

# Cycling Adventures



## *Avventura epica....*



Earlier this month, twelve adventurous cyclists journeyed by plane, train, bus and auto, for fifteen hours...to cycle in Italy! In partnership with Ciclisimo Classico, Cycling Adventures toured multiple communities in the Tuscano Region, and rode a total of 180 miles with 18,000 feet of climb. Along the way, we stayed fueled with several six-course meals, drank at least 60 bottles of wine, and consumed an equal amount of cappuccinos and espressos all the while oohing and aaahing at the magnificent scenery!

Our Ciclisimo guides were superb! Throughout the seven-day journey in the beautiful Tuscan countryside, they shared the extensive history and culture of Italy. We saw buildings that were thousands of years old, breathtaking duomos and castles, we learned about wars, religion, traditions and language. Every day was full of new stories, knowledge, tastes and smells! It was an epic ***Cycling Adventure***.

*An evening full of laughter, friendship, wine, music, food & more wine!! It truly felt like we were part of the Family!! -Christiane*



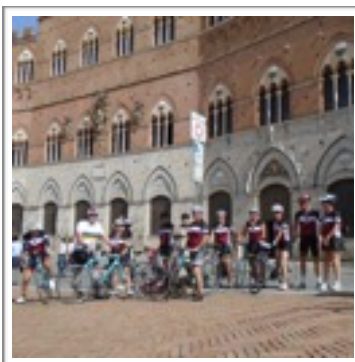
*"Happy people in a happy place."  
-Phyllis*



*Extremely grateful for the experience of traveling with friends & to have met some wonderful new people!! -Anika*



*I loved spinning through the hills of the Chianti countryside on our way to Siena. We had time to stroll through the Ancient streets, visit the breathtaking Duomo & enjoy gelato in the famous Piazza del Campo - You could feel the excitement of the past horse races!! - Terri*



*It shows how absolutely thrilled I was to be there. I used to think this would be a once in a lifetime opportunity. But now I can say it was the first of more Italy trips to come. -Lorraine*



## Member Spotlight - Perry Crutchfield

### Cycling Adventures Member 009:

A 20+ year cycling icon, Perry is a welcome addition to Cycling Adventures Club. He is a level 3 cycle coach from USA Cycling and offers a faster pace on the Sunday rides for those who are interested. Perry is the founder of Sub 5 Cycling and leads faster more advanced rides on Saturdays. Many Cycling Adventures members have bridged up to Sub 5 after drinking the Cycling Kool Aid!




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### UPCOMING CYCLING ADVENTURES EVENTS

June 7th: Ride to Dana Point (Members only)

June 10th: Clean Bikes @ [Holland Cycles](#)

July 12th: Julian Pie Ride (Members Only)

July 4: [Old Pros Ride](#)

July 5th: Stars and Stripes Ride and BBQ

July 30-Aug. 2: [Tour de Big Bear](#)

October 7 - 12: Albuquerque [Balloon Fiesta](#) & Bike Tour

December: Dana Point Weekend Ride & Boat [Parade of Lights](#) (dates TBD)



For more details - visit us at [www.cyclingadventures.net](http://www.cyclingadventures.net)  
or email Ginger at [cyclingingor@gmail.com](mailto:cyclingingor@gmail.com)



Keep track of all the upcoming Adventures on Meetup.

<http://www.meetup.com/The-San-Diego-Cycling-Adventures-Group/>

### Consider becoming a Cycling Adventures Member:

- Free Sunday Social Rides & Monthly Members Only Ride
- Club Member T~ shirt & discounts on selected Cycling Adventures Events
- Member Only discount on New Edition Cycling Adventures Jersey
- Club Discounts at various Cycle Stores: (Pearl Izumi Outlet Store (Del Mar), Holland Cycles & HeRevolution)  
[Become a member today!](#)

