

# ERGfit Indoor Racing Series 2010



- **Race 1:** Sat 31st July, 11am
- **Race 2:** Sat 28th August, 11am
- **Race 3:** Sat 18th September, 11am

(Note: All races are handicapped for exciting finishes)

Events: 2000m, 4 minutes, 500m

Categories: Open Male, Open Female, Junior Male and Junior Female

Entry: \$15 per race or \$60 full series

**To enter:** Complete registration form and send it to ERGfit through fax, email, or post.

ph: 9370 3313

fax: 9370 3317

Come and try some Indoor Rowing Races at the ERGfit Indoor Rowing Studio. Test your fitness with interactive Venue Racing where you race against others side by side.

- **2000m :** Olympic distance. A test of strength endurance
- **4 minute Time Trial:** Row as many meters possible in 4 minutes.
- **500m:** Anaerobic strength test. How low can you go?

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