# ABOUT US

Virtual Cycling SG (VSG) was established in 2024 with a mission to bring the excitement of esports cycling to a wider audience.

Based in Singapore, our studio is located at Basement 1, YMCA, 1 Orchard Road, Singapore 238824, within Ascend Fitness. We have a team of 10 staff members dedicated to gamifying indoor cycling.

In 2024, we successfully organized 9 races, attracting over 200 participants. Check out our past races here!

The sponsors and partners that make us possible are:
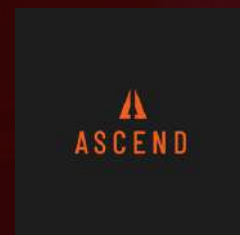
VSG *POWER SERIES*

What is the VSG Power Series?

A 5-series virtual cycling competition designed to **match riders of similar cycling abilities** based on cycling fitness (power). Open to all nationalities as long as based in Singapore. The race distance will be decided two weeks before the race, and each race is estimated to last between 60 to 80 mins.

Why Join?

Official Singapore Cycling Federation sanctioned Class 3.1 Race – Earn SCF points (valid UCI license is required). Also, stand a **CHANCE** to win attractive **cash and prices**.

Series 1	**15 Feb**	**Hybrid**	**Crit Scratch** Race over a specified distance. The first person crossing the finishing line wins.
Series 2	**22 Mar**	**In-person**	**Elimination** Riders are eliminated lap-by-lap, with the last one standing declared the winner.
Series 3	**26 Apr**	**Hybrid**	**Hill Scratch** Race focusing on climbing, where riders tackle hilly terrain to finish fastest.
Series 4	**10 May**	**In-person**	**Knockout** Riders compete in heats, with top finishers advancing to a same-day showdown.
Series 5	**12 Jul**	**In-person**	**Points** Riders earn points through sprints and strong finishes, with strategy key to winning.

*Note: Hybrid allows participants the flexibility to race either from home or at our VSG Studio, while In-person exclusively requires participants to race on-site at our VSG Studio.

Please note that events and dates are subjected to changes.

VIRTUAL CYCLING SG

RACE FORMAT

RACE CATEGORIES

Participants will be grouped by similar abilities to promote inclusivity, community, and encourages riders of all levels to participate confidently.

Race Category	FTP and Absolute Watts
Cat A	≥4.2W/kg and ≥250W
Cat B	≥3.36W/kg and ≥200W
Cat C	≥2.625W/kg and ≥150W
Cat D	<2.625W/kg or <150W

After registering for Series 1, you must submit your FTP test results, which includes the heart rate data, within 40 days before Series 1. Alternatively, you can take do a free FTP test at the VSG Studio before Series 1 starts. Riders, such as category champions, may be moved to a higher category if they demonstrate the capability to compete.

VSG POINTS

In each series, riders earn VSG points based on their performance relative to others, with the top performer receiving the highest points and a gradual decrease down the leaderboard.

The majority of registration fees, along with sponsor contributions, will form a prize pool. Prizes will be distributed based on the VSG Points earned. By paying the entrance fee, you climb the series rankings, converting your effort into VSG Points. Each VSG Point equals 1 SGD, which you can cash out at the end of the series. More information will be released closer to the first Series.

VIRTUAL CYCLING SG

INSTRUCTIONS *FOR RIDERS*

(VERY IMPORTANT) [1/3]

1 REGISTRATION
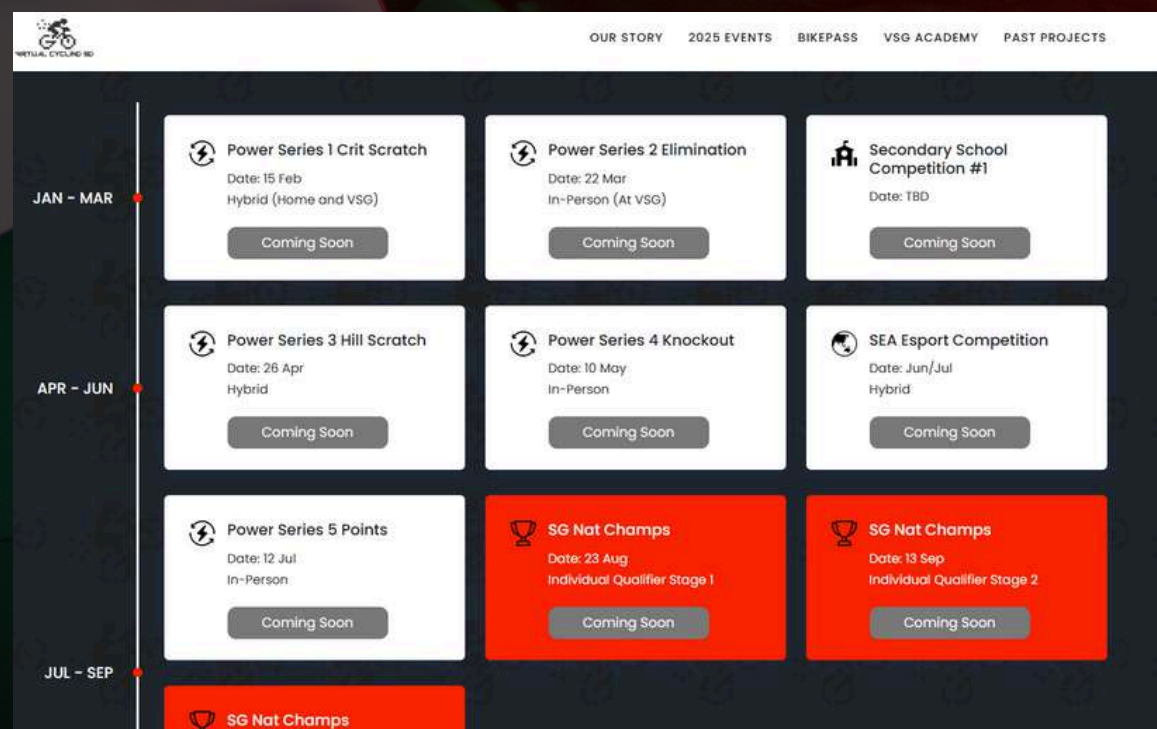
You will have to register for the event on our website. Click <u>here</u> to find out more.

2 GAMEPLAY

The game is then conducted on Training Peaks Virtual. Please see subsequent slides on how to create a **FREE** account and download the necessary software.

VIRTUAL CYCLING SG

INSTRUCTIONS FOR RIDERS

3 WEIGH-IN

For in-person events at our VSG Studio, height measurements and weigh-ins will begin 60 minutes before the flag-off. For hybrid races, online participants must adhere to the following instructions and upload their weight video to a public YouTube channel or your own Google Drive for our verification later:

STEP 1

Start recording and show the international time* on a device.

*Note: A link to the official time website will be shared well in advance, along with a sample video demonstrating a successful weigh-in process for our riders.

STEP 2

Record the weighing scale, ensuring it accurately displays the correct weight.**

VSG will provide participants with a standardized weight, which can be kept for life and used in future events. Participants are responsible for providing their own weighing scale, or purchase from us.

STEP 3

Remove the weight and film yourself stepping on and off the scale to record your weight.

STEP 4

Upload the video to the provided Google Drive folder***.

***Important: Random checks will be conducted. Non-compliance with weight verification rules will result in disqualification.

VIRTUAL CYCLING SG

INSTRUCTIONS *FOR RIDERS* (VERY IMPORTANT) [3/3]

4 ITEMS YOU WILL REQUIRE

The VSG Power Series aims to boost the adoption of virtual cycling in Singapore while elevating racing standards. To support this mission, logistics are streamlined to ensure a hassle-free experience for all participants.

Heart rate monitor: Regardless of racing from home or from our VSG studio, a heart rate monitor is required. Please let us know if you are unable to obtain one.

Cycling trainer: If racing from home, you'll need either a smart trainer or, at a minimum, a resistance trainer equipped with a power meter to participate. These must be paired with the TrainingPeaks Virtual software for the race.

Weighing Scale: A weighing scale is required if you choose to race from home for hybrid races. While we will provide the necessary weights (to be placed on your weighing scale), you can either use your own scale or purchase one from us.

TrainingPeaks Virtual Account: A free TrainingPeaks Virtual account is required to participate in all our races. Starting in March 2025, when TrainingPeaks transitions to a paid subscription model, we will provide free weekend access to the racing platform for all participants.

VIRTUAL CYCLING SG
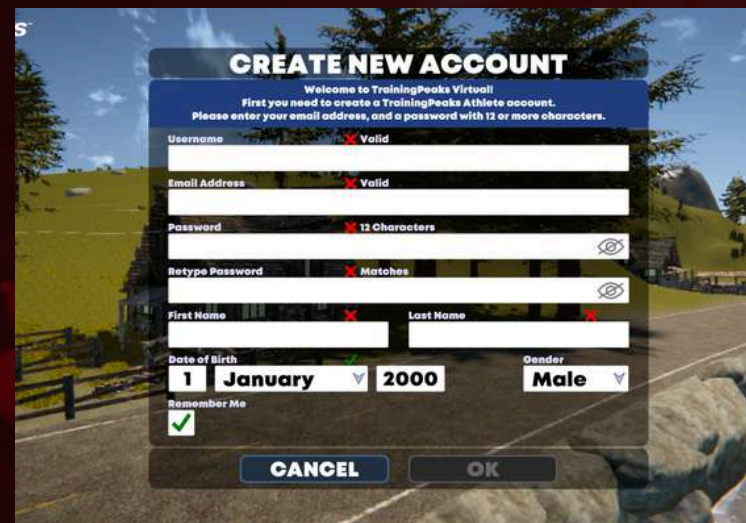
HOW TO CREATE
TRAININGPEAKS ACCOUNT

STEP 1

Download   TrainingPeaks
Virtual

STEP 2

Create   TrainingPeaks
account

STEP 3

Confirm the profile details
(Height, Weight, FTP)

VIRTUAL CYCLING SG

HOW TO GET HERE

Address: 1 Orchard Rd, Basement 1 YMCA, Singapore 238824

Exit Dhoby Ghaut MRT Station via Exit A (Plaza Singapura).
Head toward Orchard Road: Once outside, turn left onto Orchard Road. Walk along Orchard Road for approximately 400 meters
Arrive at YMCA: The YMCA building will be on your right, located just before the intersection with Penang Road.

Carparks are available in the building, however they are limited.
Nearest 3 Car Parks:

- **Fort Canning Car Park**: River Valley Road, Singapore 179037 (Walking distance: ~8 minutes to YMCA).
- **UBS Building Car Park**: 9 Penang Road, Singapore 238459 (Walking distance: ~6 minutes to YMCA).
- **SMU Li Ka Shing Car Park**: 70 Stamford Road, Singapore 178901 (Walking distance: ~7 minutes to YMCA).

VIRTUAL CYCLING SG

RULES & REGULATIONS

1. The sporting control and refereeing will be done by the VSG panel. Any decision of the VSG panel is final.
2. VSG's decision to pull out riders is final.
3. VSG shall take all measures to ensure the safe and proper running of this event. Cancellation of the event may occur in situations where there are power trips, fire alarms, or any accidents the VSG panel deems unsafe to continue.
4. Any data, inclusive of riders' height and weight, necessary to calibrate the equipment or the event platform, will be required. Riders are to report to the venue between 60 minutes before the start of a race. Such measurements should be taken while clothed in cycling shorts and a jersey. any riders who fail to comply will be disqualified (DSQ).
5. A stipulated time of 15 minutes is allocated for riders to prepare and test the bikes so that changes can be made ahead of time.
6. Riders shall not attempt to tamper with equipment, modify any data recorded, or otherwise use any mechanical, electronic, or other devices that provide an unfair advantage or false result. this includes, but is not limited to: Providing false calibration information, modification of data files, tampering with the internet connection, using third-party applications to control equipment, providing information not readily available to other riders, or otherwise interfering with the running of an event or other riders
7. Involuntary disconnection from the cycling esports platform server for more than one consecutive minute will be granted another opportunity to race in a separate heat, at the discretion of the VSG panel.
8. Voluntary disconnection from the cycling esports platform server for any length of time to alter the outcome of a race will result in a DNF (did not finish).
9. In matters of dispute or interpretation, VSG wields ultimate authority and has the final say.

VIRTUAL CYCLING SG
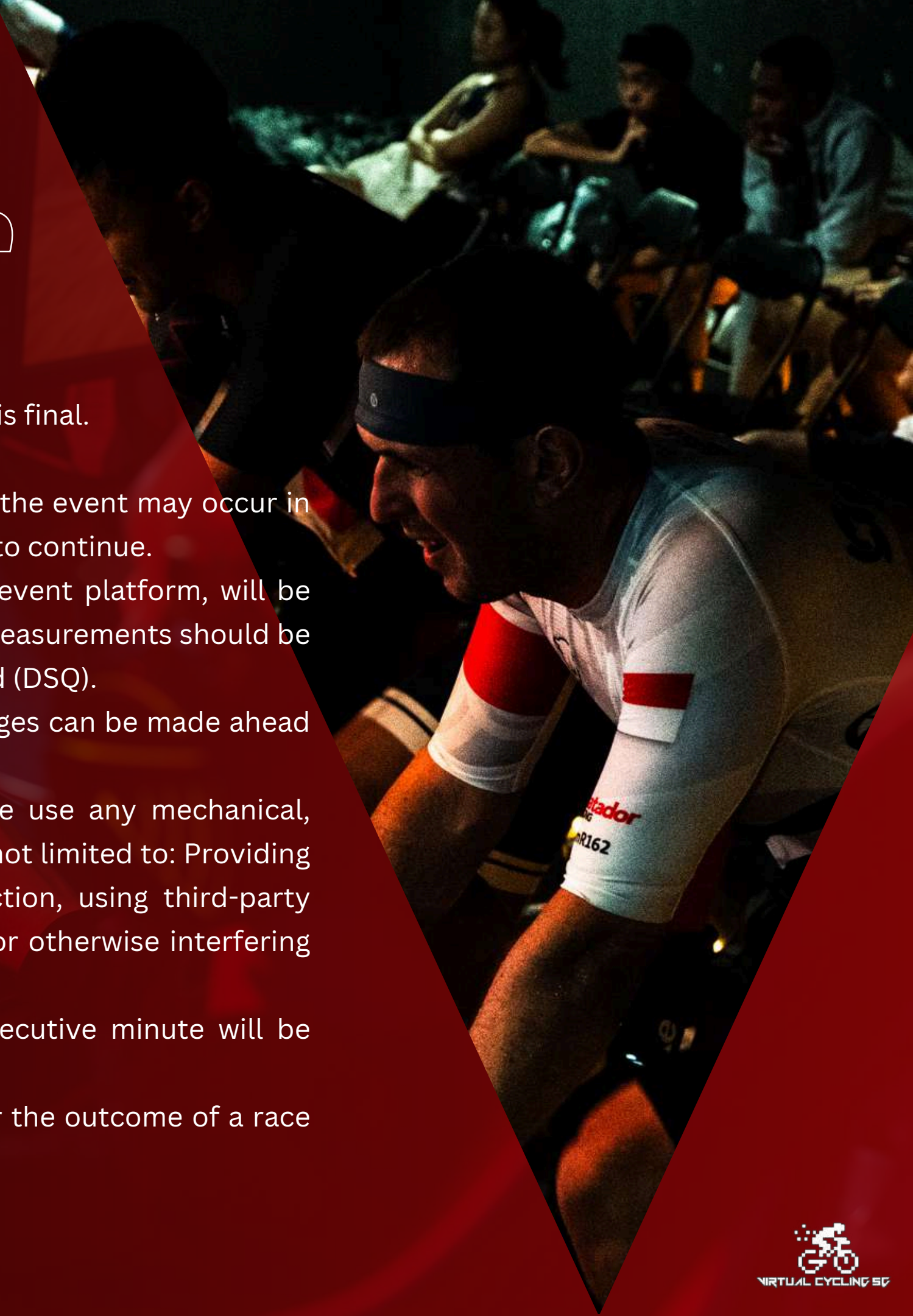
INDEMNITY [1/2]

In registering and participating in this event/race, I declare that:

1. My accepted registration will not be transferred to another participant.

2. In the event of any "act of God" conditions causing the event to be canceled, my total entry fee is not transferable or refundable.

3. I acknowledge that there are risks involved with cycling and fully realise the dangers of participating in an event such as this and fully assume the risks associated with such participation and my well-being during the event.

4. I understand and agree that situations may arise during the event, which may be beyond the immediate control of officials or organisers, and I must continually participate in a manner that does not endanger either myself or others.

5. Neither the organisers, the sponsors nor other parties associated with the event shall have any responsibility, financial or otherwise, for any risk incident that might arise, whether or not by negligence, from any direct or indirect loss, injury or death that might be sustained by or any other party directly or indirectly associated with me, from my intended or actual participation in the event or its related activities.

6. I consent to receiving medical treatment which may be advisable in the event of illness or injuries suffered during the event.

7. I will fully comply with the requirement to complete the Pre-Event Screening - Get Active Questionnaire before I participate in the event (https://forms.gle/d3RRQNqvB5VgE6de7) – see PART TWO.

8. You agree that the Virtual Cycling SG may collect, use, share and disclose your data, obtained by our organisation with your consent, to our partner (e.g. Sport Singapore) to serve you most efficiently and effectively, unless such sharing is prohibited by the Personal Data Protection Act 2012 or other relevant legislation.

VIRTUAL CYCLING SG

INDEMNITY [2/2]

9. I agree to comply with the rules, regulations, and event instructions of this VSG event.

10. When you enter a Singapore Cycling Federation ("VSG") event or program, you enter an area where photography, audio, and video recording may occur. That is, by entering the event premises:

a. You consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, telecasts, advertising, inclusion on websites, social media, or any other purpose by VSG and its affiliates and representatives. Images, photos and/or videos may be used to promote similar VSG events in the future, highlight the event and exhibit the capabilities of VSG. You release VSG, its officers and employees, and each and all persons involved from any liability connected with the taking, recording, digitising, or publication and use of interviews, photographs, computer images, video and/or sound recordings.

b. You waive all rights you may have to any claims for payment or royalties in connection with any use, exhibition, streaming, web casting, televising, or other publication of these materials, regardless of the purpose or sponsoring of such use, exhibiting, broadcasting, webcasting, or other publication irrespective of whether a fee for admission or sponsorship is charged. You also waive any right to inspect or approve any photo, video, or audio recording taken by VSG or the person or entity designated to do so by VSG.

c. You have been fully informed of your consent, waiver of liability, and release before entering the event. For all participants who are below 18 years of age, please seek advice and guidance from your parent, or guardian or contact the VSG – admin@virtualcyclingsg.com, should you require clarifications or assistance.