



Acquired Brain Injury Ireland to Cycle from Letterkenny to Donegal

On Sunday **August 29th 2010** a group of 65 cycling enthusiasts will cycle 115 kilometers from Letterkenny to Sligo in aid of Acquired Brain Injury Ireland.

All money raised from the cycle will go to ABI Ireland's Transitional Living Unit in Sligo and ABI Ireland's Donegal services in Letterkenny. The cyclists will set off at 9.30am from Letterkenny and will travel through Ballybofey, Bundoran, Cliftoney, Grange and Drumcliffe before arriving in Sligo town at approximately 5.00pm.

Teresa O'Boyle, ABI Ireland Local Services Manager urged everyone in these towns to come out and cheer on the cyclists: "Many of us have watched the Tour de France over the last three weeks so let's create our own festival atmosphere on August 29th. We would welcome any support and encouragement for our brave cyclists, who are raising much needed funds for our work here in Sligo and Donegal."

Ms. O'Boyle said that the cycle will also raise awareness of safe cycling by promoting ABI Ireland's "Mind Your Head" campaign which encourages cyclists to protect their head by wearing a cycle helmet.

Acquired brain injury can occur as a result of a stroke, a road traffic accident, a drug overdose, viral infection or even a simple fall from a bicycle. Established in 2000, Acquired Brain Injury Ireland provides a broad range of pioneering, flexible and tailor-made services for people with ABI and their families.

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