



5<sup>th</sup>  
Annual

# ERG Marathon



## DATE

Saturday, September 29, 2007

## TIME

7:00 a.m. ERG setup.

7:30-8:00 a.m. *Start rowing!*

## LOCATION

320 W Palo Verde Dr,  
Phoenix, AZ 85013

*\*Residence with finished large  
air conditioned garage area.  
(Same place as last year.)*

## ENTRY DEADLINE & INSTRUCTIONS

Contact Elizabeth "e" Diethelm [e\\_diethelm@mac.com](mailto:e_diethelm@mac.com) by September 6th if you would like to participate. An approximate head count is needed to make sure there will be plenty of room. E-mail if you need help finding an erg, directions or general information. Web site <http://www.arizonaoutlaws.org/ergmarathon/>

**WHAT TO BRING** Your own erg, seat pad, food, water, Gu, etc.

# 42,195

meters

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