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For Immediate Release

ERGOMANIA!: FEB. 4 INDOOR ROWING CHAMPIONSHIPS IN SEATTLE

Northwest Competition Features Athletes from Olympic Hopefuls to Middle School Students

Seattle, February 4, 2012 -- Ergomania!, the Northwest's premier indoor rowing competition, will take place on Saturday, February 4, 2012 at Lakeside School in north Seattle. Over 500 athletes are expected at this intense racing event whose motto is "The pain **IS** the gain." Hosted by the George Pocock Rowing Foundation (GPRF), the event is the Northwest satellite qualifier for the **World Indoor Rowing Championships** (known as the [C.R.A.S.H.-B. Sprints](#)) in Boston on February 19, 2012.

As in past years, Ergomania! is expected to feature world champion athletes, masters and high school rowers, middle school students and teams from fire departments and CrossFit gyms from the Northwest.

"With 2012 being an Olympic year, a competition of this caliber will bring out the best," says Pocock Rowing Center's high performance athlete Lindsay Hochman, a medalist at the 2011 World Championships. **In a statement released by the GPRF on Jan. 20, the organization incorrectly announced the competition would include Ursula Grobler. She will not be attending the event and the GPRF apologizes for incorrectly using her name.**

Middle school students have been invited to the event as part of the GPRF's Erg Ed program. In partnership with Seattle Public Schools, Erg Ed brings ergometers (indoor rowing machines) and expert instruction into middle and K-8 schools around the city. "Our Erg Ed students are excited to step into a new arena and show off what they've learned in the classroom. We are expecting students from all seven Erg Ed schools and plan to award the first ever *Seattle Public School Erg Ed Champion* to the school with the fastest student relay team," says Karla Landis, Erg Ed's program director.

Registration for Ergomania! is open until Jan. 30 at nwegomania.com.

The George Pocock Rowing Foundation (GPRF) was created in 1984 as a 501(c)3 not-for-profit foundation to support and develop the sport of rowing in the Northwest and to honor the memory of George Pocock and his contributions to Seattle and the sport of rowing. More at pocockfoundation.org.

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If you would like more information, or to schedule an interview, please contact Jessica Cothran at (206) 465-0617 or jessica.cothran@pocockfoundation.org.