



**NO HELMET
NO RIDE**

CITY TRAINING SPINS 2011

THE FOLLOWING TRAINING SPINS
ARE BEING ORGANISED BY LOCAL CYCLING CLUBS

FOR THE FIRST TRAINING SPIN PARTICIPANTS MUST BRING THE FOLLOWING:
€10 FEE | COMPLETED YOUTH CHALLENGE ENTRY FORM |
COMPLETED CYCLING IRELAND FORM | COPY OF BIRTH CERT

DATE	EVENT	TIME	MEETING POINT
Wednesday 1 st June	Training Spin	6.15 pm	Regional Sports Centre (RSC)
Wednesday 15 th June	Training Spin	6.15 pm	Regional Sports Centre (RSC)
Wednesday 29 th June	Training Spin	6.15 pm	Regional Sports Centre (RSC)
Wednesday 13 th July	Training Spin	6.15 pm	Regional Sports Centre (RSC)
Wednesday 27 th July	Training Spin	6.15 pm	Regional Sports Centre (RSC)
Wednesday 10 th August	Training Spin	6.15 pm	Regional Sports Centre (RSC)

Comeragh Cycling Club:

Sinead Power - 087-2680088 - sineadpower@comeraghcc.com - www.comeraghcc.com

Sportif Waterford Cycling Club - Spins are for beginners and underage (12 - 18yrs)

Deirdre Hayden - 087 9728259 - sportifwaterfordcc@gmail.com - www.sportifwaterfordcyclingclub.com



www.theseankellytour.com