

TRI **THLON** **CANADA**

Online Racing Program
Submission Guide

Triathlon Canada is excited to announce a new relationship with FulGaz to deliver an online racing season for 2020 working in conjunction with our Provincial partners. This is also an opportunity to integrate online riding into our programming going forward.

FulGaz is an indoor training app that transports you anywhere in the world to ride some of the most iconic roads from the comfort of your home in stunning 4K quality. It works with just about any indoor trainer, adjusting video speed and resistance to match your effort.

Fulgaz has over 900 different courses filmed all over the world, so whether you want to push yourself on your local training loop or experience the great climbs of the French Alps, Fulgaz has something for everyone.

Our arrangement with FulGaz includes creating a bank of Canadian content exclusively accessible to any participant holding a Canadian annual triathlon membership. This is an opportunity to showcase our bike courses and keep participants engaged.

EXCITING FEATURES FOR RACE ORGANIZERS:

- Off-season racing
- Event promotion through course previews
- Sponsor engagement – segments of your video can be “presented by”
- Turn your course into a training session with narration by Canada’s top competition coaches

FulGaz is a subscription-based platform. Triathlon Canada members will have access to exclusive content and competitions as a function of their annual triathlon membership.

All members will receive a FREE one-month trial of the full FulGaz platform. A 20% discount will also be offered for a limited time to encourage engagement.

REQUIRED EQUIPMENT:

- A device to run the FulGaz app
- A bike
- A Smart Trainer
 - » those without a smart trainer will not receive “official” results

All sanctioned events are eligible for inclusion. Eligibility will be based on the following criteria:

- Event must be in good standing with their affiliated Provincial Sport Organization (PSO)
- Event must have been sanctioned in 2019, or have received approval from their affiliated PSO for their video submission

Here is the step-by-step process for creating great footage. To view the video walk-through of how to film amazing bike videos,

. Please note that all submissions must be sent to Triathlon Canada.

EQUIPMENT: Action camera and bike computer

- FulGaz recommends using a **GoPro Hero 7 or 8**
 - » A Hero 6 will work but requires more post-production
 - » Nothing older will be accepted (ie. GoPro 5)
- Please film 4K as much as possible
- The camera needs to be securely mounted to the handlebar
 - » Do not use a helmet or chest mount.
- Pair the filming with a bike computer for accurate GPS readings
 - » FulGaz recommends the Wahoo element bolt, but Garmin also works
 - » Make sure you turn everything on for 1 minute before you start the ride to acquire a GPS signal
 - » Don't use Strava on your phone or GPS on the camera; make sure you turn on the bike computer
 - » Bring an extra battery pack if you want to go for over 1 hour - connect this to the camera prior to starting your ride
- To improve accuracy and end user experience, it is recommended to also use a speed sensor

SETTINGS: how to get the best footage

- Ensure that the camera is set to the following:
 - » 4k
 - » 30 frames per second
 - » Video stabilization turned on
 - » Protune turned on
 - » Wide field of view
 - » *NOT super wide, otherwise it creates a fisheye effect*

SUBMISSION: how to get your footage on to FulGaz

All race submissions must be sent to Triathlon Canada.

For assistance with this please contact:

. Instructions are as follows:

- Remove SD card from GoPro, insert into computer (using port or adapter)
- Import your files. The folders will show:
 - » DCIM -> GoPRO
- Sort files by Kind, delete LRV (low resolution) and THM (thumbnails) files.
- There are now several files, versus one single ride
 - » This prevents the entire ride from being lost should a camera malfunction midride
- Select all mp4 files, create a new folder, title ride.
- Save the GPS file from your bike computer, include this file with the camera file.
- Share via Google Drive or Dropbox, etc.