



Come one, Come All to HRC's



ErG / RuN FUN

Duathlon + Come & Try Rowing Day + BBQ!

June 16, 2019

Halifax Rowing Club

Lower Level, St. Mary's Boat Club
Fairfield Road, Halifax

As part of ParticipACTION's 'Community Better Challenge', Halifax Rowing Club is holding two different events at the rowing club, on June 16, 2019.

Deadline for registration is 2:00 pm, June 14, 2019

FUN ErG/RuN Duathlon

What: A team event for teams of 2 or 4 people. Each Team will row 2000 metres on an indoor rowing machine (Erg), then run 2000 metres.

In order to make it even more fun and compelling, we'll be asking competitors to use their brains as well as their brawn, during both the ErG and RuN segments of the duathlon!

When: June 16, 2019

Where: Halifax Rowing Club (Lower Level of St. Mary's Boat Club)

Time: The Duathlon will start at 10:00 am. Teams should be at Halifax Rowing Club no later than 9:30 am. The Duathlon will finish up with a BBQ and awards ceremony starting at 12:00 pm (noon!)

Registration: Cost is \$10.00 per participant (BBQ lunch and awards included). **Deadline for registration is 2:00 pm, June 14, 2019**

Register here: [HRC ErG/RuN Fun Duathlon Registration](#)

Teams: You can enter as a team (2 or 4 people) **OR** on your own and we will make up a team for you!!

Come & Try Rowing

Halifax Rowing Club will also be holding a Come & Try Rowing Event. This is a **free event** for anyone who wants to give rowing a try / see why it is the best thing ever! For more information and to book your spot in one of our sessions, please go here: [HRC June 16th Come & Try Event](#)