



Team Time Trials

GRANJENO COMMUNITY CENTER - 6603 S.FM 49, GRANJENO
REGISTRATION STARTS @ 6:30 A.M.

ENTRY FEE
\$25.00 per team

DIVISIONS (all 3 person teams)

- Men—
2 must finish together
- Women—
2 must finish together
- Coed—one woman & one man must finish together

Other:

- Recumbent
- Tandem

Age Groups:

- 19 & under
- 20-29
- 30-39
- 40-49
- 50-59
- 60+

Age group classification determined by age of youngest member.

Meet at Granjeno Community Center.

Register online @ www.teammcallycycling.org or at 6:30 a.m. day of event.

First Bike Out 8:00 a.m.

2 minute intervals.

Cyclists warm-up by riding to starting point on the bridge east of intersection at Old Military Highway and Inspiration Road. (DO NOT TAKE MILITARY OFF OF CONWAY—NO PAVEMENT FOR APPROX. 1/2 MILE!)

July 12, 2009—14.5 Miles—3 Member Teams

In honor of the return of the team time trials to the Tour de France, join us for the only Team Time Trials of the season in the RGV on July 12, 2009! **Males, Females & Co-Ed Teams welcome. Other categories: Recumbent & Tandem! Medals awarded to Male, Female, & Co-ed Teams.**

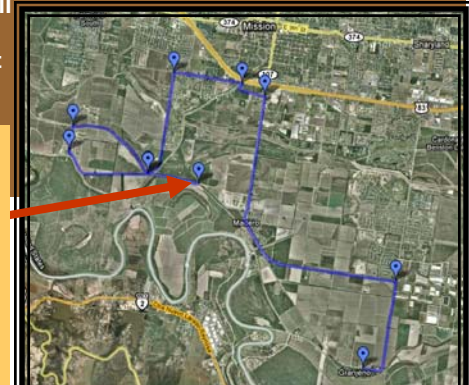
Let your competitive side loose and test your mettle against others in your age group or enter just for fun!

Start Location: Line up on bridge on Military Highway. Start at Inspiration Road just south of Military. Follow curve to Bentsen Road, turn right onto Bentsen, right onto Military, left onto Inspiration, right onto 1 Mile Road, right onto Abelino Farias Road, right onto Conway, right onto Shary, finish at Granjeno Community Center.

Team Time Trials in Montpellier—7/7/09

Vacant from the Tour schedule for the past four years the team time trial returns to its original format. This event is one of the most fascinating in cycling. All nine riders, riding at their maximum, only inches from one another, at speeds that are unattainable on their own. It's a beautiful formation of colors blurring past you at high speed that gives the visual aspect of one cohesive unit.

Results of Stage 4 Team Time Trials will be posted at B.J.'s for comparison (just for fun!)



Tour de France Social—Everyone Welcome!

Following the time trials at B.J.'s on Expressway 83 & Ware Road*

* Be prepared to run your own tab at the restaurant.

Stage 09: Saint-Gaudens to Tarbes (160.5km)

Saint-Gaudens is one of those Pyrenees towns whose name rings a bell with cycling fans. Some of the greatest mountain stages in Tour history finished there, such as in 1955, when Louison Bobet donned the Yellow Jersey and kept it on for the rest of the race, eventually becoming the first man to win three Tours de France in a row. After a start in Saint-Gaudens in 1976 Lucien Van Impe took a more than three-minute lead over Joop Zoetemelk, taking a firm option in Saint-Lary-Soulan on the final victory.

Stage 9: Sunday, July 12, 2009

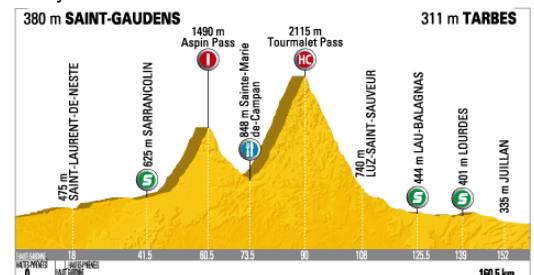
Saint Gaudens - Tarbes

7:00am to 11:30am: LIVE Daily Coverage

12:00pm to 2:00pm: Race Action Replay

2:30pm to 4:30pm: Race Action Replay

Times are Eastern Daylight



Inside Story Headline



Caption describing picture or graphic.

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be

used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an edi-

torial. You can also profile new employees or top customers or vendors.

Caption describing picture or graphic.



Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask your-

self if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several

tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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Caption describing picture or graphic.



Organization

Team McAllen Cycling

P. O. Box 720053
McAllen, Texas 78504
www.teammcallencycling.org

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include

a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual

charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.