

## HOW CAN I REGISTER OR GET MORE INFORMATION?

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Visit [www.cubasporttrips.com](http://www.cubasporttrips.com)  
for a registration form.

A \$200.00 deposit is required with your  
completed registration form by  
September 1, 2016 to guarantee  
a spot and clothing.

You may also email Mike Fraysse  
at [mfsr@citlink.net](mailto:mfsr@citlink.net)  
or call (845) 856-3335  
or write:  
P.O. Box 329  
Glen Spey, NY 12737



## INTERNATIONAL MARATHON

• HAVANA, CUBA •

NOVEMBER 15-20, 2017





## THE WHERE AND WHY FOR THE TRIP OF A LIFETIME

Unique opportunity to compete in Havana with events for all ages and abilities:

Full Marathon

Half Marathon

15K

10K

5K

4+ person relay - 21K

Men-

Under 30; 5 yr. increments up to 66+

Women-

Under 30; 5 yr. increments up to 60+

- Participate in an International competition, as part of a U.S. team, just like Olympians and world-class athletes experience
- All-inclusive beach accommodations, exclusive group tours, and plenty of time for sightseeing
- See Cuba now before it becomes another commercial resort destination!

## WHO CAN ATTEND?

The competition is open to all amateur runners, men and women. All participants and non-participants must have an International Sports Union membership card which will be supplied after your deposit is received.

## HOW MUCH DOES IT COST?

The total cost is \$2,795.00 per person, double occupancy for the 7-day trip if booked by September 1. After September, the cost is \$2,995.00. An additional \$300.00 charge applies for single occupancy.

The cost includes round-trip airfare from Miami to Havana; Cuban Visa; Cuban medical insurance (required by the Cuban government); all-inclusive hotel accommodations (meals, all alcoholic and non-alcoholic beverages); entry fee to all events; all related transportation in Cuba; Team kit, including race clothing, t-shirts, hat, socks and bag; sightseeing tour of Havana, and after-competition party with Cuban athletes.

## WHAT CAN I BRING?

One suitcase and one carry-on bag that has to satisfy the airline size requirement. There is a 44-pound weight limit. Overweight will be charged at the rate of \$1.00 per pound.

## WHY GO WITH US?

The trip will be led by U.S. Hall of Fame inductee Mike Fraysse. Mike was a two-time Olympic Team Manager and 3-time President of the U.S. Cycling Federation and Liaison to the Los Angeles Olympic Organizing Committee. He was County and State Cross Country Champion; 2-time College Varsity Letterman for Cross Country and member of his High School Hall of Fame for Running. He has made 26 trips to Cuba, has been to every Province and major city in Cuba and has a personal connection with the Cuban people to share with you. As Vice President of the International Sports Union and Pan American Cycling Confederation, he developed many friendships with Cuban Sports Officials.

## SCHEDULE

<b>Nov. 15</b>	Leave USA
<b>Nov. 16</b>	Morning-training Afternoon-Free/Beach Evening-Technical meeting
<b>Nov. 17</b>	Morning-training Afternoon-Free/Beach Evening-Opening Ceremonies
<b>Nov. 18</b>	Receive race numbers Course recon (non-competitors: sightseeing/free time) Evening: pre-competition dinner
<b>Nov. 19</b>	5:00 a.m. Staging & Warm-up 7:00 a.m. Event begins 10:00 a.m. Awards ceremony for shorter events Noon Competition closes Rest of day Free time
<b>Nov. 20</b>	Depart Havana to USA

Shorter and Longer Trips Available  
Contact for availability