

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

A \$500.00 deposit is required with your completed registration form by March 1, 2020 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

## HAVANA del ESTE CYCLING CHAMPIONSHIPS

• HAVANA, CUBA •

April 14-21, 2020



## 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 14	Depart Miami
April 15	Training and Clinics
April 16	Individual Time Trial
April 17	Circuit Race
April 18	Road Race
April 19	Criterium
April 20	Sightseeing
April 21	Depart Havana; Arrive Miami