



GENERAL REGULATION | La Cantabrona by Bkool

This document contains all the information about the general rules of the La Cantabrona by Bkool competition

INTRODUCTION

The virtual cycling is a cycling discipline which is done on a bicycle mounted on a smart trainer that is connected to a online device.

The simulator recreates the different conditions of each route and race on a very realistic way: the distance, the slope, the power of the cyclist, the draft, the environment or the meteorology. Virtual cycling is a discipline that has more and more prominence among fans of this sport.

CONCEPT AND FORMAT

La Cantabrona by Bkool is an innovative virtual cycling competition. Organized by **Amateur Race La Cantabrona** and **Bkool**, the competition is made up of 1 independent online race, which run through some of the most beautiful spots on the cycling scene in Cantabria, in the north of Spain:

- [La Cantabrona 2/4](#)

To join La Cantabrona by Bkool, participants will have to register on the Bkool cycling simulation platform, and perform at least one of the races in competition.

Thanks to Bkool, the cycling enthusiasts can train and compete with their bicycle from their own home, connecting their smart trainer or smart bike to a mobile device (Smartphone, tablet or computer) and participating in online routes and competitions on actual routes.

PARTICIPATION AND GENERAL REGULATION

1.- Minimum requirements

To participate in La Cantabrona by Bkool you must have:

- A smart trainer (of any of the brands available in the market),
- Sign up for the Bkool Cycling simulator.



2.- Categories

The competition will have 3 categories:

- Absolute male.
- Absolute female.
- Smart Bikes.

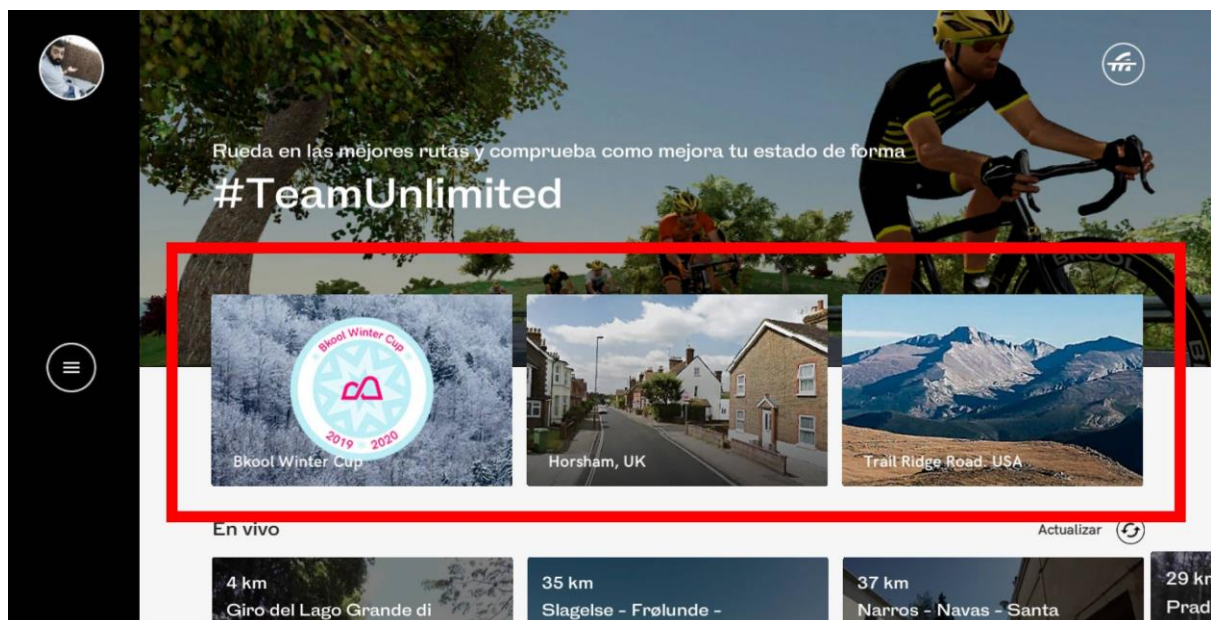
Each participant will be integrated into the category designated by their gender.

3.- How to get involved

To be part of La Cantabróna by Bkool, participants will have to:

1. Sign up for the [Bkool Cycling](#) simulator.
2. Cycle with your trainer and into the Bkool platform (in addition to saving the session once finished, **important**), one of the four official races of the competition.

The race that is available at all times will be highlighted in the main HOME of the Bkool Cycling simulator.



The race in each moment will be highlighted in the area highlighted in red.

4.- Online Competition

The competition format is purely online. Cyclists will pedal from home facing their opponents using the Bkool virtual cycling simulator.



5.- Calendar and Ranking

On the official website of the event, cyclists will be able to know the calendar of the race as well as the period available to participate in the competition, and follow the classifications that will be updated on October 5th.

STAGE

DATES

- La Cantabrona 2/4

From **3/10** to **3/10**

6.- Number of times you can participate in each race

Participants may participate in the race as many times as they wish, being valid for each test those attempts that have been made within the official period.

7.- Duration

You have a set period to finish the stage. Consult the dates in the Calendar and Ranking section.

8.- Awards

All participants who finish the competition will receive a Finishers certificate of the race.

Bkool will draw an annual premium coupon among all participants and La Cantabrona will draw two registrations for the next edition of the event.

9.- Actions against possible irregularities

The organization of the competition reserves the right to disqualify, always prior notice, those participants who, due to faulty calibration of the trainer, or in relation to suspicious modifications of their physical qualities, jeopardize the proper functioning of the competition.

In the competitions we will have an automatic management designed to detect irregularities, which will be evaluated and supervised by a team of technicians that will analyze the doubtful participations. To do this, they can control the speeds, powers and cadence of all participants. In addition, they will have access to the profile history of the participants in the Bkool database to know the participation of each runner.

All results are subject to review by Bkool, discarding those deemed inappropriate, either by the data recorded during the session, or because the data provided is not correct or truthful. Likewise, the participant's history will be monitored to verify that the data provided is true and does not present sudden changes in their physical or performance parameters.

Points that will be taken into account when invalidating results:

- Modifications of the user's weight, as well as little truthful values.
- Sudden changes in performance according to your history.



- Averages of watts that do not correspond to reality. (Low values, with respect to W / Kg, in forward positions with speeds that do not correspond.)
- Unreliable speed or power peaks
- Unimportant speed averages.
- Improper calibration or errors of the devices used
- Invalid Name.

10.- Technical requirements

Is it compatible with my computer or tablet?

Check the minimum requirements on the "[How does it work](#)" page of Bkool.com

Is it compatible with exercise bikes?

You can use Bkool with any conventional roller or exercise bike by pairing a compatible ANT + or Bluetooth 4.0 speed, cadence, power or pulse sensor. In other cases, we cannot control the resistance in the simulator, so those routes will not count towards the La Cantabrona by Bkool.

SUSPENSION OF COMPETITION

The organization may suspend, cancel or cancel one of the competitions without obligation for the participants. Under a force majeure reason or for external reasons, if the organization feels obliged to suspend, cancel or cancel the test, it must not pay any compensation to the registered participant.

PARTICIPATION RULES

Participation in the test entails the acceptance of the rules described here, as well as the decisions that the co-organizer, Bkool, adopts. In the same way you have read and accept the conditions of use of the Bkool platform when registering, as well as that your physical condition is adequate to perform the proposed activities.

Bkool starts from the good faith of all the participants respecting the rules and discarding the sessions that for some reason do not give real results, or communicating it to the organizer.

Any problem that occurs during the performance of the test such as: loss of connection of the devices used, internet disconnections or delay (lag), computer problems, including those of the platform, are considered mechanical. Therefore, no adjustment will be made to the test classifications to compensate or correct these problems.

In the event that the Bkool platform has an impact on your system during the test, try as far as possible to find the most feasible solution. The stages must be completed in the period



announced by the organization. Any previous or subsequent results will not be taken into account when making the final classifications of the stage.

The participant, within the announced period, can perform the stage as many times as he likes, taking the best time obtained. The organizer will communicate in advance the period in which the proposed stages can be carried out.

Any claim will be directed to the organization through the following form, which will study it, requesting, if necessary, data or evidence to substantiate the reason for the claim. In the case of performance values or data, official evidence that corroborates the data provided may be requested. After deliberation, the final decision cannot be claimed before any other organization.

The organization recommends that all participating cyclists have a complete medical check-up and a stress test to verify that their health status is correct for the physical activity to be performed.