



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

Sunday March 29th, 2020

8:00AM – 4:00PM

Studley Dance Studio

6185 South Street, Halifax Nova Scotia

Event Information:

Halifax Rowing Club and RowNS are proud to host the Third Annual Erg Marathon Championships on Sunday March 29th, at the Dalplex. This includes a 42,195m race in the morning and a 21,097m race in the afternoon. 10,000m, 5,000m and team relay 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.

New this year, we will include a **4 x 500m Team Relay**. No extra charge for anyone entered into another event; this will be the final event of the day. Space is limited.

The first fifty athletes to sign-up for the event will receive an event t-shirt for participating. The Junior Women, Junior Men, Sr. Women, Sr. Men, Lightweight Women, Lightweight Men, Masters Women & Masters Men with the fastest times in the Full Marathon event, will win an event Hoodie.

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 your preferred start time on the entry. The draw will be available on March 24th 2020.

Many thanks to **ACCEL Physiotherapy & Sports Performance Centre**, Gold Level Sponsor of Halifax Rowing Club, for supporting the 2020 Erg Marathon Championships!



Registration Information:

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

Please include the following information;

- 1) Name
- 2) Age
- 3) Age Category (Junior, Senior, Lightweight, 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)
- 7) Team relay - 4 x 500m - participation (Y / N)

Registration closes **March 22nd, 2020 – 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

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

E-transfer your fee to – payments@halifaxrowing.ca - Please make it clear who the fee is for and make the password easy.

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

4 x 500m Relay

Race Start – 3:30PM

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

A race package will be released with all relevant details on March 24th, 2020.

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