



# Come & Try!



## Women in Sports Week Limerick Ladies Cycling Club Spin

*Perfect opportunity if you haven't been on the saddle in a while!*



**REGISTER ONLINE AT:  
[WWW.LIMERICKSPORTS.IE](http://WWW.LIMERICKSPORTS.IE)**

### WHEN

**Saturday March 12<sup>th</sup> at 10am**

### WHERE

**University of Limerick East Gate Car Park**

### WHAT TO BRING

**Roadworthy bike & helmet**

### WHAT TO EXPECT

**A gentle paced 30Km cycle  
with a welcoming group of ladies  
and coffee/refreshments half way!**

**For more information contact  
Limerick Sports Partnership on  
061-333600  
or Limerick Ladies Cycle Club  
on 086-3664137**

