



POWERED BY



BECOME A MEMBER INFORMATION GUIDE



Fit for Duty - Fit for Life

RUNNING ★ CYCLING ★ TRIATHLON ★ ADAPTIVE ★ ADVENTURE

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About USMES



US Military Endurance Sports

The US Military Endurance Sports (USMES) program, a division of American Servicemembers Amateur Sports Inc. (ASAS), is a non-profit 501(c)3 organization chartered to support amateur athletes, endurance sports education and activities for current, retired, and veteran members of the United States Armed Forces. What began in 2009 as an elite cycling team has grown into a thriving multi-sport recreational club, development, and elite athletic program.

USMES supports Cycling, Triathlon, Running, and Adventure Racing teams for amateur athletes of all abilities, including special programs for wounded veteran and adaptive athletes. USMES provides athletes incredible opportunities including camps, clinics, focus events, team competitions, and non-competitive gatherings. Additionally, USMES offers members a unique mentoring program helping athletes, regardless of ability, by offering discounted coaching, skill development opportunities, and a growing library of education materials supporting beginner and intermediate athletes. Finally, USMES lowers the cost of athlete participation by improving access to competitions and development opportunities through discounts on competition gear, targeted race reimbursement, and limited athlete competition grants.

OUR MISSION: The mission of USMES is to promote endurance sports as part of a healthy lifestyle to active and veteran members of US Armed Forces.

VISION: The vision of USMES is to become the preeminent endurance sports education and development community for active and veteran members of the US Armed Forces.

ELIGIBILITY: Active Duty, National Guard, Reserve, Retired, and Veteran members of the Uniformed Services. US Service Academy Cadets and ROTC students with signed service contracts are also eligible for membership.

MEMBERSHIP FEE: \$75.00 annually (12 full months) beginning on the date you join USMES.

Membership Fee scholarships are available if a financial need exists.

Please contact membership@usmes.org if you are interested in joining USMES but would like assistance with the membership fee.

USMES Organization



USMES is organized into cycling, triathlon, running and adventure racing teams. When you join, you can select all the teams of which you wish to be a part. Each team participates in competitive and non-competitive events around the country. The national events are a great way to meet fellow members, participate, network, get fit, and have fun. Additionally, USMES is organized into regions and each region has a regional coordinator (RC). As a new member of USMES you'll be introduced to your local RC who will help you connect with other athletes in your region. RC's also plan a local event participation schedule that is separate from our national team events. These local events are a great way to meet fellow USMES athletes in your area. As the organization grows our regional sizes will decrease to keep that "small team feel" that many of our members really enjoy.

Membership in USMES has some incredible advantages outlined in this information guidebook. If you would like further information or would like to speak with our USMES membership manager, please send an email to membership@usmes.org.



Our Team

Newcomer to Expert – No Experience Necessary



CYCLING TEAM:

From newcomer to cycling expert, the USMES cycling team is a group of both competitive and non-competitive athletes that participates in events throughout the year. The Cycling team hosts camps, clinics, and other mentorship programs as well as supports athletes through logistical support, race reimbursement programs, and our affiliate coaching program. Members can purchase and wear our distinctive team kit and participate in events like races, fondos and fun rides, and team networking activities.



TRIATHLON TEAM:

The USMES Triathlon team is comprised of athletes of all ages and abilities. The team organizes and supports several national triathlon events as well as many fun local events. The Triathlon team hosts camps, clinics, and other mentorship programs as well as supports athletes through logistical support, race reimbursement programs, and our affiliate coaching program. Members can purchase and wear our distinctive team kit. Worth noting, many of the great deals and discounts that USMES members get are to help reduce the cost burden for participating in expensive triathlon events.



RUNNING TEAM:

The USMES Running Team is our newest athlete program and supports all ages and ability levels for runners competing in (or hoping to someday participate in) a running event. Our running program organizes logistical support at many national events ranging from 10K to Ultra distance runs. A highlight from the 2016 season was running in the Grand Canyon! The Running Team hosts camps and clinics available to all members. The team has high quality running kits and apparel and offers runners great discounts on gear and selected race entries.

Our Team Continued

Sport Newcomer to Expert – No Experience Necessary



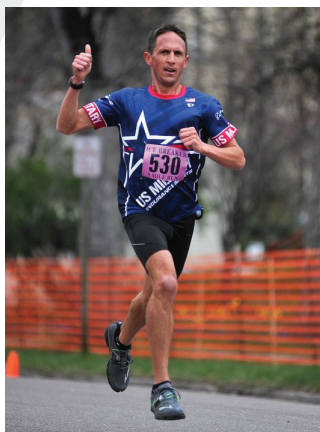
ADVENTURE RACING TEAM:

The USMES Adventure Racing Team supports athletes interested in challenging themselves in competitive multisport adventure competition events. The team hosts a yearly skill and confidence building camp and provides some financial support for team events. Adventure Racing often includes paddling, mountain biking, rope skills, land navigation and much more. All experience levels are welcome.



ADAPTIVE ATHLETES:

USMES supports disabled and adaptive athletes of all abilities by providing education and classification support, financial assistance at key events, and education and mentorship for training and competition. Adaptive and disabled athletes are eligible to participate in all USMES programs including camps, clinics and other team events.



Overview of USMES Benefits

**Benefits of being a member are divided into three categories:
Deals and Discounts, Community, and Education**



DEALS & DISCOUNTS

Each year we negotiate with sponsors to secure great discounts for our members. As a member you are eligible for these deep discounts from day one of your membership. Discounts for members are often as good or better than any other program available to endurance athletes. Examples include nearly 50% off Gu Energy and Rudy Project products. Purchase a helmet and you'll save more than the cost of our yearly membership!

We have great discounts on Scott Bikes, SHIMANO components, blueseventy wetsuits and swim gear, tires, and much more. We are always adding sponsors and significant discounts are a huge membership benefit. Another great perk is the Members Only Team Store where we sell our Cycling, Triathlon, Running and other competition gear at great discounted rates. We now use Pearl Izumi for our cycling and triathlon gear and for our competition running gear. We also sell team apparel including hats, t-shirts, polos and much more.

Growing List of Partners



Overview of USMES Benefits Continued

We have a few important team programs that are opened based on funding availability.



THE RACE REIMBURSEMENT PROGRAM (RRP)

The Race Reimbursement Program (RRP) is meant to defray a portion of the costs of race registration for athletes on the team. It is important to note that this program has strict eligibility requirements and is not meant to cover the costs for every member for every race. We have a RRP for cyclists, triathletes, and for runners. If you have questions, contact membership@usmes.org.

SPECIAL EVENT REIMBURSEMENT REQUEST PROGRAM

The Special Event RRP is for athletes selected to go to world class or national level events and who request financial assistance.



MEMBER BUCKS REFERRAL PROGRAM

You can earn \$15.00 in USMES “Store Bucks” for every referred member that names you on the incoming application. Many members have amassed enough referral bucks to pay for kits, camps, and many other activities. This is a great way to be rewarded for sharing the benefits of membership with your friends and fitness network.

COMMUNITY/TEAM BUILDING/COMMUNICATION

Our Regional Coordinator (RC) program provides athletes a smaller team and a local participation feel with the support larger nation-wide programs provide. Each region organizes local focus events and family activities as well. The goal of our focus events is to give athletes an opportunity to race or participate with teammates and friends. Depending on the event, some financial support may be provided.

In addition to our RC support, the specific club team managers provide further support, mentorship, and team event organization. You can compare your race schedule to others as well as find races and teammates to share travel costs. USMES also hosts a very active members-only Facebook page and online forum where we discuss events, results, tactics, training, equipment, and much more.

USMES hosts several team camps and skill clinics including cycling, triathlon, and running camps. Past locations for team camps have included, Tucson, AZ; San Diego, CA; Washington, DC; Colorado Springs, CO; and Greenville, SC.



Overview of USMES Benefits Continued



REGIONAL FOCUS EVENTS

Each year, USMES Regional Coordinators will identify a series of competitive and non-competitive events in the local region that will be the focus events for that region for the year. Members in the region have input into that schedule and it's a great opportunity to identify events you will want to put on your schedule to ensure maximum team participation. Note, there are no participation requirements with USMES—although we want you to participate in team activities, we also understand that individuals have different availability opportunity.

NATIONAL EVENTS PROGRAM

Each year USMES Sport team managers (Cycling, Triathlon, Running and Adventure Racing) identify up to 3 top events that will be the National Focus Events for USMES members. Special funding is available for members to participate in these events including registration, lodging, and even in some cases travel stipends. Event funding is based on level of interest and availability.



SKILL CAMP AND CLINICS

Each year, USMES organizes a series of sport skill camps to help members improve in both skill and fitness. In 2016, USMES hosted a large, all sport camp, just outside of Greenville, SC called the USMES Fitness Summit. In 2017, we are going back to Tucson, AZ for one of our largest camps of the year. If you are interested in more info on USMES camps and clinics contact membership@usmes.org. Note, camps are an additional fee but costs are subsidized by USMES.

AFFILIATE COACHING PROGRAM (ACP)

The ACP is designed to help our athletes connect with the best coaches in the US. These coaches have agreed to offer our team special rates and to ensure that our athletes are not required to sign contracts longer than month to month. We also have a coach matching program where our club leadership will help you find the best coach for your needs.



EDUCATION LIBRARY

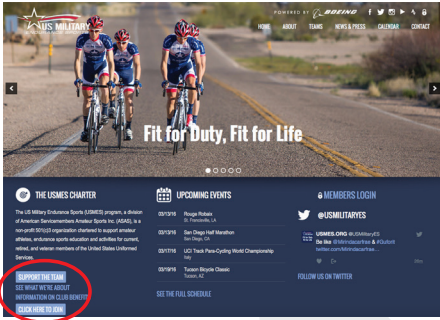
In addition to the Affiliate Coaching Program (ACP), we also offer our members a growing education library of information about competing, nutrition, tactics, and much more. We mentor by connecting our top amateur and elite athletes with beginner and intermediates. The Facebook and forum pages are excellent for expert advice. Your RC is also a great resource for connecting mentors. We also do after action and hot wash discussions following events on the Facebook page for members willing to share their race experience and ask for tactical assistance.



USMES EDUCATION WEBINAR SERIES

Education webinars are free to USMES members! Each month the topic changes; the presentation is recorded for ease of watching and the topics are relevant to athletes.

Frequently Asked Questions



1. So, how do I join the team and become a member?

Answer: Go to www.usmes.org and click the “Click here to Join” button, Or directly navigate to:

<https://usmes.z2systems.com/np/clients/usmes/membership-Join.jsp>

2. How much does it cost to join?

Answer: \$75.00 annual fee. Scholarships are available if you have a financial need. **Note.** Membership fee is waived for Service Academy and eligible ROTC candidates.

Contact membership@usmes.org for assistance in becoming a member.

3. Can I see a list of events the team is doing?

Answer: Yes, a rough calendar of events is at: usmes.org/races-and-events/ USMES also maintains a very detailed members only calendar that will be available to you as soon as you join the team. If you have any questions about specific events, contact membership@usmes.org.

4. Can I race for a local team and still be a member of USMES?

Answer: YES! In fact this is a great benefit of USMES. If you have a local team, you can continue to race with them or compete with them and still have membership with USMES. You should note that eligibility for some financial programs requires you race for USMES (in uniform) but if you are not looking for USMES funds—no uniform requirement exists. We also put no pressure on you to participate. We put no pressure on our athletes to participate more than they would like to. There is not participation requirement or skill test to be in the program.

5. Do I have to buy a kit?

Answer: No, although we encourage you to purchase at least one USMES team kit, it is not a requirement.

6. Are Dependents Eligible to join USMES?

Answer: Dependent family members living in the same residence as a full USMES member may be registered under the member’s account as a USMES “Family Member” at no additional fee. If two members in the same household meet the full membership requirements and wish that each maintain a full membership, the annual dues for the second member will be reduced to \$25.

7. Can I put the team logo on my own kit design?

Answer: Although we love your enthusiasm, we are pretty protective of our USMES image, brand and logo. If you would like to use our trademarked logo for any reason you will need to get approval by emailing your request to tim@usmes.org.

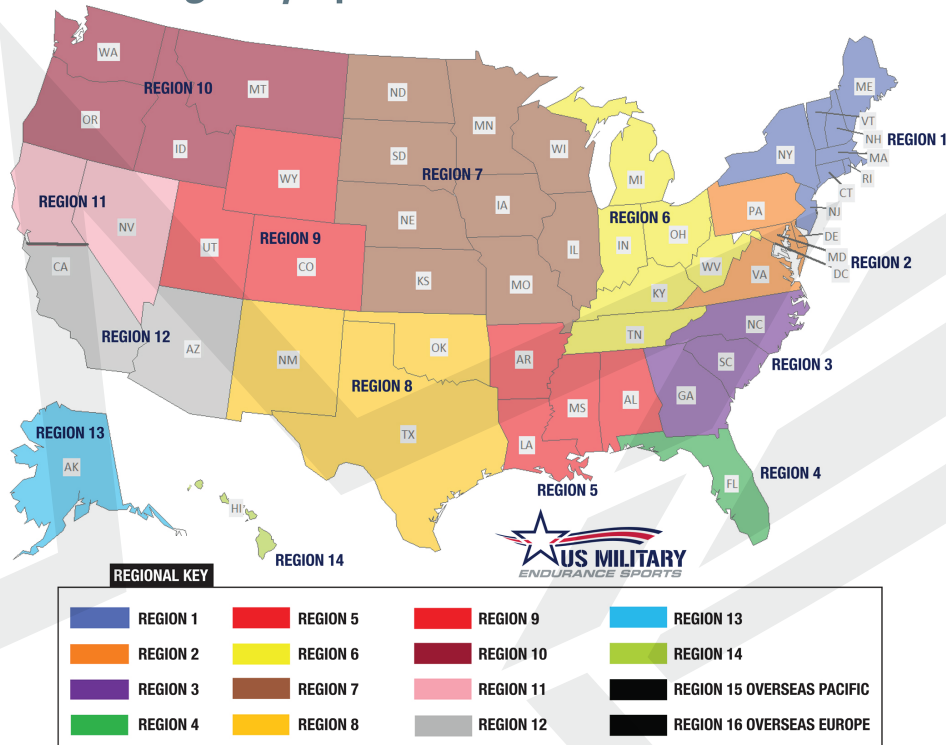
8. I want more information, who can I contact?

Answer: Send an email with your request to membership@usmes.org.



Local Community

REGIONAL BREAKDOWN: 16 regions/representation in 11 countries



Region 1: ME, NH, VT, NY, NJ, CT, RI MA

Region 2: MD, PA, VA, DE, DC

Region 3: NC, SC, GA

Region 4: FL, VI, PR

Region 5: LA, AR, AL, MS

Region 6: MI, IN, KY, TN, OH, WV

Region 7: IL, WI, NE, KS, IA, MN, ND, SD, MO

Region 8: TX, NM, OK

Region 9: CO, UT, WY

Region 10: MT, ID, WA, OR

Region 11: CA, NV

Region 12: CA, AZ

Region 13: AK

Region 14: HI

Region 15: Pacific Overseas

Region 16: Europe Overseas



USMES.ORG

