

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 three-time President of the U.S. Cycling Federation. He has made more than 30 trips to Cuba, visiting every province and major city in Cuba.

As Vice President of the Pan American Cycling Confederation, Mike has developed many friendships with Cuban sports officials and he offers a trip unlike any others.



HOW CAN I REGISTER OR GET MORE INFORMATION?

Visit www.cubaspporttrips.com for a registration form.

A \$500.00 deposit is required with your completed registration form by March 1, 2019 to guarantee a spot and clothing.

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

HAVANA del ESTE CYCLING CHAMPIONSHIPS

• HAVANA, CUBA •

April 6-13, 2019



HAVANA del ESTE

The Havana del Este is the oldest active cycling event in Cuba and 2018 marked the Golden Anniversary of this prestigious competition. The race consists of 4 stages— Individual Time Trial, Road Race, Circuit Race and Criterium—for all categories of Men and Women.

America's Cycling Team is offering this unique trip to Cuba to not only compete in the Havana del Este events, but to also learn critical race tactics and how to apply your training to achieve meaningful results.

The complete trip includes:

- R/T airfare (Miami - Havana - Miami)
- All-inclusive hotel, including meals and drinks (alcoholic and non-alcoholic)
- Cuban visa
- Cuban Health insurance (government required)
- Airport taxes
- Airport transfers
- Welcome reception
- Entry fee
- Team Kit

WHO CAN ATTEND?

The competition is open to amateur Senior Men Elite Cat., Cat. 1-5; Elite Women Cat. 1-4; Junior Men & Women 15-18; Master Men & Women in 5-year increments—35-70+. A valid USA Cycling license is required.

Non-competitors, such as trainers, coaches, support staff, mechanics and People-to-People Ambassadors must have an America's Cycling Team membership card which will be supplied after your deposit is received.

HOW MUCH DOES IT COST?

The total cost for competitors is \$2,995.00 per person double occupancy for the 8-day trip if booked by March 1. After March 1, the cost is \$3,195.00. An additional \$300.00 charge applies for single occupancy. For non-competitors, the cost is \$2,795.00 before March 1; \$2,995.00 after March 1. An additional \$300 charge applies for single occupancy.

The cost includes round-trip airfare from Miami to Havana.

WHAT CAN I BRING?

You may bring ONE bike bag or box weighing no more than 50 pounds. 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.

SCHEDULE

April 6	Depart Miami
April 7-8	Training and Clinics
April 9	Individual Time Trial
April 10	Circuit Race
April 11	Road Race
April 12	Criterium
April 13	Depart Havana; Return to Miami