Step 1: Registration

To Register for TdC's Hub, go to https://hub.Tourdecure.com.au/auth/register

Enter your email address and password you would like to use.

Using the left/right arrows Select Current Rider Level Rider level is between 1 and 6 and skills associated with the level are detailed underneath the level.

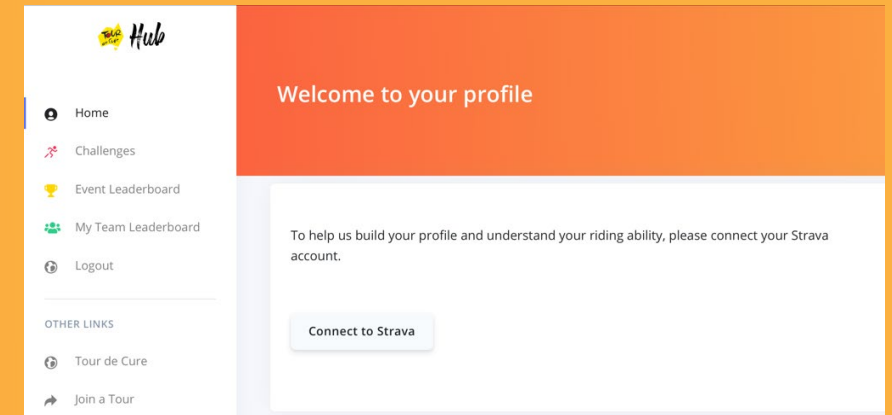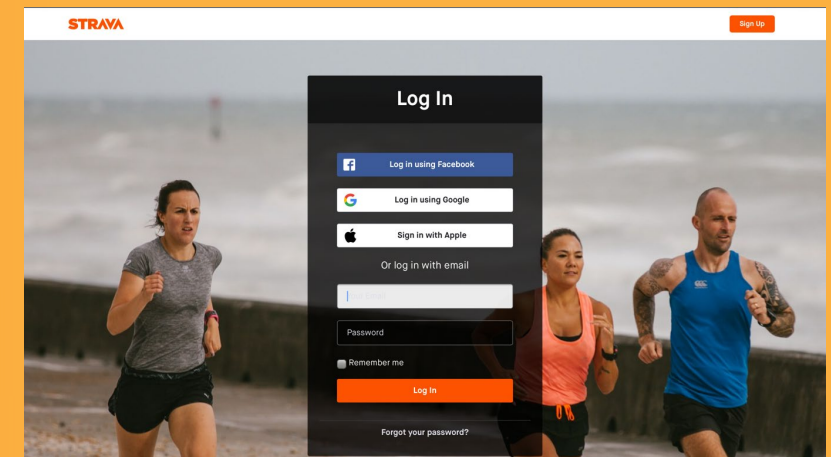Select Yes/No if you've ridden in a TdC peloton before.

Hub utilises Strava data to track performance and identify tour readiness.

To connect your Strava account, click "Connect to Strava"

Enter your existing Strava Details and click "Log In".

If you've forgotten your Strava password, click "Forgot your Password?" under the Log In button.

Hub

Strava will request you to Authorise TdC to connect to your Strava account.

Please leave both tick boxes ticked, otherwise you will need to re-link your account.

Click "Authorize"

You're In!
Once complete, you should now see your Strava name and picture in the Hub.

Following registration your event will be updated and rides completed within Strava will be reflected in your Fitness Level.
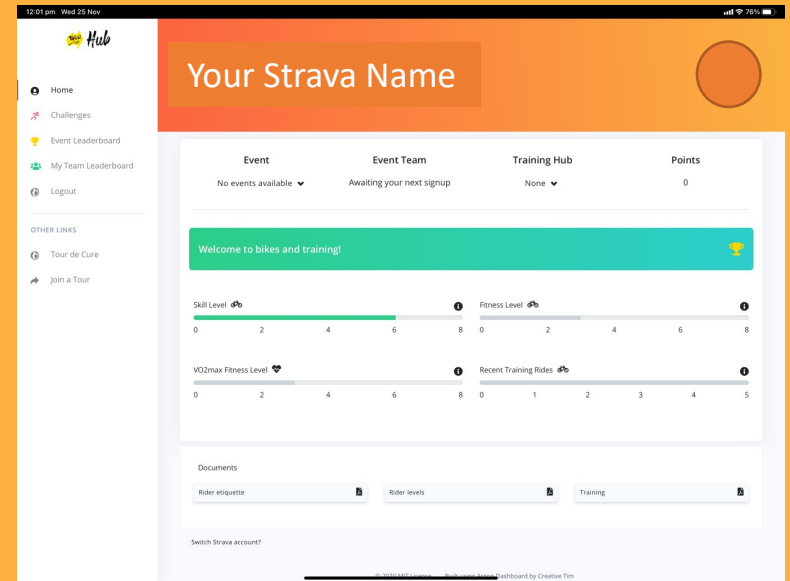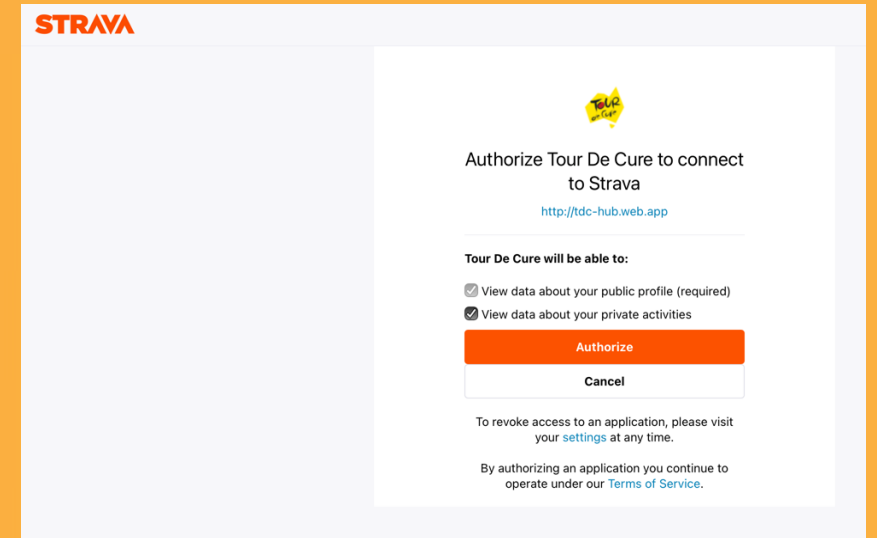
Accessing the Hub

To Log In to TdC's Hub going forward, go to
https://hub.Tourdecure.com.au/
Use your credentials from registration

If you've forgotten your password, click
"Forgot password?"

Add to your Home screen
From the Safari browser, To add the icon to the 'Home Screen', pick
"Share" button and select:

"Add to Home Screen"

Key Screens

Event

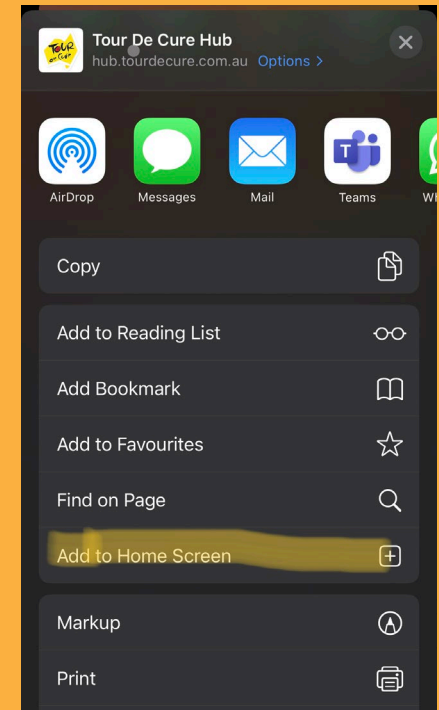When you initially sign up to the app your default 'Event' will show "Staying fit and connected with TDC". If you are registered for a Tour, this will be updated in due course. If you enrolled for multiple tours, the most recent occurring event will appear, however you can scroll through other events using the down arrow.
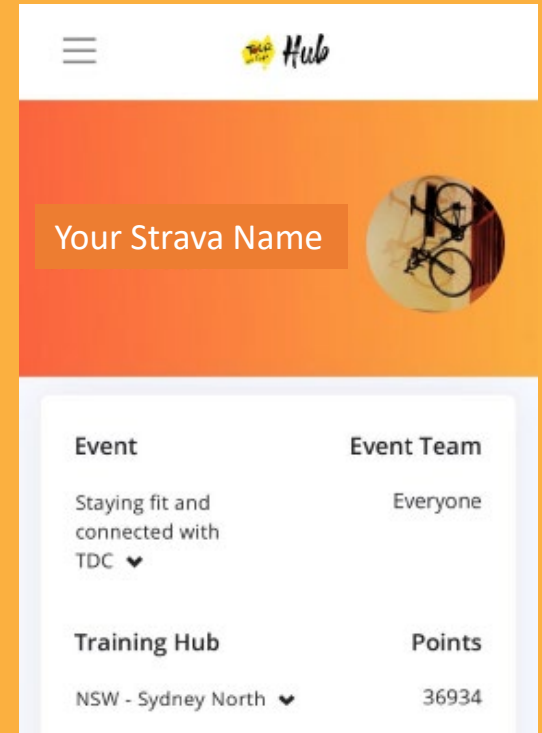
Event Team

Some Tours allocate participants into Teams. If this applies to your Tour, you will see your Team name here.

Training Hub

Your preferred training location that you nominated on your rider survey on registration.

Points

From time to time we will run fun and motivating challenges!

Key Screens

Skill Level

Nominate your skill level at registration. When you attend TDC supported rides your Peloton Manger will assess your skill level and update your profile. This feature is critical to enable you to track your progress throughout your training. It also enables Tour de Cure to manage pelotons based on skill level and run a safe ride.

Fitness Level

This is calculated based on your current monthly activities on Strava. It uses average speed, total weekly distance and acquired elevation on rides logged. This is another feature which may be updated after a TDC supported ride.

VO2Max

This is a manual input for those who have sports watches such as Garmin. You can also calculate as per below fitness matrix based on available data and research.

https://www.firstbeat.com/en/blog/whats-a-good-vo2max-for-me-fitness-age-men-and-women/
or Global Cycling Network VO2 Max explained

Recent Training Rides

This will be updated when you have completed a TDC supported ride over 50km. You are required to attend a minimum of five TDC 50+km rides prior to tour.

Hub
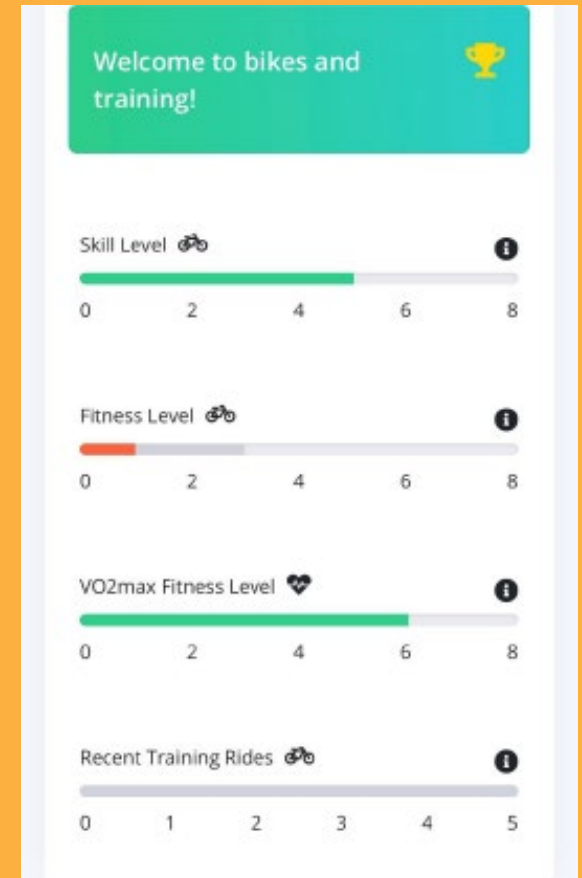
Why is my fitness and skill level so low?
Data will sync over time with Strava and the fitness and skills level will reflect this. Your TDC Peloton Manager may update the levels when you attend TDC supported rides.

Do my Skill and Fitness levels decrease if I don't do anything?
Data refreshes monthly on a rolling basis, so yes, it will change if data is old.

Do I have to register and enter my Strava details again?
Yes, the first logon is the Hub username and password, whilst the second is the connection and authorisation for TDC Hub to sink to your Strava profile and data.

Who updates the skills and fitness level?
Peloton Managers may update your level after you have attended a TDC supported ride.

Why can't the apps calculate Vo2Max?
VO2Max is complex and can be manually loaded if you use a sports watch such as Garmin or Suunto etc

What type of activities are recorded and tracked for measurement?
Run/Walk, cycle and swim. Private, Public and manual activities are also noted and captured.

Can I see my training program?
Yes, Training Programs will be made available to view on the Hub.

Do all rides with TDC count towards group rides?
Currently, TDC supported rides of 50+km, that have been posted as events on Strava may count towards your group rides.

Is the skills measure a combination of bike and fitness?
Yes it is.

What are challenges and when will challenges be created?
Challenges will be created in the future to add a bit of fun and motivation.

Got another question? Email fundraising@tourdecure.com.au