

Your Complete Guide to MyWhoosh Sunday Race Club Prep

Getting ready for the Sunday Race Club on MyWhoosh can feel like a lot, but don't worry—I've got you covered! Here's a simplified, step-by-step checklist to help you breeze through the process. This will be done in one take on a single video (~80-90 minutes overall)

1. Height Video

Before your test, you'll need to confirm your height. Here's how to do it:

- Grab a tape measure and find a solid wall or doorframe.
- Stand against the wall and mark the spot at the top of your head with a pencil or tape.
- Show the entire tape measure in the video to prove your height.



Tip: Enter your height in centimeters to the nearest whole number.

2. Equipment Video

Show off your setup! MyWhoosh needs to see the gear you'll be using during the race. Here's the deal:

- Make sure nothing is connected to MyWhoosh or any other app before you start filming.
- Record a full 360° view of your gear, including your smart trainer, heart rate monitor, and secondary power meter.
- Show serial numbers (if not visible on the device, check the app that comes with it).
- Log in to MyWhoosh and pair your equipment via BLE. Pedal a few seconds to show the data is transmitting




Pro Tip: If you've changed your gear since your last Power Passport Test, you'll need to redo the test.

3. Power Passport Test (PPT) Workout

The Power Passport Test is key for categorization and race eligibility. Here's how to ace it:

- Make sure your FTP in the app is set close to your actual FTP—this ensures the test is accurate.
- Set up your camera to capture both you and your screen.
- Complete the test workout in the MyWhoosh app under **Workouts – Testing**.


- Save the ride and upload it.

 **Reminder:** The test must be completed quarterly or when MyWhoosh requests it.

4. Weight Video

This is also a monthly requirement if you're racing in the Sunday Race Club. Follow these steps:

- Use a digital scale that reads to 0.1kg (no analog scales).
- Set up the scale on a hard, flat surface, away from walls or furniture.
- Start by showing the scale, zero it out, and place a known weight (like a kettlebell or weight) to confirm accuracy.
- Show yourself stepping on the scale without holding onto anything—make sure the video captures the reading (Overhead shot).

 **Quick Tip:** Always wear lightweight, race-appropriate clothing for the weigh-in.

Final Thoughts

That's it! Stick to this checklist, and you'll have everything sorted for the MyWhoosh Sunday Race Club. Make sure your videos are clear, unedited, and meet all the requirements to avoid any hiccups. Submit via the official MyWhoosh Pre Verification Form.