



Erg Marathon & Half Marathon 10K & 5K

Sunday March 18th, 2018

7:30AM – 4:00PM

University of King's College Gymnasium

6350 Coburg Road, Halifax Nova Scotia

Event Information:

Halifax Rowing Club is proud to host the Annual Erg Marathon & Half Marathon on Sunday March 18th, at the University of King's College Gymnasium. The format is a 42,195m race in the morning and a 21,098m race in the afternoon. 10,000m and 5,000m Junior Rower events will be interspersed throughout the day.

There will be a large projected screen showing movies for the participants to watch while erging. We encourage family, friends and fellow rowers to drop in and cheer on the athletes as they attempt to complete this endurance challenge. There will be coffee, tea and snacks available for all the spectators, so please come and enjoy the fun and excitement!

We will also be teaching Learn-to-Erg sessions for anyone interested in learning about rowing and training for rowing on the erg. These sessions will take place throughout the day; encourage your parents, friends and colleagues to discover the wonderful world of rowing and erging.

All athletes will receive an HRC T-Shirt commemorating the event. The Junior Women, Junior Men, Sr. Women and Sr. Men athlete's with the fastest times in the Marathon Event, will win an HRC Hoodie.

The times for the 10K & 5K events will be posted in the race package. The race package will be available on March 12th, 2018. The Learn-to-Erg times will also be posted in the race package. If there are ergs available in the morning session, some athletes may start the Half Marathon at 8:00AM.



Registration Information:

To register, email Colm Gribbin at colm@halifaxrowing.ca

Please include the following information; Name, age, T-shirt size and event (Marathon, Half Marathon, 10K or 5K).

Registration Fee:

Marathon or Half Marathon - \$30.00

10K or 5K - \$20.00

Learn-to-Erg - \$15.00

Late registration (March 11th - 18th) - \$45.00 * *Space not guaranteed.*

Event Times:

Marathon

Warm-Up – 7:30AM-8:00AM

Race Start – 8:00AM

Half Marathon

Warm-Up – 12:30PM-1:00PM

Race Start – 1:00PM

10K and 5K events will be interspersed throughout the day.

A race package will be released with all relevant details on March 11th, 2018.