



MARCH 25, 2018

GENTLE GIANT

ROWING CLUB'S

2ND ANNUAL ERG

CHALLENGE

Support Youth Rowing on the Mystic River!

Gentle Giant Rowing Club is hosting our annual Erg Challenge on March 25th. The event is not just for rowers! We will have several events for you to compete. **Events include: 2000m, 1000m, 500m, 4x500m relay CROSS-FIT challenge, and 1 Minute Erg Challenge – How many meters can you row in 1 minute?**

All funds raised from this event go to support youth rowing on the Mystic and Malden Rivers. GGRC supports the high-school teams for Somerville and Everett as well as holds other programs for local youth rowers.

For details, and or to register visit our site:

<http://www.gentlegiantrowing.org/2018-ggrc-erg-challenge/>



GGRC Erg Challenge

Race on an "erg" Rowing Machine

**Events for High
School, College, &
Masters Level
Athletes**

**One Registration Fee
- \$25 - for as many
events as you wish
to compete in!**

**Event T-shirt
included**

**Sponsorship
Opportunities are
available!**

WHERE?

Somerville High School Field
House
81 Highland Avenue
Somerville Massachusetts

Sunday, March 25th

9:30am – 4:30pm

Email Rich Whelan for
details