

MUNSTER LEISURE NEWS and UPDATES **COAST RUN SERIES MOVES TO GALWAY** **THE V CHALLENGE, YOUGHAL CC** **SPORTIVE WATERFORD**

Recap On Recent Tours

RING OF KERRY CHARITY CYCLE.

The 28th Year running of the event, record turnout, over 5,600 cyclists, probably raise over ½ million for local charities, it just gets better and better every year.

A few interesting additions, mobile repair crews on Honda 50's bobbing and weaving amongst cyclists, with the bike pump's wrapped around their shoulders, looking like bank robbers!! great idea.

Best sign on bikes, Two Ladies both had
'Are We There Yet? And is my A Big On This?'







NORTH KERRY / WEST LIMERICK COAST RUN

Feedback from cyclists who participated in the North Kerry / West Limerick Coast Run, were very positive, cycling conditions, proved ideal, 'Very professionally run event, from signs, back up, food, fun, couldn't ask for more, and yet only a tenner' 'Easily in the top 5 spins' 'Brilliant 85km Challenge, four climbs in the last 25km, I'll be back'



After the successful 'Inaugural Clare Coast Run' the series moved to North Kerry / West Limerick, again the route hugs, the Shannon Estuary, recognised as one of the best cycling routes in region, it definitely posed a challenge, with a few testing climbs. Starting in Abbeyfeale, Leisure cyclists headed for Duagh, Listowel, with a food stop in Asdee, then Tarbert, Glin, Athea, Abbeyfeale.

Due to construction works at the mart bridge, cyclists turned left at Healy's forge, where they faced two testing climbs, Ballaugh and Mountmahon, finishing up in Abbeyfeale.

Even though the 85km leisure cycle, sounds easy enough, doing it was a challenge, as it packs a few punches, a few cyclists had a go at each other, all in good fun, one particular case it was a father and son, whilst I won't mention who was first back, my guess is that the two of them will have a few more battles going forward, regardless both agreed great spin, thoroughly enjoyable.



The 145km Sportive route was selected specifically for experienced cyclists, starting in Abbeyfeale, onwards to Tralee by the mountain road, Ballyheigue, Ballyduff, Ballybunion, linking up with the leisure route, Asdee, Tarbert, testing climbs out of Glin and Athea.

Speaking to Jack O'Connor afterwards, who's only 16 yrs., 'Absolutely Brilliant, an excellent Sportive, very well run, has everything, testing climbs, scenery, also being a coastal route, means coping with wind conditions, the experience I've gained from the event will only enhance my cycling career'.

With safety in mind, all sportive cyclists re grouped before Tralee, to ensure everyone got safely through the town.



Speaking with cyclists afterwards, the overall reaction to the route, was excellent, challenges included, mountain road to Tralee against the wind, good sharp up and downs towards Ballyduff, and Asdee. It's a toss of a coin which is the tougher climb, Glin or Athea, but the surprises at the end was two further climbs with only 8km to go, at Ballaugh and Mountmahon.

To include Galway as part of the series, the responses were very positive, also since its being held on a Saturday, one cyclist commented,

'Any excuse to spend a weekend in Galway'

Overall since the series has expanded, this will encourage more cyclists to take up the challenges going forward.







Coast Run Sportive, from left to right, Pat O'Donovan, Jack O'Connor, both from West Clare CC and Enda O'Leary, All Ireland Wheelers.



THE CATERING TEAM IN ASDEE.



A Few Members of Abbeyfeale District Search and Rescue, who provided marshalling, back up and support vehicles on the day.

NEXT UP

Date: 7th August 2011

Time: 10:00am

Starting from:

Youghal GAA
Wagners Hill,
Youghal

Web Address:

www.youghalcyclingclub.com



Irish guide dogs
for the blind

THE VEE CHALLENGE 2011

YOUGHAL CYCLING CLUB

Sportif Sponsor:

COGNEX



YOUGHAL CYCLING 7TH AUGUST 2011

Following on from the success of The Vee Challenge 2010, Youghal Cycling Club are pleased to announce the The Vee Challenge 2011. This year sees us travel the same challenging 130km and 90km routes. We have also secured Cognex Corporation as our Sportif Sponsor. This will greatly improve the experience for the riders, ie better signage, food stops and a Souvenir T-Shirt for each sportif rider. Additionally in 2011 we will be hosting a 10km Family/Kids cycle on Saturday, 6th August. Youghal Cycling Club are also pleased to announce that the tour will be in conjunction with the Irish Guide Dogs for the Blind again this year.

Highlights

- 130km & 90km Sportif Routes
- Souvenir T-Shirt for all Sportif riders
- Complimentary Food & Water Stops
- Family/Kids 10km Cycle on Sat, 6th August

Supporting:



Irish guide dogs
for the blind

Find us on:



Contact: orathan Tobin
Phone: (066) 856 3292
E-mail: youghalcyclingclub@gmail.com
Web: www.youghalcyclingclub.com

Check our website/facebook
page for details of registration

SPORTIVE WATERFORD CC

3 COUNTIES CYCLE CHALLENGES

65KM OR 165KM, Sat. 13TH AUGUST

Start in John Roberts Square & 10am,

Register from 9am to 9.30am,

Finish in Regional Sports Centre, All proceeds to Down

Syndrome. Details sportivewaterfordcc@gmail.com

or 085 1741396

'The Coast Run Series'

GALWAY



100km (Leisure) 145km (Sportive)

Sat. 13th Aug., Starting From Kingfisher Leisure Centre, Challenging Routes, Incls. Scenic Galway Bay, €10 Euro Entry Fee* Details

TheCoastRun.com

'Inaugural Galway Coast', Saturday 13th August.

After the recent Inaugural Clare, plus the North Kerry / West Limerick events, the series now moves to Galway, the route hugs the Stunning Galway Bay Coastline.

Route options include, 100km Leisure, 145km Sportive, 10km Family / Kids Free Fun Cycle, Signing on from 8.00am, Kingfisher Leisure Centre, Galway, Family / Kids fun cycle starts at 8.30am, Leisure and Sportive 9am Sharp!!

'The Galway Coast Run' Starting from Kingfisher, cyclists will head for Salthill, then Barna, Derroe, Derravonniff, (Food Stop) from here the leisure cyclists go to Maam Cross, Oughterard, whilst the Sportive cyclists head for Garroman, Carna, Maam Cross, (Food Stop) Oughterard, and finishing up at Kingfisher, Galway.

Like Clare's Coast Run, the Galway Event is being supported by local clubs, including Galway Bay CC, and The All Ireland Wheelers. Cyclists have already commented that the routes chosen are excellent, challenging, and the scenery is absolutely stunning.

In addition plans are underway to have a Free 10km Family / Kids Fun Cycle, on Galway's promenade.

Cyclists are encouraged to register online immediately, saving €5, otherwise registering on the day incurs this additional fee.

The on-line entry fee for the Leisure and Sportive €10 Cycling Ireland Members, Non-Cycling Ireland Members €15.

For further details see

www.TheCoastRun.Com

To Forward Leisure Cycling Articles, email [Munsterleisurenews at gmail.com](mailto:Munsterleisurenews@gmail.com)