



Lakeside Wheelers Mullingar

Tour of the Lakes

Sunday July 17th



Sign-on: from 9.00am

1st group departs: 10:00am

Riders will start in 3 groups (travelling at different speeds).

Group 1 (Average speed ~ 20mph / 32km/h)

Group 2 (Average speed ~ 17mph / 28km/h)

Group 3 (Average speed ~ 15mph / 24km/h)

Each group will have lead riders, control lead car and back-up van.

Routes: 95km or 110km

Entry Fee: €15

Entry fee includes goodie bag and hot food voucher

Sign-on & start location: **The Downs GAA Club House**

R156 (Killucan Road) 500m from N4

Click for location map: www.naduntagaa.com/map.php

Contact: Conor (087)2846224 Tom (087)1216345 www.lakesidewheelers.ie