



**August 16, 2009**

8 a.m. at 10 Mile & Wixom Rd. in Novi, MI

Register now at

<http://www.swimfasttrifast.com/islandlakeofnovitri.html>

**Individual Triathlon**

\$45 to April 30<sup>th</sup>; \$52 to June 30<sup>th</sup>; \$57 to July 31<sup>st</sup>; after...\$67

**Open Water Swim**

\$20 to May 31<sup>st</sup>; \$25 to July 31<sup>st</sup>; after...\$35

**New for 2009 – 3 person team relays!**

**Limited number of slots**

