

**Donegal Cycle Events fo National Bike Week 2010**

<b>Name</b>	<b>Description</b>	<b>Time</b>	<b>Location</b>	<b>Club</b>	<b>Contact</b>
Four Masters Cycling	bring together a wide range of kids and teenagers of all abilities to participate in a fun, safe and non-competitive environment where they can enjoy cycling. These events will help to promote the sport of cycling in the area, to educate, mentor and provide support for individuals (especially youth and minorities) as they pertain to cycling, health and fitness, and to represent all of these entities through the facilitation of cycling events and it's other various aspects.	12pm	<b>Letterkenny</b>	Four Masters Cycling Club	Jason Black-Tel:0879814461
Women's Mini Tour	Women's Mini Tour event will take place from the the car park of Glenveagh National Park to the castle, refreshments will be served at castle	11am	<b>Glenveagh National Park - Car Park assembly</b>	Errigal Cycle Club	Derek Alcorn-Tel:086 8826044 Email:themillresturant@oceanfree.net
Introduction to Cycling Session	This session will introduce and encourage new members to cycling, the session will also include a safety lesson, talk form local gardai on road safety and some practical tips with Mary Kelly from Pedal Right.	10am	<b>Buncrana Leisure Centre</b>	North Pole Cycling Club	Marty Noone-Tel:074 9363844 Email:martynoone@gmail.com
Cycle to Work Raffle	Participants will be encouraged to cycle to work during National Bike Week and be entered into a draw for some valuable prizes. <b>Prior registration with Marty Noone</b>	All Week	<b>Inishowen Penir</b>	North Pole Cycling Club	Marty Noone-Tel:074 9363844 Email:martynoone@gmail.com
Bike Week Workplace Cycle Challenge	Teams from companies around the country (which must include at least one "new" cyclist) will record every time they get on their bike for ten minutes or more and compete for cycling related prizes	9am	<b>Workplaces Nat</b>	Smarter Travel Workplaces	cyclechallenge@bikeweek.ie
Youth Cycling Training	An event for the young cyclist based within the Glenveagh National Park encouraging young people to come along to develop their cycling skills in a safe environment.	6.30pm	<b>Glenveagh National Park-car park</b>	Errigal Cycle Club	Derek Alcorn-Tel:086 8826044 Email:themillresturant@oceanfree.net
Team Time Trial	The fun event will be team based to include men , women and youth cyclists in a team trial event.	7pm	<b>An Chuir Hotel,</b>	Errigal Cycle Club	Derek Alcorn-Tel:086 8826044 Email:themillresturant@oceanfree.net
Introduction to Off Road Cycling	Participants young and old are encouraged to get their mountain bikes and helmets out for some off	7pm	<b>Clonmany</b>	North Pole Cycling Club	Marty Noone-Tel:074 9363844 Email:martynoone@gmail.com
Buncrana Leisure Cycle	This event will include a ferry trip across Lough Swilly from Buncrana to Rathmullan and a cycle around Knockalla including the famous hill climb	5pm	<b>Buncrana Leis</b>	North Pole Cycling Club	Email:carfullerton@hotmail.com Tel:086 2788497
Bike Care Workshop	A number of workshops based around bike safety, maintenance and performance will be run over the space of the weekend. These workshops are to provide practical information for individuals coaches and riders alike. This particular workshop will provide basic information to all cyclists on how to maintain safe and healthy bike.	12pm	<b>Letterkenny</b>	Four Masters Cycling Club	Jason Black-Tel:0879814461
Ladies Day at North Pole Cycling Club	who would like to get get involved in cycling and will include a cycling workshop from 11am to 4pm (break at 2pm for lunch) at the Buncrana Leisure Centre. The session will be given by Mary Boyd ex Irish Cycling Champion and will apply to all levels of cyclist from novice to racer. There will also be a leisure cycle from Buncrana to Fahan return. <b>Booking is essential for this session.</b>	11am	<b>Buncrana Leisure Centre</b>	North Pole Cycling Club	Georgina Dixon-Tel:0863273619
Family Fun Event	The leisure cycle will be approximately 10k from Termon to Glenveagh Castle on safe and relatively quite roads with some refreshments at the castle	10am	<b>Termon - Lago</b>	Errigal Cycle Club	Derek Alcorn-Tel:086 8826044 Email:themillresturant@oceanfree.net