

Team Profile: Metro Volkswagen Cycling Team

Main Sponsors: Metro Volkswagen ;BH Bikes; HINCAPIE Sportswear ; Summy Designs ; Mad Duck Cyclery ;Lake Shoes ;Accelerade ;Uvex ;Pickle Juice Sport ;Continental ;fizi:k ;Sock Guy ;Sigma ;Arundel

Elite Team Members: Nathan Rogut; Will Snodgrass; Corey Ray; Leo Frayre; Anuthee Huffstetter; Joe Miller; Christian Helmig; Peter Carey; Gordon Parola; Shannon Koch; Jim Geist; Jenny Willhite; Ashley Anderson; Rachel Byus; Parker Thompson; Mike Niemi; Austin Robison and Epes Harris

Website: FCSycling.com

Geographic area: We have riders from Pennsylvania, Florida, Arizona, Oklahoma and of course, Texas .TX, We look for people of promise. These are juniors or young elite riders trying to make it to the next level.

We pick races around the nation based on format and whether or not they're team oriented. We like to participate in Nationally known races, NRC races and the US Crit series. In some races we'll work with the Hincapie squad.

History: - FCS is in the 4th year ... but the manager Nathan Rogut has been doing this for 8 years after moving to Texas with EDS' Superdome project.

Races promoted: FCS Club sponsors several.

Goals or Purpose: The Elite Program of FCS gives riders "The taste of the professional life." – The Real Professional Life of dedication and intense development. There is significant support for most of the elite riders. Success stories are ones of both bicycle racing and in life. People like Shannon Koch, Matt Seagrave , Shane Densmore and Parker Thompson Silver are great examples of the program's impact.

2008 will be a building year for our team, four new riders for U23 and, probably, one of the top Junior

Teams in the US. Kimberly Gist and Shannon Koch are two of the strongest U23 Women in Country.

Membership and contact information: see www.FCSycling.com



3rd Annual Tour de Forts Bike Ride Weekend

Sponsored by Central Texas Hills and Rivers Region and the City of Junction Tourism

Friday, May 16, 1 p.m.

- Packet pick-up @ courthouse, 1-6 p.m.
- Free pasta dinner for cyclists, 7 p.m., City Park

Saturday, May 17, 8 a.m.

- Group start 10, 20, 40-mile or century rides
- Gift bags for first 250 registrants
- 10 stations (every 10 miles) fruit, sandwiches, drinks, medical care
- SAG wagons entire route and police escort
- Free fajita dinner for cyclists, 7 p.m., City Park

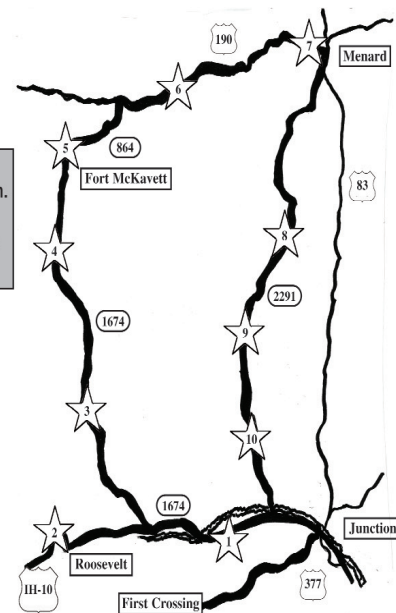
Sunday, May 18, 8 a.m.

- Free breakfast for cyclists, First Crossing
- 12.6 or 25.2 mile rides

benefitting
Meals on Wheels

ANSI or SNELL approved helmet required for participation.
Tour de Forts Bike Ride will be held rain or shine. No refunds.

\$45
through May 10
\$55
beginning May 11



Secure On-Line Registration through May 10 at www.signmeup.com/59927

Registration Form (one form for each registrant)

Name _____ Date _____
 Address _____
 City _____ State _____ Zip _____ Day phone _____
 Email _____ Age _____ Total Enclosed _____
 Signature _____ (parent or guardian if rider is under 18)

Mail registration and payment to:

Lynn Foreman
10400 East Ranch Rd. 2169
Junction, Texas 76849
cavforeman@ctesc.net
325-446-9133

Make checks payable to:
CTHRR