

## Team Youghal head to Kerry in their Preparations for Race Across America.

Team Youghal rounded off their Winter Training programme last weekend with a Training Camp in Kerry. The Race Across America bound cyclists based themselves in the picturesque town of Kenmare on what was the best weather of the year so far. The sunshine was a far cry from the ice, sleet and snow experienced by the team during the past three months of base training around the East Cork and West Waterford countryside.

Nine cyclists rolled out just before 9am on Saturday and faced into the climb of Moll's Gap, on a 110 mile route around the Ring of Kerry. The morning was overcast on the decent into Killarney but a little later the sun shone through and by the time the group returned to Kenmare in the mid-afternoon the first day's cycling was complete.



The route passed through Moll's Gap, Killarney, Killorglin, Glenbeigh, Caherciveen, Waterville, Coomakista Pass, Caherdaniel, Sneem, Templenoe and Kenmare.

The cyclists, all members of the Youghal Cycling Club, were supported by crew members Aonghus O'Broin, Maurice and Eoin Flanagan. Maurice supplied the support vehicle each day

and Aonghus was Cook for the weekend.



On Sunday the cyclists took the Ring of Beara Route, which was a little shorter than Saturday's cycle but tougher. Sunday's Route was Kenmare, Ardgroom, Eyeries, Castletownbers, Glengarriff, Adrigole, Caha Pass, Kenmare.



The camp proved a great success and was the culmination phase one of the preparations for Team Youghal to take on the 3,000 plus mile Race Across America which starts in Oceanside California on June 18<sup>th</sup>. Team Youghal will once again raise funds for the Emer Casey Foundation during RAAM 2011. You can follow the Team's progress on [www.teamyoughal.com](http://www.teamyoughal.com) or donate to the chosen charity at [www.emercaseyfoundation.com](http://www.emercaseyfoundation.com)