

## ***ERGfit Indoor Rowing presents...***



# ***2016 Indoor Racing Series***

***Race 1: Saturday 20th August***

***Race 2: Saturday 17th September***

***Race 3: Saturday 15th October***

***Time:*** Doors Open at 12pm,  
Racing commences at 12.30pm  
Conclude by 2.30pm

***Events:*** 5km 2km 1km 500 metres  
***Cost:*** \$21.00 per race day  
(unlimited events)

***Indoor Racing is conducted for those enthusiastic rowers who wish to:***

- \* ***achieve a PB***
- \* ***prepare for the other Indoor Rowing Competitions including the Pan Pacific Games in November***
- \* ***try their hand at indoor racing for the 1st time.***

***Interactive venue racing live on the big screen***

***Entries Close:*** 6pm night before racing  
***How to Enter:*** Download entry form from  
[www.ergfit.com.au](http://www.ergfit.com.au), fill it in & return to ERGfit  
along with payment by post or email.  
\* Bookings Essential

***For more information:***  
ERGfit Indoor Rowing & Training Studio  
44 The Boulevard, Moonee Ponds VIC 3039  
Contact : Tamara 0407 802 686  
[www.ergfit.com.au](http://www.ergfit.com.au)