

Rowing for Haiti at the Flying PIG Marathon!

(Sat May 1st, Duke Energy Center, Cincinnati, Ohio)



The COED Team Rowing Challenge (RC): This event will not only be fun and exciting, but most importantly, all proceeds will be donated to earthquake survivors in Haiti! Equipment used will be the latest Concept-2 Rowing Machines (ERGS), and the participants can set the tension on any setting from 1 to 10. There will be a minimum of 3, and a maximum of 6 members on each team. Teams can be All-Male, All-Female or Coed. There will be a Junior 10K Team Row Division (18 and under) and an Adult 3K Team Row Division (over 18). Team members will hop on and off the Erg at will, until they have reached the respective distance. The fastest teams overall will earn medals, and there will also be an award for the fastest all Female team. Using the latest software, the Ergs will be networked together, and graphical images of each boat will be seen moving across the wall... so everyone will know who is winning!

Location/Times: Located at Duke Energy Center, 525 Elm Street, Cincinnati, Ohio 45202 (at the Flying PIG Marathon EXPO).

- Junior COED Team 10K Row: 10:30AM
- Adult COED Team 3K Row: 11:30AM

Registration: Go to www.pumpandruncrace.com and register online by April 29th, or register in person on the day of event. If you do same-day registration, you must arrive no later than 10AM. **NOTE:** Juniors under 18 must have parent or guardian sign waiver and bring to event (waiver can be found online on web site).

Fees: Adult 3K COED Team Relay Fee is \$75 and Junior 10K Team Relay Fee is \$50.

IMPORTANT: All proceeds will be donated to FOCAS, a Ministry serving the needs of families who are earth quake survivors (www.focas-us.org).