



## 2019 ONEC Tours and Group Rows

For information and contacts, visit the Touring page of the ONEC website [www.onec.ca](http://www.onec.ca). **Remember to register/reserve your seat in the quad on Meetup or e-mail [rowingtours@onec.ca](mailto:rowingtours@onec.ca).**

<p><b>Thursday evenings (Quad / Group) Rows 6:30 PM - BBQ &amp; Pub night</b></p>	<p><b>7:00 PM:</b> June 6, 13, 20, 27 July 4, 11, 18, 25 <b>6:30 PM:</b> August 1, 8, 15, 22, 29 Sept 5</p>	<p>1 to 1½ hour rows. Details and contact for individual dates on website.</p>
<p><b>Friday mornings</b></p>	<p><b>8:30 AM</b> July 5 to Aug 30</p>	<p>Group row from ONEC docks</p>
<p><b>Saturday mornings (Quad)</b></p>	<p><b>7:30 AM:</b> July 6, 13, 20, 27 <b>8:00 AM:</b> Sept 7</p>	<p>1-3 hour coxed row on Ottawa &amp; Gatineau rivers. <b>Followed by optional breakfast.</b></p>
<p><b>Sunday mornings (Quad)</b></p>	<p><b>7:30 AM:</b> June 2,9,16,23 August 4, 11, 18</p>	<p><b>Followed by optional breakfast.</b></p>
<p><b>OAR / distance events</b> sponsored by ONEC</p> <p>See 'Ontario Adventure Rowing' webpage for full touring schedule</p>	<p>May 25-26</p> <p>Sept 29</p> <p>August 24-25</p>	<p>Rideau Lakes Tour</p> <p>Petrie Island Relay <a href="http://www.adventurerowing.ca">www.adventurerowing.ca</a></p> <p>Canadian Sculling Marathon</p>

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### JUNE

- 02 Sunday morning tour
- 06 Thursday evening group row
- 09 Sunday morning tour
- 13 Thursday evening quad row
- 16 Sunday morning
- 20 Thursday evening group row
- 23 Sunday morning
- 27 Thursday evening group row

### JULY

- 01 **Canada Day Row**
- 04 Thursday evening group row
- 05 Friday morning row
- 06 Saturday morning tour
- 11 Thursday evening group row
- 12 Friday morning row
- 13 Saturday morning tour
- 18 Thursday evening group row
- 19 Friday morning row
- 20 Saturday morning tour
- 25 Thursday evening group row
- 26 Friday morning row
- 27 Saturday morning

### AUGUST

- 01 Thursday evening group row
- 02 Friday morning row
- 05 Sunday morning row
- 08 Thursday evening group row
- 09 Friday morning row
- 11 Sunday morning row
- 15 Thursday evening group row
- 16 Friday morning row
- 18 Sunday morning row
- 22 Thursday evening group row
- 23 Friday morning row
- 24-25 Canadian Sculling Marathon**
- 29 Thursday evening group row
- 30 Friday morning row
- 31 Saturday Hot Air Balloon Launch Row**

### SEPTEMBER

- 05 Thursday evening group row
- 07 Saturday morning tour
- 29 Petrie Island Relay**
- \*Extra Thursdays weather dependent via Meetup

### OCTOBER

- 19 Icicle Chase (OAR)**