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NEWS RELEASE

Cleveland Rowing Foundation Hosts the Hammer Ergatta to Raise Funds for the New Rivergate Park Boathouse

Reinvigorated Indoor Rowing Competition Expands to Attract Non-Rowers

Cleveland, Ohio — February 5, 2010 — The Cleveland Rowing Foundation (CRF) is hosting the Hammer Ergatta, on Sunday, February 21 at Murphy Field House on the St. Ignatius campus. Athletes from Ohio, Pennsylvania, Indiana, and Michigan will compete in an "ergatta", the indoor equivalent of an on-the-water rowing regatta, where dozens of ergometers, or rowing machines, await high school, college and adult rowers who try to out-do each other's time for a 2000 meter distance. Athletes will compete for both medals and bragging rights.

In addition to being an exciting athletic event, all proceeds from the Hammer will go toward funding a new home for Northeast Ohio rowing called Rivergate Park Boathouse. In light of the passage of Issue #3 last November, the Cleveland Rowing Foundation (CRF) will be leaving its current location (which is in the footprint of a potential casino). A purchase option has been secured on a new location that is ideally suited for rowing, dragon boating, kayaking and canoeing and will preserve public access to the Cuyahoga River for active sports. Nearly \$1.8 million has been pledged toward our goal of \$3.2 million to purchase the site. If the fundraising efforts succeed, CRF aspires to be operational at the new location this summer.

Jim Ridge, Hammer Race director, has a goal of increasing non-rower participation in the Hammer. Says Jim Ridge, "We just held an Erg Technique Seminar at the Cleveland Rowing Foundation boathouse for members of the CrossFit CLE gym, and it is my hope that CrossFit's involvement will act as a springboard for other recreational and athletic organizations to participate in the Hammer this year. We expect to attract over 350 competitors and participants." CrossFit CLE Owner, Aaron Shaffer, says "The CrossFit strength and conditioning program is by design broad, general, and inclusive, and its specialty is not specializing. The Hammer is a great opportunity to measure raw power output in a competitive environment."

Miranda Cullins, a student working on a PhD in Biology at Case Western Reserve University, has aspirations of making the National Rowing team. She was recently invited to attend the US Rowing Pre-Elite sculling camp last summer and the 2009 Fall Speed Orders. Says Miranda, "Erging is a crucial way for rowers to build fitness, particularly in the winter when we are off the water. Competitions like the Hammer give us something specific to work towards and make the training more fun. This will be my 6th year competing at the hammer, and I'm excited about the efforts by CRF to expand and improve the event."

The 21st annual Hammer ergatta is the highlight of the winter training season for rowers who spend winter months conditioning themselves on the erg - also known as an indoor rowing machine. Some Hammer competitors will also compete in February's C.R.A.S.H.-B's, the international indoor rowing championship held annually in Boston, MA. In rowing parlance, a "hammer" is a rower who can be counted on for all brawn, all guts, all the time. Being called a "hammer" is a true compliment, as it means a rower really helps move the boat.

The Hammer will be held on Sunday, February 21 at Murphy Field House on the St. Ignatius campus. Spectators are encouraged to attend as there is no admission charge for the event. A fun feature of the ergatta will be the use of software and telemetry to display on large overhead screens individual rower positions in relation to their fellow competitors so participants and spectators can see how each race unfolds. A DJ will provide music and the Cleveland arts community will provide unique installations, including the video installation, "36 views of a bridge," by Alexander Boxerbaum, displaying 40 iconic venues of northeast Ohio. The Hammer begins at 8:30 a.m. and lasts until 5:30 p.m. Registration details for the Hammer ergatta are available at:

<https://www.regattacentral.com/index.jsp?section=overview&tab=regattas&id=1529>

A promotional video for the Hammer containing video snippets of Cleveland's landmarks is available at:

<http://clevelandrows.org/2010HammerVideo.php>

About Cleveland Rowing Foundation

The mission of the Cleveland Rowing Foundation (CRF) is to promote and share the athletic, health, educational and social benefits of rowing throughout greater Cleveland and to work in concert with our community partners to enhance the recreational quality of the Cuyahoga river. CRF is currently seeking to build and provide a multi-purpose riverfront access facility, Rivergate Park Boathouse, for the greater Cleveland community through its capital campaign and plans to increase and expand the diversity of current programs and collaborate with partners for community development. The Cleveland Rowing Foundation is celebrating its 20th year and is a 501 C 3 organization. For more information, visit

<http://www.clevelandrows.org>.