

**1st Annual  
ABD eSports Winter Cycling Series  
RR Practice Race Schedule**

**Before Race Day**

- Download the RGT platform - <https://www.rgtcycling.com/get-started/>
- Pair your trainer in RGT under MENU/ SENSORS.
- Update your weight in the PERSONAL DETAILS tab in the MENU. No weight doping allowed! We're on the honor system.
- If you have questions, check out "How to with Wahoo RGT" videos:  
[https://www.youtube.com/playlist?list=PLyZ4G63KYY2g6ASkASZcrhWemodKLG\\_yC](https://www.youtube.com/playlist?list=PLyZ4G63KYY2g6ASkASZcrhWemodKLG_yC)
- Test ride the course and your set up at one or more of these practice races.

Date	Time	RGT race entry link
Saturday 12/24/22	9:00AM	<a href="https://user.rgtcycling.com/event?code=8ACZ7G">https://user.rgtcycling.com/event?code=8ACZ7G</a>
Tuesday 12/27/22	5:30PM	<a href="https://user.rgtcycling.com/event?code=VRKF44">https://user.rgtcycling.com/event?code=VRKF44</a>
Thursday 12/29/22	5:30PM	<a href="https://user.rgtcycling.com/event?code=VCPY8U">https://user.rgtcycling.com/event?code=VCPY8U</a>
Saturday 12/31/22	9:00AM	<a href="https://user.rgtcycling.com/event?code=7N8NPP">https://user.rgtcycling.com/event?code=7N8NPP</a>
Tuesday 1/3/23	5:30AM	<a href="https://user.rgtcycling.com/event?code=GP2A8T">https://user.rgtcycling.com/event?code=GP2A8T</a>
Thursday 1/5/23	5:30PM	<a href="https://user.rgtcycling.com/event?code=C6HGFK">https://user.rgtcycling.com/event?code=C6HGFK</a>
Saturday 1/7/23	9:00AM	<a href="https://user.rgtcycling.com/event?code=QBMG8W">https://user.rgtcycling.com/event?code=QBMG8W</a>
Sunday 1/8/23	5:00PM	<a href="https://user.rgtcycling.com/event?code=QTHE6Q">https://user.rgtcycling.com/event?code=QTHE6Q</a>
Tuesday 1/10/23	5:30AM	<a href="https://user.rgtcycling.com/event?code=XU7APR">https://user.rgtcycling.com/event?code=XU7APR</a>
Thursday 1/12/23	5:30PM	<a href="https://user.rgtcycling.com/event?code=E7YFY6">https://user.rgtcycling.com/event?code=E7YFY6</a>
Friday 1/13/23	5:30AM	<a href="https://user.rgtcycling.com/event?code=Q6CC7G">https://user.rgtcycling.com/event?code=Q6CC7G</a>
Friday 1/13/23	12:00PM	<a href="https://user.rgtcycling.com/event?code=TPGY3K">https://user.rgtcycling.com/event?code=TPGY3K</a>
Friday 1/13/23	6:00PM	<a href="https://user.rgtcycling.com/event?code=BNWP4U">https://user.rgtcycling.com/event?code=BNWP4U</a>

**Race Day**

- **Arrive early** and be ready to get your bike set up in our trainers promptly
- **Know your RGT userid and password** and you'll need to sign into RGT on the computer/tablet at your station right before your race.

**Questions - Contact: [daneluhrsen@gmail.com](mailto:daneluhrsen@gmail.com)**

**Note – There will not be much that can be done in the minutes/seconds before the start of the race. These races will start exactly on the scheduled time. It's highly recommended that you test everything days before the race to make sure your set-up is working.**