



**NO HELMET
NO RIDE**

CITY TRAINING SPINS 2012

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 6 th June	Training Spin	6.30 pm	Regional Sports Centre
Wednesday 13 th June	Training Spin	6.30 pm	Regional Sports Centre
Wednesday 20 th June	Training Spin	6.30 pm	Regional Sports Centre
Wednesday 27 th June	Training Spin	6.30 pm	Regional Sports Centre
Wednesday 4 th July	Training Spin	6.30 pm	Regional Sports Centre
Wednesday 11 th July	Training Spin	6.30 pm	Regional Sports Centre
Sunday 26 th August	SKT 50km	10am	Dungarvan Sports Centre

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)

Paul Mooney - 085 1741396 - sportifwaterfordcc@gmail.com - www.sportifwaterfordcyclingclub.com



www.theseankellytour.com