



UC DAVIS WOMEN'S ROWING ERG-A-THON

At UC Davis Women's Rowing, we strive to empower women to be successful on and off the water. As a club sport, our team is not officially sponsored by UCD athletics, thus our budget is raised almost entirely through dues and fundraising efforts. We depend on the generosity of friends, family, alumni, and other supporters of the program. Funds we raise help to offset travel costs to our National Championship in Atlanta, Georgia as well as the goal of continuing to bring in new equipment such as the Varsity 8+ shell brought in this year! Please consider making a pledge of support to our 2017 Erg-A-thon and help support the continued growth and success of UCD Women's Rowing!

WHAT IS AN ERG?



In addition to rowing on the water, training also involves land work such as running, weights and erging. An ergometer (erg for short) is an indoor rowing machine. It uses air for resistance and is an important training tool for rowing, as it is the closest simulation to rowing on the water. It helps train the muscles and allows the rower to go through similar motions.

WHAT'S AN ERG-A-THON?

On Saturday, April 22nd the University of California Davis Women's Rowing Team will be holding it's first annual erg-a-thon. Each athlete will row 4,000 meters on an erg. In total, the team will row 120,000 meters. With your generous donation to the UC Davis Women's Rowing Team, you will be recognizing and supporting our hard work and assisting us in acquiring the funds we need to build a better, stronger, and more competitive program.

**See backside to find out how you
can help support the team**



UC DAVIS WOMEN'S ROWING PLEDGE FORM

I would like to make a flat donation of:

\$25 \$35 \$45 \$55 \$65 \$75 \$100 \$150 \$200

Other _____

Name of Rower/Coxswain: _____

Your/Company/Group Name: _____

Address: _____

Phone: _____

Email: _____

I would like to subscribe to the Quarterly Newsletter

Mail pledge form with donation to:

Attention: Women's Rowing
232 ARC
One Shields Avenue
University of California, Davis
Davis, CA 95616

Please make checks payable to UC Davis Women's Rowing

OR

Donate Online at ucdrowing.com/donate

Please be sure to completely fill out the top portion of this form

Questions? Contact team president Kelly Gullett at klgullett@ucdavis.edu

Thank you for supporting the
UC Davis Women's Rowing Team. Go Ags!

Keep up with team news, results and events by
checking out our website and following us on
Facebook and Instagram:

<http://www.ucdrowing.com>
www.facebook.com/ucdrowing
IG: @ucdrowing