



9th
Loaring
triathlon

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SATURDAY
JULY 17th, 2010

BEGINNER TRIATHLON:
375m swim/ 11k bike/2.6k run

SPRINT TRIATHLON:
750m swim/ 22k bike/5k run

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

Race Directors: Charlotte & James Loaring
Website: www.loaring.com

Email: james@loaringphysio.com
Contact: James Loaring (519) 562-5231

TRIATHLON • PASTA DINNER • AFTER PARTY
Musical Guests: "Area Fifty-One" & "Better Than Nuttin"

All Proceeds to the **Elena Loaring Memorial Fund for Breast Cancer Research** through the University of Windsor.
* All donations doubled by the provincial government.

