

3rd Annual

# NPC Capital of Texas Roundup

Bodybuilding, Figure, Fitness & Bikini Championships  
August 1, 2009 • Austin, TX

EXPO 2009

Presented by  
ETCHED IN STONE



MC Rex Gabriel

## NATIONAL QUALIFIER

PRE-JUDGING AUG. 1 @ 8 AM - FINALS 7 PM

@RENAISSANCE HOTEL - GRAND BALLROOM

TITLE SPONSOR  
**GNC PRO PERFORMANCE**

WEIGH-IN & RULES MEETING:

FRIDAY, JULY 31 @ 7 PM - RENAISSANCE HOTEL  
(WEDGEWOOD ROOM)

THREE GUEST POSERS - ONE GRAND NIGHT  
"BEST AMATEUR POSER AWARD WILL BE GIVEN"



Co-Hosted By:



Living Water



**The Renaissance Hotel:**  
512.343.2626 Direct  
1.800.468.3571 Toll-Free

Book your room at the Renaissance Hotel - Stay where the Media Coverage, the Action and the Pros are! Special Rates!

**Contest Hotel**



**New Event**



**2009 BENCH PRESS CHAMPIONSHIPS**



**Dave Goodin**  
"The Texas Shredder"  
National Competitor

**Sylvio Samuel**  
IFBB Pro  
2009 Iron Man Champion

**Adela Garcia**  
3X IFBB Pro  
Ms. Fitness Olympia

FOR SHOW TICKETS AND CONTEST INFO:

CECIL & SAMANTHA BALLARD

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THE SHOW WILL BE SMOKIN' - DEAL WITH IT!!!