



A Cork based charity delivering the maximum of funds raised to projects by a voluntary membership.

CYCLE CORK HARBOUR

Sunday 3rd April 2011

A Charity Cycle to Fundraise
Enjoy a Beautiful Cycle and Raise Sponsorship.

REGISTER before March 17th. Register early and give yourself time to fundraise. You will get entry details and a sponsorship card. (Min. age 16 years.)
Email corkcycle@gmail.com / Phone 021 4806425

FUNDRAISE; WE NEED YOUR HELP.

- Get your friends & family to sponsor you. Fifty sponsors at €2 each will raise €100.
- Organise a fundraising coffee morning, party, darts night.
- Ask friends to donate any coins in jars at home.

HELMETS Must Be Worn.

Most cycle shops in Cork will give a special offer when you show your sponsor card.

Are You Fit Enough ?

For many entrants each year it is their first cycle 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 breaks, enjoy the scenery.

A lot of work goes into organising the cycle.....don't forget.....

[we need you to fundraise.](http://www.africadirect.ie)

www.africadirect.ie

WE CAN DO GREAT THINGS TOGETHER.

We'll help you achieve a great cycle but....

WE NEED YOUR HELP.

We'll have lots of stewards, signposting, warning signs. We'll sweep up any glass before you start.

But WE NEED YOUR HELP.

We'll give you a reflector vest, map, route guide, ferry trip, refreshments, soup & encouragement.

But WE NEED YOUR HELP.

Africa Direct is a totally voluntary organisation.

This is a charity cycle, many days of voluntary work go into organising and administration. Thirty volunteers work on the day.

But WE NEED YOUR HELP.

Enjoy the cycle at your own pace with a friend, beautiful scenery, great day out.

But WE NEED YOUR HELP.

There is extreme poverty in parts of Africa. Even worse than families living in a one room corrugated iron house without water, electricity, or sanitation in a densely populated slum are those living in the "paper" houses of Kipsongo. The poverty is inhuman with widespread disease. People die young. There are no teenagers in a community of 350 families They leave cramped houses for the streets. The butcher sets out his stall on a wooden box, selling small strips of unrecognisable offal for the lucky ones who can afford it. For the hungry recession brings starvation.



Paper House
To
Mud House



With your help we are rehousing families in traditional mud houses costing €220 each !!!
Fulfil their ambition....**WE NEED YOUR HELP.**



www.Africadirect.ie

CORK HARBOUR

FUNDRAISING CYCLE

Sunday 3rd April 2011



LEISURE CYCLE

FOR ALL to ENJOY



**WE NEED YOUR HELP TO
RAISE FUNDS**



REGISTRATION:

Phone 021-4806425 **Email** Corkcycle@gmail.com

Africa Direct, Plunkett Chambers,
21 Oliver Plunkett St., Cork
www.Aficadirect.ie

CYCLISTS NEEDED TO RAISE SPONSORSHIP.
We need you to fundraise.

Sunday 3rd April 2011

Leaflet Kindly Sponsored by
Paceprint.ie