

# Virtual Race Participation Guide

The Pedalitaly Virtual Race are cycling events in which you can participate remotely by registering on the ENDU.NET website and using a roller or smart trainer connected to the Rouvy application ([Rouvy.com](https://rouvy.com)).

**READ CAREFULLY:** This document indicates the requirements and technical instructions for participation.

## What you need to participate

- A. An ENDU account (if you don't have an account [create one here](#))
- B. A Rouvy account (if you don't have an account [create one here](#))
- C. Rouvy AR application installed on your computer/tablet ([download here](#))
- D. Smart Roller\*

\*The possession of a SMART Roller connected to the Rouvy AR application is indispensable for the direct experience of pedalling. However, it is possible to participate in the event as a spectator (watcher) without rollers or with rollers without sensors.

## 1. How to participate

### With compatible interactive SMART rollers\*

If you have an interactive (or controllable - the resistance of the roller is controlled by the software according to the slope of the route) smart trainer (roller) compatible with the Rouvy AR application you can participate in the virtual race with the maximum degree of sports involvement.



The interactive SMART rollers are in fact equipped with power, cadence and speed calculators and can be connected to computers, tablets or Apple TV via Bluetooth or ANT+ wireless mode. They offer the highest degree of real experience with dynamic slope adaptation.

\*To check if the roller is compatible with the Rouvy application, see [the complete list on Rouvy.com](#)

Some SMART rollers not included in this list are compatible with the Rouvy AR application but cannot be accessed in some races reserved for the listed devices.

## With non-interactive smart rollers or classic rollers with sensors

If you have a non-interactive smart roller but with sensors or a classic roller but with the speed, cadence or power sensors (the latter optional) applied to the bike, or an interactive roller but [not included in this list](#), you can participate in a parallel event open to this type of device.

## With classic rollers without sensors or spinbikes

If, on the other hand, you own a classic roller or spinbike without the aid of cadence and/or speed and/or power sensors, you can take part in the race as a **"watcher"**, by following any participant with a smart roller by simulating parallel ascents, plains and descents with your own tool.



To participate as a "watcher" you need to install the Rouvy AR application.

At the end of the performance you need to send a gpx/tcx/fit file or an image showing your participation to be included as a participant in the final results. Enjoy your ride with the live comments and encouragements of the speakers on live streaming ENDU on Facebook or Twitch!

## 2. Install the Rouvy application

### Create the account

Participation in the Pedalitaly Virtual Race is conditional on the use of the Rouvy software ([www.rouvy.com](http://www.rouvy.com)), the well-known virtual training platform that faithfully reproduces routes and tracks from all over the world.

If you do not have a Rouvy account, the first thing you need to do is to create a new one for free on <https://my.rouvy.com/en/signup>. We ask you to enter real data and possibly use the same registration email to ENDU (write an email to [virtual@endu.net](mailto:virtual@endu.net) to report any discrepancies). Please make sure that your name and surname entered on Rouvy are correct.

## Rouvy Subscription

Rouvy is a free virtual cycling platform for the first 14 days of use.

Thanks to the partnership between Rouvy and ENDU, each member will be guaranteed free participation in the scheduled event (limited to the duration of the event). **It is therefore not necessary to subscribe to Rouvy to join the event.**

## Download and install the application

Once you have registered your account you will need to install Rouvy software on your PC, Mac, tablet or Apple TV. To install the correct version for your device go to <https://rouvy.com/en/download> and download the ROUVY AR app.



ENDU is not responsible for any malfunction of the Rouvy software installed on your device.

## Connect the smart roller

For detailed instructions on how to connect your rollers to the software, please refer to the official instructions on [Rouvy.com](http://Rouvy.com).

The connection between the roller and Rouvy AR is very simple and often automatic. To associate your tool, click on the box located in the top left of the program's home page. Select each sensor detected at that point.



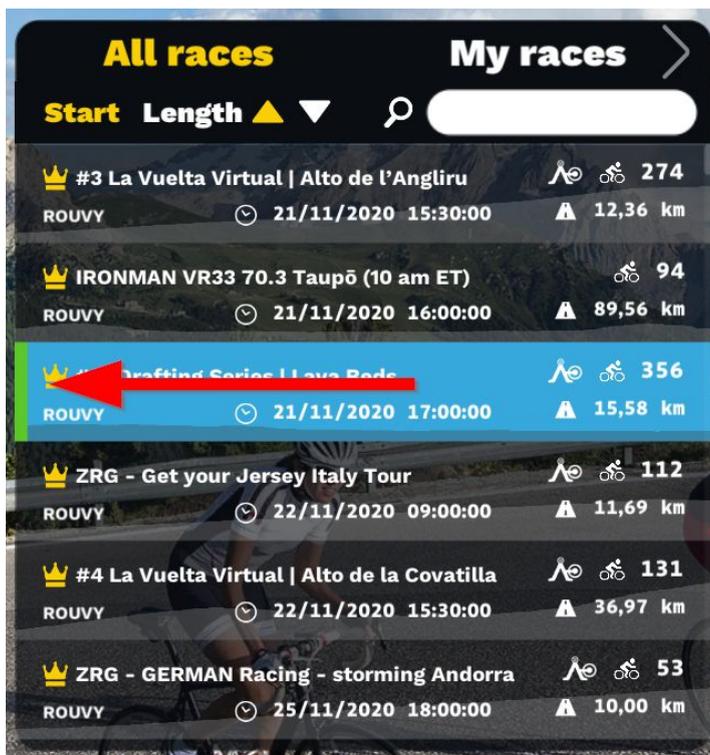
For more information on how to connect your roller to the software visit the [Rouvy helpdesk](#)

## Sign in to the event

Registration and access to the correct event published on the Rouvy calendar is carried out directly by ENDU about 48h before the official departure without any user operation.

From 60 minutes before the official start it is possible to enter the starting grid by selecting the race you have entered (highlighted in green) and pressing START.

Remember to download the video of the route with the DOWNLOAD VIDEO button.



## Symbol legend

Each race has some basic symbols:



Event accessible EXCLUSIVELY by participants equipped with [interactive rollers compatible with the races](#).



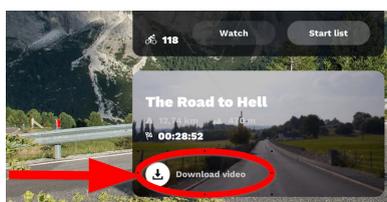
Password protected event



Cycling event

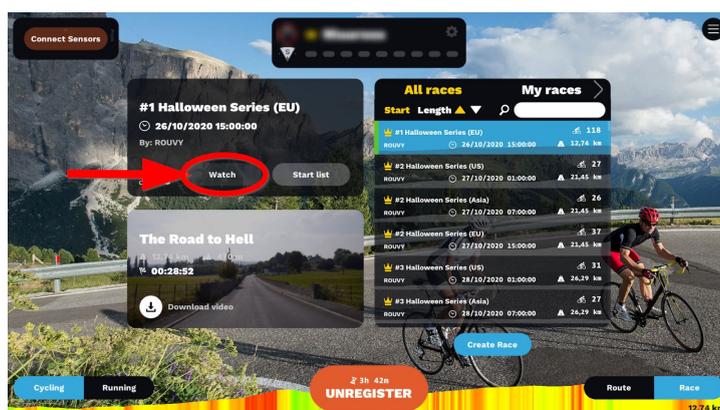
### DOWNLOAD THE TRACK VIDEO

For a complete and spectacular experience with augmented reality we strongly invite you to **DOWNLOAD THE VIDEO** in the hours before the event.



## Connection with classic rollers without power sensors or spinbike

If you do not have smart and/or interactive rollers you can participate as a WATCHER and experience the race live following any athlete on the course. To enter and be part of the event select the granfondo from the Race and press "Watch".



Select the athlete to follow and ride with him simulating as many of the slopes as you can. Your name will not be present in the list of cyclists and the speed, position and power references refer to the selected user. However, by sending a demonstration of active participation to [virtual@endu.net](mailto:virtual@endu.net) you will be included in the special participant list with the possibility to print a diploma of participation.

## **Events and results**

For each Virtual Race two events are created in parallel: in the first one are included all the members who have [a race compatible roller](#). The second event, on the other hand, is open to all other rollers, whether smart, not smart but with sensors, sensors only. The results of each race are collected in two different lists: SMART (list in order of arrival) and CLASSIC (list in alphabetical order).

## **3. Organize your pedaling station**

The preparation of the pedaling station requires maximum attention and care in order to fully enjoy the experience of an indoor granfondo, but above all not to run into harmful physical problems. Choose the location carefully, the position of the computer and keep liquid and solid supplements at hand.

### **Location**

Open spaces undoubtedly guarantee the best possible ventilation. However, in particularly hot conditions or for those who do not have the possibility to pedal outside we recommend a cool position, possibly near a window and with the use of a fan running from the beginning of the activity.

### **Location of computer or tablet**

The best position for the monitor of the route is in front at a minimum distance of one meter and 30cm lower than the horizontal line of the eyes. With this posture you will not unnecessarily strain your neck muscles. You can use a specific table, shelf or support.

### **Liquids & Salts**

Indoor cycling produces a massive amount of sweating, which is significantly higher to outdoor activities. It is therefore essential to constantly replenish your body by taking liquids and salts (no more than every 15 minutes). Prepare at least a pair of ready-to-use water bottles.

We advise you to drink enough even before exercise and to have bars and gels to assimilate if necessary.

## 4. Follow the event in live streaming

Cycling with rollers becomes exciting and electrifying when you intertwine the fatigue of pedaling, augmented reality and the spectacle of live news, just like in real racing.

All the Pedalitaly Virtual Granfondo will be live on Facebook and commented by national speakers, ambassadors and sports champions.

Don't miss out and join in!

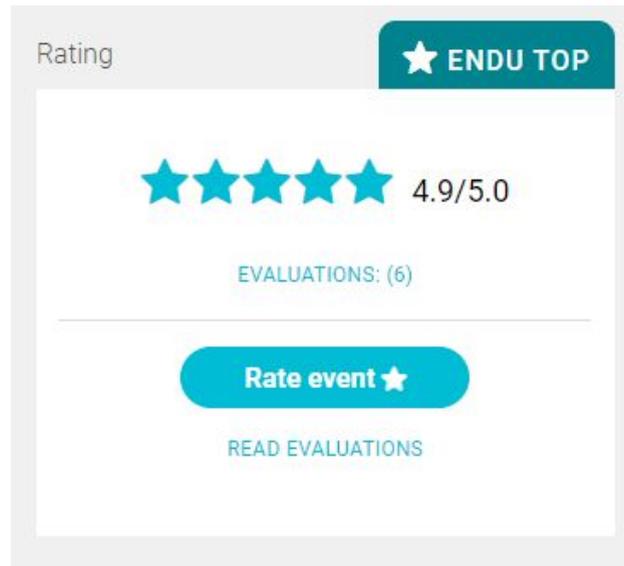
1. Print the bib you will receive by email and place it in front of your bike before "entering" the starting grids. Take a picture of yourself and your bib and share it on your social channels tagging #Pedalitalyvirtualrace;
2. Secure your smartphone or tablet in front of you in an easy-to-view position. Connect to the [Facebook](#) or [Twitch](#) (ENDU page) 30 minutes before the start of the granfondo, put on your earphones, turn up the volume and let the animated cheers of the speakers and guests cheer you on!

And at the end of the race don't miss the Granfondo trial on ENDU!



## 5. See results and vote the event

Visit the ENDU website to see the results and special rankings. Print your diploma and give a vote to the event.



## 6. Ask for support

If you have any problems following the above steps or you need any information write an email to [virtual@endu.net](mailto:virtual@endu.net). One hour before the starting time a Whatsapp number is at your disposal for chats:  
+39 340 4161503