

8TH ANNUAL



# Island Lake

OF NOVI

TRIATHLON & 1.5 MILE OPEN WATER SWIM

AUGUST 15, 2010



5 MILE SWIM



12 MILE BIKE



3 MILE RUN



10 Mile & Wixom Rd. in Novi, MI

Start Time: 8 a.m.

More information and registration at

<http://www.swimfasttrifast.com/index.php/island-lake-of-novi-triathlon.html>

Entry fee varies by date.

**3 person triathlon relay teams – limited slots available**

**Sign up now – we always sell out!**



Prevent the sting of the injury bug.



RoadID.com



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