



The top five reasons (from first-hand experience) why you should open your home to a professional cyclist this summer when the Intelligentsia Cup comes to the Chicagoland area, including our very own **West Dundee**:

1. You will get an inside look into the fascinating lives of professional cyclists, who race for love of sport, not money. *(The team we hosted won a race in Italy and received a large ham as the prize.)*
2. You will, by their example, eat healthier than you may ever have before -- they follow a very disciplined diet -- green salads and vegetables and lean protein and all the things riders need to keep themselves going. They come with a lot of great recipes, they bring/buy/prepare their own food. *(I never actually cooked dinner while they were here.)*
3. They are the perfect houseguests because they've done this a lot. They make themselves at home in the most professional of ways. They are ambassadors of the sport, and we-the-hosts are the foundation of the professional cycling circuit. *(Really, they're either racing, training, eating or sleeping. They will amaze all of your neighbors and friends with their stories: one actually collided with a deer while riding in Texas and had an antler puncture his helmet.)*
4. They are great role models. They juggle the life of a professional athlete on the road with the jobs/careers that pay for their passion. *(Our team included two teachers, an EMT who will eventually be a nurse, an industrial designer, a bike shop owner and a Montreal restaurateur.)*
5. It is very possible that you will become friends for life, and that's really the best reason.

#### **What you are asked to provide:**

- a comfortable sleeping space, bed or air bed
- use of a bathroom and shower
- use of kitchen to prepare meals
- counter and refrigerator space
- use of your washer and dryer
- a secure place for the cyclist(s) to store their bicycle at night

**You are not expected to provide food or transportation.**

*The Intelligentsia Cup is a 10 day series. The number of days of host housing requested may vary from one cyclist or team to the next. Get your neighbors together to host an entire team (usually 5-7 cyclists)!*

For more info about host housing, visit: <http://www.intelligentsiacup.com/housing/host-housing.php>