



Avout Racing 2019 Elite Application

Dear Prospective Rider,

Thank you for taking the time to apply for the 2019 Avout Racing Team. 2019 is an exciting year for Avout Racing as we are opening the doors to a new elite program for selected riders across all cycling disciplines.

Please fill out the following information as best as you can – download it to your computer, open the Adobe file, and select Tools > Fill & Sign in the upper left corner. The more you write, the better we will learn more about who you are. This is a lengthy application, so take your time. If you have any questions during the process please do not hesitate to contact team management.

We will be selecting a few riders to join our program for 2019. If you are selected for the program, further information will be sent out with specific details on rider benefits, expectations, costs associated, etc. Becoming a part of our program requires a step-by-step process to ensure this team is the right fit for you, and you are the correct fit for this program.

If you have an athletic resume or fitness performance tests (V02, Lactate, Blood, etc.), please send them as an attachment with this application.

Category Requirements:

Road - CAT2 or higher.

Track - CAT2 or higher.

MTB - USAC CAT2 or show you consistently place in your age category, Expert or higher.

Cyclocross - CAT2 or higher. CAT3* Feel free to apply and explain why you would be a good fit for the elite program.

*If you are a CAT3 in any category or race Expert in MTB you must show consistent results where you are placing in the top of your age category. We will not accept any sport category riders in MTB.

Do not be intimidated to apply. We understand most of you are not looking to race at the professional level, however you must demonstrate you are at the top of your age category. For example if you are a Road CAT3 and consistently placing in the top 5 then we would expect you to move to a higher Masters category. With so many different categories in various racing disciplines we will make a decision based on previous results, and your goals for 2019 and the future.

Ambassador Program: If you do not fit into the requirements but go above and beyond to stand out from the majority of riders and racers out there then please apply. Ambassadors are those who give back to their community and volunteer. These are cyclists who are willing to promote their riding, racing, and adventures to the world via social media. Even if you do not have a following but are willing to commit to consistently posting we want to hear from you. Have you done or are you doing some type of epic endurance adventure? Let us know! Ambassadors will receive similar but not all of the same benefits as our elite riders.

All applications are due no later than November 20th, 2018, emailed to Adam@avoutracing.com

Thank you,
Adam Zimmerman
Avout Racing Team Manager / Head Coach
Adam@AvoutRacing.com
720-466-9185

DO NOT HAND WRITE. PLEASE TYPE ALL OF YOUR ANSWERS.

Name:

Current USA Cycling Racing Age:

Today's Date:

Primary Email:

Primary Phone:

Parents Contact Info (Phone & Email):

Mailing Address:

Hometown:

School Name:

DOB:

Instagram Link:

Twitter Link:

Facebook Link:

Any other social media platform?

Are you a current member of Avout Racing?

How did you discover Avout Racing?

USA Cycling Category (List All Disciplines):

Current USA Cycling Upgrade Points:

Current Cycling Schedule: (How many days a week do you ride?)

Current cycling coach and their certifications:

Potential Days/Hours Available for Cycling:

Current Weights/Core/Flexibility Schedule:

Current Cycling: What specific steps "things" do you do before or after Training or Competition?

Current Weights/Core/Flexibility Protocol:

Describe any other sports in which you currently participate:

Have you ever received a suspension for using banned substances?

Please describe your cycling training and racing gear, including shoes, bike, wheels, computers, etc.:

Please describe any special electronic training equipment to which you currently have access (i.e. Garmin Forerunner, SRM Power Meter, Polar HR Monitor, etc):

Have you ever ridden on Zwift.com? If so what level? How often do you use Zwift?

Do you have an indoor trainer setup to use?

Please describe your cycling environment, including information on your “favorite” rides near your home:

Do you have hill access – areas to perform time trial / field tests?

What part of competitive cycling do you enjoy most? Road Racing, Criteriums, Time Trials, Hill Climbs, Track Racing, Mountain Bike, Cyclocross, all of the above? List all of the above in order from most important to least important. Tell us more about which one is your favorite and why.

Would you be open to racing multiple disciplines?

Do you currently race multiple cycling disciplines?

Have you had a VO₂ or blood lactate test? Please provide the results if available.

Have you recently had a CBC & Iron Blood test? Specifically Iron, Hemoglobin, and Hematocrit numbers would be helpful.

Do you currently complete field-testing for lactate threshold, VO₂ max, maximum heart rate, etc? If so please describe your field-testing procedures and results:

Have you completed any additional tests, such as anaerobic power, resting metabolic rate, bone density, etc.? If so please describe the procedure and results, if available:

What is your height?

What is your weight? Indicate any disparities between training and racing weight:

Describe any sport-specific injuries or illnesses you currently have (i.e., knee or shoulder pains, exercise-induced asthma, tendonitis, bursitis, diabetes, etc). Be as specific as possible. Include any medications, supplements, or treatments you are currently utilizing to address the problem.

Please list ALL current medications you are taking:

How many years have you competed in cycling races?

Please list your top 5 results from 2018:

Goal races for 2019:

Please elaborate in full for the following questions

1. Why should we consider you for our 2019 roster?

6. Why are you sitting here, taking valuable minutes out of your life to complete this form? What are your goals? Be as honest and specific as possible describing actual races, rankings, or outcomes you want to pursue. You may also use this section to include any additional general notes. Include anything that you feel would be helpful that you haven't yet had a chance to express.