

Prairie Virtual Spring Series

Presented by the SCA and MCA

Welcome to the Prairie Virtual Spring Series – Presented by the SCA and MCA! Over the coming weeks we will be racing on routes around Manitoba and Saskatchewan. The event is being provided to our Saskatchewan and Manitoba Cycling Association members. Events will take place on Saturday mornings, and will alternate between Saskatchewan and Manitoba courses every week. We will be using the virtual training and racing software RGT Cycling to run these events on Magic Roads courses to recreate our favorite routes from our beautiful local roads. The races will vary between one and two hours in length. You can stop at anytime. More details on RGT setup can be found below. Thank you to all who helped organize these events!

Spring Chicken Digital - Saturday April 18

Date: Saturday April 18

Time: 9am (SK), 10 am (MB)

Platform: RGT Cycling

Virtual Race Location: Kenora, Ontario (Manitoba)

Distance: 55km

Elevation Gained: 515m

Jersey Selection: Please choose a jersey other than *Ruhetag* and *Adidas Adistar-Green Jerseys*. These jerseys are being used by the two provincial teams.



Registration Deadline: Participants are encouraged to register early to ensure they get a spot in the race. This race is promoted on RGT (aka public), such that non-SCA/MCA members will be able to join through the RGT Cycling race calendar. There is a maximum limit to the number of participants that are eligible to join the race. Sign up early!!

Course details: <https://www.strava.com/routes/25128668>

RGT Race Link: <http://app.rgtcycling.com/event?code=9ynS11TwBh> (Promoted Event on RGT Cycling)

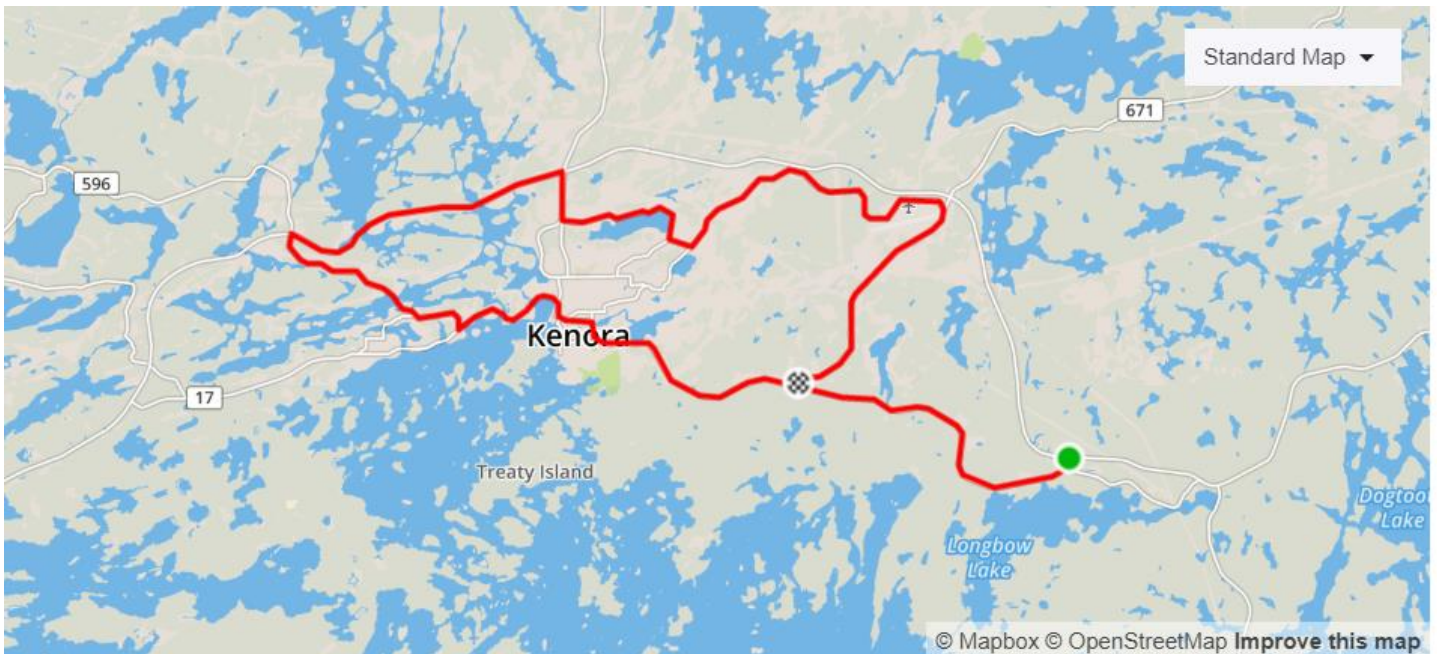
Description: This year we can't run our Manitoba Cycling Association season opener road race, like we have for the past couple of years. Luckily, it's 2020 and we have technology helping us cover the gap.

This is an open race on RGT magic roads created from GPX file of roads around Kenora, Ontario. Locals know the roads, but if you're not familiar with the area, think most idyllic cabin country on thousands of lakes and lots of exposed Canadian Shield bedrock, and you'll get the idea of the landscape. The road has many small hills, with about 1,5 km Airport Hill near the end of the race.

This race is mainly promoted to the Manitoba and Saskatchewan cycling communities, but this is a public race on RGT and the race link can be freely shared with any party interested in participating in this race.

There is no registration fee. If you're so inclined to show appreciation for the organizing club, please consider making a donation to Reese Kettler's Go Fund Me (<https://ca.gofundme.com/f/reesekettler>). Trevor Kettler and April Gobert are members of Dark Red Racing, avid volunteers in our cycling community, and we stand with them in support.

Course Route



Course Profile

55km, 515m elevation gained



General Interesting Info

Kenora, originally named Rat Portage (French: *Portage-aux-Rats*), is a small city situated on the Lake of the Woods in Northwestern Ontario, Canada, close to the Manitoba boundary, and about 200 km (124 mi) east of Winnipeg. Kenora was once claimed as part of the Province of Manitoba, and there are early references to Rat Portage, Manitoba. Kenora and surrounding region have excellent roads for cycling, both road and gravel.





Prairie Virtual Spring Series Information

When

Saturday mornings at 9:00am Saskatchewan time, 10:00am Manitoba time beginning on April 18th, 2020. Please “Join Event” at least 15 minutes early to give the course time to load. Races will be between one and two hours long.

Participation

Any rider who has a smart trainer or a standard trainer with a power meter can participate. Participants must sign up for an RGT Cycling account, with signup details below. All you need is the Free membership to participate.

To register, participants can follow this link on a device with the RGT app downloaded (see race details) and select “Sign Up” once the RGT application opens the ride details. *Depending on the application opening the link, the user may have to open the link in a browser. Do this by either selecting an icon in the top right corner of the screen (three dots in Facebook) and open the link in your browser or by holding the “link” hyperlink in the centre of your screen and opening in your browser. More details on RGT setup can be found below.

Equipment Selection

In the equipment section of your RGT application, you may select from an array of bicycle and apparel options. Feel free to use any kit you wish EXCEPT for the “Adidas Adistar – Green” kit and “Ruhetag” kit. These kit options will be used to identify the Saskatchewan and Manitoba Provincial Teams respectively.

Course Schedule

Each week the course will switch between Manitoba and Saskatchewan highlighting a different region of each province each week.

Sat, April 18: (MB) Spring Chicken Digital – Kenora, ON

Sat, April 25: (SK) Lake to the Ridge – Waskesiu, Prince Albert National Park, SK

Sat, May 2: (MB) Riding Mountain Cruise, Wasagaming, MB

Sat, May 9: (SK) East Qu’Appelle Crusade – Round Lake, SK

Sat, May 16: (MB) The Cabin Fever Dash – Falcon Lake, Whiteshell Provincial Park, MB

Sat, May 23: (SK) The Sa-Whet Scrimmage – Craven, SK

Sat, May 30: (MB) Pembina Hell – Pembina Valley, MB

Sat, June 6: (SK) Prairie Ear Popper Classic – Cypress Hills Provincial Park, SK

Setting up RGT Cycling

Technological Requirements

- 1) RGT Cycling Companion App Download – (one of) iPhone, Android, or iPad
- 2) RGT Cycling Screen App Download – (one of) Windows 10 PC, Windows 10 Laptop, Mac, iPad, or Apple TV

Equipment Requirements

- 1) Smart Trainer with Bluetooth or ANT + Connection (Almost all smart trainers have Bluetooth)
OR
- 2) Power Meter* (on bike or in trainer) with Regular trainers or rollers (No simulated gradients)

* Most modern power meters (including PowerTap) have Bluetooth compatibility. If your power meter does not have Bluetooth compatibility you will need to acquire an ANT + dongle for your device to read power meter data.

** Riders must have a smart trainer or power meter to ride on RGT. There is no speed sensor connectivity for the app.

Getting Set Up

1. Download RGT Cycling Companion Application from Apple App Store (iPhone or iPad) or Google Play (Android)
2. Download RGT Cycling Screen Application from Windows Store (Windows 10 Laptop or PC) or Apple App Store (iPhone, iPad, or Apple TV)
3. Create Profile (follow on screen prompts in RGT companion app). You only need the Free membership to race.
 - If you would like the premium features: send an empty email (no subject line or content) to rideitout@rgtcycling.com to access free premium features during Covid-19 pandemic using the email linked with your profile. You will receive email confirmation that premium features have been activated for your account within an hour or so depending on demand. (RGT is experiencing an increase in demand since premium features have become free)
4. Link your TrainingPeaks account:
 - a. Open RGT companion app
 - b. Tap the menu icon (circular button with three lines above “Races”)
 - c. Access your profile (button with your profile name on it)
 - d. Tap “Connected Apps”
 - e. Under TrainingPeaks toggle switch beside “TrainingPeaks Athlete”
 - f. Verify your TrainingPeaks account and allow RGT access.
 - g. Enable “Auto Upload Activities” to sync RGT activities to your TrainingPeaks account

Connect Sensors and Getting Set Up

1. Log in to RGT companion app
2. Connect the Screen App by touching screen icon in top left corner above “Explore”, opening up the RGT Screen app on the same WiFi network, and entering the 4-digit pin number that appears on the screen app into the RGT companion app.
3. Tap the “Explore” button from the home menu in the RGT companion app
4. Open “RGT Real Roads”
5. Select a route and “Ride From (Route Name)” at bottom of screen

6. Once ride begins, sensor selection will appear near the top of the screen on the companion app. Tap “Power” and select smart trainer (or power meter if not on a smart trainer). Select “Cadence” for cadence sensor and “Heart Rate” for Heart Rate sensor connection (if applicable).
7. If running a Smart Trainer select “Slope” from the sensor connection menu and select you trainer. This will allow smart trainers to simulate gradient.
8. Once all sensors say “connected” beside of them, give your route a quick spin! Make sure everything works properly and there are no techy issues that pop up when you first use the app. Try riding it once before the group rides begin, to know how everything works.

Registering for the Race

Private or Promoted Races

1. Registration closes an hour before the start time. The link for the weeks’ ride will be posted a few days in advance, so register as soon as you can. *
2. The link to join our group ride will be posted on the SCA and MCA websites.

OR

Promoted Races only

1. Open the RGT companion app
2. Tap on “Race”
3. Click “Races”. Find the Race from “Upcoming” list of races.
4. “Sign Up” for the race. Come back later when the race is about to start.

Joining the Race (How to get to the Start Line)

1. When the ride start is less than half an hour away, enter RGT Cycling companion app
2. Tap on “Race”
3. Click “Registered”
Find the Race from “Registered” list of races.
4. “Join Event” for the race.
5. Be on your bike warming up, ready to start 10minutes before the start of the race.

We Hope you Enjoy this SCA and MCA Presented Event!

SCA special thank you to HPL Cycling, SCA-Performance Cycling Program, Manitoba Provincial Program and SCA athletes of the ad hoc SCA 2020 Virtual Race Committee.

