

"LE TOUR D' FRANCE" July 2008

Dear Brian Thank you so much for the opportunity to take part in my first Tour d' France ride on Saturday. It was challenging, rewarding, inspiring and most of all great fun shared with so many people amongst a sea of colour and energy. The energy in the room was fantastic

All the months of Wednesday mornings wake up calls to hear you on SEN between 4.30 and 5.00am, the out of bed for a half hour run before my daily gym work outs made it worth every minute

I owe you much in your inspiration and congratulations - how good it was! The gym too was fantastic. I feel blessed to be a part of Good Life and all its staff and members.

I can't wait till next year. I'll be back

- Angela Heffernan