



## Vann Knight Tuesday Night World Championship Race Alternatives on Zwift

Hello Racers,

Live racing is suspended by the CDC, USA Cycling, and common sense. Here is a very safe, socially distanced racing option to scratch your racing itch.

Thanks to the coaches at Power Up- you are invited to a trial attempt to fill-in the TNW void using an existing Zwift race this Tuesday night, 3/17 (tomorrow). Results will be tabulated by Zwift Power immediately after you finish. Results will not be used for the official TNW series standings. This is an opportunity to race against TNW local racers. Categories will differ from TNW groupings. This will likely be a standing event on Zwift going forward- so race on!

### Specific Races:

Mid-Week Criterium Races – If you are new to Zwift racing- you will only see your Category on the course. Note this is the same course and race with different start times for each group. You will only see people in your group.

- **6:30PM – Zwift Cat. A – 21 laps, 41km** <https://www.zwiftpower.com/events.php?zid=365072&r=1>
- **6:32PM – Zwift Cat. B – 18 laps, 35km** <https://www.zwiftpower.com/events.php?zid=365072&r=2>
- **6:34PM - Zwift Cat. C – 15 laps, 29km** <https://www.zwiftpower.com/events.php?zid=365072&r=3>
- **6:36PM – Zwift Cat. D – 12 laps, 24km** <https://www.zwiftpower.com/events.php?zid=365072&r=4>

You probably know this, but in case you do not, Zwift categorizes their events by Watts/Kg.

### Zwift Categories – by FTP, Male and Female – Categories will be enforced:

A: 4.0 Watts/kg FTP or higher

B: 3.2 W/kg to 4.0 W/kg FTP

C: 2.5 W/kg to 3.2 W/kg FTP

D: Under 2.5 W/kg FTP

Here is a link on how to choose your category as well as how to get enrolled.

1. All racers must have a Zwift account. <https://zwift.com/> (there is a subscription fee).
2. All racers must subscribe to zwiftpower.com <https://www.zwiftpower.com/> (no additional fee).
3. Select “**Register**” under the upper right corner pulldown and follow instructions using Zwift account username and login details. There is a series of pages to fill-in.
4. You will need your **Zwift ID** during this process - Your Zwift ID can be found in the desktop version of Zwift by going to Documents->Zwift->CP. The folder names here (eg, “user123456” use the ID’s of every Zwifter who has ever used your computer.
5. You will need to temporarily add a four digit number to your Zwift username during the process to complete connecting ZwiftPower to your Zwift Account. The number is provided during the registration process.
6. Once in, you will need to enter vitals – birthdate, weight, FTP, etc.

There is a link button in each race page to join each race (once all subscribes are done).

We will see you online tomorrow! Email [mfludwig@gmail.com](mailto:mfludwig@gmail.com) with questions.