

Calling all Gisborne Rowing Club members....we are having a Club event that will include:

## Team Building!



## Food!



## Crazy Rowing races!



And some other logistical stuff....safety induction (mandatory), injury prevention, race day eating.

When: Sunday October 18  
0800-1030

Where: at the sheds

Bring: wear shoes, bring layers and a water bottle

Check: with your coach regarding your regular Sunday training

Contact: Danielle Lapointe (0277109966) if you have questions