



**NO HELMET
NO RIDE**

COUNTY TRAINING SPINS 2011

THE FOLLOWING TRAINING SPINS
ARE BEING ORGANISED BY DUNGARVAN CYCLING CLUB

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
Every Sunday	Over 16's Spin	9.30 am	Grattan Square
Tuesday 24 th May	Training Spin	6.30 pm	John Foley's, Kilrush
Tuesday 7 th June	Training Spin	6.30 pm	John Foley's, Kilrush
Tuesday 21 st June	Training Spin	6.30 pm	John Foley's, Kilrush
Tuesday 5 th July	Training Spin	6.30 pm	John Foley's, Kilrush
Tuesday 19 th July	Training Spin	6.30 pm	John Foley's, Kilrush
Tuesday 2 nd August	Training Spin	6.30 pm	John Foley's, Kilrush
Tuesday 16 th August	Training Spin	6.30 pm	John Foley's, Kilrush

 Sunday Spins - Over 16's - Contact: Pdraig De Burca on 087 2071388

 Tuesday Spins - Contact: Peter Jones on (058) 21191



www.theseankellytour.com