

THE ITALIAN CYCLING CENTER

2008

Affordable cycling in Italy for enthusiasts since 1985

A different concept- The Italian Cycling Center offers an inexpensive and flexible cycling vacation for tourists, fitness riders, and racers. Rather than travel from town to town, with the inconvenience of daily packing and moving, we have a fixed base in an area that offers exceptional cycling. We don't concentrate on wine tasting, Epicurean meals, and luxurious lodgings, instead we focus on providing challenging rides for fitness riders, and scenic cultural rides for tourists. Our goal is to provide cycling that is appropriate for each rider's abilities and interests. By locating away from popular tourist destinations, and keeping marketing expenses minimal, we can provide comfortable accommodations and outstanding cuisine at a much lower cost than most European cycling tours.

Our rides loop through the surrounding countryside following a different route every day. From our hotel at the foot of the Venetian Pre-Alps, we can cycle through mountains and valleys to the north, rolling foothills to the east and west, and flat farmlands to the south. To accommodate different fitness levels and interests, we offer three daily rides that vary in pace, distance, and degree of difficulty. Rather than providing cue sheets, qualified ride leaders, with years of experience living and cycling in the area, accompany each group.

Non-cycling companions are welcome and can have a fulfilling vacation enjoying various local activities that include: touring the historic cities of Venice and Padua (both an hour away by train), hiking in the mountains, swimming, rock climbing, parasailing (bring your license), horseback riding, golf, viewing great art in its original setting, or just reading and relaxing in the clean mountain air. The daily rides usually return a little after 1 p.m., leaving the afternoons free for shared activities.

Flexibility- Schedule any length of stay, for whatever dates you prefer, May through September. Trip insurance is not necessary since prepayment is not required and no dates are ever canceled. If you wish to do additional travel, during or after your stay, you may store your bicycle and extra luggage at our facilities.

Our accommodations are provided by a delightful family-run hotel on the base of the Pre-Alps, forty miles northwest of Venice. We stay in a recently constructed residence with ample parking facilities. The rooms have private bathrooms, air-conditioning, and TV with CNN and Eurosports programs in English. Some rooms are equipped with kitchen facilities. There is a secure bike room for storing the bikes with an electric air pump, bike stands, a complete selection of tools, and a bike washing area. **A new ★★★ hotel**, with more luxurious accommodations and Internet access, is available two miles from our village. You must have a car to stay at the new hotel. See the FAQ on our web site for more details about our different accommodations.

Local facilities include a coin-operated washer and dryer, a fax machine, day care for small children, two banks, several grocery stores, a bakery, a post office, a beauty parlor, two barbers, and a masseuse.

Food & drink- Meals are taken at our hotel's renowned non-smoking restaurant, specializing in Venetian cuisine. Because cyclists have prodigious nutritional requirements, breakfast consists of fresh fruit, yogurt, muesli and other cereals, whole and fat-free milk, country eggs, ham, cheese, bread, jam, honey, pastries, and a cappuccino—far exceeding the usual continental breakfast. Lunch and dinner include a first course of pasta, risotto, polenta, or soup; a second course of meat, poultry, seafood, eggs, or cheese; salad bar and vegetable side dishes; bread, wine and bottled water; and fruit, pastry or ice cream for dessert. At dinner there is the additional choice of the restaurant's celebrated *antipasto* buffet.

Gracious waitresses serve us family-style, so it is possible to get large (or small) portions. For those on a restricted diet, there is a large variety of food from which to select. Everyone eats together, so meals are an important part of the group's social life.

The Prosecco hour is popular with those who enjoy good conversation and appetite enhancement while becoming familiar with the area's favorite wine. We assemble on the hotel veranda before dinner to savor this delightful sparkling white wine. Learn more about Prosecco at: <http://www.prosecco.it>.

Climate- Unlike in regions further south, nearby mountains keep the summers from being uncomfortably hot. Daytime temperatures range from 60° to 85°. There is little rainfall from mid-June to mid-September. July and August have the best conditions for cycling, with clear blue skies and the least traffic on the roads.

The rides leave after breakfast at 8 a.m. and return for a leisurely lunch around 1:15. On occasional extended rides we stop for lunch on the road. Afternoons are free for a nap, watching the Giro or Tour de France on TV, and independent activity. Rest days are optional and provide an opportunity to visit Venice.

The touring rides are for proficient cyclists who ride at a leisurely pace and want to enjoy the visual delights that make Italy so special. These rides range from 30 to 60 miles over varied terrain. We cycle through landscapes of great scenic beauty, pausing to enjoy and photograph the scenery, and stopping for ice cream or coffee when desired. We tour walled medieval cities, hill towns, castles, Venetian villas and other architectural masterpieces. We visit open-air markets, antique fairs, and museums and churches to see great paintings and sculpture.

The fitness rides are for cyclists who prefer demanding rides, the challenge of the mountains, and the competitiveness and camaraderie of compatible riders. We are often joined by local cyclists on these rides. **A rides** cover 50 to 100 miles at a training pace. **B rides** are 40 to 60 miles at a more moderate pace, with time allowed for the appreciation of the art and beauty that surround us.

Other rides and events include an archeological ride to ruins of the Roman city of Feltria; rides to stages of the Giro d'Italia, which passes nearby on May 23 and 24; and a clothing factory ride to buy, at extremely low prices, the latest cycling clothing. (Note: factories are closed during most of August.) In late August we join cycling great Francesco Moser, and hundreds of other avid cyclists, for a 50-mile tour in the Dolomites, with a festive lunch in his village, a commemorative jersey, and a bottle of wine from the Moser vineyards.

Gran fondo rides in our area are sponsored by Campagnolo (granfondocampagnolo.it) on June 15, and by Pinarello (granfondopinarello.com) on July 20. Additionally, there is the Gran Fondo del Monte Grappa (granfondomontegrappa.com) on August 31. Sign up online, well in advance, for the Campagnolo and Pinarello rides. We will arrange transportation for you to pick up your number on the Friday before the rides, and to the start of the rides. Sign up for the Gran Fondo del Monte Grappa in Italy the day before the ride.

Safety on the rides is our greatest concern. You must be a proficient and safe cyclist to participate.

Our racing program provides ideal conditions in which competitive cyclists can achieve top racing form and learn Italian racing techniques. You will eat mounds of pasta and other wholesome foods, and breathe fresh, unpolluted mountain air. **Triathletes** can swim in the nearby Olympic and lap pools (June through August). Daily training rides range from easy spinning on the flats to challenging climbs in the mountains.

Racers can compete on Saturdays and Sundays. In mid-August there are races almost every day, including a stage race. Most of the races are 40 to 60 km and consist of several circuits on a mixed course. Unlike the criteriums at home, these races have few sharp corners. Italians are very good bike handlers and tacticians, so the races are safe, fast, and hard to win. For most categories, there are prizes for the first 10 places. We provide transportation to the races, help with registration, and explain the courses and the prizes.

Racing is age-graded according to the following categories: Debutantes 15–18, Cadets 19–27, Juniors 28–32, Seniors 33–39, Veterans 40–46, Gentlemen 47–55, Super Gentlemen 56–65, and Women 15–55. You will be categorized according to the age you will become in the current year. An Italian racing license costs approximately \$35 and requires that you have a doctor's certificate stating that you are fit to race. Entrance fees are about \$7. Besides the women's races, women may race with the men in their age group.

Rental bikes- Your rides will be safer and more enjoyable if you are riding your own bike. However, if you cannot take a bike to Italy, good quality road bikes with triple chainrings are available for rent at a local bike shop for €25 a day. Allow plenty of time to check for availability of the proper size on your dates.

Our mechanic, Leopoldo Ceccon, was featured in *VeloNews* in "Italy's 'Best' bike shop" by Lennard Zinn, April 9, 2001. If your bike is damaged on a ride, Leo will usually be able to repair it and have it ready for the next morning's ride.

Our masseuse, Ana Perocco, has had twenty years of experience kneading bodies in Romanian spas. She will provide an hour of restoration and delight for weary muscles for €35.

Buy a State-of-the-Art Bicycle- If you would like to take delivery of the bicycle that many consider to be the finest in Italy, we can arrange to have a Scapin bicycle ready for you when you arrive. The Scapin is one of the most technically advanced frames in Italy, constructed entirely in-house by a well-trained staff, supervised by framebuilder Stefano Scapin. Besides state-of-the-art steel frames, Scapin offers carbon fiber frames and mixed steel/carbon fiber frames. Allow six weeks to have a bike made. If you decide to order a bike while in Italy, you may be able to take delivery in a few days if the proper size frame is in stock.

You can learn more about Scapin bicycles at Scapin's Web site (<http://www.scapin.com>), by calling our references, and by reading Lennard Zinn's article about framebuilder Stefano Scapin in the April 12, 2005 issue of *VeloNews*, and an article about Scapin in the February 2005 issue of *Road*.

Great art is plentiful in the Veneto. Among the major artists whose work we see are:

Giovanni Bellini, a vitally important personality in the history of Venetian painting; we see one of his finest paintings, the *Baptism of Christ* when we tour Vicenza;

"Giorgione", one of the first and most influential of the brilliant 16th-century Venetian Renaissance painters; we see one of his few surviving masterpieces at his birthplace in nearby Castelfranco;

Paolo Veronese, who did some of his finest work in the frescos at the Villa di Maser;

Andrea Palladio, a 16th-century architect of enormous worldwide influence, especially in 18th-century England and America; thirty-two of Palladio's works are close by;

Jacopo Da Ponte, "Bassano", the most talented of a family of painters who worked in this area; many of his paintings are still in their original settings, including two in our village church;

Antonio Canova, one of the great neoclassical sculptors; the Canova temple, his studio, and a museum containing many of his paintings and plaster-cast models are nearby; and

Carlo Scarpa, an outstanding contemporary architect; several of his works, including one of the most notable, the monumental Brion Tomb, are on our itinerary.

OTHER ARTISTS whose work can be seen in the area, are: Titian, Donatello, Tintoretto, Lorenzo Lotto, Tiepolo, Giotto, Guariento, Cima da Conegliano, Pordenone, Luca Giordano, and Palma il Giovane.

VENETIAN VILLAS represent a brilliant moment in Western architecture. Thirteen Palladian villas are within cycling distance. We visit the frescoed interiors of six of these: the Villa di Maser (Villa Barbaro), Villa Rotonda, Villa Emo, Villa Cornaro, Villa Caldogno, and Villa Godi Malinverni.

VENICE, a celebration of art and beauty, the only city to survive intact from antiquity, a republic for over a thousand years and a former world power; and **PADUA**, home of St. Anthony, the first anatomy theater, and Giotto's revolutionary cycle of frescos marking the dawn of the Renaissance, are both an hour away by train.

Why we return to Italy again and again is eloquently explained by Erica Jong in "My Italy" in *Travel & Leisure*, September 1996. For the dedicated cyclist, a trip to northern Italy is like a pilgrimage to the holy land. For a report from one cyclist who came to the Italian Cycling Center and tackled our toughest fitness rides, see "Il Migliore" ("The Best") by Christopher Koch in *Bicycle Guide*, October 1986. For other articles about our rides, see "The Seven Best Places to Ride a Bike" in *Bicycle Guide*, February 1987, and "The 10 Best" in *Cyclist*, May 1988. For a description of our annual ride in the Dolomites with Francesco Moser, see "Goodbye Moser..." by Richard Liebert in *Winning*, January 1989. "Viva Low Gear" by David Darlington in *Outside*, November 1990, describes one man's three-week stay. See the report "A Bike (Gasp) Tour of (Pant) Italy (Wheeze)" by Jackie Jones in *Newsday*, April 19, 1992. Mountain bikers, read "Bella Italia" by Hank Barlow in *Bicycling Plus Mountain Bike*, January 1993. Brad O'Connor gives helpful information and describes cycling in the Veneto in "Bella! A great place for bicycle touring" in *The Seattle Times*, March 26, 1995. Lennard Zinn describes his experience on Campagnolo's annual endurance ride in "Braving the elements at Italy's Gran Fondo" in *VeloNews*, September 23, 1996.

How to get there- Venice and Treviso are the closest airports to the Italian Cycling Center. Non-stop flights to Venice are offered from JFK and Atlanta by Delta, and from Philadelphia by US Airways. We can arrange transportation to and from these airports at any time of day. The one-way cost is €95 for a mini-van (three passengers with bikes and moderate luggage), and €125 for a van (five passengers and five bikes).

A hard case will insure that your bike arrives in good condition. Of the many we have seen over the years, we have been most impressed by the TricoSports IronCase. It is extremely well designed and gives no indication on the outside that it contains a bicycle.

For additional information about Italy, visit the links at our Web site: <http://italiancycling.com>.

Dates- Our season begins on May 1 and runs until October 1. There are no mandatory arrival or departure dates. Any length stay is possible, although we recommend a stay of two weeks to get the flavor of the area and to have an effective vacation. After two weeks with us you won't remember that you had any other life except cycling in the Veneto.

The daily rate per person with double occupancy is €140. Single occupancy is €155. For "non-cycling companions" the rate is €100 for adults and €80 for small children. Our fee includes the ride, lodging, and three daily meals (including wine and bottled water) at our hotel's restaurant. There are no "wine kitties" or hidden charges. Add €15 for a stay at the new hotel.

The balance due is to be paid **immediately upon arrival** at the Italian Cycling Center. **Personal checks and credit cards cannot be accepted.** Since the value of the dollar is constantly changing, all prices are given in euro. Payment may be made in euro or in dollars, in cash or in traveler's checks, at the exchange rate on the day that you arrive. The current exchange rate may be found in the financial section of the newspaper or on the Internet at: Currency converter - Yahoo! Finance.

To make a reservation-

1— **Contact us** to make a reservation and to confirm that your intended dates are available.

Before April 26, e-mail us at: info@italiancycling.com, or call: (215) 232-6772.

After May 1, e-mail us at: iccitaly@hotmail.com, or call us in Italy at: 011-39-0423-561113, **only** between 2 and 3:30 p.m. Eastern time.

2— **Mail**, first class (**not certified**), the completed registration form and responsibility agreement on the last page, with a deposit check (**payable to George Pohl**) of \$100 per person, to: The Italian Cycling Center, 2117 Green Street, Philadelphia PA 19130-3110.

To hold your reservation we must receive the registration form and deposit check **within two weeks** after you have made the reservation.

Deposits are non-refundable, however, if you cancel your reservation two weeks or more before your scheduled arrival, we will apply the entire amount towards a subsequent stay. To cancel after May 1, e-mail us at: iccitaly@hotmail.com, or call us at: 011-39-0423-561113, **only** between 2 and 3:30 p. m. Eastern time.

Be sure that you receive the predeparture information! It should arrive soon after we receive your registration form and deposit check. The predeparture information contains the receipt for your deposit and will answer many of your questions, so that you will arrive in Italy ready to ride. It offers suggestions about clothing, gearing, traveling with a bike, taxis, etc. There is also information to orient you to the camp environment once you arrive: the daily routine, meals, cycling on Italian roads, how to use the telephone, bank and post office hours, etc.

Our web site is: <http://italiancycling.com>

References (*) indicates Scapin bicycles purchased, (NC) indicates noncyclist

Steven Fellini	Washington DC	(202) 332-8170
John Emerson	Seattle WA	(206) 270-4921
Marcia Bondy*	Boise ID	(208) 338-4326
Tony Roque	New York NY	(212) 627-5507
Shirley Reichstadt*	Dallas TX	(214) 526-4044
MJ Cárdenas & Joe Horner	Dallas TX	(214) 755-9625
Linda Good* & Bill Elfring	Philadelphia PA	(215) 247-6258
Jamie (NC) & Weaver Lilley	Philadelphia PA	(215) 732-6319
Perry Benson	Philadelphia PA	(215) 732-3628
Vernon Lucas	Philadelphia PA	(215) 815-9137
Jo Bennett & Molly Kellogg	Philadelphia PA	(215) 438-6794
Rob Foord	Vernon BC	(250) 558-3217
Bruce Cope	Qualicum Beach BC	(250) 752-1724
Robert Lanzini	Katy TX	(281) 347-6812
Barbara & Ron Haney*	Ft. Washington MD	(301) 292-8645
Matty Parker	Bethesda MD	(301) 229-9478
Bob Kaplan	Bethesda MD	(301) 229-4866
Erin & John Wahl	Lakewood CO	(303) 988-6549
Lisa Fischer-Wade & Bret Wade	Boulder CO	(303) 440-0465
Jan Clark	Centennial CO	(303) 738-0499
Robert Rasner	Los Angeles CA	(323) 655-7112
June & John Zimmerman	Pike Road AL	(334) 279-8235
Genie (NC) & Maurice Schwartz***	Greensboro NC	(336) 574-2942
Mary* & Rick* Hughes	Greensboro NC	(336) 288-0209
Marlene McCauley & Steve Green	Greensboro NC	(336) 545-8292
Mark Welden**	Whitefish Bay WI	(414) 963-1917
Jim Girand	Palo Alto CA	(415) 326-9401
Lezlie & Joe Plastino	Seattle WA	(425) 806-9411
Ron Hill	Macon GA	(478) 746-8213
Judy Costlow & Mark Bolsterli	Santa Fe NM	(505) 820-1036
Donna* & Tom Berg*	Santa Fe NM	(505) 455-2380
Ada & Greg Portman	Albuquerque NM	(505) 797-3361
Ben Shemuel	Berkeley CA	(510) 224-8697
Bill Marengo	Auburn CA	(530) 823-2510
Dana & Milan Stolka	Fairport NY	(585) 223-5309
Alex Kendrick (NC) & Joe Phillip**	Swarthmore PA	(610) 338-0268
David DeMuzio**	Bala Cynwyd PA	(610) 667-9192
Holly Edwards & Jeffrey Timm	Allentown PA	(610) 868-8622
Claire & John Morris	Ottawa ON	(613) 230-3803
Bill Baucom	Nashville TN	(615) 298-4778
George Wright	Nashville TN	(615) 390-8658
Ed Hansen**	San Diego CA	(619) 640-4936
Karl Kensinger	Arlington VA	(703) 524-2866
Mary & Dick Gladitsch	Bloomer WI	(715) 568-3443
Elizabeth Bornhorst & Kirsten Cassidy	Denver CO	(720) 570-7866
Karen Dalton & Paul Pierre	Brick NJ	(732) 458-4611
Kimberly Aldridge	Virginia Beach VA	(757) 615-6106
Steven Farner	Vista CA	(760) 941-5597
Jeffrey Michael Franc-Law	Edmonton AB	(780) 436-9653
Fan* & Peter Watkinson	Lincoln MA	(781) 259-4080
Tom McKenzie	San Antonio TX	(800) 292-9999
Bruce Bell	Stowe VT	(802) 253-4524
David Austin**	Charlottesville VA	(804) 971-6386
Lynn James & David Farmer	San Luis Obispo CA	(805) 441-6986
Rob Anderson	Lahaina HI	(808) 662-8763
Mimi Sheean	La Crescenta CA	(818) 913-2934
Leonard Fiocca	Hoffman Estates IL	(847) 991-1593
Barbara & Mel Kornbluh	Pittsgrove NJ	(856) 451-5104
Leslie & John Baker	Knoxville TN	(865) 609-8282
Bruce McLeod	Port Williams NS	(902) 542-0106
Niamh Fitzgerald* & Barry Johnson*	Tarrytown NY	(914) 366-0834
Mark Henley**	Fair Oaks CA	(916) 966-6943
Jackie Snyder & Eileen Brodie	Nevada City CA	(916) 477-7367
Barbara Keyworth & John Rees	Durham NC	(919) 596-1749
Phoebe & Kevin Coggins	Raleigh NC	(919) 510-9878
Jill & Tim Waugh	Grand Junction CO	(970) 242-5111
Teresa & David Kareus	Grand Junction CO	(970) 242-6504
Jerry Fremaint	Fort Collins CO	(970) 402-0315
Nichola Wilson	Wellington, New Zealand	64 4 972 4601
Joe Piccini	Bardon, Australia	(07) 3405-5505

2008 Registration form—see instructions on page four

Name(s) sex m, f
Address
telephone e-mail
Dates: arrival departure
Deposit, \$100 per person **(MAKE CHECK PAYABLE TO GEORGE POHL)** \$
Primary cycling interest: touring fitness rides racing du/triathlons tandem non-cyclist
 I'll have a car and I want to stay at the new ★★★ hotel (€15 extra per day)
I plan to room with single room (€15 extra per day)
Send: driving instructions to the ICC, Scapin price list
 you may add my name to the list of references you may certainly not!
The name, phone number, and e-mail address of someone (for minors, a parent or guardian) whom we may call in case of an emergency.
.....
Do you know someone who might like to receive this brochure?

Responsibility Agreement and Release

The Italian Cycling Center (the "ICC") requires that all persons participating in the bicycling camp (the "Camp") conducted by the ICC sign this Responsibility Agreement and Release as a condition of their attendance at the Camp and participation in Camp activities. By signing this Responsibility Agreement and Release, you acknowledge and agree that, in consideration of the ICC's provision of Camp services and accommodations to you:

1. Bicycling and bicycle racing pose inherent risks of personal injury and property damage to persons participating in such activities, and you are aware of and accept these risks while attending the Camp.

2. While employees or agents of the ICC may provide you with geographic directions during bicycle rides or races, they do not make, and each of them and the ICC expressly disclaim, any representations or warranties with respect to the condition or safety of the roads on which you will ride or race. You are responsible for observing such road conditions and determining whether you are able to ride or race your bicycle safely in light of such conditions.

In connection with the foregoing, please take notice that certain of the rides and races at the Camp involve ascending and descending long, twisting mountain roads with hairpin turns and imperfect surfaces. You are solely responsible for determining whether you are physically fit to attempt ascending such roads without endangering your health. You are also solely responsible for determining whether you have the requisite bicycling skills, and whether the bicycle you are operating is mechanically fit, for it to be safe for you to attempt descending such mountain roads. No employee or agent of the ICC may be delegated, or is authorized to accept, any of the responsibility which you have in connection with making such determinations.

3. You are responsible for the maintenance and safe condition and operation of your bicycles and related equipment while attending the Camp. This includes any bicycle or other equipment that you rent from any third party, including any third party to whom the ICC has referred you. No such third party is an agent or employee of the ICC, and the ICC has no responsibility or liability for the acts or omissions of such third party.

4. You own both a helmet meeting Snell or ANSI standards, and protective glasses, and will wear such equipment at all times while engaging in bicycling activities at the Camp.

5. You have read and understand the terms and conditions in this Responsibility Agreement and Release and in the brochure (the "Brochure") provided to you by the ICC with this Responsibility Agreement and Release.

6. You possess sufficient bicycling experience and bicycle handling skills to participate safely in the bicycling program described in the Brochure (i.e. Touring, Fitness Rides or Racing) that you have chosen.

7. Neither the ICC nor any of its employees or agents will provide you with any instructions on the safe operation of your bicycle in connection with any bicycle ride or race in which you may participate at the Camp, and none of them is under any duty to provide you with such instruction.

8. You are responsible for providing your own insurance while attending the Camp, and for ensuring that such insurance covers your activities at the Camp and is effective outside the United States of America.

9. The ICC may make substitutions for services and accommodations where necessary or appropriate.

10. The ICC may ask you to leave the Camp if your behavior is deemed by Camp management to be offensive or dangerous to others, and the ICC will have no obligation to refund any monies to you under these circumstances.

11. You release the ICC and its employees and agents from all claims, demands, actions or causes of action for injuries, losses, liabilities or damages that you may have any time relating to or arising out of your attendance at the Camp, your participation in Camp activities, and your travel to or from the Camp; and

12. This Responsibility Agreement and Release is governed by the laws of the Commonwealth of Pennsylvania.

Signature of Applicant: Date

Signature of second Applicant: Date

Accepted for the Italian Cycling Center by Date