

Black Hawk 4 Training Camp 9/4/2011 to 16/4/2011

Welcome

Thank you for enquiring about Black Hawk 4. This is the fourth European training camp presented by Racing TNT. We will be based in Playa de Palma, Mallorca, Espana. at the Hotel Ayrón Park. We will be working closely with our local advisor Doug Petty, who has been working with cycling groups on the island for over 40 years. Mallorca is a popular training destination for cyclists. A good climate and smooth roads make it a very easy place to cycle.

What is on Offer

We offer one week of training with at least two BTF qualified coaches. The sessions have been designed to make the most of the facilities. The week is based around the cycling sessions with early morning open water swims.

Coaching and Training Fees £125

This includes:

Dougie fee, £28, which covers, transfers, an emergency contact and a great wealth of local knowledge.

Email support before the trip.

Advice on rides.

Access to running, swimming and transition coaching.

Guided bike rides.

Bike build help.

Advice and help with packing and rebuilding of bikes.

Coordination of bike hire

What's not included:

Bike Hire

Insurance

Flights

Accommodation

Lunches

Extra costs may be incurred e.g. races, sportives etc. Entry fees and day membership of sport governing bodies will not be covered by coaching or "Dougie fee".

Sample Budget

Coaching £125

Accommodation £200

Flight £190

Car Parking £40

Bike Hire £80

Travel Insurance £20

Total £655

General Information

Playa de Palma is a long beach (3km long) South East of Palma about 5 km from the airport. It is a

long strip of hotels and bars and apartments that runs between the defined towns Can Pastilla and El Arenal. The resort is populated by German tourists with some English and some French as well as Spanish holiday makers. The area is well served by bars and restaurants with some notable Italian restaurants around the church. navigation is complex and it is wise to note the number of the nearest beach bar, these Balineros are numbered from 1 to 15 along the entire front. The bay is sandy and extremely sheltered, with calm water almost every day. A bus service runs to and from Palma cathedral every 15 minutes. The 25 runs from the airport to Hotel Hispania (100m from Ayron Park) every 30 minutes.

Climate

Average afternoon air temperature is 24 Celsius in April and sea water temperature is 14 Celsius. Night time air temperature is 14 Celsius.

Accommodation

Accommodation is half board in the cyclist friendly Ayron Park

Hotel Ayron Park
C/. Trasimeno, 7
El Arenal
Mallorca

Telephone 971 260 650
Fax 971 265 675

info@hotelayronpark.com

3 Star hotel with excellent secure bike storage in underground car park. Some bike repair equipment available and bike cleaning trough provided. Able to lock bikes individually with padlock.

Plenty of space to build and maintain your own bike, if taken. (J.E. James will supply cardboard transport boxes as well as offering advice and a selection of good quality bike bags and boxes to buy. www.jejames.co.uk)

Accommodation costs last year were 36 Euro per person per night for half board, based on 2 sharing a twin room. An apartment will cost 52 Euro per person per night. Accommodation payment is accepted in Euro, or credit card, see www.majorca68.co.uk for further information.

Local Cycling Advisor- Doug Petty

This year we will again be taking advantage of Doug's wealth of knowledge. He is based at the Hotel and is available for all enquiries. He also provides a useful information pack which gives information about all aspects of cycling in the area. This will be sent out to all athletes coming on Black Hawk 4.

For more information see his website www.majorca68.co.uk

He will coordinate bike hire from

Ciclos Quintana
C/ San Cristobal, 32
07600
S'Arenal

Mallorca

Telephone/fax 971 44 29 25

ciclosquintana@yahoo.es

Other Bike Shops and Rental

There are a number of bike hire options in the local resort, charging around 20 Euro per day (approximately £16 based on an exchange rate of 1.28) with varying deposits. Please note that smaller frame sizes can be limited in availability, these would be size 48cm and under. (This is commonly the seat tube length in a frame with a horizontal top tube, or the top tube length.)

Embat Ciclos
C/ Bartolome Riutort, 27
Can Pastilla

Telephone 971 49 23 58
fax 971 49 20 87
info@embatciclos.com

Orbea bikes available for hire with shimano or campag equipment. Some straight handlebar stock.

Belori Bike
Edif. Pil-lari Playa
C/. Marbellaa, 22
Can Pastilla
Palma de Mallorca

Some bikes to hire and limited stock to buy.

Sport Bequi
Calle de llaut, 32 Local 37
El Aranel

0034 971 744 546

www.sportbequi.com

Probably the best selection of trade team kit you will ever see!

Out of Resort Bike Hire

Velo Sport Team Mallorca
Felanitx
Tel: 0034 626 27 29 09
info@velosportmallorca.com

Pro Cycle Hire
Puerto Pollenca
info@procyclehire.com

Flights

Flights available from Manchester and East Midlands with a number of airlines. (Check out www.low-cost-airline-guide.com for a list of who flies where.)

(Last year I flew with Monarch from Manchester, flights and car parking at the airport booked with Craig Carrington, at Instant Travel. Telephone 0845 2260 619.)

For your information

East Midlands is a comfortable 1:30 drive. Please check with Donnington Park for events. These can cause up to a 2 hour delay if flying on a big race meet day! www.donington-park.co.uk

Feedback

“really learned from the process”

“gained much more confidence on the bike”

“our apartment was spacious and good value for money”

“the hotel was sparkling clean”

“I felt it was good team spirit to look out for each other and café stops were the perfect places for these catch ups to happen”

“I personally found Mallorca fun and informative!”

Thanks to the Athletes who Make it Happen

Thanks to all who come along and make Black Hawk a success.

We hope to see you soon at Black Hawk 4.

If you would like to discuss any other details, or have any special requirements, then do not hesitate to contact either Jon Middlebrooke or Matt Norris