



Hampton Roads Rowing Club invites you to the

12th Annual Hampton Roads Erg Pull
Indoor Rowing Challenge

Saturday, February 13 2010

Granby High School

Approximate race times are as follows:

Junior / High School Races 8:30 to 12:30

Master / Senior / Veterans Races 10:00 to 11:30

Open (Collegiate) 12:30 to 1:30

Jr Team Challenges 10:15 and 1:30

Hampton Roads Erg Pull Facts

- All races will be run using the Concept II[®] Race System with Concept II[®] Model D rowing machines. This system provides the competitors and spectators with the latest technology in the sport of indoor rowing.
- **Model D Rowers will be sold for \$850. Reservations to purchase an indoor rowing machine with the new PM4 monitor are available at over a 15% discount from the factory sales price and cheaper than you'll find at any other east coast event.**

Entry Fees:

\$16.00 Pre-Registration

\$20.00 Registration after February 6th, 2010

No team entries or cancellations allowed after February 10th

Events:

Open / Collegiate

Coxswains (1,000 meters)

Junior / High School / Lightweight

Masters (Ages 27 & 39)

Senior (40 & 49)

Veteran Men (50 or Over)

10k & 5k Challenge

Open Team and High School Team Challenges - Registration for these races will be taken the day of the event

Team Races subject to change, based on available time and number of entries

(Team Challenge Racers Must also be registered for individual race)

Coxswains and team challenges, will be 1,000 meters

Online Entry Forms & Information can be printed at www.hrrc.net

Hampton Roads Rowing Club Web Site www.hrrc.net/erg or through www.regattacentral.com

or Call Race Organizer

Rob Reali 757 362-4022 [regattadirector \(at\) hrrc.net](mailto:regattadirector@hrrc.net)

PULL HARD!!!!