

Ronan and Richie participate in the Gaelforce West Adventure Race for Acquired Brain Injury Ireland

On August 22nd **Ronan Mills**, Rehabilitation Assistant in ABI Ireland's service in Rochestown Ave, and his friend **Richie Murphy** are going to attempt the multi-disciplinary "Adventure Race" around half of the wilds of West County in aid of Acquired Brain Injury Ireland. Spurred on by local legend, that there is a public house at the summit of Croagh Patrick, and never one to pass up the opportunity for a frosty one, Ronan and Richie have decided to channel this personal weakness through Gaelforce West.



What is Gael Force West 2009? Richie replies. *"Aside from 6-9 hours of hell, it is more commonly known as an Adventure Race where we will undertake running, kayaking, cycling, some more running, wee bit more cycling, a quick jaunt up and down Croagh Patrick, followed by a stumble to the finish.*

The race starts at a beach out by Killary Harbour and eventually finishes in Westport 66kms later!

The detailed breakdown, nature and sequence of activity is as follows:

- Stage 1: Beach, Trail and Road Run 12km
- Stage 2: Kayaking across Killary Harbour 1.6km
- Stage 3: Trail and Road Run 3.5km
- Stage 4: Cycling 32.5km
- Stage 5: Mountain Run/Hike 4.5km
- Stage 6: Cycling 12.5km

Support has been flowing in from Ronan and Ritchie's friends and colleagues.

There's still time to sponsor Ronan & Ritchie. Go to their mycharity webpage http://www.mycharity.ie/event/you_sure_theres_a_pub_up_here/

Visit Gael Force West website : www.gaelforcewest.ie

