

# 3<sup>rd</sup> Annual ABC Arctic Blast Spring Zwift Race Series

## INTRODUCTION

Welcome to the 3<sup>rd</sup> Annual ABC Arctic Blast Spring Zwift Race Series!

This 6-week points series features some of Zwift's newest courses along with some punchy favorites that will be a fun challenge for all divisions. All racers will be awarded finishing points throughout the series, each race will also feature decisive intermediate KOM/sprint points that should keep overall standings close until the very end.

Grab a fan and join us from your pain cave for the most exciting Zwift racing that ABC has seen yet!

### Series Race Schedule

	<b>Date</b>	<b>World</b>	<b>Course</b>
Race 1	Mar 10	Watopia	Sand and Sequoias
Race 2	Mar 17	Makuri	Castle to Castle
Race 3	Mar 24	France	Roule Ma Poule
Race 4	Mar 31	New York	LaGuardia Loop Reverse
Race 5	Apr 7	Watopia	Seaside Sprint
Race 6	Apr 14	Makuri	Neokyo All-Nighter

## POINTS CLASSIFICATION

All ABC racers must be fully registered at [zwiftpower.com](http://zwiftpower.com) to be included in series standings. 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 four 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

30,27,25,24,23,22,21,20,19,18,17,16,15,14,13,12,11,10,9,8,7,6,5,4,3,2,1,1...

### 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 Segment." See specific details for each race below.

## **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 be moved to the next highest category and placed at the bottom of that category's results. 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: March 10th 6:00pm AKST**

World/Course: Watopia/Sand and Sequoias

Laps: 1 Lap

Distance/Elevation: 14 mi/571 ft

Intermediate Points:

- Fuego Flats Reverse Sprint (lead-in only): "First Across Line" 3,2,1
- Titans Grove KOM: "Fastest Across Segment" 5,3,1

More Details: <https://zwiftinsider.com/route/sand-and-sequoias/>

**Race 2: March 17<sup>th</sup> 6:00pm AKST**

World/Course: Makuri Island/Castle to Castle

Laps: 1 Lap

Distance/Elevation: 15 mi/456 ft

Intermediate Points:

- Alley Sprint Reverse: "Fastest Across Segment" 3,2,1
- Castle Sprint Reverse: "Fastest Across Segment" 3,2,1
- Tower Sprint: "Fastest Across Segment" 3,2,1

More Details: <https://zwiftinsider.com/route/castle-to-castle/>

**Race 3: March 24<sup>th</sup> 6:00pm AKST**

World/Course: France/Roule Ma Poule

Laps: 1 Lap

Distance/Elevation: 16.2 mi/675 ft

Intermediate Points:

- Petit KOM (lead-in only): "First Across Line" 5,3,1
- Aqueduct KOM: "Fastest Across Segment" 3,2,1
- Pavé Sprint: "First Across Line" 3,2,1
- Marina Sprint: "Fastest Across Segment" 3,2,1

More Details: <https://zwiftinsider.com/route/roule-ma-poule/>

**Race 4: March 31<sup>st</sup> 6:00pm AKST**

World/Course: New York/LaGuardia Loop Reverse

Laps: 12 Laps (A) 10 Laps (B) 8 Laps (C) 6 Laps (D)

Distance/Elevation: 1.7 mi/89 ft per lap

Intermediate Points:

- NY Sprint (each lap, except final) "First Across Line" 1

More Details: <https://zwiftinsider.com/route/laguardia-loop-reverse/>

**Race 5: April 7<sup>th</sup> 6:00pm AKST**

World/Course: Watopia/Seaside Sprint

Laps: 6 Laps (A) 5 Laps (B) 4 Laps (C) 3 Laps (D)

Distance/Elevation: 3.9 mi/128 ft per lap

Intermediate Points:

- Sprint Reverse (each lap, except final): "Fastest Across Segment" 1

More Details: <https://zwiftinsider.com/route/seaside-sprint/>

**Race 6: April 14<sup>th</sup> 6:00pm AKST**

World/Course: Makuri Island/Neokyo All-Nighter

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

Distance/Elevation: 15.1 mi/548 ft per lap

Intermediate Points:

- Castle Sprint Reverse (each lap): "First Across Line" 3,2,1
- Alley Sprint (each lap): "Fastest Across Segment" 3,2,1

- Castle Sprint (each lap): “First Across Line” 3,2,1
- Tower Sprint (each lap): “Fastest Across Segment” 3,2,1
- Rooftop KOM (each lap): “Fastest Across Segment” 5,3,1

More Details: <https://zwiftinsider.com/route/neokyo-all-nighter/>