

# Garda Cycling Club



INTERESTED IN GETTING FIT???

WHY NOT GIVE CYCLING A TRY???

TIME: 10AM

DATE: 19<sup>TH</sup> FEBRUARY 2012

PLACE: MALAHIDE

(Car Park opposite Oscar Taylor's Hotel, Coast Road)

BEGINNERS - 30k

EXPERIENCED CYCLISTS - 80k

ALL GARDAI, CIVILIANS, GENDERS, AGES AND  
BODY SHAPE WELCOME!!!

Contact Gerry Quinn, GNDU, 086 8281816 or Joe Ryan 086 8287274

See Further Details and Training Plans on

[www.facebook.com/gardacc](http://www.facebook.com/gardacc)

