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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A wave from the Tour**

**By Craig McGinty**

**A wave from the Tour by Craig McGinty**

IT takes hours of map reading and meticulous attention to detail to ensure a successful Tour de France, and that's just the spectators.

I had prepared and planned out a route that would land me close to the end of stage 11 of the Tour, a 164km trip for the cyclists from Saint Flour to Figeac.

But thousands of other people had the same idea so it was a slow crawl through the streets of Figeac, in the Lot, before I found myself about 7km from the end of the race.

The village of Saint Jean Mirabel had come out in force with good luck messages and flags set up beside the route, and even a giant poster suspended between three tractors.

Then as the leader approached, with helicopters buzzing in the air, the cheers from the spectators began to grow.

A small figure, hunched over his bicycle suddenly came into view at the top of the road, dwarfed by the police motorcycles, television cameras and official cars beside him.

And before my camera could focus he was gliding by in a bubble of complete concentration, his machine silently cutting through the wind.

Then the crowd caught its breath, preparing for the arrival of the pursuing pack, or peloton.

But before they arrived there was a battle for second and third place taking place as the two men shot past in a blur of orange, blue and white.

Five minutes later the peloton appeared at the top of the road with police sirens blaring and another helicopter hovering close by in the clear, blue sky.

This was a much noisier affair with the fans screaming for their favourites and the rush of air like a passing truck, full of the sounds of gear changes and rubber on road.

If the leading cyclists are like small fish, darting off through the rocks, the peloton is an all-consuming wave that crashes down on the leaders who falter.

And like a wave it is not always clear on whom it is going to fall as over 100 cyclists pour down the road you need to keep away from the edge as some briefly go astray.

But as the pack heads off up the road, the crowds further on are hit by the wave with cheers and car horns echoing in the distance.

Then as the last few cyclists ride by, still working hard to stay in the race, the Tour comes to a close, but what of the beginning?

## A wave from the Tour

The build-up to the passing of the Tour starts earlier in the day and takes place on the grass verges and in the fields that border the route.

Villages prepare fetes, amateur cyclists ride up and down the route to see what the pros will face and children get ready for the caravane.

An hour before the race actually arrives the sponsors' cavalcade drives past with their crazy cars, disco music and freebies.

Here you see coffee pots, inflatable ducks and even a giant, furry lion parading past throwing sweets, magazines and toys at the feet of the children stood beside the road.

The fans scream and shout hoping to pick up some goodies as parents duck and dive out of the way of stray packets of coffee, which fly past their heads.

Since the Tour started in 1903 it has become one of the world's major sporting events and can lay claim to possessing the largest number of spectators.

And it is the fans that make the Tour such a spectacle, as they stretch out along more than 3,500km of tarmac, shouting and screaming encouragement as the wave passes by.

But today the fishes out ran the wave and a breakaway by local rider, David Moncoutie proved strong enough to give the Frenchman his first-ever stage win.

For more articles by Craig McGinty on living in France including tips on buying a home, the legal process and more, visit his website and live life the French way.<http://www.thisfrenchlife.com>

## **San Diego Harbor Bay Tour**

### **By Burt Cotton**

As vast as the San Diego harbor is, a simple walk around it doesn't do it justice! To partake in the beauty that is San Diego Harbor, you need to take a tour of the bay. San Diego Harbor Excursion can help you do that, as they are the most established tour company throughout the bay.

As a guest, they will treat you with as one of them, helping to bring your cruise to life. There are a few parts to the tour, ensuring that you get the most out of your time on the cruise.

**Tour of the North Bay** On your tour of the North Bay, you'll see the North Island Naval Air Station, Shelter Islands, and even the Naval Sub Base. If you look closely, you'll also be able see the Cabrillo National Monument as well.

The tour of the North Bay is around 12 miles in length and lasts about an hour. This is a fine tour for anyone interested in the Navy as well. During your tour the guides will explain everything to you as you see it. This way, you'll always know what's going on.

**Tour of the South Bay** Your tour of the South Bay consists of the Star of India, the Naval surface fleet, Coronado Bay Bridge, and the shipyards. This is a very busy and hectic area, which makes a tour excellent to see everything that this area has to offer.

## A wave from the Tour

The tour of South Bay is roughly 12 miles in length and also lasts around an hour. The guides will explain things here to you as well, ensuring that you know exactly what you are seeing.

Tour of the Bay Those of you who are looking to see it all should go for the deluxe tour of the entire bay. You'll see everything covered in the North and South Bay, along with everything else the bay has to offer. The tour is around 25 miles in length and lasts around 2 hours.

To get started on your tour, all you need to do is contact the Harbor Excursion. The price for the tour is very reasonable, considering everything you'll be seeing.

If you happen to live in San Diego, taking the tour is easier than ever. Those of you who are visiting or on vacation should give the tour a shot as well. This way you'll get to experience everything that San Diego Bay has to offer you without having to walk around. And best of all – tour guides will explain the sights to you – so you'll never miss a second.

Burt Cotton



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