

Trekkin' Eegits 2009

Walk to raise funds for acquired brain injury irel and



Ballyduff to Waterford (the hard way!)

A trek from one side of County Waterford to the other – from Ballyduff, through Lismore, Cappoquin, Dungarvan, Clonea, Kilmacthomas and Kilmeadan, on to Waterford.

The aim is to follow the route of the old railway line that ran through the county (where possible, as in the west of the county not much of the line remains intact).

We plan to complete the 50 mile walk over two days: Day 1 to get from Ballyduff to Clonea and Day 2 from Clonea to Waterford, covering approximately 25 miles each day.

Who We Are...

The Trekkin' Eegits ..

...are a group of family and friends from the Cappoquin region of West Waterford:

- The McGrath gang
Gina, Cara, Eamon & Thomas.
P.J. McGrath - no relation!
Una & Frank McCarthy.
Catherine Ahearne.
 Silvia Casey.
Fiona Casey-Parker.
Caroline Wilkinson.
John Geoghegan.

WHY?

You could say
"why not?"
but the real reason ...

The members of our group have all been affected when a friend or family member suffered an acquired brain injury.

Acquired Brain Injury Ireland needs the support of fundraisers in order to carry out their work and expand their services.

So help us to help

If you wish to contact us for further information, or just to offer moral support, please get in touch at:
Trekkin_eegits@eircom.net

If you wish to make a donation, please:

**Contact Cara at Cappoquin Branch,
Lismore-Cappoquin Credit Union, Tel: 058 54922;
Email trekkin_eegits@eircom.net ; Or**

donate directly to Acquired Brain Injury Ireland
<http://www.mycharity.ie/charity/peterbradleyfoundation/>