

ABC Arctic Blast Zwift Race Series

INTRODUCTION

Welcome to the ABC Arctic Blast Zwift Race Series!

From Mont Saint-Michel in France to the top of the Epic KOM and beyond in Watopia, we have designed a 7-week points series that will challenge every racer along the way. Featuring Zwift's most exciting worlds and courses, we are bringing a fair and challenging series to all divisions. All racers will be awarded finishing points throughout the series, in addition to decisive intermediate KOM/sprint points up for grabs in nearly every race to keep overall standings close until the very end.

While the arctic blast continues to snow down on us outside, grab a fan and join us inside from your pain cave for the most exciting Zwift racing that ABC has seen yet!

Series Race Schedule

	Date	World	Course
Race 1	Feb 25	France	Casse Pattes
Race 2	Mar 4	Innsbruck	Innsbruckring
Race 3	Mar 11	Watopia	Muir & Mtn/Mtn Route
Race 4	Mar 18	Richmond	Richmond UCI Reverse
Race 5	Mar 25	London	Classique
Race 6	Apr 1	Watopia	The Magnificent 8
Race 7	Apr 8	New York	Everything Bagel

POINTS CLASSIFICATION

All ABC racers must be fully registered at zwiftpower.com to be included in series standings (see instructions on registering with Zwift Power below). Series points will be tallied by ABC on Zwift Power. Final points for each race will be the combined total of finish and intermediate KOM/Sprint points earned by each racer. Each racer's five highest-scoring races will count toward final series standings. Series standings will be totaled for each mixed-race category and be separated by men and women. As these races are open to the world, non-Alaskan/ABC racers will also be racing with us and earning series points. If you are disqualified on Zwift Power because you exceeded category watt per kilo (WKG) limits, you will not receive points in that category for the race.

Race Finish Points

80,70,60,50,45,40,35,30,25,20,18,16,14,12,10,8,6,4,2,1,1...

Intermediate KOM/Sprint Points

Depending on the segment, intermediate points will be awarded to either the "First Racers Across the Line" or "Fastest Racers Across the Line." See specific details for each race below. Segments and points are subject to change, any updates will be posted before each event.

RACE CATEGORIES

All ABC racers must race in an appropriate WKG category, as calculated by Zwift Power. Racers may choose to race in a higher category if desired (i.e., a B racer may not enter the C race, but a B racer may enter the A race). In the pursuit of fairness, racers are not allowed to race in lower categories; if this occurs, the racer will not earn points in the lower division. If you are new to Zwift racing and unsure of what category to enter, your FTP is a good starting point. WKG categories for this series are as follows (Women should race based on their mixed category):

Mixed Gender WKG Categories

A 4.0 + WKG and 250w FTP

B 3.2 – 3.99 WKG and 200w FTP

C 2.5 – 3.19 WKG and 150w FTP

D 1 – 2.49 WKG

If a racer's WKG category is upgraded by Zwift Power mid-series, they must race in the upgraded WKG category for the remainder of the series. If this happens, series points will also not transfer. Any rider who exceeds category limits in an ABC race will also be disqualified on Zwift Power and receive no points for that race. ABC recommends that riders race up a category if they think a mid-series upgrade is possible. We are also aware that some racers may have newly created Zwift Power accounts or have no currently defined category, in this instance we recommend racers to complete at least one max effort Zwift race (longer than 20 min) before entering the series.

For more information on how Zwift Power determines WKG categories, check out this link: <https://www.zwiftpower.com/viewtopic.php?f=11&t=8686>

POWER METERS AND HEART RATE MONITORS

Power meters and heart rate monitors are not required for participants in this series; however, racers without a true power source (zpower) will be removed from podiums. If you have a power meter/smart trainer, be sure to calibrate regularly as instructed by the manufacturer. Accurate data is crucial for the promotion of fair Zwift racing.

RACE DETAILS

Race 1: Feb 25th 6:30pm AKST

World/Course: France/Casse Pattes

Laps: 2 Laps (A/B), 1 Lap (C/D)

Distance/Elevation: 29.8 mi/950 ft (A/B), 14.9 mi/476 ft (C/D)

Intermediate Points:

- Pave Sprint (A/B x2; C/D x1): "Fastest Across the Line" 10,9,8,7,6,5,4,3,2,1
- Aqueduct KOM (A/B x2; C/D x1): "First Across the Line" 10,9,8,7,6,5,4,3,2,1
- Petit KOM (A/B x2; C/D x1): "First Across the Line" 10,9,8,7,6,5,4,3,2,1

More Details: <https://zwiftinsider.com/route/casse-pattes/>

Race 2: Mar 4th 6:30pm AKST

World/Course: Innsbruck/Innsbruckring

Laps: 4 Laps (A/B), 3 Lap (C/D)

Distance/Elevation: 22.1 mi/944 ft (A/B), 16.6 mi/708 mi (C/D)

Intermediate Points:

- Innsbruck Sprint (A/B x4; C/D x3): "First Across the Line" 10,9,8,7,6,5,4,3,2,1

More Details: <https://zwiftinsider.com/route/innsbruckring/>

Race 3: Mar 11th 6:30pm AKST

World/Course: Watopia/Muir and the Mountain (A/B) Mountain Route (C/D)

Laps: 1 Lap

Distance/Elevation: 24.3 mi/2,946 ft (A/B), 18.6 mi/2,238 ft (C/D)

Intermediate Points: None, finish points will be worth double.

More Details: A/B <https://zwiftinsider.com/route/muir-and-the-mountain/> C/D

<https://zwiftinsider.com/route/mountain-route/>

Race 4: Mar 18th 6:30pm AKST

World/Course: Richmond/Richmond UCI Reverse

Laps: 2 Laps

Distance/Elevation: 20.2 mi/932 ft

Intermediate Points:

- 23rd St KOM Reverse (x2): "First Across the Line" 10,9,8,7,6,5,4,3,2,1
- Libby Hill KOM Reverse (x2): "First Across the Line" 10,9,8,7,6,5,4,3,2,1
- Broad St Sprint Reverse (x2): "Fastest Across the Line" 10,9,8,7,6,5,4,3,2,1
- Monument St Sprint Reverse (x2): "Fastest Across the Line" 10,9,8,7,6,5,4,3,2,1

More Details: <https://zwiftinsider.com/route/richmond-uci-reverse/>

Race 5: Mar 25th 6:30pm AKST

World/Course: London/Classique

Laps: 5 Laps (A/B) 4 Laps (C/D)

Distance/Elevation: 20.5 mi/454 ft (A/B) 17.1 mi/392 ft (C/D)

Intermediate Points:

- The Mall Sprint (A/B x5; C/D x4): "First Across the Line" 10,9,8,7,6,5,4,3,2,1

More Details: <https://zwiftinsider.com/route/classique/>

Race 6: Apr 1st 6:30pm AKST

World/Course: Watopia/The Magnificent 8

Laps: 1 Lap

Distance/Elevation: 17.9 mi/430 ft

Intermediate Points:

- Hilly KOM Reverse (x1): "First Across the Line" 20,18,16,14,12,10,8,6,4,2
- Fuego Flats Sprint (x1): "Fastest Across the Line" 20,18,16,14,12,10,8,6,4,2

More Details: <https://zwiftinsider.com/route/the-magnificent-8/>

Race 7: Apr 8th 6:30pm AKST

World/Course: New York/Everything Bagel

Laps: 1 Laps

Distance/Elevation: 21.4 mi/1,722 ft

Intermediate Points:

- NY KOM Reverse (x1): "First Across the Line" 10,9,8,7,6,5,4,3,2,1
- NY Sprint Reverse (x1): "Fastest Across the Line" 10,9,8,7,6,5,4,3,2,1
- NY KOM (x1): "First Across the Line" 10,9,8,7,6,5,4,3,2,1
- NY Sprint (x1): "Fastest Across the Line" 10,9,8,7,6,5,4,3,2,1

More Details: <https://zwiftinsider.com/route/everything-bagel/>

PRIZES

At the end of the series, prizes will be awarded to the series points leader (top ABC member) of each category for both men and women. Prizes are to be determined by ABC and may hold no monetary value. In the event of a tie, the racer with the most bonus points will be declared the victor.

A NOTE FROM THE ORGANIZERS

We are super excited to finally offer our very own ABC Zwift events to our club members and the communities beyond. We hope that this is just the start to a long successful virtual chapter for the club that will feature social group rides, training sessions and yes, more racing in the future.

Please remember that these events are free to racers and are organized on pure volunteer hours. We have considered member input when designing this series, but some things are beyond our control. Additionally, we assume that there will be some hiccups along the way, so we ask for your patience when issues do pop up. We will always do the best that we can to resolve situations.

Thank you for racing with us on Zwift and we hope you have fun while pushing your limits!

ZWIFT POWER REGISTRATION

Step 1

Log into your account at my.zwift.com, click My Profile>[Connections](#), and click to enable sharing with Zwift Power.

Step 2

Visit [Zwift Power](#) and create an account. Log in then click "Connect" and follow the instructions closely to validate your Zwift account and connect it to Zwift Power (you will need to [know your ZwiftID](#)). After entering the correct ZwiftID you will need to verify account ownership by adding a 4-digit code to your Zwift surname (easy to do via Companion app), then waiting a minute before clicking "Connect my account" on Zwift Power. Once your account is connected, you're all set!