

THE ITALIAN CYCLING CENTER

Exceptional cycling in Italy at reasonable prices

A different concept- The Italian Cycling Center offers an inexpensive and flexible cycling vacation for touring and fitness cyclists. Rather than travel from town to town, with the inconvenience of daily packing and moving, we are based in an area that offers exceptional cycling. We don't concentrate on wine tasting and luxurious lodgings. Our goal is to provide cycling that is appropriate for each rider's abilities and interests. We focus on providing challenging fitness rides and scenic cultural touring rides. By keeping marketing expenses minimal, and locating away from the usual tourist destinations, we are able to provide outstanding cuisine and comfortable accommodations 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 on the slopes 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 several daily rides that vary in pace, distance, and degree of difficulty. Rather than using cue sheets, qualified ride leaders, with years of living and cycling in the area, accompany us on every ride.

Non-cycling companions are welcome and can have a fulfilling vacation enjoying various activities. By participating in the daily rides as a passenger on the camp scooter, a non-cyclist can see and enjoy the spectacular countryside, challenging climbs, and works of art that the cyclists enjoy.

Non-cycling activities include: touring the historic cities of Venice and Padua (both an hour away by train), swimming, hiking in the mountains, 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 rides usually finish shortly after one o'clock, so the afternoons are free for shared activities with one's cycling companion.

A popular afternoon activity with both cyclists and non-cyclists alike, is an afternoon hands-on working session in the kitchen with Angela, our chef, learning to make *gnocchi* and other Italian specialties.

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 plan 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 in a village on the slopes of the Pre-Alps, forty miles northwest of Venice. We stay at recently constructed facilities with ample parking. The rooms and mini-suites have private bathrooms, air-conditioning, and TV with CNN and Eurosports. Some of the rooms are equipped with mini-kitchens. For the bikes, there is a secure work room with hooks for hanging them, an electric air pump, bike work stands, a complete selection of tools, and a bike washing area.

Available facilities in the village include free wireless internet, day care for small children, a post office, two banks, grocery stores and bakeries, 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 skim milk, country eggs, ham, cheese, bread, jam, honey, pastries, and a cappuccino or tea—far exceeding the usual continental breakfast. Lunch and supper include a first course of pasta, risotto, polenta, or soup; a second course of meat, poultry, seafood, eggs, or cheese; a salad bar and vegetable side dishes; bread, wine and bottled water; and fruit, pastry or ice cream for dessert. At supper there is the additional choice of the restaurant's celebrated *antipasto* (hors d'oeuvre) buffet. All the food groups are there; cooked and raw vegetables, salad materials, fruit, meat, chicken, fish, cheese, eggs, rice and pasta, all prepared in delightful combinations.

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 and special diets can be accommodated. 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 often assemble on the hotel veranda before dinner to savor this delightful sparkling white wine. Learn more about Prosecco at: <http://www.prosecco.it/en>.

Climate- Unlike in regions further south, the nearby Alps 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 o'clock and return between one o'clock and one thirty for a leisurely lunch. On occasional extended rides, we stop for lunch on the road. Afternoons are free for a nap, watching coverage of the Giro d'Italia, the Tour de France, or the Vuelta a España on TV, visiting nearby Bassano del Grappa, or other independent activity. Rest days are not compulsory but are highly recommended to aid in recovery from daily cycling. Visiting Venice, an hour away by train, is the most popular recovery day activity.

The touring rides are for proficient cyclists who ride at a leisurely pace and who 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, occasionally pausing to enjoy and photograph the scenery. 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 65 miles at a more moderate pace, with time allowed for the appreciation of the art and beauty that surround us.

Our A-ride leader is 55-year-old Leopoldo Ceccon, a native of this area with 20 years of racing experience. Once a shy and modest young man from a small town in the Brenta River valley, Leopoldo surprised racing fans and journalists alike by winning the Vicenza provincial championship and placing second in the amateur Italian National Road Championship (1972). He went on to win the Matteotti Trophy, a prestigious international race (1978), and competed in the Giro d'Italia (Baby Giro) in 1979. He also proved victorious in a 160-km race in which he made solo breakaway that lasted for 100 km.

Known as a man of few words ("slow" or "go"? he may ask at the beginning of a ride), Leopoldo manages to communicate in the international language of cyclists. His rides appeal to those who like to hammer on the flats and suffer on the climbs without showing any sign of fatigue. Also known as "the camel" for the fact that he drinks very little while on the bike and would prefer to do the ride without a coffee stop, Leo does, however, enjoy socializing over a glass of prosecco at the end of the ride.

Other rides go to stages of the Giro d'Italia when it passes through our area in late May, an archeological site of the Roman city of Feltria, a spectacular pass in the Dolomites, and a clothing factory ride to buy the latest cycling clothing at extremely low prices. (Note: the factory is closed during most of August.)

Gran fondo rides are rides that test your climbing endurance. Those in which we participate are: the Sportful Dolomiti Race, formerly the Gran Fondo Campagnolo, (www.gfsportful.it) on June 17, with routes of 122 km and 216 km, and the Pinarello Cycling Marathon (lapinarello.com) on July 15, with routes of 128 km and 202 km.

Sign up online well in advance for the Sportful and Pinarello rides. In order to participate, you will need either a racing license or a letter from your doctor saying that you are fit to do these events. Arrive a few days before the event to get acclimated to riding in our area. We will arrange for transportation to the rides.

Our mechanic, Leopoldo Ceccon, was featured in *Ve/oNews* 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 you in time 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 €30.

For additional information about Italy, visit the links at our Web site

<http://italiancycling.com>

Bicycles- Your experience will be richer if you have your own bike in Italy. A rider is more comfortable and less likely to make an unfortunate error if he is riding a bike that he knows well. The enjoyment of riding one's own bike should outweigh the inconvenience of taking it abroad. If you opt for airport pickup there will be a minimum of inconvenience transporting a bicycle. We can help you reassemble the bike if you need assistance. If you plan additional travel in Italy, we will be happy to store your bike and cycling gear, or just the bike case, until you are ready to leave Italy. **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.

Rental bikes- A local bike shop will rent good quality road bikes with aluminum, carbon fiber, or chromemoly tubing frames to guests at the Italian Cycling Center. Triple or compact cranksets provide low gears for the mountains. The cost is €25 (cash only) for each day that the bike is in your possession. To have a rental bike waiting for you when you arrive, contact Patricia at: Cicli.the.Best@gmail.com. Give the bike store as much of the requested information as you can, and allow as much time as possible for them to arrange for the availability of the proper size on your dates.

To prepare a bike for you, the bike store would like to know your correct age, height, weight, the kind of cycling you do, and the kind of pedals you use. They can provide Look, Time, Shimano SPD mountain or road bike pedals, or standard pedals with toe clips and straps. If you do not use any of these pedals, you must bring your own. It would also be helpful for them to know what kind of bike you ride at home, the distances and speeds you generally ride, and the measurement from the center of the bottom bracket axle to the top of the saddle (in line with the seat tube), as well as the distance from the center of the handlebars to the nose of the saddle.

When you arrive you will find a bike with your name on it in the bike room. It will be equipped with a pump and a saddlebag with tire levers and a spare tube. We recommend that you bring your own water bottle, helmet, and an extra inner tube or two. We do have water bottles and helmets available to borrow. However, we cannot guarantee that you will find a helmet that fits you as well as your own. Most of ours are large.

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.

How to get to the Italian Cycling Center- Venice, Treviso, and Verona have 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. Ryanair offers inexpensive flights from England to Treviso. We can arrange transportation to and from these airports (and anywhere else) at any time of day. The one-way cost per trip from Venice and Treviso is €95 for a mini-van (three passengers with bikes and moderate luggage), and €125 for a van (five passengers and five bikes).

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 having a stay of more than a week to get the flavor of the area and to have an effective vacation.

The daily rate is €120 for double occupancy and €135 for single occupancy. The fee includes the ride, lodging, and three exceptional meals (including wine and bottled water) at our hotel's restaurant. There are no "wine kitties" or hidden charges.

The balance due is to be paid **immediately upon arrival** at the Italian Cycling Center. **Personal checks and credit cards cannot be accepted.** All prices are given in euro since the exchange rate is constantly changing. 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. We discourage using traveler's checks because of the high bank fees to exchange them. 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 24, e-mail us at: iccphiladelphia@hotmail.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 and non-transferable. However, if you cancel your reservation at least two weeks 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! We will notify you with an e-mail as soon as your registration form and deposit check arrive. You should receive the predeparture information in the mail shortly afterwards with the receipt for your deposit and the answers to many of your questions, so that you will arrive in Italy ready to ride. There are suggestions about clothing, gearing, traveling with a bike, taxis, etc., and information to orient you to the camp environment: the daily routine, meals, cycling on Italian roads, how to use the telephone, bank and post office hours, accessing the wireless internet, etc.

For photographs of our environment, see the Italian Cycling Center on Facebook

<http://www.facebook.com/pages/The-Italian-Cycling-Center/207305716052>

References (NC) indicates non-cyclist

John Emerson	Seattle WA	(206) 270-4921
Lesley Blyth	Seattle WA	(206) 283-6742
Laura Nelson	Seattle WA	(206) 920-5795
Tony Roque	New York NY	(212) 627-5507
Pam Silvestri	Dallas TX	(214) 693-8058
Shirley Reichstadt*	Dallas TX	(214) 526-4044
MJ Cárdenas & Joe Horner	Dallas TX	(214) 755-9625
Bart Delfiner	Philadelphia PA	(215) 238-6924
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
Mark Tirone	Philadelphia PA	(267) 275-7329
Barbara & Ron Haney*	Ft. Washington MD	(301) 292-8645
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
Janis Bonds	Englewood CO	(303) 601-8568
Michael Farrell	Marina del Rey CA	(310) 962-6414
Charles Pollick	Santa Monica CA	(310) 985-2220
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
Kathleen Cruise	San Francisco CA	(415) 221-7698
Susan, Mark, Jeff, Marjorie & Martha MacDonald	Toronto ON	(416) 488-3027
Lezlie & Joe Plastino	Seattle WA	(425) 806-9411
Donna* & Tom Berg*	Santa Fe NM	(505) 455-2380
Tom Nowak	Santa Fe NM	(505) 670-9878
Wolf Hillesheim	El Sobrante CA	(510) 459-0854
Marie Olson & Katie Bates	Tucson AZ	(520) 404-7584
Kani Rowland	Hood River OR	(541) 490-9404
Jody Schmidt & Rhett Bender	Ashland OR	(541) 552-0652
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
Karl Kensinger	Arlington VA	(703) 524-2866
Christian Gómez	McClean VA	(703) 577-2674
Francisco Javier León	Arlington VA	(703) 732-3268
Janae Hunziker	Alsip IL	(708) 597-5233
Lois & Bruce Olney	Lancaster PA	(717) 951-3784
Kimberly Aldridge	Virginia Beach VA	(757) 615-6106
Steven Farner	Vista CA	(760) 941-5597
Jeffrey Natalino	Marietta GA	(770) 951-1625
Jeffrey Michael Franc-Law	Edmonton AB	(780) 436-9653
David Austin**	Charlottesville VA	(804) 971-6386
Lynn James & David Farmer	San Luis Obispo CA	(805) 441-6986
Mimi Sheean	La Crescenta CA	(818) 913-2934
Alexis & Mike Glugoski	Santa Cruz CA	(831) 479-7255
Wendy Bowers-Gachesa & Holly Paetau	Watsonville CA	(831) 688-0622
Hannah & Robert Eckstein	Congers NY	(845) 499-9150
Leslie & John Baker	Knoxville TN	(865) 609-8282
Mary & Reb Haizlip	Memphis TN	(901) 409-5113
Bruce McLeod	Port Williams NS	(902) 542-0106
Stuart Shepetin	Scarsdale NY	(914) 723-6408
Niamh Fitzgerald* & Barry Johnson*	Tarrytown NY	(914) 366-0834
Mark Henley**	Fair Oaks CA	(916) 966-6943
Barbara Keyworth & John Rees	Chapel Hill NC	(919) 942-2770
Jean & Dan Francis	Plymouth WI	(920) 946-2964
Jill & Tim Waugh	Grand Junction CO	(970) 242-5111
Nichola Wilson	Wellington, New Zealand	64 4 972 4601
Joe Piccini	Bardon, Australia	(07) 3405-5505
Michael Waterfield	Melbourne, Australia	061 3 94172731

Registration form—see instructions for registering 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)** \$ Date
Primary cycling interest: touring fitness rides racing du/triathlons tandem non-cyclist
I plan to room with
 send driving instructions to the ICC I plan to use a rental bike
 you may add my name to the list of references you may not add my name to the list of references
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 our 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