



## **Erg Marathon & Half Marathon Championships** **“Endure & Conquer”**

Sunday March 31<sup>st</sup> 2019

8:00AM – 4:00PM

Dalplex – Dalhousie University Athletics Facility  
6260 South Street, Halifax Nova Scotia

### **Event Information:**

Halifax Rowing Club and RowNS are proud to host the Second Annual Erg Marathon & Half Marathon on Sunday March 31<sup>st</sup>, at the Dalplex. The format is a 42,195m race in the morning and a 21,098m race in the afternoon. 10,000m and 5,000m events will be interspersed throughout the day.

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 teach Learn-to-Erg sessions to anyone interested in learning about rowing and curious about the erg. There will be two sessions (9:00am & 2:00pm start-times); encourage your parents, friends and colleagues to discover the wonderful world of rowing and erging!

The first fifty athletes to sign-up for the event (not including Learn-to-Erg) will receive an event t-shirt for participating. The Junior Women, Junior Men, Sr./Masters Women and Sr. /Masters Men with the fastest times in the Marathon Event, will win an event Hoodie. There will also be secret prizes for the winners of every event!

If there are ergs available in the morning session, some athletes may start the Half Marathon in the AM. The start times for the 10K & 5K events will be posted in the race draw and will depend on erg availability. If you prefer a certain time, please include it on your entry. The draw will be available on March 26<sup>th</sup> 2019.

Many thanks to ACCEL Physiotherapy & Sports Performance Centre, Gold Level Sponsor of Halifax Rowing Club, for supporting the 2019 Marathon & Half Marathon Championships!



**Registration Information:**

To register, email Colm Gribbin at [colm@halifaxrowing.ca](mailto:colm@halifaxrowing.ca)

Please include the following information;

- 1) Name
- 2) Age
- 3) Age Category (Junior, Senior, Master)
- 4) Event (Marathon, Half Marathon, 10K or 5K)
- 5) T-shirt size (Please include M/W as well as size)
- 6) Time preference (AM or PM)

Registration closes **March 24<sup>th</sup>, 2019 – 11:59 PM.**

**Registration Fee:**

Marathon or Half Marathon - \$25.00 Registration + \$5 Seat Fee = \$30 Total

10K or 5K - \$20.00 Registration + \$5 Seat Fee = \$25 Total

Learn-to-Erg - \$15.00 Registration + \$5 Seat Fee = \$20 Total

Late registration (March 25<sup>th</sup> – March 31<sup>st</sup>) - \$45.00 + \$5 Seat Fee = \$50 Total (*Space not guaranteed.*)

**Event Times:**

Marathon

Warm-Up – 8:00-8:30AM

Race Start – 8:30AM

Half Marathon

Warm-Up – 12:30PM-1:00PM

Race Start – 1:00PM

A.M. Learn-to-Erg

9:00-10:00AM

P.M. Learn-to-Erg

2:00-3:00PM

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

A race package will be released with all relevant details on March 26<sup>th</sup>, 2019.

**“Endure & Conquer”**

