



8th
Loaring
triathlon

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SATURDAY
JULY 19th, 2008

BEGINNER TRIATHLON:
375m swim/ 11k bike/2.6k run
DOUBLE TRIATHLON:
375m swim/ 11k bike/2.6k run (x2)

881 County Road 50 E., Essex, Ontario, N0R 1G0 (40 min from Windsor/Detroit)

Race Directors: Charlotte & James Loaring
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