

Asphalt Green Cycling Team

Mission Statement

Asphalt Green Cycling Team is to provide a venue for cyclist of all levels to train, race and socialize as a group. To earn respect both on and off the course. To maintain respect for your fellow cyclist. To be the best damn cycling team in NY!

Who We Are

- Paul Weiss- Asphalt Green Chief Program Officer, Triathlon Club Founder, 22 yr coaching career
- Tony McMullen- Team Manager, USCF Certified Cycling Coach, Experienced Cyclist and Triathlete
- Jonathan Giahn-Team Captain, USAT Nationals Qualifier
- Bryan Beary- AGTC Director, Incoming Director of Aquatics, Team USA Triathlon member



Team Workouts

Team workouts will be designed by AG Program Director, Paul Weiss. Workouts and race strategies will be led by USCF certified coach and Team Manager, **Tony McMullen**, and Team Captain, **Jonathan Giahn**.

Coaching and workouts will be done as a team and lead by the designated sponsored athlete and the AGCT coach, captain or ride leader.

Coaching for each athlete will be modified to increase his/her individual cycling performance and performance as a team participant.





Workout design

- AGCT workouts will be adjusted according to a periodization plan.
- During the base period the same workout schedule will apply but the workouts will reflect the appropriate workout for such period.
- Consistent workout attendance by each team rider is expected.
- The following is what the schedule will look like during the race season.

Workout Schedule

- **Monday**- Strength Training (w/AGCT)
- **Tuesday**- Rest Day/Recovery Ride (Solo)
- **Wednesday**- Strength Ride (w/AGCT)
- **Thursday**- Aerobic Ride/Paceline (w/AGCT)
- **Friday**- Rest Day
- **Saturday**- Race and/or Long Ride (w/AGCT)
- **Sunday**- Optional Recovery Swim (Solo)

Races

🚲 ALL CRCA park races (Team Points)

🚲 Time Trials





USCF/CRCA Rules & Regulations

- All AGCT members are to be members of both USA Cycling Federation as well as CRCA.
- USA Cycling rules require that members have a host club on your license with the option to add a “sub-team. “Century Road Club Association” is to be the host club and “Asphalt Green Cycling Team” to be the sub-team.

Marshalling

- AGCT members are required to serve marshalling duties as individuals and as a team.
- New members subject to marshal three times.
- Not serving one's individual marshaling duty affects the team as a whole.
- Missing a marshalling date results in suspension. The date must be made up at the next race or the ENTIRE team is suspended. No team points!!!
- Substitution is allowed.

Required Equipment

- A Road Bike Only (Except during a TT & only when noted)
- Cold weather gear
- USCF approved helmet
- The guts to go deeper than you've ever gone before!!



Communication and Updates

Dedicated Website

- Discussion Board
- Workouts
- Pre & Post Race Reports
- Pictures

Facebook Group Page

- Rides
- Social events
- Immediate info

facebook

ASPHALTBUREN.ORG

AGTC
ASPHALT GREEN TRIATHLON CLUB

SEARCH THE WEB

SIGN IN OR REGISTER GET THE NEWSLETTER

About Us Member Benefits Workouts Coaching Services Event Calendar Photos & Video Buy Gear

The Asphalt Green Triathlon Club is the area's largest triathlon club with over 400 members. We offer a comprehensive training and racing program which benefits all triathletes from beginners to Kona qualifiers. And we have the results to prove it.
[Learn more about the club >](#)

UPCOMING EVENTS

Date	Event Name	Type
09/14	The Idaho National	Race
10/18	The Outlander Go Get Em	Race
10/22	The Quantum Sectional	Workshop
10/29	The Super Steve Open	Race

SEE MORE > * OFFICIAL CLUB RACE

PHOTOS & VIDEOS

SEE MORE >

RECENT RESULTS

Name	Event	Time	Place
Jim Crosby	The Westchester Triathlon	Time: 3:24	14th place
Jim Crosby	The Westchester Triathlon	Time: 3:24	14th place
Jim Crosby	The Westchester Triathlon	Time: 3:24	14th place
Jim Crosby	The Westchester Triathlon	Time: 3:24	14th place

SEE MORE >

OUR SPONSORS:

Asphalt Green Dutch Harbor TOGA BrickWell POLAR

© 2010 Asphalt Green Triathlon Club

Team Uniform

- Sizing KIT available at Jackrabbit Sport on December 6th through the 17th
- Winter gear will be available through Champion Systems
- Title Sponsor

FRONT



BACK



Prices

Includes:

- Coached workouts
- Sunday pool access
- Customized training program for each rider
- Cycling Kit

Cat 4/5 - \$599

Cat 3- \$299

Cat 1/2- \$0



Expected Behavior

- Class
- Respect
- Yellow Card/Red Card



Conclusion

