

Ergometer - Means Indoor Rowing

By N. FOLSTER

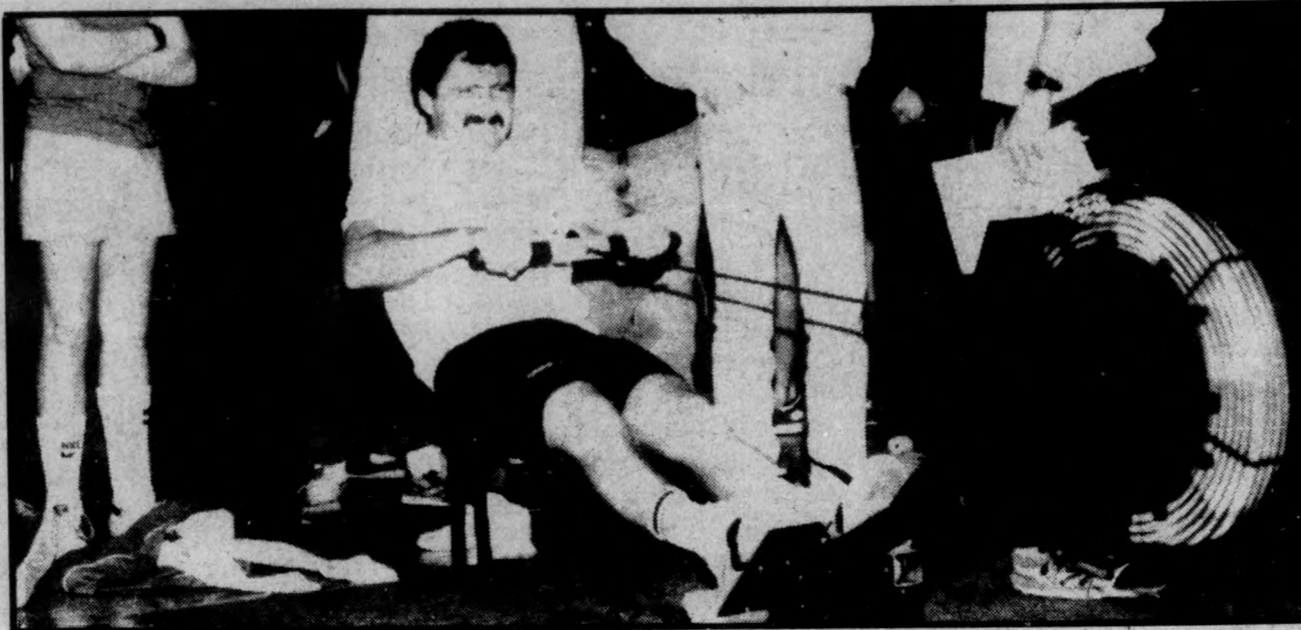
"What is an ergometer?"
You might well ask.

To the untrained eye, the contraption appears fairly innocuous; rather like a bicycle that's been put together wrong, missing a few parts.

Do not be deceived by this clever disguise. The ergometer is a vicious instrument of torture. No doubt designed by some demented rowing coach, it is used as a method of training by masochistic oarsmen and women everywhere.

Actually, if the truth must be told, it is not as bad as all that. In this frozen wasteland, using an ergometer or rowing machine is the next best thing to being out on the river. Granted, the scenery is not as nice, but if you close your eyes and pull really hard, it is not so difficult to imagine that you're bombing down the course in a racing shell.

If this idea appeals to you, you'll want to take in or take part in the 1988 International Maritime Rowing Ergometer Championships to be held in



Kim Norris is shown above giving it all he has

and skill level. Fees are \$3 per event for open classes and \$2 for recreational competitors. Proceeds will go to the Fredericton Rowing Club. First Place finishers at the International Maritimes will be eligible to compete in the 5th Canadian Open Ergometer Champs in London, Ontario on February 6, as well as the Open World Crash-B Sprints in Massachusetts also next month.

Fredericton/UNB Coach Kim Norris stresses that no prior experience is necessary to participate on Saturday, and he urges anyone interested to show up. All you need is a bit of brawn and a little imagination (to conjure up the river).

the SUB Ballroom tomorrow, January 23. Those interested in "testing their physical mettle" can register between 8 - 10 a.m. Races will be held for every age group, weight class

For more information, call Jamie Aitken 455-4651 or Kim Norris, 453-4991.

INTERNATIONAL ATLANTIC ERGOMETER CHAMPIONSHIPS

Saturday, January 23rd, 1988

Schedule of Events:

8:00 - 9:00	Early Registration			
9:00 - 10:00	Registration			
8:00 - 10:00	Weigh in			
10:00 - 11:00	Heats			
11:00 - 15:30	Finals:			
	11:00	Interm.	Men's	A
	11:15	Junior	Women's	A
	11:30	Interm.	Men's	B
	11:45	Interm.	Women's	A
	12:00	Junior	Men's	A
	12:15	Junior	Women's	B
Lightweight	12:30	Senior	Women's	
Lightweight	12:45	Senior	Men's	
	13:00	Junior	Men's	B
	13:15	Master	W/M	
	13:30	Master	W/M	
	13:45	Interm.	Women's	B
Lightweight	14:00	Interm.	Men's	B
	14:15	Senior	Women's	
	14:30	Recreational		
Lightweight	14:45	Interm.	Women's	B
	15:00	Senior	Men's	
Lightweight	15:15	Interm.	Women's	A
Lightweight	15:30	Interm.	Men's	A
16:00 - 17:00	Winner's Celebration			

FEES:

\$3.00 per event
\$2.00 Recreational

Bloomers in Short

The Lady Bloomers increased their record to 5-1-0 with a win over SMU Lady Huskies on Sunday.

The Bloomers had control of the game from the start and never looked back, winning the game 69-38, top scorer for UNB was Shelly Slater with 20 pts. The Bloomers had superior size and ability and were able to control the defensive rebounds, thus keeping SMU's scoring down to a minimum.

Despite sloppy turnovers, UNB played a good game and they should be ready for this weekend's games against UCCB on Saturday at 8pm and Sunday at 1 pm.

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