

Hi All,

First and fore most congrats to all who took part in last Sundays Ian's trust cycle. Great turn out of support from Team Adare and for the newbies who took it on and did in style well done.

Attached are the proposed routes for this coming Sunday which are getting a little longer in preparation for our next club event. For anyone wanting to start coming out please don't be put off by the challenges of the extra distance as we will accommodate every one with a modified route if needed on the day.

Our next club event is the Stephen Roche Atlantic Challenge 2015 which is on Saturday, 28 Mar 2015. Start Time: 10:00am and Registration at the Ennistymon Community Centre. Pre registration is also available at <http://registration.precisiantiming.co.uk/events/preview?>

This event brings with it a few more challenges in distance and climbing but is not beyond any members ability.

For any one interested in Mountain Biking or who would like to try it out, there is a club event being organised for Saturday 28 Feb at 10am from Ballyhoura Trail Centre. (http://www.coillteoutdoors.ie/index.php?id=171&rec_site=113). If you do not have a mountain Bike but would like to have a go, there is a bike hire facility available at the Trail Centre and pre booking is recommended. Details are available on the following link. (<http://visitballyhoura.com/index.php/2013/05/15/bike-hire-2013-full-day-rental-at-weekend-from-e35/>). More details to follow on this event over the next few days.

Rgds and hope to see you on the road soon.

Anthony Murphy