

THE ITALIAN CYCLING CENTER

Affordable cycling in Italy 2017

A different concept The Italian Cycling Center offers an inexpensive and flexible cycling vacation for fitness riders and touring cyclists. Rather than travel from town to town, with the inconvenience of daily packing and moving, we cycle from a base in an area that offers exceptional cycling. Our rides are tailored to our guests' abilities and interests, ranging from challenging fitness rides to scenic and cultural touring rides. By keeping marketing expenses minimal and locating in a less-traveled area away from popular tourist destinations, we are able to provide outstanding cuisine and comfortable accommodations at a lower cost than most European cycling vacations.

Our rides are loops through the surrounding countryside that follow a different route every day. 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, our rides vary in pace, distance, and degree of difficulty. Rather than use cue sheets, ride leaders, with years of cycling experience in the area, accompany every ride.

Non-cycling companions are welcome and can have a satisfying vacation enjoying various activities. Accompanying the daily ride as a passenger on the camp motor scooter and seeing and photographing the dramatic climbs and spectacular countryside, is a popular activity for non-cyclists.

Other non-cycling activities in the area 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 location, or just reading and relaxing in the clean mountain air. The rides usually finish at lunchtime, so the afternoons are free for shared activities.

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

Flexibility Schedule any length of stay, for whatever dates you prefer, May through September. Out of season stays in April and October can usually be accommodated. Trip insurance is not necessary since prepayment is not required, and no dates are ever canceled. If you plan to do additional travel before 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 and residence in a village on the slopes of the Pre-Alps, forty miles northwest of Venice. Most of our guests stay at the Residence. 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, locked storage and work room with hooks for hanging the bikes, an electric air pump, bike work stands, tools, and a facility for washing bikes.

Local facilities include Wi-Fi, bus service to Bassano del Grappa (a 15-minute ride), day care for small children, a post office, a bank, grocery stores, bakeries, two beauty parlors, a barber shop, swimming pools, a masseuse, and a wellness center.

Food & drink Meals are provided at our hotel's renowned non-smoking restaurant, specializing in Venetian cuisine. Because cyclists have prodigious nutritional requirements, breakfast consists of fresh fruit, yogurt, müesli and other cereals, whole and skim milk, several fruit juices, eggs from free-range chickens, ham, cheese, bread, jam, honey, Nutella, 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 buffet of *antipasto* (hors d'oeuvre) in which all of the food groups are represented: cooked and raw vegetables, salads, 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 take large (or small) portions of the vegetables. 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 conversation and appetite enhancement while becoming familiar with the favorite local 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- The mountains keep our area from being uncomfortably hot. Daytime temperatures range from 60° - 85° F (15° - 29° C). July and August have the best conditions for cycling, with clear blue skies, little rain, and the least road traffic.

The rides leave after breakfast at 8 o'clock sharp and usually return between one 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 daily live coverage of the Tour de France, the Giro d'Italia, or the Vuelta a España when they are taking place, swimming, learning to make local dishes in the kitchen, being rejuvenated at the wellness center, visiting nearby Bassano del Grappa, reading, or other independent activity. Rest days are not compulsory but are recommended to aid in recovery from daily cycling. A day in Venice, an hour away by train, provides an exceptional recovery day experience.

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 25 to 60 miles (40 to 100 km) over varied terrain. We cycle through scenic landscapes, occasionally pausing to enjoy and photograph the scenery. We see street markets, walled medieval cities, hill towns, castles, Venetian villas and other architectural masterpieces, vineyards, antique fairs, and museums and churches with 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 80 miles (80 to 130 km) at a training pace. **B rides** are 30 to 60 miles (50 to 100 km) at a more moderate pace, with some time dedicated to the appreciation of the art and beauty around us.

Mountain bike rides are available on some days. You can choose to take a ride in the mountains or have a moderate ride in the lowlands on unpaved bike trails. Mountain bikes are available to rent, or if you are renting a road bike you may substitute a mountain bikes for these rides.

Other rides take us to watch the Giro d'Italia when it passes through our area to climb Monte Grappa and the Asiago Plateau on May 27; to visit the archeological site of the Roman city of Feltria; to do a spectacular climb to a pass in the Dolomites; and to visit a cycling clothing factory to buy the latest high quality gear at low prices. Note: the clothing factory is closed for several weeks during August.

Granfondo rides are long-distance endurance events that include difficult climbing. Those in which we can participate are: the **Sportful Dolomiti Race** (www.gfsportful.it/en) in mid-June, with routes of 134 km and 204 km with 5300 m of vertical gain; and the **Granfondo Pinarello** (<https://facebook.com/granfondopinarello/>) in mid-July, with new routes of 101 km, and 151 km. **The Monte Grappa Bike Day** (montegrappabikeday.it) on June 3, is a well organized ride to the summit of Monte Grappa with all the roads closed to motor vehicles. Registration is optional and there is no fee or medical certificate required to participate. **The Monte Grappa Night** on July 22, does the same ride but at night.

Sign up online well in advance for the Sportful and Pinarello rides as they limit the number of non-resident entries. In order to participate, you will need either a racing license or a medical certificate from your doctor stating that you are fit to do these grueling events. Email us for a medical certificate form for your doctor to fill out if you plan to do a ride that requires a medical certificate. Arrive a few days before the event to get acclimated to riding in our area and the time change. We will arrange for transportation to the rides.

Bicycles If you bring your own bike you will be more comfortable and less likely to make an error than with an unfamiliar bike. If you plan additional travel before or after your stay, we can store your bike, bike case and cycling gear 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, 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. http://www.tricosports.com/iron_case.html

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 you in time for the next morning’s ride.

Rental bikes- We can provide good quality road bikes with aluminum, carbon fiber, or chrome-moly tubing frames and mountain bikes. Triple or compact cranksets provide low gears for the climbs. To arrange to have a rental bike waiting when you arrive, email Patricia at: pjennis22@gmail.com.

To prepare a road bike for you, we would like to know your correct age, height, weight, the kind of cycling you do, the distances and speeds you generally ride, what kind of bike you ride at home, and the kind of pedals you use. We can provide Look Delta and Look KéO, Time, Shimano SPD road or mountain bike pedals, or pedals with toe clips and straps. If you do not use any of these pedals, you must bring your own.

Specifically, we need to know your saddle height (distance from the center of the bottom bracket to the top of the saddle, measured along the center of the seat tube); nose-bar distance (from the nose of the saddle to the center of the handlebar where it joins the stem); and nose-brake hood distance (from the nose of the saddle to the top of the brake hood where you rest your hand).

Give us as much of the requested information as you can, and allow as much time as possible to arrange for the availability of the proper size on your dates. It is especially important to allow plenty of time if you are coming with a group and many bikes will be required for the same period.

When you arrive you will find a bike with your name on it hanging in the bike room. It will be equipped with a pump and a saddlebag containing tire levers and a spare tube. Bring your own water bottle, buy a new one for a souvenir, or request a used one with the rental bike. We have helmets available to borrow, however, we cannot guarantee that you will find a helmet that fits you as well as your own.

Great art is plentiful in the Veneto. Among the major artists whose works we see in situ 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, we see 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 dal Ponte, aka Jacopo 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, as well as a painter and architect; 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; one of whose most notable works, the monumental Brion Tomb, is on our itinerary.

Other artists whose work can be seen in the area, are: Titian (Tiziano Vecellio), Donatello, Tintoretto, Lorenzo Lotto, Tiepolo, Giotto, Guariento, Cima da Conegliano, Pordenone, Luca Giordano, and Palma il Giovane.

Venetian villas represent a brilliant period in Western architecture. Thirteen Palladian villas are within cycling distance. We have rides to visit the frescoed interiors of four of these: the Villa di Maser (Villa Barbaro), Villa Emo, Villa Godi Malinverni and the Villa Caldogno.

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. Direct flights to Venice are offered from JFK and Atlanta by Delta, and from Philadelphia by American Airlines. Air Canada flies direct to Venice from Toronto and Montreal. 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 or Treviso is €95 for a van that can take four passengers with bikes and moderate luggage. Seven passengers can be accommodated if there are no bikes.

Dates- Our season begins on May 1 and runs through September, but out of season stays can usually be accommodated. Any length stay is possible and there are no mandatory arrival or departure dates. We recommend a stay of more than a week to have an effective vacation and to be able to experience more of the many varied rides available in the area.

The daily rate per person is 130 € for double occupancy and 145 € for single occupancy at the Residence. Add 15 € to stay at the hotel. The fee includes the ride, lodging, and three exceptional meals (including wine and bottled water) at our hotel's restaurant. The cost of a rental bike is €25, or €30 for a carbon fiber bike for each day that the bike is in your possession. There are no *wine kitties* or hidden charges. For details about our accommodations see: <http://www.italiancycling.com/faq.html>

The balance due is to be paid **upon arrival** at the Italian Cycling Center. All prices are given in euro. Payment may be made either in euro or in U.S. dollars at the exchange rate on the day of your arrival, or by a bank transfer made previously. **Personal checks and credit cards cannot be accepted**, and traveler's checks are expensive and difficult to cash.

The best way to get cash in Europe is with an ATM card with a PIN number linked to a checking account. Ask your bank if your ATM card will work in Italy and raise the limit for daily withdrawals. Bank machines may have a limit of €250 on daily withdrawals, so plan your withdrawals accordingly and have a backup. See Rick Steves' article on using an ATM abroad: <http://www.ricksteves.com/travel-tips/money/cash-machine-atm-tips>

To make a reservation

- 1— **Email us** at: info@italiancycling.com or italiancyclingcenter@outlook.com to make a reservation and to confirm that your intended dates are available.
- 2— **Mail**, first class (**not certified or registered**) the filled out and signed 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 and notify us at least one week before your scheduled arrival, we will apply the entire amount towards a subsequent stay.

To contact us, email us at: info@italiancycling.com, or italiancyclingcenter@outlook.com. In the U.S. call us at 215-609-2018. If the number is not active we are in Italy. Call us in Italy at: 011-39-339-5002189. There is a six hour time difference between Eastern Standard Time and Italy, so call between 11:00 a.m. and 4 p.m. Eastern Standard Time.

Be sure that you receive the predeparture information! We will notify you with an email as soon as your registration form and deposit check arrive. If we are in the U.S. you should receive the predeparture information in the mail shortly afterwards. If we are in Italy the predeparture information will arrive by email. It contains 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.

References (NC) indicates non-cyclist

John Emerson	Seattle WA	(206) 270-4921
Lesley Blyth	Seattle WA	(206) 283-6742
Marcia Bondy	Boise ID	(208) 559-1845
Tony Roque	New York NY	(212) 627-5507
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
Joyce and Erik Videlock	Philadelphia PA	(215) 219-6327
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
Toby Levin & Tim Baker	Rockville MD	(301) 881-7660
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
Charles Pollick	Santa Monica CA	(310) 985-2220
Genie (NC) & Maurice Schwartz	Greensboro NC	(336) 210-4492
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
Roberta Ainsworth	Toronto ON	(416) 416-5777
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
Adam Schlagman	Bryn Mawr PA	(610) 520-0160
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	McClellan 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
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
Linda & Andrew May	Truro, Cornwall U K	01872 260176

Registration form—see instructions for registering on page four

Name(s) sex m f
Address
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Telephone e-mail
Dates: arrival departure
Deposit, \$100 per person **(MAKE CHECK PAYABLE TO GEORGE POHL)** \$ Date
Primary interests: touring fitness rides racing du/triathlons tandem mountain biking non-cyclist
I plan to room with
 send driving instructions to the ICC I / we plan to use a rental bike I / we will bring a 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 email address of someone 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 Republic of Italy.

Signature of Applicant: Date

Signature of second Applicant: Date

Accepted for the Italian Cycling Center by Date