

Solitary Confinement 12/24: Ride 20km and a minimum of 40min every hours starting from the Tempus Fugit route “spawn” point

Setup Guide

- If you don't already have a Zwift account... head over to zwift.com and create a account. You can either choose a “free 7 day membership” or sign up for a membership.
- Download the ZWIFT companion app onto your device if you haven’t done so already. This can be a laptop or tablet.
- We recommend using a laptop for this event to prevent and issues that can be caused by storage capacity, battery life, etc.
- Link your power meter or smart trainer to the app!
- REMEMBER: to keep your laptop or device plugged in for the duration of the event!
- If you are using a power meter this is a great opportunity to CHECK THE BATTERY!
- Open Zwift on your device. Make sure you are in the “Watopia” world and click on the “Tempus Fugit” route
 - o Step 1. Sign in approx. 5 minutes before the top of the hour
 - o Step 2. Wait on side of road
 - o Step 3. At top of hour, we all roll together!
- Per the rules: If you want to qualify for your finisher jersey you must finish 20km on Tempus Fugit and ride a minimum of 40 minutes each hour.
- The end of the route technically comes when your avatar goes through the stone arch on the road at around the 20km mark. (around 12.5 Miles for our American friends).
- You effectively have 55 minutes each hour to complete your lap. When you are finished, riding the route- save the file. Zwift will automatically close down on your device. You will have to reopen the application...MAKE SURE sure you are still riding the “Tempus Fugit” course before the “top” of every hour.
- If you want to ride a few hours “continuous” please just make sure that you are ending a “activity” every hour” and then quickly logging back in.
- The actual lap distance is 17.8 km however Zwift will “SPAWN” you approx. 1.2 kilometers away- which is why the total distance is actually 20km.
- 5 minutes before the top of the hour- make sure you get yourself logged in and refer to step 1/2/3 again!
- By the end of your event you will have a workout saved for every hour you have competed! If you name the activity “Solitary Confinement Ride- Lap X” That would make it a bit easier for us to process the results!
- One last note... We would love it if you would add #SOCO to your “Last name” username during the event so you can find other crazy people like yourself in the Zwift chat.

Video / LiveStream

- We are planning on trying to have a livestream of the event while it takes place that you can check in with- and share with your friends! Some top pros will be on as well if you’d like to chat! If you want to be on the video feed- you can set up a webcam and join in on the video via the link that will be sent out before the event.
 - ***PLEASE NOTE: NO MUSIC! IF you want to be on the livestream you need to wear headphones in you are listening to music as it is a copyright infringement to “Stream music” online. Our feed will be kicked offline if this happens.***
 - A reminder that Eliminator competitors need a webcam.
 - You might want a second screen to follow along and watch the livestream as Zwift will likely take up your computer screen.
- * I have tried using the webcam that is built into my laptop while riding on Zwift and it works just fine if you don’t have another device to use... The program will just run in the background

Test Day!

We have to fiddle around with some details of the setup this week, and would like to welcome some of you to ride with us on Wednesday at 6:00PM MST if it works for you! There is no formal meet up. Login as if you were taking place in the event via the instructions above. We will do two hours (laps) during this time if you would like to be sure you know the event protocol.

Green Jerseys

- During the lap you will come across a 7km segment called the “Fuego Flats Reverse” segment. Zwift will time your effort during this section of road and rank you with all other athletes on Zwift on the course at the same time. We are using the “leaderboard” to give away

additional green jerseys to participants who have the fastest time on this section during the event. This is fun yet Challenging “add on” to our event.

- 1 Men's and 1 Women's jerseys JERSEYS ARE GIVEN AWAY ON THESE LAP/ HOURS

- 7:00AM MST (Hour 1)
- 8:00AM MST (Hour 2)
- 10:00AM MST (Hour 4)
- 12:00AM MST (Hour 6)
- 2:00PM MST (Hour 8)

- Participants who are new to Zwift may be interested to note that “PowerUps” can be used during the ride. Drafting is also possible when you are within 5 meters of another rider in Zwift. If you don't know about Power Ups here's some info: <https://zwiftinsider.com/powerups/>

Yellow Jersey

There can be only one winner! Men and Women both are competing for a single overall win. We are expecting only about 10 riders to get past the 24 hour mark at this point. In an effort to keep riders together we will have every Eliminator athlete join our meetup that starts on Sunday at 7:00 AM MST. In addition to this we require that you join our “meetup call” prior to starting. this lets us keep an eye on riders to make sure they are still riding but also allows others to follow along via youtube.

Sharing Stuff: Go ahead- Guilt your training buddy into signing up this week!

<https://www.tri247.com/triathlon-news/event-news/solitary-confinement-challenge>

<https://triathlonmagazine.ca/news/ultraman-world-champion-challenges-triathletes-to-epic-day/>

<http://stayrelentless.com/>

Additional questions We've had some frequent questions not addressed on our website

Why don't we use the Meet up feature? We've testing using the meetup feature a variety of times and have found it to be a bit unreliable for an event like this. Some participants may have a delay in signing it and new users simply aren't familiar with the interface. For this reason we are going with the method of “Keep it simple”

I went out hard and blew my legs up and didn't finish 12 and/or 24 laps. What about my jersey? You will get credit for whatever event you finish. If you signed up for the 24 hour challenge but only finish 18 laps you will receive the “12 hour” jersey. If you only finish 6 laps you will receive a jersey that does not say “Finisher”

Can my friend join in for a few hours? Absolutely! Not everyone wants to sit on a bike all day and night! If you have someone that wants to ride with us they are welcome to join in at the top of the hour and ride. We however would LOVE if they made a small contribution to the Challenged Athletes Foundation via the donation link as well!

Can I start early/ late to make it easier in my time zone? Sorry. No. Everyone rides together. We have competitors in Australia that are starting this crazy endeavor at 11pm and others at 2pm in Europe. Having the support and encouragement of other participants will keep you rolling! (To quote the jungle book movie)... *For the strength of the pack is the wolf, and the strength of the wolf is the pack!*

My internet died/ I got kick out of Zwift/ now what? There is no doubt technical issues can and will happen.

1. Try to resolve the issue.
2. Send a brief email to jordanbryden@gmail.com outlining what has happened.
3. Be ready to go at the top of the hour for the next lap if possible!

I don't see the video link! Where is it? We'll email out the link on Thursday

The Live stream died! Now what? We'll get another live stream up and running. Check your email and Instagram for the link.

I want to support CAF, how can I help? You can let your friends, supporters, and family donate via this link: <http://support.challengedathletes.org/relentless> *Link will become live Wednesday

I am passionate about my favorite charity can I use this ride to fundraiser?

YES! How awesome would that be! We have one competitor that is getting friends to donate a single dollar for every lap he finishes to his charity of choice. If he gets done 24 laps he will raise \$24 from each person -which could add up with just a handful of supporters

How do I get in touch during the event?

Instagram for event www.instagram.com/solitaryconfinementride

(If you want to share you photos, etc with other participants. sorry there is not much on there right now)

Hashtag #solitaryconfinementride

RD email: jordanbryden@gmail.com (quickest response. best to email if you have a technical issue)

RD instagram www.instagram.com/jordanbryden (I'll check my messages frequently)