



Western Lakes CC

Promoting the sport of cycling for all

Press Release (June 1st, 05)

MILE-A-DAY CHALLENGE A SUMMER GOAL FOR PEOPLE OF MODERATE FITNESS

The Mile-a-Day Cycle Challenge '05 – a three-day trip through three of Ireland's provinces – was launched in Ballinrobe, Co. Mayo, on Wednesday night last (June 1st.)

“This is a physical challenge that you can aim to do this summer. It is a fairly big trip, but with eleven weeks of training time available, people of moderate fitness can rise to it,” said Breege Connolly, chairperson of Western Lakes Cycling Club, speaking at the launch in the Lakeside Fitness Centre, Ballinrobe.

The Mile-a-Day Cycle Challenge '05 will see cyclists travel from Ballinrobe to Navan, Co. Meath (Day One), Navan to Cahir, Co. Tipperary (Day Two), and Cahir to Ballinrobe (Day Three.)

The dates set aside are August 25th, 26th, and 27th (Thursday, Friday and Saturday.) “In total, the group will cycle 365 miles – hence the title a mile a day,” added Breege.

This is the fourth annual cycle challenge organised by Western Lakes Cycling Club, and non-members are welcome to take part. “The event is open to anyone, and in our previous challenges we have always had plenty of people who were not members of our club,” she said.

Apart from the thrill of rising to the challenge, the participants will raise money to fund the provision of a Heart Defibrillator to be located at the Lakeside Sports Centre, Ballinrobe. “The money raised will also help to train some people in the use of the Defibrillator, and this could help to save lives in the years ahead,” said Breege, who said men and women over 16 years of age are invited to take up the challenge.

The remainder of the money raised will go to the Western Lakes CC coffers to assist them in their ongoing programme of promoting cycling in the South Mayo and North Galway areas.

To take part, each cyclist must raise a minimum of €600, and this covers accommodation, food, insurance, back-up support on the road, and a special Mile-a-Day commemorative shirt.

To obtain more details, would-be cyclists should contact Western Lakes PRO Liam Horan, 16 Caislean Riada, Athlone, Co. Westmeath (087 9185867, liamhoran04@yahoo.ie.)

If you are a newcomer to cycling, or are getting back up on the bike after a lengthy absence, the Western Lakes club can provide with a tailored training programme to bring you up to the level required for the Mile-a-Day challenge.

But, according to Western Lakes coach Pdraig Marrey, “people should not be frightened by what might appear to be a daunting challenge.”

He said: “It is not as hard as it looks. The route is quite flat, and being in a group on the road will carry people along. By training sensibly for the next eleven weeks, people can reach the level needed.”

More details: Liam Horan, PRO Western Lakes Cycling Club, 16 Caislean Riada, Athlone, Co. Westmeath. Tel: 087 9185867. Email: liamhoran04@yahoo.ie.

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