



CYCLE IRELAND BIKE RIDE 2012



SATURDAY 7th TO SUNDAY 15th JULY
370 MILES OVER 7 DAYS



T: 07502 276858 E: kiera@limbpower.com
W: www.limbpower.com

The long awaited challenge! Cycle from Mizen Head, the southwestern tip of Ireland, to Malin Head, the northern tip of Ireland. A week-long ride through the spectacularly breathtaking Irish countryside. Cycling an average of 70 miles per day through Eire's rolling hills. We are putting together a team of amputees, healthcare professionals, supporters, friends and family to conquer this exciting and challenging ride. Please contact Kiera Roche to find out more.



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LimbPower exists to offer relief to the physically disabled by aiding rehabilitation and improving the quality of life through the medium of recreational and competitive sports and arts.

What's involved

- Cycle Ireland end-to-end
- 350 kilometres in seven days
- Pay a £175 non-refundable deposit
- Raise a minimum sponsorship of £1,500
- This is classified as a challenging event

What you get

- The experience of a lifetime
- An exciting break
- New friends
- Accommodation
- Food whilst cycling
- A team t-shirt
- Luggage transfers

How to register

Complete a registration form and medical form and return it with your registration fee to:

Kiera Roche
Event Administrator
Limbpower
Whitecroft, Tandridge Lane
Lingfield, Surrey
RH7 6LL

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