

3rd Annual 10K Challenge!!!

WHEN – February 24th . FIRST GROUP GOES OFF AT 4:30 PM sharp. WARMUPS BEGIN WHENEVER YOU GET THERE. WE'LL LIKELY NEED A SECOND AND THIRD GROUP. THEY'LL START AROUND 5:15 PM and 6:00PM.

WHERE – The URI Boathouse, or at any erg of your choice.

WHO – ANY ALUMNI AND FRIENDS WHO WANT TO PRETEND THEY'RE YOUNG AND IN-SHAPE AND HAVE SOME SERIOUS FUN. WE'LL MIX UP THE ALUMS AND THE VARSITY SQUAD. ALUMNI, PLEASE EMAIL HEAD COACH MIKE MCDONALD mfxmcd@townisp.com. IF YOU WILL BE THERE SO HE CAN PLAN THE GROUPS. Alumni can ALSO compete from afar and send in their score.

10k CHALLENGE RULES

Compete by rowing a 10k erg piece, either on February 24 at the boathouse, or elsewhere and send me (or phone in) your score no later than noon on February 21st. Before you begin, you decide how much \$\$ you will donate per rower that beats your score and communicate that ahead of time to coach. The team all rows on the 24thth. Hint, The undergrads will finish between 35:00 - and 43:00 for their 10K. There are approximately 25 undergrads competing this year. You do the math, however any donation is appreciated. You can donate a fixed amount not tied to how fast anyone rows as well. The goal is to have fun and help out the crew at the same time. Don't sweat it. Donate if you can! We just want you to come and have fun. If you are out-of-shape, unable to erg, are just plain lazy , or all of the above, but you still want to contribute, or come down and watch, you are of course welcome. Lastly, during the event Alumni have choice of erg, and music over undergrads, so start training now. We hope to see you on the 24th!

Top Alumni Scores for the 10K Challenge

Rob Ezold 86' 35:41.7

Dave Estrella 09' 35:51.4

Blake Cushing 09' 36:26.3

Zach Ebersson 10' 36:36.0

Nick Grassi 04' 36:50.0

Will Carpenter 06' 37:53.1

Joe Hanna 10' 37:58.0

Chris Coghlin 10' 39:38.2

Jeff Sweenor 85' 39:56.0

John McDonald 81' 44:37.8

What will last years graduates pull? Come on back 2011, we will be looking for you!