



2023 Grizzly Bear Challenge

OFFICIAL RULES

Your goal is to erg/row at least **100,000** meters between **12:00 am on November 23th** and **11:59 pm on December 31st**. That's a rocking 39 days of erging opportunity. At least half of your meters must be erged on an indoor rower at the Dolphin Club. If you reach the 100,000 meter goal, you will be rewarded with a snazzy Grizzly Bear Challenge T-shirt. Your friends will be impressed! If you log the most meters during the challenge, your name will be inscribed on the Grizzly Bear Challenge Plaque!

1. You **MUST** be a Dolphin Club member in good standing to participate. So if you haven't paid your dues yet, pay up. Guests are not eligible.
2. You **MUST** log your meters on the **Concept2 Online Logbook** <<http://log.concept2.com/>> **No paper logs will be used this year**, and no other forms of submission (including email) will be accepted. Erged meters and meters rowed on the water can both be logged online.

DC member **Zack McCune** will be managing the Concept 2 Online Logbook. **Please read his helpful instructions (borrowed from Fiona Smythe!) for how to log your meters online:**

https://docs.google.com/document/d/1fo0NHAuhatAZStG_OLL6cWtYlz5b5Im2Nx6MdJLYs9Q/edit

Questions about using the Concept2 Online logging system can be sent to Zack directly at zmccune@gmail.com

3. All meters must be documented online by Noon on New Year's Day, at which time the logs will be closed and the results calculated. No exceptions.
4. Only meters erged/rowed between Thanksgiving and the end of New Year's Eve count.
5. There are multiple ways to complete your meters (remember, this is on the honor system!).
 - ❓ **ERGS at the Club: AT LEAST 50% of your total meters must be on an ERG AT THE CLUB.** This is, after all, about using the ergs for fitness and camaraderie! The remaining 50% of meters can be augmented with off-site ergs, club rowing vessels, and boat nights. See below.
 - ❓ **ERGS Off-Site: Up to 50% of your remaining total meters may be completed using OFF-SITE ERGS,** such as an erg you have at home or at another gym.
 - ❓ **Club-Owned Rowing Vessels: Up to 50% of your remaining total meters may be completed in a CLUB-OWNED ROWING VESSEL** (Whitehall, Viking, Wieland, Liteboats, Shells, or club-owned Lake Merced boats). Yes that's right! You can earn up to (but no more than) half of your meters on the actual water!
 - ❓ **Boat Night:** Like working on boats? Great, come to Boat Night! For each Boat Night you attend during the challenge period, **you can log a bonus of 5k meters** toward your remaining 50% of meters.

IN SUMMARY:

Equipment	Meters Allowable of Total
Required: ERGS at the CLUB	AT LEAST 50% of meters must be on ergs at the club!
Optional: ERGS OFF-SITE	No more than 50% of meters

Optional: ROWING VESSEL (Club Owned)	No more than 50% of meters
Optional: BOAT NIGHT	5000 EACH during challenge period

6. Actual meters rowed in a club-owned rowing vessel can be recorded. We suggest using a GPS tracking device or estimates of meters to various landmarks. For example, rowing round trip to either the Golden Gate Bridge (South Tower) or the Bay Bridge (Bravo Tower) is 9656 meters (6 miles), and around Alcatraz is 3850 meters (2.39 miles).

7. Paddling kayaks and SUPs is not included in this year's challenge.

Not sure about your erging form? Check out this brief Indoor Rower training video from Concept2 https://www.youtube.com/watch?v=4zWu1yuJ0_g. This is an excellent source of virtual guidance on how to be your best Grizzly self! If you are interested in an in-person erg training, please reply to me offline so I can gauge interest.

If you have any questions about the challenge or rules, please send them to me, Zack McCune, at zmccune@gmail.com. I look forward to seeing you all rowing your way to Grizzly glory!