

# **Taste of Tuscany**

## **Cycling Training Clinics and Cultural Exchange**

**Chattanooga, Tenn.**  
**March 26-28, 2004**

Come ride with top Italian cyclists!

The Chattanooga Bicycle Club is pleased to host three of Italy's top riders during the Taste of Tuscany, our cycling training camp and cultural exchange. The programs are designed for all cyclists—both racers and more recreational riders—who want to increase their skill, speed and overall cycling experience.



The clinics will teach universal skill sets to different levels and be split into groups. The only difference is the speeds at which they are applied. Topics will include climbing, sprinting, group riding tactics and strategies.

Leading the camp is Dominick Cerisano, an American “transplant” and Top 25 Racer based in Florence, Italy. Dom also operates tours and training camps in Tuscany for American cyclists and teams. You’ll also ride with former World Champion and current Champion of Italy Piero Martini. Rounding out the group is Giuliano Balducci who has 40 years of racing, wrenching and team management experience.

The clinics will focus on practical demonstrations of bike handling skills and riding designed to help you immediately help improve your overall cycling performance, experience and enjoyment. The clinics will also give participants an insider's view of the Italian style of cycling tradition.



*There's also a group ride open to all on Sunday afternoon as well as a Taste of Tuscany dinner on Saturday evening and Taste of Tennessee dinner on Sunday.*

Clinics run Friday afternoon, March 26, through Sunday morning, March 28. After the morning clinic on Sunday, all Club members, clinic participants and friends are invited for a group ride. The program also includes social activities each evening. Private clinics are also available on Thursday afternoon and Friday morning, subject to availability.



Clinics will start with classroom demonstrations followed by road sessions, where participants can immediately apply the skills discussed. After each ride, there will be the chance for discussion and Q&A.

**Clinic Fees:** \$95 for Chattanooga Bicycle Club members, \$125 for all others. All participants will receive \$50 off training camps in Tuscany scheduled for later this year. Single-day clinics are also available subject to availability.

**Private Clinics:** \$75 per person for a two-hour clinic (maximum 3 people) on Thursday and Friday (limited availability—please contact us)

**Dinners:** \$15 per person per dinner

**Out-of-Town Guests:** Please contact us about reasonable rates at nearby Chattanooga hotels.

*For further information or to register, please visit [www.chattbike.com](http://www.chattbike.com).  
For questions, please call Jim Johnson at 423-756-8900, or email [jjohnson@biketoursdirect.com](mailto:jjohnson@biketoursdirect.com).*

## Schedule

**Friday, March 26, 4 p.m.**

### **Session #1**

**Topic:** Proper form and efficient riding skills

We start with a demonstration of proper form and efficient riding skills as well as a discussion of individual rider goals.

**Ride Profile:** In three groups, based on average speed, we'll follow a 15-mile loop along flat to gentle rolling terrain to assess fitness and form. Our plans call for three groups based on speed:

**High:** 20-30 miles per hour on flats

**Moderate:** 18-24 miles per hour on flats

**Leisure:** 12-18 miles per hour on flats



If you're slower (or faster!) than these speeds, don't worry. We'll adjust speeds to the groups' abilities.

After the ride, we'll return for comments and Q&A and further address individual rider goals. Tonight's a simple dinner—but with plenty of carbs for tomorrow's climbing.

**Saturday, March 27, 9 a.m.**

### **Session #2**

**Topic:** Let's Climb!



During today's clinic, we'll focus on how to recover while climbing, on out of saddle climbing and on descending skills.

**Ride Profile:** In three groups, we'll tackle routes between 40 and 50 miles with one or two mountain climbs.

We break for lunch and discussion and then continue our ride.

After our ride, we'll relax and come back for Tuscan Night, a dinner with a menu prepared by Dominick and featuring authentic Chianti wine, pasta, Parma cheese and other specialties. Before dinner, Dominick will talk briefly about the typical Italian diet and eating habits when preparing for the race season.



**Sunday, March 28, 9 a.m.**

**Session #3**

**Topic:** Group Riding Skills

During an optional warm-up circuit before today's open ride, we'll look at group riding skills including sprinting, drafting and pace-line advice. For racers, we'll also look at attacking and defensive strategies. We'll start with a discussion of key issues and skills and then move to the road.

**Ride Profile:** In two groups, we'll follow about 25 miles of rolling terrain.



**Sunday, March 28, 11 a.m.**

**Session #4**

**Topic:** Open Ride

Here's a chance for everyone to ride with the Champion of Italy! This group ride is open to all clinic participants, CBC members and friends.

**Ride Profile:** Three groups will have a choice of 46- and 62-mile routes including one or two mountain climbs. This is a fun ride for all levels!

Snacks will be available on the route, and we'll meet after the ride for a traditional Chattanooga BBQ. After dinner, we'll party and celebrate new friends—with maybe even some prize raffles for Italian "imports."

## Biographies

### Dominick Cerisano

Dominick was born in 1967 in Wayne, New Jersey, attended Boston University and the University of Miami School of Law and worked on Wall Street for Merrill Lynch. In 1999-2000, he moved to Florence, Italy, to pursue his passion for cycling. He also started **Best Tuscan Bike and Wine Tasting Tours** to share his love of all things Italian.



He is Top 25 in his class and a professionally sponsored cyclist. He has raced throughout Northern Italy competing in many Grand Fondos. He also runs private cycling clinics and private training for individuals, universities and club teams from both America and England.

### Piero Martini

Piero is the current and five time ('99-'03) Amateur Champion of Italy! He was the 1997 World Champion of his class and in 1996 placed third in the Worlds held in Austria. He is the four-time and current King of the Mountain for Italy. In addition, Piero is the four-time winner of the Amateur Giro D'Italia stage race. He has also won the Amateur running of the spring classic Milano-San Remo.



He is a complete racer but really excels in the climbing department.

Piero is 58 years old, married and a successful local businessman. Currently he is training hard to defend his titles as the King of the Mountain and Champion of Italy in the upcoming 2004 racing season.

### Giuliano Balducci

Born in 1947, this Florentine native has over 40 years' experience in the cycle industry as racer, mechanic, shop owner and team manager. He is the sponsor and team manager of Le Due Route and a master race mechanic.

He has a wealth of cycling knowledge having worked with and sponsored generations of semi-pro and professional Italian cyclists. He has worked with some of the great names of Italian cycling.



### **About Best Tuscan Road Tours**

Best Tuscan Road Bike Tours, founded and operated by Dominick Cerisano, designs custom private road bike tours for individuals and groups looking for innovative and unique road bike adventures in Tuscany, one of the world's top cycling destinations. Tours last from one day to a week and are perfect for all levels from casual weekend riders to committed club racers. In addition to explaining the culture and sights, guides provide training tips of the skill sets you want to improve like climbing, sprinting and group riding tips. For more information, visit [http://www.biketoursdirect.com/tour\\_Italy\\_Tuscany\\_Best.html](http://www.biketoursdirect.com/tour_Italy_Tuscany_Best.html).

### **About BikeToursDirect**

BikeToursDirect ([www.biketoursdirect.com](http://www.biketoursdirect.com)), developed by Chattanooga Bicycle Club member Jim Johnson, works with European bike tour operators to offer guided and self-guided programs in 20 European countries. More than 100 routes are available, and tours range from one day to two weeks. BikeToursDirect also offers the Austria Mountain Bike Camp ([www.mtb-austria.com](http://www.mtb-austria.com)).

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[jjohnson@biketoursdirect.com](mailto:jjohnson@biketoursdirect.com).*