



INDOOR ROWING
Fitness with a difference

ERGfit News

NEW Running Group sessions

World ERG Challenge

GOODBYE & Good Luck Brit

ERGfit Challenge - 12 April

RUN 4 the KIDS 2014

Ride to Conquer Cancer

2014 Australasian Police & Emergency Services Games

Coastal Rowing OPEN day

Exercising in the Heat

Northern Veterans Cycling Association

Calendar of Events

Moonee Valley Colour Fest Run

New Timetable for TERM 1 out NOW!

ERGfit Indoor Rowing

44 The Boulevard

Moonee Ponds VIC 3039

(@ Essendon Angling Club)

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ERGfit News Summer 2014

2013 was a momentous year for ERGfit!

Scott & I travelled overseas and competed at the 2014 World Masters Games in Italy, ERGfit has relocated to its new location at 44 The Boulevard, Moonee Ponds and because we are big on member feedback & supporting the RUN 4 the KIDS fun run, we have created a new running group to get people motivated & committed to joining the ERGfit team in this years fun run event.

Thanks for your input, we plan to make many improvements & we are continuously inspired to give you our best. Happy 2014.

Welcome to the February edition of ERGfit news – the newsletter that gives you up-to-date information on what's happening at ERGfit.

Please forward this email on to other fitness enthusiasts, friends and family that may be interested.

If you have any feedback or questions about the newsletter, please contact Tamara on info@ergfit.com.au or 0407 802 686.

NEW Running Group in 2014

Do you want to improve your running fitness?

We have had an overwhelming response for this running group & now it is FULLY booked. Thank you! Register your interest NOW for Term 2.

Do you want to join ERGfit in this year's The AGE - RUN Melbourne fun run on Sunday 27 July 2014.

ERGfit is now offering a 7am RUNNING group on Saturday mornings?

Instructor Michelle will be putting participants through their paces, catering for all fitness levels.

To get this group running, ERGfit needs a minimum of 6 participants so tell your friends to come & join in.

COURSE # 2

WHEN: Sat 3 May - Sat 19 July

COST: \$150.00 for 12 sessions

TIME: 7am (60-75 min session)

The AGE - RUN Melbourne 27th July

***Terms & Conditions Apply**

TERM 1 DATES & EASTER!

TERM 1: Tuesday 14th January to Saturday 5th April (12 weeks)

Casual Classes: Tuesday 8th to Tuesday 15th April, 2014

ERGfit CLOSED: Wednesday 16th to Monday 21st April & Friday 25th April

TERM 2: Tuesday 22nd April to Saturday 28th June (10 weeks)

"Your life does not get better by chance, it gets better by change."



2014 World ERG Challenge

Join the ERGfit team and row as many metres as you can during the World ERG Challenge.

Starting on March 15 the challenge runs until April 15. Each time you row, record your time & distance & add it to the ERGfit scoreboard so we can add your metres to your Concept2 logbook.

Help ERGfit climb the world rankings and better our previous scores. This will be ERGfit's 3rd challenge.

In 2012 we had 25 participants who rowed a total of 941,841 metres.

In 2013 we had 62 participants who rowed a total of 1,153,612 metres.

See Tamara for more information.

GOODBYE & GOOD LUCK!

We would like to say GOODBYE again to our receptionist & previous LEARN 2row coach Brittany as she embarks on another life adventure returning to Darwin for a 6 month contract working with aboriginal communities. Again it is sad to see her go but we wish her well on her endeavours and welcome her back anytime.

NEW timetable for 2014

Thursdays	530pm	ERGfit
	630pm	GYMstick Circuit
	730pm	BOXING class
Saturdays	7am	RUNNING group

NAME the Challenge Sat 12th April

ERGfit will be holding a class on Saturday 12th April. This class will be our ERGfit challenge for the term. What would you like to achieve this term? a 60 minute NON-stop row or perhaps a 6km or 30 Minute time trial??? Let Tamara know.

2014 RUN 4 the KIDS fun run

Join ERGfit's RUNNING group in preparation for the 2014 RUN 4 the KIDS fun run.

Entries Open: 10th January 2014

2 distances: **5.5km** or **15km**

When: Sunday 13th April 2014

Cost: 15km \$52 & 5km \$47

See Tamara for more details & to register



2014 Ride to Conquer Cancer

2 DAYS. 200 KILOMETRES. 1 EPIC RIDE.

25-26 October, 2014. You'll cycle from Melbourne through the Mornington Peninsula, on a route with fewer hills. For two days, you'll proudly cycle past picturesque vineyards, nature preserves and coastal communities. Sure, it sounds like a lot — and it's meant to be. But make no mistake; this event isn't just for athletes or cycling enthusiasts.

The Ride to Conquer Cancer® benefiting the Peter MacCallum Cancer Centre is for anyone who wants to challenge themselves for a great cause. All you need is motivation, a bike and a helmet. The money you raise for The Ride will benefit Peter Mac, the only public hospital in Australia solely dedicated to cancer. YOUR epic ride will move us closer to a cancer-free tomorrow. All meals and tent at campsite is supplied.

Entry fee is \$50 and you need to raise \$2500 minimum.

Details – see website... http://ml14.conquercancer.org.au/site/PageServer?pagename=ml14_aboutevent
(or Google "Ride to Conquer Cancer" and click on Melbourne event)

2014 Australasian Police & Emergency Services Games – Indoor Rowing

For the past 2 years, ERGfit has hosted the Victorian Police & Emergency Services Games in Indoor Rowing and is proud to announce they are hosting the 2014 Australasian Police & Emergency Services Games. The competition will be held on Wednesday 23rd and Thursday 24th April 2014 at Albert By The Lake / Lakeside Function Centre. Indoor Rowing events will be rowed over 500 & 1000 metres

Coastal Rowing Open Day

Rowing Victoria will be hosting a Coastal Rowing Open Day at 9am on April 27th 2014

This event will be held at Sandridge Life Saving Club

WHAT IS COASTAL ROWING?

Rowing along a sea coast and out into the sea... Confronting the open sea in a rowing boat is obviously not quite the same as Olympic rowing, where the requirement is to row in a straight lane, preferably on very flat water and with very little wind. Coastal rowers do not row on flat water! A competition without any waves is, for coastal rowers, utterly devoid of interest.

The attractive sport of coastal rowing is bound to become ever more popular internationally: it develops physical well-being and is exhilarating. It is also more easily and quickly learnt than Olympic rowing, probably due to the stability and robustness of coastal rowing equipment. But knowing how to handle a coastal rowing boat isn't sufficient to become a good coastal rower. Crews must be aware of tides & currents, learn about the course's topography and know what to do in the midst of maritime traffic & in case of bad weather. Rowers should be able to swim at least 25 metres and always have a life jacket at hand.



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Exercising in the Heat

In the hot days of summer, common warnings involve avoiding the heat. What about the advantages of heat? Hot environments can improve your health in several ways.

Done right:

- *Exercising in the heat improves your fitness level and ability to exercise.*
- *Exercising in the heat increases your tolerance to heat, making life more comfortable in the heat.*
- *Exercising in the heat prevents the decreases in heat tolerance that otherwise occur with increased age, which can be unhealthy, even dangerous.*

Exercising in the heat makes positive changes in your body that improve your fitness. You increase blood volume, improve cooling ability, make changes in sweating, increase the vasculature that helps circulation, cooling and exercising at the same time, increase specific chemical compounds in the body that improve health and ability to exercise.

When you exercise and increase body temperature, your body produces more of an interesting compound called heat shock protein. Heat shock proteins are families of proteins that do several things including preventing other proteins from damage by infection, ultraviolet light, starvation, heat, cold, and other harsh conditions. Heat shock proteins are thought to mobilize immune function against infections and diseases, even cancer.

Improved ability to tolerate heat without discomfort, called heat adaptation, occurs fairly quickly - with large improvements within the first week of exerting in the heat. Exercising in heat is more effective to produce heat acclimatization than heat exposure without exercise. Aerobic fitness is a major factor in heat tolerance.

It is a myth that you must avoid sweating to stay healthy. Exercising enough to sweat makes you more flexible, increases many chemical reactions in your body that are healthy. Sweat itself has compounds beneficial for your skin and body. This all does not mean to go out and cause yourself heat injury by overdoing without thinking. It is to gain the many benefits of exercising safely in the heat

<http://www.healthline.com/health-blogs/fitness-fixer/exercise-heat>



Get on your BIKE!

Have you ever wanted to race bikes?

Northern Veterans Cycling Association strives to promote a friendly yet competitive racing environment for Veterans & Masters age cyclists of varying ability and experience. Our riders range from Elite grade racers to novices new to racing, grouped into grades commensurate with their skills & ability.

Both Scott and Tamara have joined Northern Veterans Cycling Assoc. & encourage other ERGfit members to join too! For more information speak to Scott or Tamara or checkout their website www.northerncycling.com.

ERGfit has already recruited a few members...



Calendar of Events

Tuesday 14th January	Term 1 commences
Saturday 18th January	ERGfit RUNNING group commences
Sunday 19th January	Northern Cycling—Graded Scratch Race at National Boulevard
Saturday 25th January	Barwon Rowing Regatta
Sunday 26th January	AUSTRALIA DAY
Saturday 8th February	Wendouree / Ballarat Regatta
Sunday 16th February	Victorian Criterium Championships—Cycling
Saturday 22nd February	Australian Henley Rowing Regatta—Yarra River
Sunday 23rd February	Moonee Valley Festival—10am to 5pm
Saturday 1st March	Rowing Victoria— State Rowing Championships
Monday 10th March	LABOUR DAY
Saturday 15th March	World ERG Challenge commences
Sunday 16th March	Northern Cycling—Lancefield 60km ride
Saturday 22nd March	Footscray City Rowing Club Rowing Regatta
Sunday 23rd March	Head of the Maribyrnong Rowing Regatta
Sunday 30th March	Northern Cycling—Graded Scratch Race at National Boulevard
Saturday 5th April	Last day Term 1
Saturday 12th April	ERGfit CHALLENGE—Name your challenge
Sunday 13th April	RUN 4 the KIDS fun run
Tuesday 15th April	World ERG Challenge finishes
Friday 18th April	GOOD Friday
Sunday 20th April	EASTER Sunday
Tuesday 22nd April	Term 2 commences
Wednesday 23rd April	2014 Australasian Police & Emergency Services Games—Indoor Rowing
Friday 25th April	ANZAC DAY—ERGfit CLOSED!
Sunday 27th April	Northern Cycling—Open Club & Age Championship Lancefield 42km Coastal Rowing Open Day @ Sandridge SLSC 9am Australian Masters Rowing Championships—SA commence
Thursday 1st May	



Starting at Moonee Valley Athletics Centre

Distance: 5 or 10km run/walk
(children's runs over 400m or 800m)

Raising awareness & funds for: :

- Yatra Foundation Australia
- Rotary Club of Essendon North

10.00am: 10 km run 10.15am: 5km run/walk
11.30am: 800m 11.45am: 400m

Need more info? Check out www.mvcc.vic.gov.au or call us on 9243 8888.

YOU CAN NOW FIND US AT, ERGFIT ROWING

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