

🏆 Virtual Tour de ZWAP 2025 🏆

**Ride Together
Improve Together
Against Parkinson's**



When: January 2025 (3 weeks, 6 rides)

Where: Zwift

Join us for the Virtual Tour de ZWAP 2025—a team-based, country competition focused on personal improvement and community. Ride with us, represent your country, and push your limits in a supportive and inclusive event.

Ride Schedule (Central European Time):

- **Tuesday 7th Jan, 6 PM** – Short Ride
- **Sunday 12th Jan, 6 PM** – Long Ride
- **Tuesday 14th Jan, 6 PM** – Short Ride
- **Sunday 19th Jan, 6 PM** – Long Ride
- **Tuesday 21st Jan, 6 PM** – Short Ride
- **Sunday 26th Jan, 6 PM** – Long Ride

How It Works:

- **Focus on Improvement:** Your effort, measured by Zwift (Pizza slices or calories per hour), will be compared to your historic data. It's not the absolute level that matters—it's how much you improve!
- **Country Competition:** Results are summarized per country. Minimum 3 riders are required for a country to count; otherwise, you'll ride for Team International.
- **Inclusive Rides:** All rides use the "Keep Everyone Together" feature, ensuring no one is left behind.

To participate in the Country Competition, riders must complete at least 4 out of the 6 rides.

Where to Join:

As always, join each ride via the **Club Event in the Companion App**. The rides will be led by Rune Vethe, and the Zoom chat will remain on the usual link/number.

Register Now!

Pre-register using <https://forms.gle/yetDLJW1W5svPN5DA> or register at the start of each ride. By registering, you consent to let the event organizers access your Zwift effort data (historic and event-specific).

Let's kick off the year together and ride for health, resilience, and community!

Ride on,

The Zwap Cycling Club Team 🚴🌟