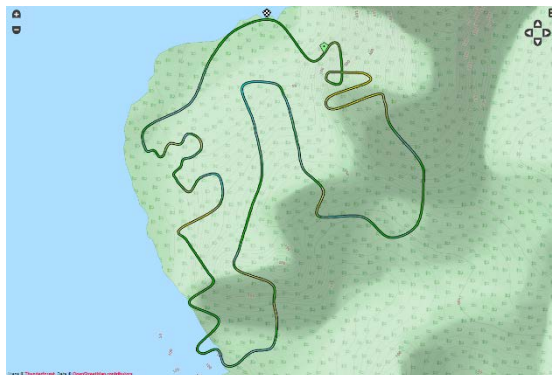


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Raw Elevation



Course Stats	
Distance	27 km
Elev. Gain	302 m
Elev. Change	57 m
Avg. Grade	0%
Max Grade	11%
Min Elev.	1 m
Max Elev.	58 m
KOM Time	34:30
KOM Speed	47 kph

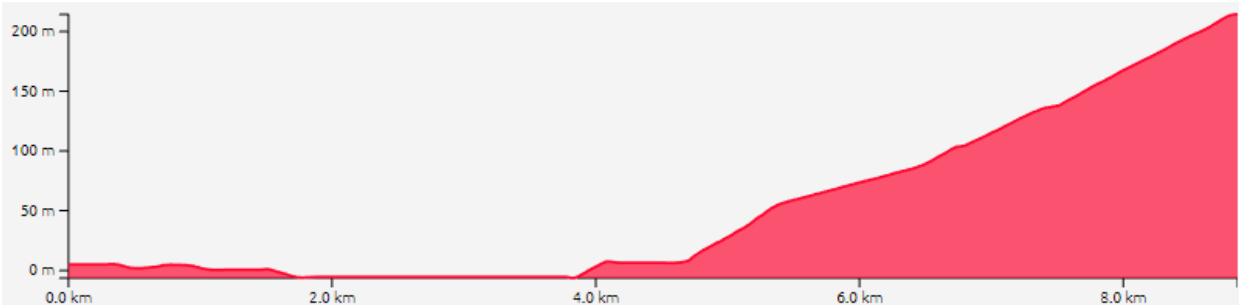
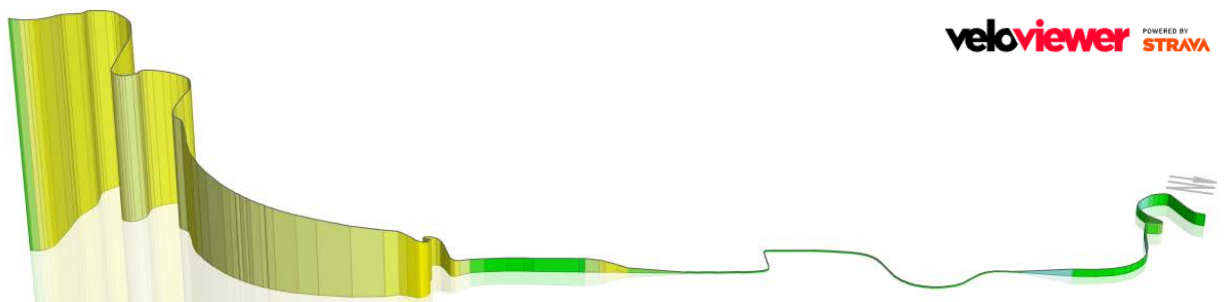


Sunday First Race – Hill Climb – Watopia Mountain to Castle Entrance

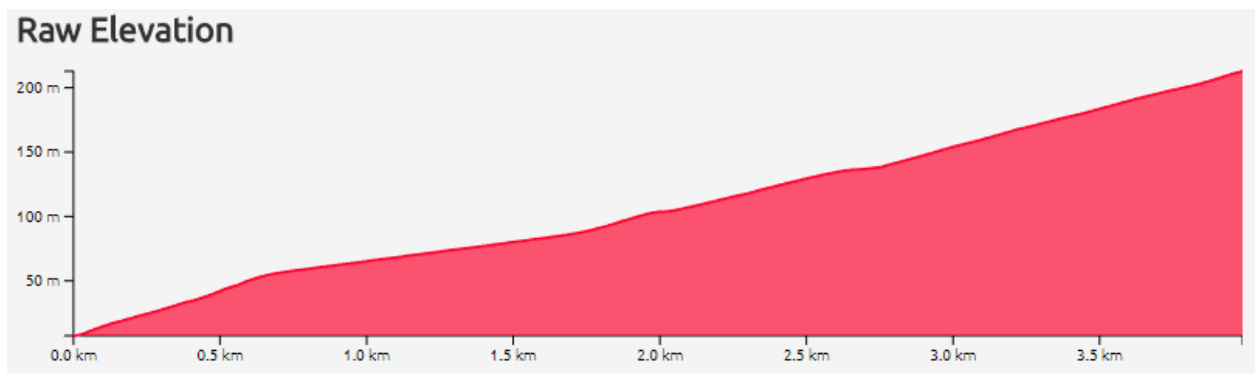
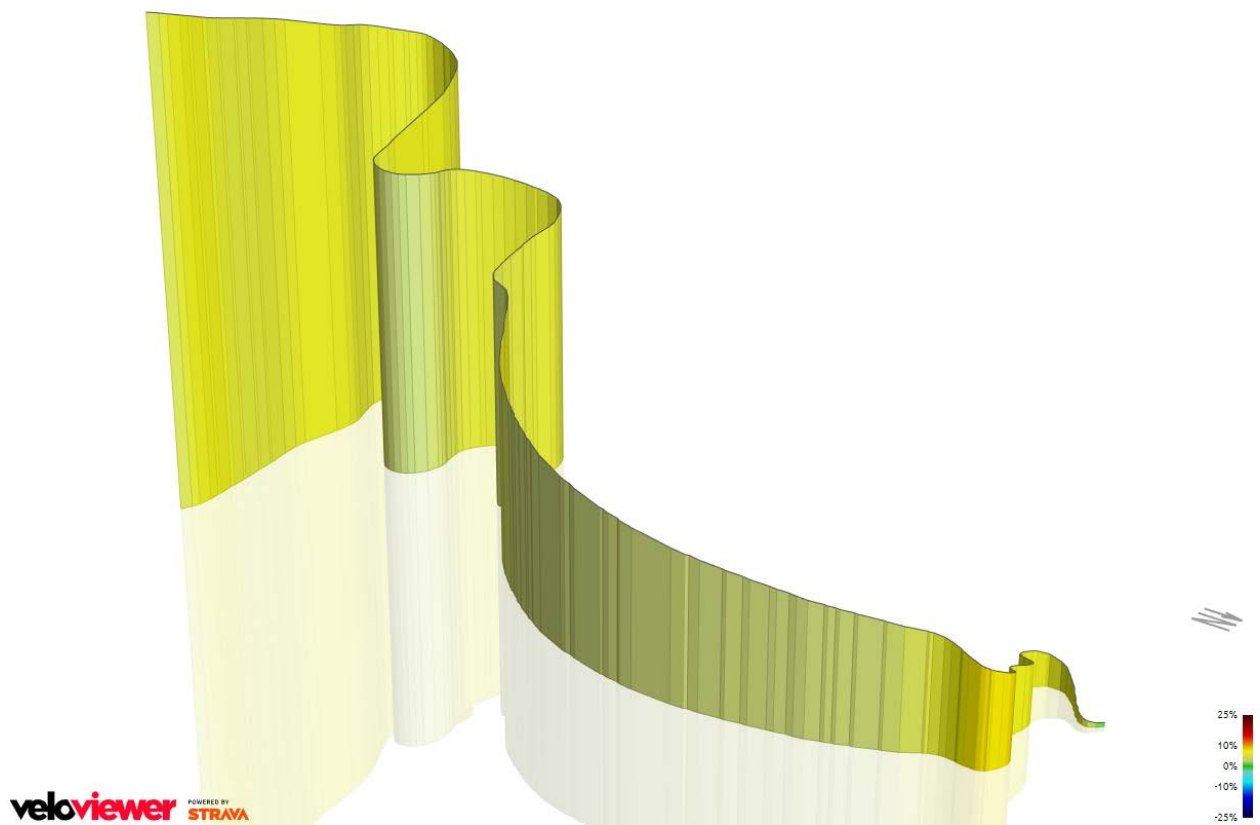
The first race is from the start pen to the castle on Watopia Mountain, specifically the first start of the first **full** line of cobbles that crosses the right side of the road. Please note that there is a line of cobbles where one cobble is missing on the right hand side of the road. The finish line is between that set of cobbles and the next, as shown by the yellow line below.

The Zwift Event for the Hill Climb does not end at the finish line, it is actually setup for a full Watopia Mountain Lap. AFTER CROSSING THE FINISH LINE you may either continue up the mountain, or quit the event and turnaround and head down the mountain. Either way, unless you have previously declined to join your next event, Zwift will automatically take you to the start pen of the next event at the correct time. IF YOU HAD PREVIOUSLY DECLINED YOU MUST CLICK “JOIN EVENT” PRIOR TO THE NEXT EVENT COMMENCING.

Course information can be found at <http://veloviewer.com/segments/15923466> & <https://www.strava.com/segments/15923466>.



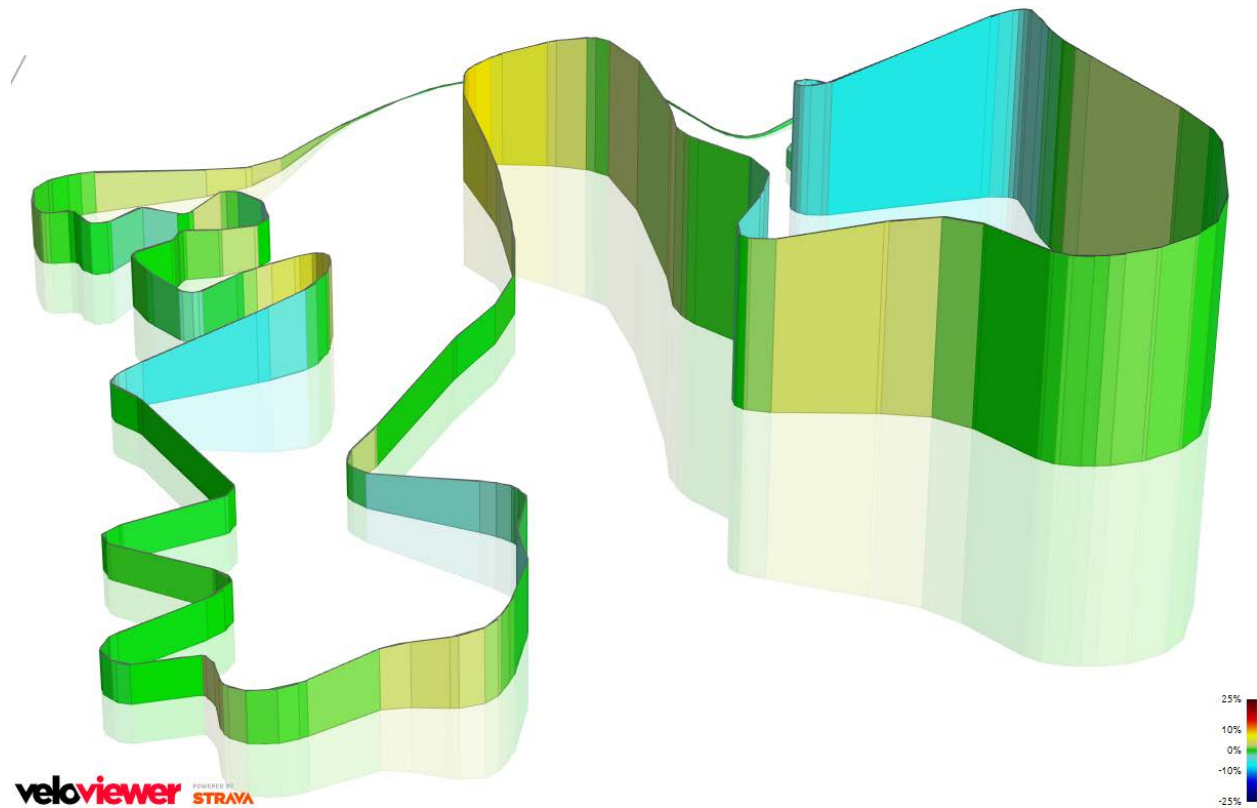
Full Course Stats		Climb Portion Only	
Distance	8.9 km	Distance	4.0 km
Elev. Gain	224 m	Elev. Gain	205 m
Elev. Change	221 m	Elev. Change	205 m
Avg. Grade	2.4%	Avg. Grade	5.2%
Max Grade	11.1%	Max Grade	11.1%
Min Elev.	-6 m	Min Elev.	7 m
Max Elev.	214 m	Max Elev.	214 m
KOM Time	n/a	KOM Time	n/a
KOM Speed	n/a	KOM Speed	n/a



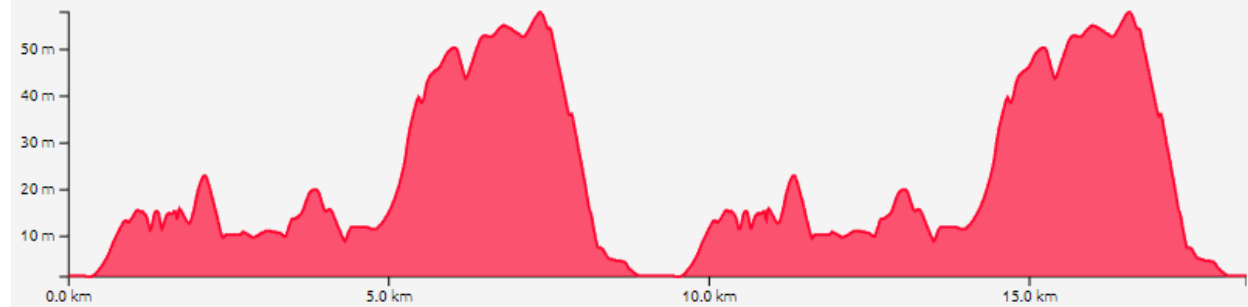
Sunday Second Race – Hilly Road – Watopia Hilly Reverse 2 Laps

The second race will be two laps of Watopia Hilly in reverse. Info Links:

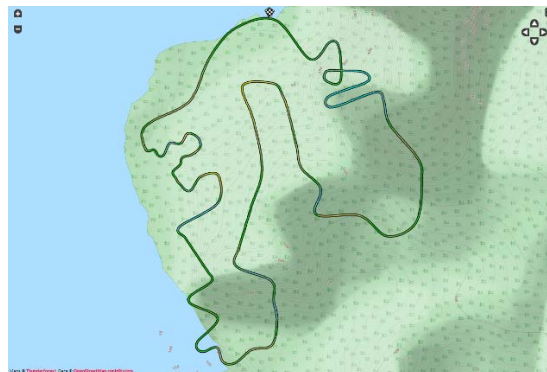
<http://veloviewer.com/segments/14558444> & <https://www.strava.com/segments/14558444>.



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Raw Elevation

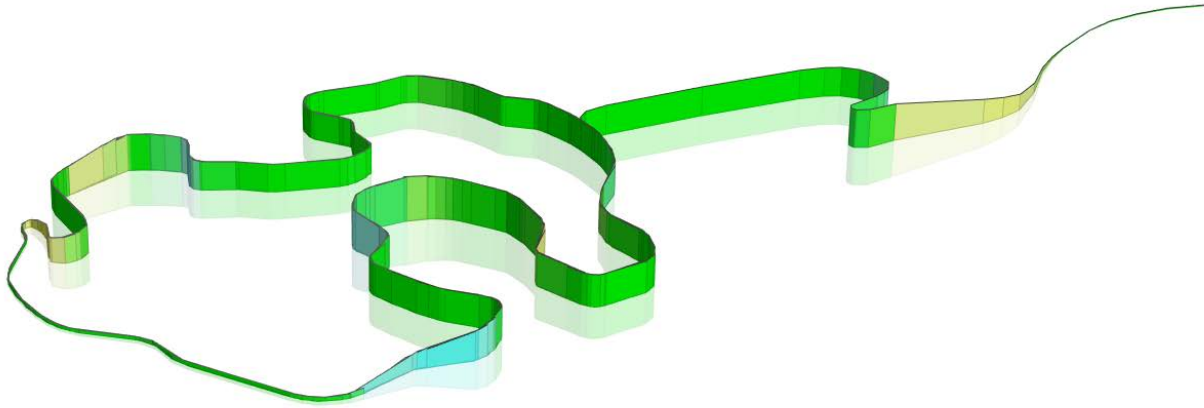


Course Stats	
Distance	18.4 km
Elev. Gain	202 m
Elev. Change	57 m
Avg. Grade	0%
Max Grade	11%
Min Elev.	1 m
Max Elev.	58 m
KOM Time	23:28
KOM Speed	47 kph

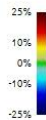


Sunday Third Race – Flat Crit – Volcano Circuit 3 Laps

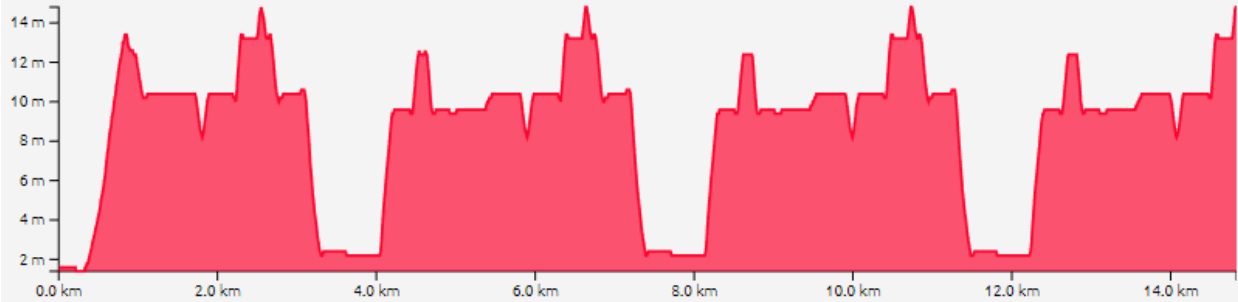
The third race is a flat criterium consisting of 3 laps of the volcano circuit (clockwise **not** CCW). Info Links: <http://veloviewer.com/segment/14592508> & <https://www.strava.com/segments/14592508>.



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Raw Elevation



Course Stats	
Distance	14.8 km
Elev. Gain	69 m
Elev. Change	13 m
Avg. Grade	0.1%
Max Grade	6.0%
Min Elev.	1 m
Max Elev.	15 m
KOM Time	n/a
KOM Speed	n/a



Race Schedule – All Times PDT (Los Angeles)

Saturday

PDT	Duration	Event
9:55AM	0:30	Heat 1 Women's Warm up
10:25AM	0:55	Heat 1 Women's Race Starts
11:20AM	0:35	Race tear down and set next
11:55AM	0:30	Heat 2 Men's Warm up
12:25PM	0:50	Heat 2 Men's Race Starts
1:15PM	0:35	Race tear down and set next
1:50PM	0:30	Heat 3 Men's Warm up
2:20PM	0:50	Heat 3 Men's Race Starts
3:10PM	0:35	Race tear down and set next
3:45PM	0:30	Heat 4 Women's Warm up
4:15PM	0:55	Heat 4 Women's Race Starts

Sunday

PDT	Duration	Event
Men's Performance		
7:40AM	0:30	Warmup
8:10AM	0:24	Hill Climb
8:34AM	0:36	Hilly Road
9:10AM	0:34	Flat Crit
10:29AM		Men's Performance Awards
Women's Performance		
10:29AM	0:30	Warmup
10:59AM	0:28	Hill Climb
11:27AM	0:41	Hilly Road
12:08PM	0:35	Flat Crit
1:28PM		Women's Performance Awards
Men's Elite		
1:28PM	0:30	Warmup
1:58PM	0:21	Hill Climb
2:19PM	0:33	Hilly Road
2:52PM	0:30	Flat Crit
4:07PM		Men's Elite Awards
Women's Elite		
4:07PM	0:30	Warmup
4:37PM	0:24	Hill Climb
5:01PM	0:36	Hilly Road
5:37PM	0:34	Flat Crit
6:30PM		Women's Elite Awards

