

# Fairfax High School Crew Erg-A-Thon 2014

*“Row All the Way to Nationals!”  
255,885 Meters*

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1. **What is an Erg-A-Thon?** – An Erg-A-Thon is a crew team fundraising event in which team members row a specified time/distance on stationary rowing machines to earn sponsor donations. We are rowing for 3 hours and we want to reach 255,885 meters. This will be an exciting event. We are hoping to draw a crowd, raise money, and build team spirit.
2. **When?** – **Saturday, November 8th, 2014, 1:00 to 4:00 pm**
3. **Where?** –Fairfax Corner, at the amphitheater in front of the fountain
4. **Personal Sponsor Donations?** – The harder each rower works to solicit personal sponsors the lower their rowing fees for the spring 2015 season. **Each rower will have 50% of personal sponsor donations directly applied to reducing their dues**; 50% of personal sponsor donations will be used to support the team. Please download and customize the **Personal Sponsor Letter** and send to your family and friends. Sponsors can mail checks directly to the team or you can collect their donations and bring them to the erg-a-thon along with a record of what you collected on the **Sponsor Pledge Sheet**. Please record all donations received on the Pledge sheet and give your sponsors a receipt.
5. **Corporate Team Sponsorships?** –We are asking each rower to solicit a minimum of one corporate sponsor. Corporate sponsors can donate any amount, but a minimum of \$250.00 is required to receive sponsor benefits. Please see the Corporate Sponsor flyer for all the details
6. **What do I need to do right now?** – Set a goal and start raising your tax-deductible contributions from family, friends, neighbors and businesses. Checks can be made payable to ‘Fairfax High School Crew Club’. Please be sure that your sponsors indicate “Erg-A-Thon”, AND the name of the rower they are sponsoring in the subject line of their check!! Without this info we cannot credit the appropriate rower.
7. **When do I row?** – Please arrive at Fairfax Corner by 12:30 AM on November 8th dressed in FHS Crew spirit wear. Make sure you are wearing spandex when you are on the erg. Varsity rowers, please bring extra spirit wear to lend to novices that may not have a crew shirt yet. If you rented an erg this summer please bring it to the event!
8. **How can parents help?** Strongly encourage your rower to participate and help your rower solicit family, friends, neighbors, and businesses.
9. ANY questions or concerns, please contact Sue Newman at [sue.bee.newman@gmail.com](mailto:sue.bee.newman@gmail.com)

## **Instructions for Erg-a-thon Pledge Sheets and Rowing Goals**

Please find attached the erg-a-thon pledge sheet; a personal sponsor letter that can be sent to friends, family, neighbors, business, etc.; erg-a-thon information for rowers and families, and a corporate sponsorship form. Each rower should seek pledges from **at least** 5 people/businesses. Rowers can ask for a flat donation or for a pledge of \$1 per each 100 meters rowed (or the \$/meter amount of their choice), or they can ask a business to be a corporate sponsor. We strongly recommend that you collect straight donations from personal sponsors **before the erg-a-thon**. It is more work and more difficult to go back and collect money after the erg-a-thon than just soliciting a donation up front.

3,000-5,000 meters is a reasonable goal for rowers erging at a leisurely place over the course of 20 minutes. Also, no one is limited to one 20 minutes time slot. Rowers are welcome to erg for 10 minutes, take a break, cheer for their teammates, and erg for another 10 minutes. They can do this as often as they like between 1-4 PM on November 8<sup>th</sup>, 2014.

Please bring your pledge sheets and all money collected to the Erg-a-thon. Make sure that all donations are made in your name so that your dues account is credited. Corporate sponsors may also mail donations to Fairfax High School Crew Club, attn.: Shawn Faunce, Treasurer; Fairfax High School, 3501 Rebel Run, Fairfax VA 22030

This should be a fun, team-building event that has the potential of creating a large off-set for individual dues accounts.