

ARMY CYCLING ROAD RACE SERIES (ACRRS) ZWIFT e-Series 2020

References:

- A. [JSP539 Climatic Injuries in the Armed Forces Prevention and Treatment](#)

Introduction

1. Due to the current situation regarding COVID-19, this season's ACRRS will take place using a virtual platform over races between Apr - Jun 20. Corps Reps are to encourage participation at all levels.

2. Event Dates

- a. 29 Apr 20 (Trial Race)
- b. 06 May 20
- c. 13 May 20
- d. 27 May 20
- e. 03 Jun 20
- f. 10 Jun 20
- g. 17 Jun 20
- h. 24 Jun 20

ACRRS ZWIFT e-series Phase 2 - Jul to Oct 20 details to be confirmed.

3. **Format.** The ACRRS e-series will be hosted on the Zwift Virtual Platform, utilising the categories A, B and C which will cater for the differences in abilities.

4. **Timings.** Race timings will vary but will take place on Wed afternoons/evenings.

5. **ACU Membership.** Riders who are not full ACU members will not have their points count in either the team or individual competitions until they have fully joined via the [BC website](#).

Route

6. These will differ in elevation and distance for each race; they will not exceed 60km in length.

Race/Course Information Details

7. The exact Zwift race will be identified and posted on the ACRRS FB Page on the Wed / Thu of the week prior to the event.

Rules

8. The rules for this e-series are contained within this instruction. In accordance with current ACRRS Rules, Male Army Team riders are not eligible to enter this e-league Series.

9. **Categories and ACRRS e-series League.** Based on the categories below, 3 male leagues and 1 female league will be created. Riders will be automatically placed into leagues by the ACRRS Committee who will publish updated leagues regularly. Distinct to the ACRRS e-series League all riders are to enter the appropriate A, B, C categories on Zwift with their current wpkg (below).

- a. Cat A = 4– 5wpkg or ACRRS A League.
- b. Cat B = 3.2-4wpkg or ACRRS B League.
- c. Cat C= <3.2wpkg or new to racing.

Race Entry

10. Riders will be responsible for ensuring that they enter the correct racing category as per their ability; taking into consideration the races they entered last season.

11. More specific race event information will be available when you join the race.

12. **Race Kit.** Riders may choose any coloured strip and equipment to use.

Points and Categories

13. These will be awarded in line with those previously used in the ACRRS League events. Points for Individuals; U23, Seniors and Masters, Corps, Unit Teams etc.

14. **Results.** Results will be posted on the ACRRS FB Page within 5 days. These will be extracted from Zwift Power.

15. **Eligibility to Race.** The ACRRS e-series is open to all Service Personnel, Veterans and MOD Civil Servants.

16. **Prizes¹.** Prizes will be awarded at the end of the season as follows:

- a. Male Corps Champions
- b. Female Corps Champions
- c. Female Unit Champions
- d. Male Major Unit Champions
- e. Male Minor Unit Champions
- f. Best Young Rider – Under 23 yrs
- g. Best New Talent (any rider in their first year in the ACRRS e-series)
- h. Male Individual 1st to 3th place (in leagues A, B & C)
- i. Female Individual 1st to 3rd place
- j. Male Masters 1st- 2nd (40-44 yrs)²
- k. Female Masters 1st (40-50 yrs)
- l. Male Super Masters Champion 1st (45-49 yrs)
- m. Male Grand Masters Champion 1st (over 50 yrs)
- n. Male Veteran 1st

¹ Prizes may be increased or reduced based on riders numbers in specific categories.

² To qualify individuals must be between 40 – 45 years old before the first race of the season, the same applies in other categories.

- o. Male Veteran 1st (over 50 yrs)
- p. MOD Civil Servant 1st
- q. Female Veteran 1st

17. Inter Corps/Unit Competition.

- a. Inter Unit Champs Major Unit: Top 5 riders' points to count.
- b. Inter Unit Champs Minor Unit: Top 3 riders' points to count.
- c. Inter Unit Champs Women's Team: Top 3 riders' points to count.
- d. Male Inter-Corps Champs: Top 6 riders' points to count.
- e. Woman's Inter-Corps Champs: Top 3 riders' points to count.

18. Safety Protocols. In most cases riders will be taking part from their own home using personal equipment. The following is a list of safety precautions:

- a. Rider has conducted progressive pre ACRRS e-series build up training.
- b. Riders are to gain permission from their CoC for the ACRRS e-series to be part of their Unit Physical Training Programme. Once authority is granted in writing the rider will be deemed as on Duty.
- c. Equipment is used in accordance with manufactures recommendations.
- d. Rider has a form of communications available.
- e. Rider has water, adequate ventilation and access to a cooling fan whilst racing.
- f. Where possible a member of the household is aware racing is taking place.

19. Use of Social Media. All activity and communications for this series will take place on social media. The highest standards of behaviour are expected from all riders, any provocative or abusive comments may result in the rider being removed from the series and formal discipline through the CoC may be initiated. Disputes over positions must be directed to Corps Reps.

20. Rider Identification. It is imperative that all participants place an identification code after their Zwift names. All other rider information will be taken from the ACU membership details on the [BC website](#) (please check your details). For the ACRRS e-series the only information required is name followed by (Army Cycling) i.e.

Joe Smith (Army Cycling)

Note: Riders **MUST** place the following information, in the same order, as below, on their Zwift Profiles and Zwift Power:

What Equipment is Required?

1. Zwift Account, first 7 days are free then approximately £12 per month.
2. Bike or Smart Trainer or Turbo Trainer with Power.
3. Phone, Tablet or Comp.
4. Heart Rate Monitor – Compulsory for each race.

How to Get Started on Zwift?

Step 1 – See Zwift User Video

<https://www.youtube.com/watch?v=q8fArWR-CsE>

Step 2 – Zwift Companion

<https://www.youtube.com/watch?v=eS-YrNvsARc>

Step 3 – Zwift Power

The ACU now has its own Zwift Power Team which you **MUST JOIN**. Follow these simple instructions:

1. Log into Zwift Power <https://www.zwiftpower.com/index.php>
2. Make sure you have (Army Cycling) after your name.
3. Find: **British Army Cycling Union**
4. Click the 'Join British Army Cycling Union' button.
5. Wait for a moderator to accept your invite.
6. Once joined – you can make it your 'Primary' team if you wish.

Note: You can be a member on multiple teams but can make only one team your 'primary'.

Your results will not count towards the league results unless you are registered on Zwift Power.

If you have any questions, then please contact your Corps Reps or place a post on the ACRRS FB Page.

ACRRS Management