



FOR IMMEDIATE RELEASE

**WRC HOSTING INDOOR CHALLENGE:
Winnipeg Indoor Rowing Championship – February 5, 2017**

January 18, 2017 (Winnipeg MB) -- Looking to kick-start your fitness this New Year? Are you up for a good physical challenge?? Come and try your hand (and full body!) at rowing, without having to be out in a boat on the water... the Winnipeg Rowing Club (WRC) is hosting their annual indoor challenge in February:

Winnipeg Indoor Rowing Championship

Sunday, February 5, 2017

Winnipeg Rowing Club @ 20 Lyndale Drive

www.winnipegrowingclub.ca

Racing starts at 10:30am

Registration fee: \$15 before February 3 / \$20 after February 3

All are welcome to compete!

No experience necessary!

All races will take place indoors, on rowing machines – called Ergometers, or Ergs for short. Races will be either 1000 or 2000 meters, with a maximum of eight racers at one time. Prizes will be awarded to the best times in each category (based on age and gender) and refreshments will be served. On top of all this, there will be a lot of fun and fitness to be had!

*At **136 years old**, the Winnipeg Rowing Club is one of the oldest sporting organizations in Western Canada. It has been in operation since 1881, stopping only twice – during WWI and WWII. A long-time tenant of the banks of the Red River in downtown Winnipeg, the WRC survived the North-West Rebellion of 1885, the General Strike of 1919, the Great Depression of the 1930's, the Great Flood of 1950, and the Flood of the Century in 1997. Over the years the clubhouse has been destroyed by fire, wind, and water, but has always managed to maintain its long and proud tradition. Today, the WRC is a non-profit organization with a rich and successful sporting history, fostering generations of camaraderie and friendships. Members range in age from early teens right up to the 80's, and the club offers programs for all skill levels. www.winnipegrowingclub.ca*

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