

Apollo Cycling Team

42 HIGH STREET LURGAN

www.apolloct.com

Apollo Rockets AUTUMN / WINTER PROGRAM 2014

Location	Date	Activity
*Lurgan Park	Saturday 27 Sept	Apollo Rockets 10am
Kilbroney Forest Park Rostrevor	Sunday 28 th Sept	Mountain Biking leaving Lurgan 8am
***Craigavon Lakes	Wednesday 1st Oct 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 4 th Oct 2014	Apollo Rockets 10am
**Lurgan Park - Lurgan	Sunday 5 Oct 2014	Cyclocross League MTB support races
***Craigavon Lakes	Wednesday 8 Oct 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 11 Oct 2014	Apollo Rockets 10am
**Lady Dixon Park - Belfast	Sunday 12 Oct 2014	Cyclocross League MTB support races
Mary Peters Track	Sunday 12 Oct 2014	Mountain Biking 1PM
***Craigavon Lakes	Wednesday 15 Oct 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 18 Oct 2014	Apollo Rockets 10am
**Windmill Park - Dungannon	Sunday 19 Oct 2014	Cyclocross League MTB support races
Blessingbourne	Sunday 19 Oct 2014	Mountain Biking 1.30PM
***Craigavon Lakes	Wednesday 22 Oct 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 25 Oct 2014	Apollo Rockets 10am
**Castle Park - Bangor	Sunday 26 Oct 2014	Cyclocross League MTB support races
***Craigavon Lakes	Wednesday 29 Oct 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 1 Nov 2014	Apollo Rockets 10am
**Moira Demesne - Moira	Sunday 2 Nov 2014	Cyclocross League MTB support races
Castlewellan Forest Park	Sunday 2 Nov 2014	Mountain Biking 1.30PM
***Craigavon Lakes	Wednesday 5 Nov 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 8 Nov 2014	Apollo Rockets 10am
**Seacourt - Larne	Sunday 9 Nov 2014	Cyclocross League MTB support races
***Craigavon Lakes	Wednesday 12 Nov 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 15 Nov 2014	Apollo Rockets 10am
**Ormeau Park - Belfast	Sunday 16 Nov 2014	Cyclocross League MTB support races
Lagan Tow Path	Sunday 16 Nov 2014	Family Leisure Ride
***Craigavon Lakes	Wednesday 19 Nov 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 22 Nov 2014	Apollo Rockets 10am
**Falls Park - Belfast	Sunday 23 Nov 2014	Cyclocross League MTB support races
***Craigavon Lakes	Wednesday 26 Nov 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 29 Nov 2014	Apollo Rockets 10am
**Omagh venue TBC	Sunday 30 Nov 2014	Cyclocross League MTB support races
***Craigavon Lakes	Wednesday 3 Dec 2014	Apollo Rockets 6.30pm
*Lurgan Park	Saturday 13 Nov 2014	Apollo Rockets 10am
**Drum Manor Forest Cookstown	Sunday 14 Dec 2014	Cyclocross League MTB support races
Davagh Forest Park	Sunday 14 Dec 2014	Mountain Biking 1.30PM
***Craigavon Lakes	Wednesday 17 Dec 2014	Apollo Rockets 6.30pm

BLESSINGBOURNE IS SUITABLE FOR ALL AGES

MARY PETERS IS SUITABLE FOR ALL AGES

CASTLEWELLAN. MAIN TRAILS ARE SUITABLE FOR THE BIGGER KIDS. THE SMALLER KIDS CAN PLAY ON THE PUMP TRACK AND THE TRAILS AROUND THE LAKE.

KILBRONEY IS SUITABLE FOR ADULTS ONLY, VERY TOUGH .

DAVAGH FOREST PARK. SUITABLE FOR ALL.

You can see more about the trails here. <http://www.mountainbikeni.com>

All kids must be accompanied by an adult.

Sunday race days we will be heading to the nearest trail / park for more biking after the races when we can arrange it.

*Apollo Rockets Saturday Mornings in Lurgan Park at the piece of grass beside the fountain. 10am - 11am. Free. You need bike, helmet and water bottle. All kids, all ages and abilities welcome.

**Ulster Cyclocross League. Every race has mountain bike support races for kids age under 6 and up as well as adults. More info here

<http://www.ulstercyclocross.com>

***Wednesday nights at Craigavon Lakes. We may only be able to continue with the smallest of the Rockets for another week as its practically dark at 7.30 and getting earlier every week but will play it by ear.

We will though continue to meet even as its gets darker and train the older kids but they must have a Cree type light though if they wish to continue over the winter. A Cree can be bought on eBay for £16 and is rechargeable and extremely bright. Heres a link to the product. This is what I use and recommend but please feel free to use whatever you what so long as it fit for purpose.

http://www.ebay.co.uk/itm/CREE-XML-XM-L-T6-2000-Lumen-LED-Cycle-Bicycle-Lamp-Bike-Light-HeadLamp-Headlight-/200855317230?pt=UK_SportsLeisure_Camping_LightsLanternsTorches&hash=item2ec3e8eae

We will also be organising mid week indoor turbo training sessions in the club rooms. If the older kids would like a session just for them or to join a session we would ask that their parents are in attendance.

We would also like to remind you to join Cycling Ireland and Apollo CT. You can do that here. <http://www.cyclingireland.ie>

Due to the weather we will be forced to cancel a session every so often, hopefully not too many. Please send your email and phone number to Andy so he can keep you posted. Also if you need to contact Andy please do so

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