

The Mile-a-Day Cycle Challenge '05

Western Lakes Cycling Club

Invites you to
participate in the

Ultimate Leisure Cycle Challenge

Ballinrobe to Ballinrobe

Night stops at
Navan, Co. Meath
Cahir, Co. Tipperary

August 25th –27th 2005

3 DAYS - 365 MILES Challenge

A Mile for Every Day of the Year!

Each cyclist must raise a minimum of €600. For this, they receive accommodation, food, and back-up support.

Proceeds to fund provision of a Heart Defibrillator for Ballinrobe, Co. Mayo
& also to Western Lakes Cycling Club

OFFICIAL ENTRY FORM

Name: _____

Address: _____

Tel Home: _____ Work: _____

E-mail: _____

T-Shirt Size Required: M L XL

(please tick one)

Are you a member of Cycling Ireland- if yes, please state Licence No:

Non-members of Cycling Ireland must pay €10 per day for One-Day Licences, total €30. Alternatively, you can join Cycling Ireland. Just ask Liam Horan for details.

**To secure your place –Complete & return IMMEDIATELY
with €100 Deposit! (non-refundable)**

To: Liam Horan
16 Caislean Riada
Athlone
Co Westmeath, Ireland
Tel: (087 9185867)
email: liamhoran04@yahoo.ie

Latest date for return of sponsorship is FRIDAY AUGUST 5TH 2005

CYCLE ITINERARY

Wed August 24th	Central Meeting Point, Ballinrobe, Co Mayo. Accommodation can be arranged
Thurs August 25th	Full day Cycle Ballinrobe to Navan Overnight Navan Town
Fri August 26th	Full day Cycle Navan to Cahir, Co. Tipperary Overnight Tipperary Town
Sat August 27th	Full day Cycle Cahir to Ballinrobe Celebration Dinner
Sun August 28th	Accommodation can be arranged at cyclist's expense Depart for Home

• **Tour package includes :**

- 1 2 Nights B&B, Lunches, Evening Meals & Refreshments**
- 2 On road Back-up**
- 3 Insurance**
- 4 Commemorative Cycle Shirt**

NB: Normal Rules of the Road Apply

CONDITIONS OF ENTRY

You must complete this section

- 1 The wearing of cycle helmets is compulsory during this event.
- 2 Participants enter at their own risk and accept that the organisers and sponsors will not be responsible for any injury suffered or property stolen/damaged during this event.
- 3 This is a fundraising event for Croí. The **fundraising target is €600**. A **deposit of €100** secures your place but only those who have **achieved their target** and lodged same with Western Lakes **before Friday August 5^h** can participate. All funds received are viewed as charity donations and are non-refundable.

I,

Of

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Tel:Email:.....

I hereby commit to participate as part of the Western Lakes Cycling Club Cycle challenge 2005 Team and pledge to raise and lodge the stipulated sum of €600 with Western Lakes CC before Friday August 5th. I will undertake the necessary training to prepare for this challenge, seek medical clearance from my GP if required; and I indemnify the Western Lakes Cycling Club against any loss, injury or claim as a result of my training and/or participation in this event.

Signed:

Date: