



Life at the USA Cycling House

Home away from home

USA Cycling maintains three European residences for its National Development Program in Izegem, Belgium; Lucca, Italy; and Freiburg, Germany. These houses, which serve as homes away from home for hundreds of athletes each year, allow American riders to live, train, and compete in a structured environment only a day's drive from some of the world's most prestigious races.

LIVING ARRANGEMENTS

During your stay at a USA Cycling house, you'll have a dorm style room with a community bathroom. There will also be a fully equipped kitchen, and in most cases, meals will be provided by USA Cycling. The houses also have laundry facilities, bike storage rooms, and wireless networks.

USA CYCLING HOUSE ADDRESSES

Kortrijksestraat 167
Izegem 8870
Belgium

Via Della Parco
Rimembranza, 726
Lucca 55100
Italy

Gabi und Michael Riesterer
Geroldstal 2 Steiertbarlehof
79254 Oberried, Germany



Preparing for your stay abroad

MEDEX INSURANCE

As an athlete participating in a USA Cycling program outside of the United States, you will be required to obtain TravMed Abroad coverage from MEDEX Insurance Services.

This ensures that you have a minimum level of health insurance to cover both sickness and accidents for at least the time period in which you are traveling to and participating in USA Cycling programming.

You will be required to show evidence of TravMed Abroad coverage at least seven business days prior to leaving on your USA Cycling trip.

If you are required to purchase this coverage yourself, please call MEDEX at 1-800-732-5309 and let them know you are a USA Cycling member.

Whether you're a seasoned world traveler or this is your first trip across the pond, here are a few tips to help make your stay at a USA Cycling European residence more comfortable:

- It's a good idea to notify your credit card company when you'll be traveling abroad. This will help you avoid problems when making purchases in another country.
- Skype and email are probably the cheapest ways to communicate while on a USA Cycling Development Program trip. If you prefer, you can also contact your cell phone provider before you leave and inquire about an international roaming plan.
- Make sure you have a valid UCI international racing license and a valid passport.
- You'll want some spending money during your stay abroad, so make sure to bring some in the appropriate foreign currency.
- It's a smart idea to bring a carry-on backpack that can serve as a day-bag.
- Bedding and towels will be provided at the USA Cycling house, but you need to pack your own personal/hygiene products.
- To use electronics in Europe, remember you'll need to pack power adapters and converters.
- Bring your own cycling equipment (helmet, shoes, pedals, saddles, glasses, spare set of cleats, etc...)
- In most cases, USA Cycling will have bikes for you to use, but if you plan to bring your own, please also pack a spare rear derailleur hanger.
- Once you get to the USA Cycling house, you'll receive new USA Cycling National Development Program clothing and competition wear. However, be sure to pack training clothes for yourself, including any National Development Program clothing you already own (bibs, jerseys, warm clothing, casual wear).