

# LAKER ERG RACE

Sunday – March 14, 2004  
1887 Boat House, Princeton University • Princeton, NJ

The Carnegie Lake Rowing Association will hold its seventeenth annual erg race at the boathouse on Sunday, March 14. The race distance will be 2000 meters. All 2004 club members, including our 2004 novices, are eligible and encouraged to participate in this friendly, in-house competition. All entries are subject to fitness qualification approval by the coaching staff; ask if you're unsure. This race will provide all members with an opportunity to realize some winter training goals, receive a great workout, race against friends and have a good time.

Medals will be awarded to first-place finishers in the following men's and women's individual events: Open, Lightweight, Masters Open, Masters Lightweight and Coxswains. Lightweight for men is 165 lbs. or less; for women it's 135 lbs. or less. Masters will be divided by age categories: 30-39, 40-49, 50-59, 60-69 and 70+. There must be at least 3 entries per event in order for a medal to be awarded.

A Team Relay Race is the highlight of the day! Depending on the number of participants, teams of 4 or 5 are selected after all the individual races are completed and are based on results of individual events. Each member will row 500 meters and the best overall team time is awarded medals. Team Relay Race participants must complete an individual race to be eligible for a relay team. Every effort will be made to include all qualified members and make the teams even.

Complete and detach the race entry form, and mail it to:

*Laker Erg Race, Sheryl Tepper*      *Laker Erg Race, Gerry O'Connor*  
1803 Poplar Court; Monmouth Jct, NJ 08852      or      104 Dispatch Drive; Washington Crossing, PA 18977

Entries can also be given to Gerry O'Connor at the rowing sessions. We strongly encourage early registration in order to make the day go smoothly, but walk-ons will be accepted on the day of the event. A \$6.00 entry fee will be assessed to each racer's seat fee balance. **Races will begin at 1:00pm** (see attached schedule). Depending on the turnout within each category, some may be combined, thus bumping up race times. If that is the case, rest assured you will have ample time to warm up. It is a good idea though to come early and cheer on your fellow teammates!

Any questions, contact Sheryl Tepper at [stepper@comcast.net](mailto:stepper@comcast.net) or Gerry O'Connor at [goconnor519@aol.com](mailto:goconnor519@aol.com).

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## LAKER ERG RACE • ENTRY FORM • LAKER ERG RACE

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NAME _____		
ADDRESS _____		
CITY _____	STATE _____	ZIP _____
SEX _____	AGE (as of March 14, 2004) _____	TELEPHONE _____

Individual Event (check one):     Open (<30)             Master (30+)             Coxswain  
    Lightweight (<30)     Master Lightweight (30+)

Include me as an entrant in the Team Relay Race (500 meters per member):     Yes             No  
*All Team Relay Race entrants must also enter and complete one of the individual events. Let us know if you want to be in the Team Relay Race.*

**For Official Use Only**

**Time for 2000 meters:** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_