

CYCLE CORK HARBOUR

For FUN and for CHARITY 8th January '06

Enjoy a Beautiful Cycle and Raise Sponsorship.

Your help is needed to support the aids orphans and street children of Africa

- Cycle the Waterfront for 25 miles.
- Cycle with a friend at your leisure, start between 9.30 and 11.00am
- Free Ferry trip, soup & sandwiches.
- Cycle across 6 islands!! Beautiful scenery.
- Great views across the loughs, lots of birdlife.
- Take breaks, enjoy the waterfront scenery.

SPONSORSHIP: You will be given a sponsor card. Get friends, family, workmates to sponsor 10, 50 cents or even €1 a mile!!!

CHARITY CYCLE:

- Raising funds for Childaid to help African street children.
- Fourth year...over €46,000 raised to date.
- Raise awareness of great harbour facility:
- Protect magnificent waterfront access,

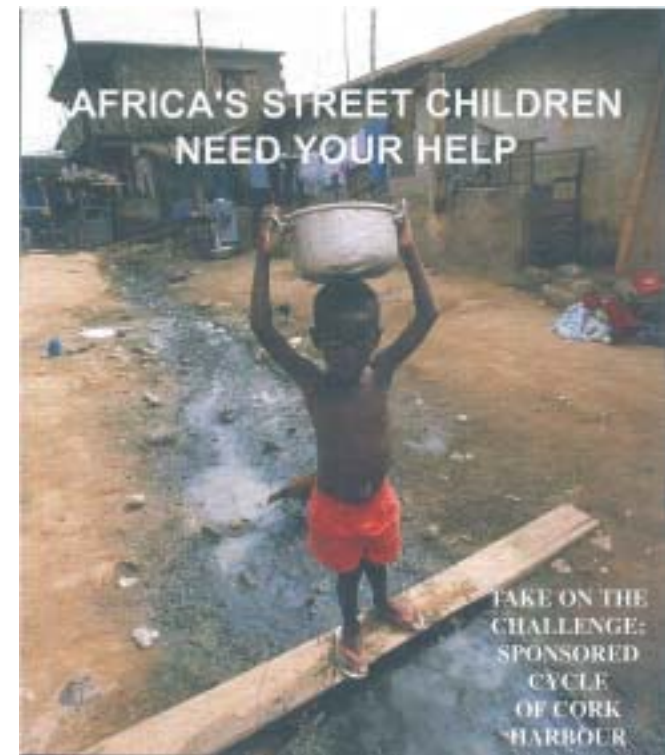
Where & When: Sunday 8th January '06

Start any time between 9.30am and 11.00 am.

Start City at Albert Quay or Cobh at ferry.

Are You Fit Enough:

Last year many entrants had not cycled for years. The route is flat along the waterfront. 10 miles / hour is easy enough, 2.5 hours to finish. But take your time, take a break, enjoy the scenery



ENJOY THE CORK HARBOUR CYCLE & RAISE SPONSORSHIP.

PLEASE JOIN US ON 8TH JANUARY '06

CHILDAID is a registered charity based in Cork, formed by Irish Aid Workers and Defence Forces personnel who worked on Street Children's Projects in Africa. It is supported by PDFORRA the Irish defence forces representative association.

Many children in Africa live in city slums in shacks with no sanitation, no medicines, little food, no education. Many orphaned by Aids live on the streets, scavenge in dumps, sleep in ditches and die young.

Childaid supports projects such as in Makuru slum in Nairobi where children are attracted off the streets with food, shelter and television. Stability and trust help wean them off drugs and glue sniffing. The youngest are housed with foster parents or in orphanages. Older ones are trained in skills. Alongside classrooms all help with growing crops which helps both feed and train the children.

CYCLISTS WANTED

ENJOY A BEAUTIFUL CYCLE & RAISE SPONSORSHIP

CYCLE CORK HARBOUR for CHILDAID

A Cork based Charity for African aids orphans & street children.

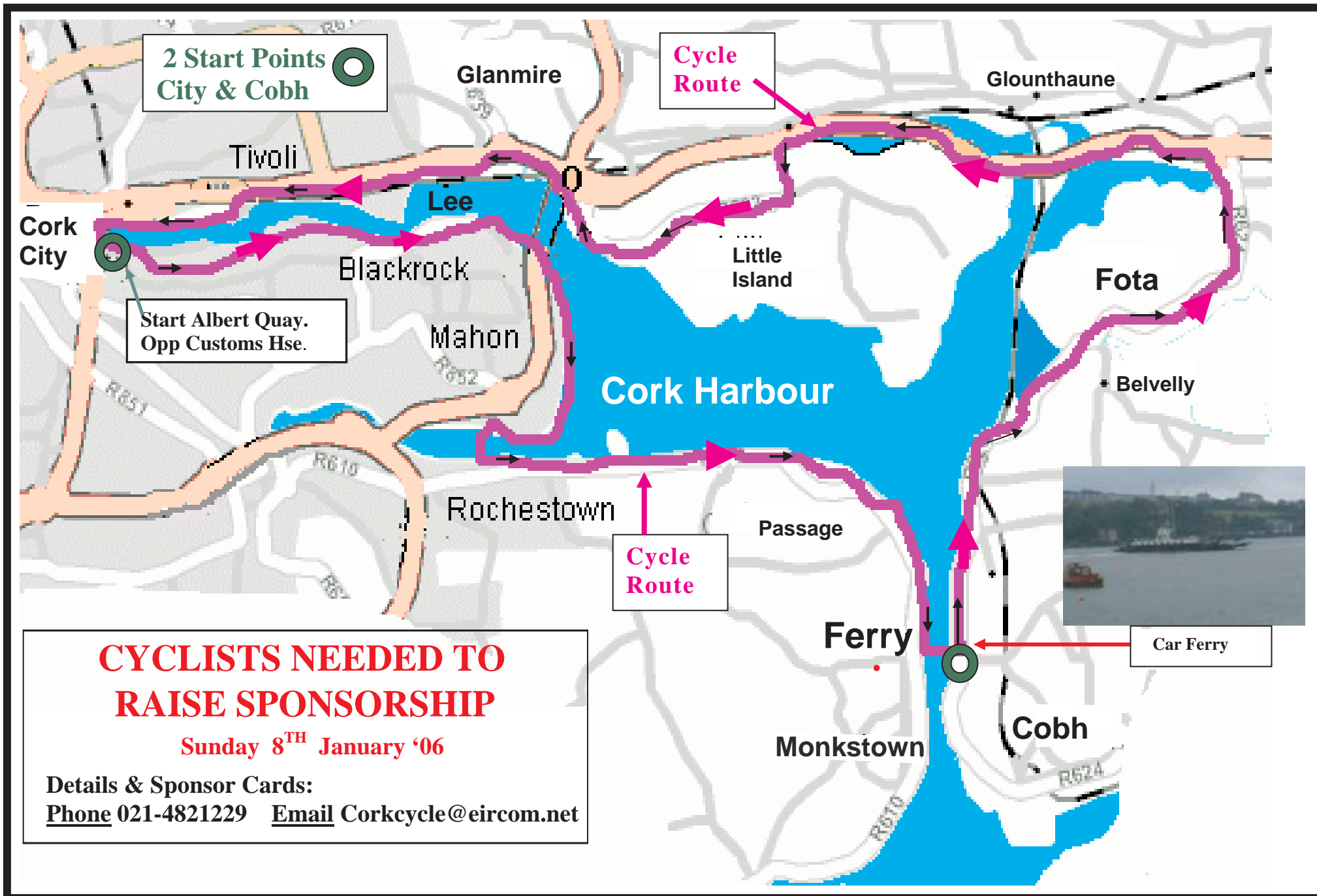
Sponsored 25 Mile Cycle Sunday 8th January '06

Beautiful Waterfront Route. No Hills.

For Details & Sponsor Cards (Min age 16 years)

Ph. 021-4821229 Email: Corkcycle@eircom.net

Childaid, Plunkett Chambers, 21 Oliver Plunkett St., Cork.



2 Start Points
City & Cobh

Cycle
Route

Start Albert Quay.
Opp Customs Hse.

Cork Harbour

Cycle
Route

Car Ferry



**CYCLISTS NEEDED TO
RAISE SPONSORSHIP**
Sunday 8TH January '06
Details & Sponsor Cards:
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