

*Bike racers, triathletes and ironman athletes*  
**Improve your cycling skills with an ex-Soviet  
Union representative and pro-racer**

**Bike Tours  
Japan**  
organised by

**WHEN:**

(Sun) July 4 - (Sun) July  
11, 2010

**WHERE:**

Niseko (Hokkaido, Japan)

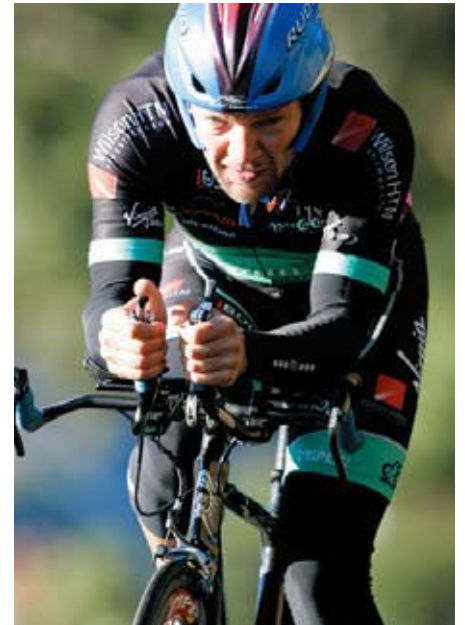
**COST:**

250,000 yen/person  
(6 days/7 nights)

**WHAT:**

Take your riding to the next level on our performance Cycling Camp. The focus will be on improving your cycling skills and on-bike performance.

You will be coached by Nikolai Razouvaev, who raced for the Soviet Union National Team and is a qualified cycling coach.



**WHO:**

This is suitable for amateur athletes;

- Triathletes
- Endurance bikers
- Bike racers

**PROFILE OF NIKOLAI RAZOUVAEV:**

Nikolai Razouvaev started cycling at the age of 12 in a Soviet State run school for developing junior cycling competitors. He then went on to study at the National University of Physical Training and Sports in Ukraine and attained a bachelors degree in cycle coaching.

In 1983 he was offered a place in the Center for Olympic Development, specializing in Olympic time trials. The Center, named Titan was the second largest of its kind in the USSR. Nikolai was a member of the Soviet Union team from 1984 until 1990.

In the 91/92 seasons he was based in Denmark and raced as a professional for the Amager Team. Nikolai is now based in Australia with his family where he runs his own cycle coaching consultancy, Top Dog Cycling.

**The Camp includes:**

- Luxury accommodation
- All meals except one dinner
- Coaching
- Airport Transfers
- Support Vehicle
- Training program development
- Demonstrations on the road
- Educational Presentations



**THE NISEKO COMPANY**

**Accommodation** will be provided in luxury western style homes and chalets. For more information, please visit The Niseko Company's website:  
<http://www.thenisekocompany.com/niseko-accommodation>

*Contact us now  
to improve  
your cycling skills*

**Bike Tours Japan**

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