

February 5, 2020

FOR IMMEDIATE RELEASE:

With the Superbowl behind us, sports fans can look forward to another Sunday of stadium excitement.

On February 9, 2020 in Mississauga Ontario, the Paramount Fine Foods Centre will play host to one of the largest competitions in indoor rowing at the Canadian Indoor Rowing Championships. At centre ice in the arena, thirty-two Concept 2 rowing machines, also known as Ergometers will be lined up side by side on the covered ice simulating an on the water racing event.

With sweat and determination, athletes will be testing themselves over 2000 metre and 1000 metre distances. Racing will be displayed on the video board making this a great spectator opportunity to cheer on your favourite competitors.

You won't want to miss the exciting out of this world Half-Time Show starting at 12:25 PM. Canadian Space Agency astronaut **David Saint-Jacques** will join the action from Houston via video conference on Sunday during the CIRC half-time show led by **Marnie McBean**, 3x Olympic Gold medalist and current Chef de Mission of Team Canada for Tokyo 2020 Olympics. Astronaut David Saint-Jacques, a rower, demonstrated his commitment to indoor rowing on his redesigned ergometer on the International Space Station where he spent 204 days. Marnie will lead a lively Q&A session with astronaut Saint-Jacques after his presentation.

Over 725 participants from across Canada are registered to race at CIRC, ranging in age from 13 to 89. Racing starts at 8:30 am and ends at 4:30 pm. The best seats for viewing the races are inside the Paramount Fine Foods Centre arena. Admission is free, and B-Arena Gate 1 opens at 7:00 am. Or follow the races online on the TIME-TEAM race tracker at <https://regatta.time-team.nl/circ/2020/live.php>

CIRC is one of the longest running indoor rowing races in North America. In its 37th year, CIRC has been held in the Greater Toronto Area bringing together rowers, paddlers, and fitness club athletes. Indoor rowing races take place in 100's of cities during January, February and March. The World Rowing Indoor Championships are in Paris, France this same weekend.



More information about the event can be found here: www.cdnindoorrowing.org

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