



SOUTH MAROUBRA SURF LIFE SAVING CLUB



We are excited to be part of the GOTCHA4LIFE 24 HOUR ROW to raise funds and awareness for Mental Health

We would like to invite members to participate and join our boaties who will take the lead for this event. We will have 4 rowing ERGO machines set up and **our goal is to ensure we keep one of the rowing machines turning over for the entire 24 hours.** No pressure for fast rowing, it is just about moving. Our boat rowers will be on hand to guide and encourage. Register to help us achieve this goal.

Note : Participants under 18 years must have a guardian/supervising adult present throughout their time slot of participating in the row.

Where : South Maroubra SLSC – Boat Shed
When : Midday Saturday 30 October till Midday Sunday 31st October 2021

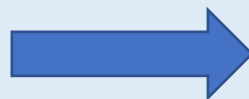
How to get involved

Register to row by completing the registration jot form at this link

[24 Hr Row Registration Form](#)

Once you have registered your interest via the form above, we will email you relevant information for your row, provided to us by the organisers of this national event.

To Donate – scan the QR code



Any queries, please contact Linda Perrin
vp@southmaroubrasurfclub.com.au

THANK YOU FOR YOUR SUPPORT

ARE YOU UP FOR THE CHALLENGE?

24 HOUR ROW FOR MENTAL HEALTH



Contact:

For more information go to 24HOURROW.COM.AU



DESIGNED BY: [unreadable]

30/01/2021

Donation link - GOTCHA4LIFE
24HR ROW - South Maroubra
SLSC

