

FOR IMMEDIATE RELEASE:

## **Canadian Indoor Regattas Feature Top Rowing Talent This Sunday**

This Sunday promises to be the Super Bowl of indoor rowing! The Canadian Indoor Rowing Championships in Toronto and the Monster Erg in Victoria - Canada's top indoor rowing events - are gearing up for some great racing on February 4. They will be joined by events across the country including the Prairie Rowing Championships (Regina, Sask.), the Quebec Indoors (Championnat Québécois d'aviron en salle - St-Hyacinthe, Que.) and the Atlantic Indoor Championships (Dartmouth, N.S.), which are all held on the same day.

Athletes will face off on the Concept 2 erg - or rowing machine - to show their strength in categories from Junior to Masters and everything in between including adaptive athletes (athletes with disabilities). These regattas attract fitness buffs as well as many of Canada's top rowers.

The Canadian Indoors has approximately 750 racers entered (including 150 elementary school children). This year, many of the heavyweight women from Rowing Canada's London Training Centre will use this regatta as part of their winter training and testing. Jane Rumball of Fredericton, N.B. and Darcy Marquardt of Richmond, B.C., who are World Champions on the water in the women's pair, will compete against other top women off the water in Toronto this Sunday. Olympic medallist Buffy Williams will also be competing as well many of the 2006 National Team women.

At the Monster Erg in Victoria, there are more than 475 people entered. Some of Canada's top lightweight rowers will use the Victoria event to demonstrate how hard they've been working this winter. Sheryl Preston of North Delta, BC, Lindsay Jennerich of Victoria, BC and Amber Cuthbertson of Harrowsmith, Ont. are among the lightweight women. Olympians Jon Beare and Iain Brambell, who both live in the Victoria area, are among the lightweight men entries. There are also some junior rivalries between the local clubs including Victoria City Rowing Club, Gorge Rowing Centre and Brentwood and Shawnigan's rowing programs.

National Team development coach Terry Paul will be on hand in Victoria; and women's development coach Al Morrow will be checking out the talent and giving an erg workshop in Toronto.

In Toronto, racing will start at 8:45 a.m. and finish up at 4:45 pm at the CBC Atrium at 250 Front Street West. All are welcome - there is no admission charge. See <http://www.cdnindoorrowing.org/>

In Victoria, the racing begins at 9:30 with the Masters events and runs until 4:45 pm local time at UVic's McKinnon Gym. See <http://regattas.uvic.ca/>

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