



# Ladies Leisure Cycle

Sunday 10<sup>th</sup> October 2010

- ❖ Getting women of all ages & fitness together
- ❖ Encourage participation in cycling
- ❖ All ages, ability, & fitness welcome.



- ❖ Group pace adapted to the level of fitness of participants.
- ❖ All you need is a bike & a helmet.
- ❖ All proceeds to Ard Aoibhainn Centre
- ❖ Distance approx 40k. Refreshments served.

*Location: Riverside Park Hotel Enniscorthy.*

*Sign On 9:30am. €10.00*

Info: [www.slaneycyclingclub.com](http://www.slaneycyclingclub.com). 086-3864264

or

PATRICK DOBBS FITNESS

087-7585604

