

CHANGE OF DATE NOW ON OCTOBER 4th

- It will start and finish from Ballymore Inn.
- First group off at 10am.

CHARITY CYCLE

- 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.

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

TABS is a completely voluntary organisation and **all funds raised will go directly to where they are needed most**, supporting people from our industry and their families who may need help, advice or financial support during times of difficulty.