



## **Third Annual Row Nova Scotia Erg Marathon & Half Marathon**

Saturday March 25, 2017

Sunday March 26, 2017

7:30AM-3:00PM

Provincial Training Centre  
65 Queen Street, Dartmouth, N.S.

### **Registration Info:**

Due to positive response from the community the event has been expanded to a two-day format.

**Junior, Under 23, and Senior A athletes will participate on Saturday;**

**Masters and Community athletes will participate on Sunday.**

Athletes participating in the full marathon will have priority on the first flights (8:00-12:00) up until the early registration deadline of March 17. After March 17 Half Marathon entries will be considered for the early shifts. The afternoon shift (12:30-2:30) will be reserved (primarily) for half marathoners until March 17.

The early registration deadline is fast approaching. Please remember that if you want to *insure you have a spot reserved for the **full** marathon you must register before March 17.*

The registration fee is \$30, if you register at the door, the fee will be \$45. To register e-mail [coach@rowns.ca](mailto:coach@rowns.ca) saying which distance (full or half) you wish to enroll in and what age class you belong to.

There are only 10 spots available for each flight, please register early to avoid being placed on the wait list.

All funds raised will support the Row Nova Scotia Equipment Fund.

### **Times:**

Our first flight will be 4hrs long and is intended for the Full Marathon. **First Flight will run from 8:00-12:00.** \*\*\*Ergs will be available *for warm up at 7:30*

The second flight is intended for the half marathon event. **The second Flight will run from 12:30-2:30.** \*\*\*Ergs will become available for *warm up around 12:00.*

Day	Flight #1 8:00-12:00	Flight #2 12:00-2:30
Saturday	Jr/U-23/Sr.A Full	Jr/U-23/Sr.A Half
Sunday	Masters/Community Full	Masters/Community Half

If we do not have 10 athletes registered for the respective flights by March 17 we will consider mixing full and half marathon participants in the same flights.

\*\*\*If you think you will need more time to complete the pull just let me know when you register.

### **Rules:**

This is a participation event, not a competition. A special prize will be awarded to athletes who complete the Half Marathon, and a very special prize will be awarded to those who complete the Full Marathon. There are no awards for placement.

- 1) Only one rower per ergometer – there are **no relay teams**.
- 2) You may start and stop as you like but it is your responsibility to keep your monitor “active” ...if the monitor “times out” and resets because your break was too long you will have to restart the piece.
- 3) In general, the “half marathoners” will have 2hr 30min to compete their pull, but arrangements can be made to extend the allocated times. The “full marathon group” will have 4hrs to complete a pull, but more time can be allocated if needed.
- 4) Personal music via headphones is allowed.
- 5) Personal food and nutrition is highly recommended, please refrain from using easily spilled containers, and smelly forms of nutrition.
- 6) Monitors must be set to either 41 195m or 21 097m prior to starting, we will not start from “just row.”

### **Pacing and Targets:**

So you know approximate times:

The average time for Male Marathons in 2015 according to Concept 2 was: **3:14:54.1**

Below you will find the respective percentiles for Male Marathons:

PERCENTILES			
90th	75th	50th	25th
<u>2:49:08.5</u>	<u>2:57:36.3</u>	<u>3:10:05.1</u>	<u>3:27:57.1</u>

The average time for Female Marathons in 2015 according to Concept 2 was: **3:43:10.2**

Below you will find the respective percentiles for Female Marathons:

PERCENTILES			
90th	75th	50th	25th
<u>3:10:17.9</u>	<u>3:20:36.7</u>	<u>3:38:16.3</u>	<u>3:58:54.3</u>

The average time for Male Half Marathons in 2015 according to Concept 2 was: **1:32:53.0**

Below you will find the respective percentiles for Male Half Marathons:

PERCENTILES			
90th	75th	50th	25th
<u>1:21:39.3</u>	<u>1:25:26.2</u>	<u>1:30:40.1</u>	<u>1:37:38.9</u>

The average time for Female Half Marathons in 2015 according to Concept 2 was:  
**1:48:22.2**

Below you will find the respective percentiles for Female Half Marathons:

PERCENTILES			
90th	75th	50th	25th
<u>1:32:30.1</u>	<u>1:38:08.7</u>	<u>1:44:58.9</u>	<u>1:56:11.8</u>

Pacing Table for 20Km & 40Km:

Dist/Pace	1:40	1:45	1:50	1:55	2:00	2:05
10000m	0:33:20	0:35:00	0:36:40	0:38:20	0:40:00	0:41:40
20000m	1:06:40	1:10:00	1:13:20	1:16:40	1:20:00	1:23:20
40000m	2:13:20	2:20:00	2:26:40	2:33:20	2:40:00	2:46:40
	2:10	2:15	2:20	2:25	2:30	2:35
10000m	0:43:20	0:45:00	0:46:40	0:48:20	0:50:00	0:51:40
20000m	1:26:40	1:30:00	1:33:20	1:36:40	1:40:00	1:43:20
40000m	2:53:20	3:00:00	3:06:40	3:13:20	3:20:00	3:26:40

Pacing is everything, there is no need to sprint at the beginning. Start conservative for the first 5Km, if you feel good push your limits towards the last 5-10Km. Your typical 60-70+min Category 6 pace should be very close to your pace on Sunday; trust your training.

### **Strategy:**

Hydration and nutrition will be important for a longer distance piece. The timing of hydration or nutrition breaks will be very important. If you stop too frequently you will lose too much time. Schedule for 10-20sec drinks breaks every 5 or 7Km - avoid breaks more frequent than every 5Km.

To ensure you have enough energy and electrolytes during the half I suggest you plan to bring a 750mL water bottle with Gatorade style sports drink (please be sure it has carbohydrates in it – avoid Gatorade G2, as it doesn't have any carbs to fuel your piece).

For a marathon I would have 2-3x 750mL bottles of a sports drink as well as some Cliff Shot Blocks or Sharkies or a similar juice based gummie style energy chews. You could also use an energy gel or two during your longer piece.

Please be sure to try out all energy drinks, chews and gels several times before you use them at the event. The middle of the event is a terrible time to discover they give you a stomachache, diarrhea, or worse.

Please visit <http://www.concept2.com/indoor-rowers/training/rowing-for-specific-goals/marathon-rowing> for a complete list of suggestions.

### **Post Half or Full Marathon Nutrition:**

You will have spent a lot of energy accomplishing your goals, and good nutrition following your hard work will help you recover. Having a 500mL serving of chocolate milk in a thermos as well as a couple of bananas and an energy bar (or two) will be great immediately after your get off your erg. You will want more food too, so be sure to pack more. I will have some fruit, granola bars, and pizza for you to enjoy after your piece – it may be cold pizza because the local pizzerias open late on Sundays, but nothing makes a long erg awesome like pizza at the end.

### **A final thought...**

This is going to be great, come in with a great attitude, stay positive, and let your positive enthusiasm shine – it will inspire others. We are coming together to help each other achieve some thing big, and that's really special. Enjoy.

Every meter is going to make you a better rower and racer.