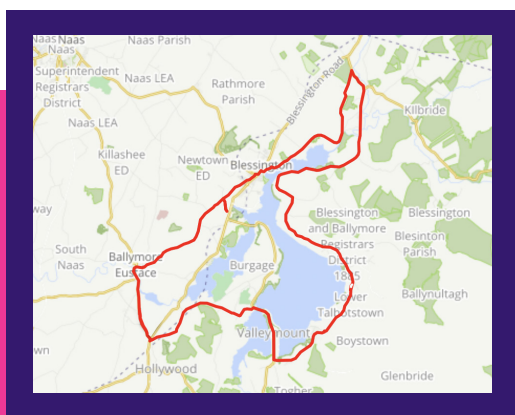


CHARITY CYCLE

- It will start and finish from Ballymore Inn.
- First group off at 10am.
- Choice of three distances. 130k, 100k and 50K routes.
- Fundraising target of €250 per rider.
- This will cover sundries for the day including bike mechanic and post cycle refreshments.
- **Electric bikes very welcome.**
- Teams and individuals welcome.

**Pre-register details:
 Please send an email with your
 name and contact details to:**

tabscycle@gmail.com



Full information on the courses will be provided closer to the date.

CHANGE OF DATE

NOW ON OCTOBER 4th



WHAT YOU'LL NEED ON THE DAY:

- Your bike must be roadworthy and in good working order
- Helmet (every cyclist is required to wear a helmet)
- Water and snacks
- Spare tubes and pump
- Mobile phone and emergency phone number
- Windproof top – it's not uncommon to get 4 seasons in one day in Ireland
- Fully functioning bike lights