



ERG-a-thon

February 14, 2010

GAR
GAINESVILLE
AREA ROWING

Contact Nina Cornwell with questions
or comments
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EVENT

A day-long erg-a-thon, held by Gainesville Area Rowing for our student athlete and Master Area. Pledge sheets are the second page of this document.

PURPOSE

- To increase awareness of GAR and the opportunities for student rowing in our community.
- To invite adult passersby to investigate rowing in the GAR Masters Program.
- To offer instruction to any spectator who seems interested in correct erging techniques.
- To raise funds for the team to cover costs associated with our program.

DATE, TIME, and LOCATION

Sunday, February 14 2010, 8:00–12:00. All rowers are asked to stay for the entire event.

Erg-a-thon is being held in conjunction with LifeSouth's Five Points of Life Marathon, so we will be holding the erg-a-thon on the grounds of the Phillips Center for the Performing Arts on Hull Road just off SW 34th Street.

HOW IT WORKS

Rowers will attempt to row their goal distance set by the coaches. Distance completed will be tracked on a display board throughout the erg-a-thon. To reach our goal, each varsity high school rower will need to row 16 kilometers, novices will row 8K, and middle school rowers will row 4K. **Rowing 16 kilometers is approximately the same as running a 10 mile marathon**, a fact you can use when soliciting donations!

Rowers will train and prepare for the erg-a-thon in the weeks preceding it. Rowers will be grouped into teams of four rowers. Most teams will be comprised of one sculler, one novice rower, one male varsity rower and one female varsity rower. Teams will share an erg and cheer each other on. Each rower will complete his or her meter requirement as two separate rowing pieces, with supervised rest and restoration between pieces.

RIGHT NOW, rowers will have the opportunity to personally promote the event and to collect pledges from family, friends and neighbors. Remember, all donations are tax deductible. Pledges can be based on total kilometers rowed (Say, for example, \$1 per kilometer) or can be for a set dollar amount (i.e. \$10.00).

After (or before!) the erg-a-thon, we ask that rowers collect all pledges and turn the money and pledge sheets into the erg-a-thon coordinator. Deadline is Tuesday, March 9, 2010 at the Booster meeting.

GOAL

We are expecting each rower to raise at least \$50 from their participation in this event. A goal of \$100 per rower is suggested, and as a special incentive, this year we are rewarding those rowers collecting \$100 or more. These rowers will participate in a party. Party festivities will include pizza, music, and a movie, and whatever else we can think of.





Gainesville Area Rowing 11th Annual Erg-a-thon

GAR
GAINESVILLE
AREA ROWING

Rower's Name: _____

Phone #: _____

Sponsor's Name	Amount Pledged	\$ Collected
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
TOTAL PLEDGED	\$ _____	\$ _____