

## Ivor Armstrong

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**From:** CyclingDevelopmentNorthWest@sut1.co.uk on behalf of Ivor Armstrong [info@cdnw.org]  
**Sent:** 19 January 2010 14:00  
**To:** ivor@cdnw.org  
**Subject:** Holiday or Training Camp....

You can read this email online [here](#)

**Holiday or Training Camp.....**

**Training Camp or Holiday.....**

Which is the best.....?

**The only way to find out.....**

**Fiiiiight !!!**

(With apologies to Harry Hill)

Or better still.....take your partner for a break in the sun.

In this newsletter we take a look at a couple of warm weather holiday breaks and a popular charity ride.

**Italian Clarion** is run by ex-Stockport rider and CDNW organiser Julian Mortel.

He caters for the rider who is reasonably fit and can hack 4 to 6 hours in the saddle rewarded by the views of the Italian countryside and some of the more famous races and sportives. Italy is certainly a lovely country and the people are the same. Strangely, the language is not too hard to pick up either (I knew that 'O level' in Latin would come in useful some day).

[Click here](#) for the leaflet.

**Peter Ward** has been around for a while. Pete has already proven his entrepreneurial skills by inventing the world's first cliplless pedal back in 1945 at the age of 10 (his dad's clogs would never be the same again). He pioneered the use of recycled plastic packaging stuffed down your clothing from neck to the knee to protect from the worst of the winter weather. It prevented your vital bits falling off with frostbite and, strategically placed, could double up as a pulling aid on a Friday night in Preston (although the resulting disappointment factor may have a demoralising effect).

On Pete's regular visits to the Algarve, he has compiled a useful list of rides and accommodation which he will share with you . The website site addresses are on the pdf leaflet and I can certainly vouch for the good cycling weather all year round in that part of the world.

The Portuguese people are very friendly as a rule and many have a good knowledge of English; so if you shout a lot and put 'O' after every word, you should be OK.

If you are self catering, I can recommend the Apolonia super markets. They have everything you need from the homeland at twice the cost and you may

spot a few familiar faces from Crime Watch. More savings can be made at Jumbo or Lidl, especially if like dried fish stew...Hmmmmm..

For Pete's leaflet, [click here](#)

The Orchid London to Paris charity ride is a different kettle of fish. You have to raise at least £1200 in sponsorship but only pay them £100 for the trip. That is good value.....If you have some free time early in September, don't have to be in when the kids come out of school every day and are reasonably fit, then give it a go.

[Click here](#) for the leaflet.

Back to mundane racing stuff next time.....

Happy Holidays

Ivor

This email has been sent to you by Cycling Development North West

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