

Published December 31st, 2014

Row, Row, Row Your ... Erg

Submitted by Irline Van Ardenne



Artemis rowers flocked to CRUFit in Montclair on Dec. 13 to log kilometers on ergometers to raise money for the team. The coaches led the athletes, who collectively logged more than 24 hours on the indoor rowing machines. It was a festive atmosphere at the Erg-A-Thon with parents, coaches and siblings cheering the rowers some joining in for a few meters on the ergs.

Lamorinda rowers take a break at the Artemis Erg-A-Thon. From left: Dylan Aaron (Acalanes), Colin Mooney (Orinda Academy), Natalie Van Ardenne (Campolindo) and Jackie Van Ardenne (Campolindo).

Reach the reporter at: info@lamorindaweekly.com

[back](#)

Copyright © Lamorinda Weekly, Moraga CA