



INDOOR ROWING
Fitness with a difference

ERGfit News

ERGfit Team entered in RUN 4 the KIDS fun run this Sunday 22nd March

World ERG Challenge on NOW! Mar 15—Apr 15 ROW as many metres as you can

'Splash & Giggle' sessions LEARN 2 row at Essendon Rowing Club

Saturday RUNNING group NEXT course commences on Saturday 9th May (8wks)

Are you using the Foam Roller? Are you up for the 6 week SLEEP challenge?

Results:

Boat Christening 'Scott Riddell' NZ Masters Games

Entries OPEN for:

2015 Stadium Stomp

ERGfit Indoor Racing Series

ERGfit Half Marathon

ERGfit Splash & Giggle session

FREE foam roller session

Thursday 27th May 730-830pm

ERGfit Indoor Rowing

44 The Boulevard

Moonee Ponds VIC 3039

(@ Essendon Angling Club)

www.ergfit.com.au

info@ergfit.com.au

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Scott 0414 433 905

ABN 53 115 836 041

ERGfit News Term 1 2015

It's nearly the end of March & Easter is fast approaching. A busy past few months with the introduction of the Thursday 730pm Running group and for me, going back to uni full time—to study teaching.

Thank you to those who attended the boat christening of the 'Scott Riddell' in December last year. It was a great day & we appreciated seeing many familiar ERGfit faces in the crowd and spending some social time with you..

ERGfit has a few members participating in the RUN 4 the KIDS fun run this Sunday & we wish them all good luck. The ERGfit page for the Stadium Stomp is ready for you to enter. We have also decided to run a half marathon (yes on the rowing machine) at the end of Term 2 to keep the motivation levels high as we move towards winter.

Speaking of motivation; at the beginning of Term 1 we asked all members to create 2 health & fitness goals. How are you going with achieving them? Are you still on track? Did you apply the SMART principle? Specific, Measurable, Achievable, Realistic, Time frame to your goals?

Due to ongoing interest about learning to row, we are able to offer a splash & giggle session for you to try rowing on a one-off basis. From here, if you enjoy the session you can enrol in Essendon Rowing Club's LEARN 2row 6 week course.

With the determination & encouragement of a few members, we have decided to take a team interstate & compete at the Australian Masters Games in Adelaide in October. Regardless of your ability, we would love for you to join us either as competitor or spectator. We will keep you posted with the finer details.

The last class for Term 1 is Saturday 28th March however we will be running some casual classes over the April school holidays. Make sure you book in to avoid disappointment. NEW members are welcome too!

Wishing you all a safe and happy Easter break.

Scott & Tamara.



2015 ERGfit Term Dates

Term 1: Tuesday 13th January to Saturday 28th March (11 wks)

Term 2: Tuesday 14th April to Saturday 27th June (11 wks)

Term 3: Tuesday 14th July to Saturday 19th September (10 wks)

Term 4: Tuesday 6th October to Saturday 19th December (11 wks)

EASTER CLOSURE...

Thursday 2nd April to Wednesday 8th April 2015 inclusive



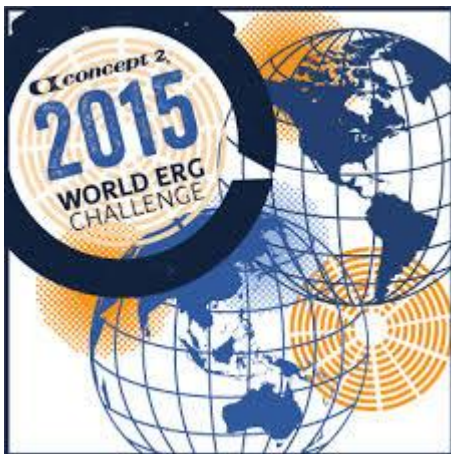
2015 Herald Sun/CityLink RUN 4 the KIDS

This Sunday 22nd March is the annual RUN 4 the KIDS fun run. This is Melbourne's biggest fun run and is also celebrating it's 10th year. The event has raised almost \$11 million since it was first held in 2006.

Last year more than 35,100 runners sweated it out over the 2 course distances. The long course is a popular option giving runners the rare opportunity to enjoy Melbourne from some unique viewpoints on foot—including running over the Bolte Bridge and through the Domain tunnel.

ERGfit has a team of 8 runners however I do know of a few extras doing the fun run but didn't select ERGfit as their team. Good luck to all those running, thanks for your support in joining the ERGfit team and Royal Children's Hospital.

The fundraising page is still open if you would like to make a DONATION. Please visit ERGfit's fundraising page now at: <http://runforthekids2015.gofundraise.com.au/page/TamaraRiddell1>



2015 World ERG Challenge

The World Erg Challenge is a virtual challenge whereby members of fitness clubs, rowing clubs, universities, fire & emergency services and corporate fitness facilities are welcome to row as many metres as they can during the period of March 15 to April 15, 2015.

Each time you row at ERGfit, we will record the time & distance travelled. We will then add your data to your online logbook.

Want to know more about the online logbook?

Download an information sheet from ERGfit website.

This will be ERGfit's 4th challenge... let's beat our previous record.

Some previous records:

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.

In 2014, we had 51 participants who rowed a total of 1,434,920 metres. We were ranked 56th out of 222 teams.

At the completion of the challenge a downloadable certificate is awarded to you.

ERGfit Indoor Racing Series & 1/2 Marathon Event!



ERGfit is conducting our indoor racing series again this year in support of all those enthusiastic rowers who wish to achieve a PB, use this as preparation for the 2015 Australian Masters Games in Adelaide in October or try their hand at indoor racing for the first time.

We will also be holding a Half Marathon to challenge those to a longer distance goal or improving on their previous times set.

When: **Saturday 27th June (Half marathon)**
Saturday 8th August
Saturday 5th September

Bookings essential—only 18 machines

Time: Doors open at 1215pm
Distances: 500m 1km 2km 5km
Go to www.ergfit.com.au for more details

Racing commences at 12.30pm
Entries Open: Tuesday 14th April 2015

"Learn how to be happy with what you have while you pursue all that you want." ~Jim Rohn

2015 Splash & Giggle Session **LEARN 2 row introduction**

Would you like to know what it is like to go out on the river and try rowing?

Well the time has come... ERGfit in conjunction with Essendon Rowing Club are offering you the opportunity to give rowing a go! A one-off 2 hour lesson teaching you the basic principles of rowing. Put your indoor rowing expertise into on water experience.

This is a great introduction to the 6 week LEARN 2row course held at Essendon Rowing Club.

When: **Wednesday 15th April OR Saturday 18th April**

Where: Essendon Rowing Club

Time: 11am—1pm

Cost: \$25.00 per person

Includes: full coaching & instruction by qualified coaches, fresh fruit, muffins & drinks afterwards.

Contact Tamara for more information & bookings
NO experience necessary!





Stadium Stomp is on again...

We have created an ERGfit team for the Stadium Stomp at the MCG on Sunday 5th July 2015.

Stadium Stomp is Australia's Ultimate Stair Climbing Challenge, climbing up & down the bays of some of our largest and most well known sporting stadiums. I'm talking THOUSANDS of stairs to really test us. Come on, it will be fun!

I hope you can join me. Below is the information you'll need to register as part of the ERGfit team:

Team Name: ERGfit
Team Password: ergfit
Course: full course
Wave time: 8.15 - 8.30am

Full Course - \$70.00 (early bird fee) Approximately 7,343 steps taking anywhere from 45 minutes up to 2+ hours to complete depending on your fitness level.

Course options available make this event **open to all levels of fitness**. There will be rest stops along the way, drink stations scattered throughout the course and music to keep you going. To register, go to:

<https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=11803&OrgID=13178>

select ERGfit as the TEAM and insert PASSWORD ergfit

For more information, go to <http://www.stadiumstomp.com.au/MCG>

ERGfit is also making a difference and fundraising for The Leukaemia Foundation of Australia Limited (VIC/TAS), a cause that is close to our hearts. I have set a goal for the ERGfit team to raise \$250.00 and we need your help with a donation, big or small.

Thanks to those who assisted with fundraising and achieving our target last year, we raised \$268.00

RUNNING Group Sessions—amended timetable

Our running group sessions have been a huge success with 2 sessions per week being offered during Term 1. Thanks to those who have continued with the running sessions.

Now that daylight savings is coming to an end, we have decided to temporarily cancel the Thursday 730pm running sessions until later in the year for the safety of all participants as there are limited street lights around the river thus too dark to run.

The Saturday sessions will continue in Term 2 and run for an 8 week block.. The focus will be on stair climbing in preparation for Stadium Stomp in July.

Sessions will alternate fortnightly between stair training & hills / sprints to cater for all participants.

When: Saturday 9th May - 27 June (8 sessions)
Time: Arrive at 650am for a 7am start (60 mins)
Cost: \$100.00 *Terms & Conditions Apply

Do you have an event that you would like to participate in or share with other ERGfit members so they too can participate? Have a chat with Tamara for more info.



2015 Australian Masters Games



So... my fellow ERGfit indoor rowing enthusiasts.

Join me in my quest to put together a team from ERGfit to attend the Masters Games in Adelaide this year. The Indoor Rowing competitions will be held on Tuesday 6th & Wednesday 7th October.

I am taking expressions of interest NOW to organise & calculate the costs for transport, accommodation, entries etc.

For more information go to: <http://www.australianmastersgames.com/>

For EOI; please email Tamara: info@ergfit.com.au with YES master games in the subject line, thanks

Looking forward to our first competition as a TEAM!

Casual Class Timetable for April School Holidays

Tuesday 31st March	6pm	ERGfit Skill
	7pm	ERGfit Circuit
Wednesday 1st April	930am	ERGfit / GYMstick
Thursday 9th April	530pm	ERGfit
	630pm	Circuit
Friday 10th April	930am	ERGfit Circuit
Saturday 11th April	9am	ERGfit Combo

* Bookings essential—casual bookings only. No catch up classes allowed.



2015 New Zealand Masters Games



Congratulations to ERGfit member: Liz Feldman who has returned from NZ with 2 gold medals. Liz competed last month at the NZ Masters Games; held over 10 days & comprising of over 55 sports with 2400 individuals. The games began in 1989 and now in its 26th year the number of sports & participants continues to rise.

Although new to the sport of indoor rowing, Liz's previous sport of race walking has enabled her to be very competitive in indoor racing as she has great aerobic capacity.

For full results go to: http://www.nzmg.com/images/Wanganui/Sports/Results_2015/060215-rowingindoor3.pdf

Calendar of Events

Saturday 21st March	Session 10/10 for ERGfit RUNNING group
Sunday 22nd March	RUN 4 the KIDS fun run (ERGfit team)
	Essendon Rowing Club Henley on Maribyrnong Regatta
Saturday 28th March	Last day Term 1
Tuesday 31st March	Casual classes commence
Thursday 2nd to Wed 8th April	ERGfit CLOSED for EASTER
Thursday 9th to Saturday 11th April	ERGfit casual classes
Friday 10th to Sunday 12th April	Fitness & Health EXPO
Tuesday 14th April	Term 2 commences
Wednesday 15th April	Splash & Giggle Session
Saturday 18th April	Splash & Giggle Session
	RACV Great Ocean & Otway Classic Ride
Saturday 9th May	ERGfit RUNNING group commences today (8 weeks)
Thursday 27th May	Foam Roller Session at ERGfit—NO charge!
Friday 29th to Sunday 31st May	Australian Masters Rowing Championships
Saturday 27th June	Last day Term 2
	ERGfit 1/2 marathon
Sunday 5th July	Stadium Stomp at MCG (ERGfit team)
Tuesday 7th to Saturday 18th July	Casual classes during school holidays
Saturday 8th August	Race 1—ERGfit Indoor Racing Series
Saturday 5th September	Race 2—ERGfit Indoor Racing Series
Sunday 13th September	Amy's Gran Fondo 110km bike ride
Tue 6th & Wed 7th October	Australian Masters Games—Adelaide

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Physio Foam Rollers—have you used one yet?

ERGfit purchased some physio foam rollers during term 3 last year & we have been using them in various classes over the past 6 months. Some members even purchased one.

Are you making the most out of your roller? Do you need assistance with additional exercises?

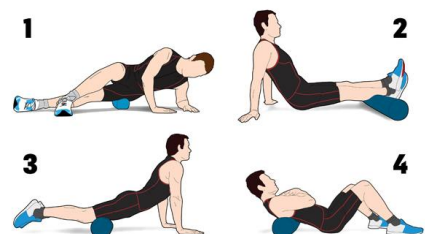
Let me know if you are interested in participating in a "Foam Roller" stretching class. A one-off session to get you back on the roller and making the most out of your roller. Allow the foam roller to improve your flexibility, reduce soreness & tightness & iron out any tight spots.

Foam rolling is hard work that can even border on being painful. It is important that participants learn to distinguish between a moderate level of discomfort related to working a trigger point & a discomfort that can lead to injury. When you have completed foam rolling, you should feel better, not worse. And the rollers should never cause bruising.

Potential date for foam roller session: (if demand for class)

Thursday 28th May 730-830pm

NO cost for ERGfit participants—bookings essential!



Are You Up For The AH Beard 6-Week Sleep Challenge?

You, your clients & everyone you know can probably do with a better nights sleep, yes?

*In this day & age of busyness, extended working hours, & constant connectivity, a good night's sleep is something many take for granted; in fact, for some, it is an elusive dream. With over 115 years' experience in the bedding business, A.H. Beard is on a mission to improve people's lives by making a better night's sleep their reality with their **6-Week Sleep Challenge**. Sleep is finally being acknowledged as the third pillar of wellbeing – with Diet & Exercise being the other two pillars. Good Sleep assists in weight loss, better mental health & better physical health.*

*A.H. Beard is one of Australia's leading manufacturers of quality mattresses & bedding. As a 4th generation family-owned Australian business A.H. Beard has built an enviable reputation as the innovators in sleep products. To help more Australian's have a perfect night sleep, every night, A.H. Beard has created the **6-Week Sleep Challenge** – to help Australians learn more about sleep & how to achieve it. They have partnered with like-minded organisations such as the Sleep Health Foundation & leading sleep scientist Dr Carmel Harrington to develop a scientifically sound program for building good sleep habits.*

*The **6-Week Sleep Challenge** is a **FREE** health & well-being improvement program that delivers customised sleep advice based on the type of sleeper you are, similar in structure to the Michelle Bridges 12-Week Body Transformation. There are four types of sleepers that participants can choose from. Each week they log progress & sleep information in the online sleep diary, receives support from the community in the forums, & read expert advice on the blog.*

Dr Carmel Harrington is one of the world's leading authorities on sleep. She has worked as research scientist & sleep consultant for company health & wellbeing programs, schools & brands around Australia & internationally. One of Dr Harrington's key topics is the link between a good night's sleep & metabolic health as well as the crucial role sleep plays in promoting good mental health.

*Dr Harrington is the Managing Director of Sleep for Health & an Honorary Research Fellow at the Children's Hospital Westmead. She is a founding member of the Sleep Health Foundation and a member of the Australasian Sleep Association. Dr Harrington is a proud to have collaborated with A.H. Beard & their **6-Week Sleep Challenge**.*



Together, they hope to encourage thousands of Australians to participate in the program, resulting:

- ✓ *better memory*
- ✓ *improved energy levels*
- ✓ *lower stress levels*
- ✓ *weight management &*
- ✓ *greater creativity for all round better health.*

A.H. Beard is Australian owned & made, providing Australian's with quality, locally made products.