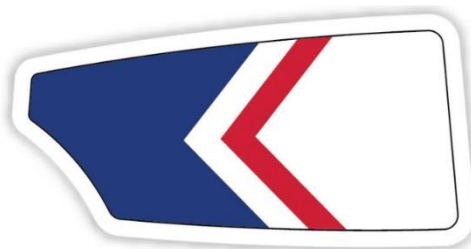


FOR IMMEDIATE RELEASE



REGISTRATION OPENS FOR FREE 2026 INDOOR LEARN-TO-ROW PROGRAM FOR AREA CANCER COMMUNITY

GAINESVILLE, GA, November 17, 2025 – The Lake Lanier Rowing Club (“LLRC”) has finalized plans to once again offer a free 12-week indoor learn-to-row program developed specifically for members of the Northeast Georgia oncology community. With weekly sessions slated to begin in mid-January 2026, the program will build upon the amazing success from our 2025 inaugural class which graduated twenty-nine participants – an eclectic group of patients, family supporters, survivors, and medical professionals.

“Our entire club is excited to introduce the many physical and mental benefits of rowing to individuals and families in our community impacted by cancer,” said Howell Buot, Executive Director of Lake Lanier Rowing Club. “The overwhelming success from our first year brought a new level of energy and inspiration to our boathouse each week and forged new friendships which have continued since our graduation this past April.”

Called ***SURVIVErg***, the program name is a play on words, combining ‘Survive’ with ‘Erg’ – the shortened form of *Ergometer*, the actual name of an indoor rowing machine which closely simulates the action of rowing to allow for land-based training, fitness testing, and regular exercise, both individually and in a group or team environment.

Weekly sessions are led by LLRC volunteer members under the guidance of Howell Buot and 63-year-old program lead Dan Lynch, a former indoor rowing world record holder and cancer survivor. “As someone who relied heavily upon indoor rowing to keep me strong and motivated during and after treatments for Non-Hodgkin’s Lymphoma, I wanted to help others experience the benefits that rowing has to offer. Not just the physical benefits from battling fatigue and other side-effects, but the mental and social benefits of joining with others for something so fun, positive, challenging, and engaging,” said Lynch.

Based on feedback from past participants, our program features 90-minute sessions at least twice weekly, with individual participants attending one or both sessions at their option. No prior experience is needed, and participation is open to anyone – from cancer patient, family member, care giver, survivor or medical professional. LLRC will also make reasonable accommodation for anyone with special needs who may wish to participate.

While the 2026 SURVIVerg program remains free, there are a limited number of seats available, and each participant is required to sign a waiver and pay a one-time registration fee of \$5.00 to secure their reservation. Participation will be on a first-come, first-served basis. We encourage anyone currently undergoing active treatment to speak with their physician and/or oncologist to determine if restrictions are advisable.

Online registration is now open. Classes will commence on Tuesday, January 13, 2026, and Thursday, January 15, 2026, from 4:00 to 5:30 pm, and run continuously through the first week of April 2026. Additional ‘open row’ opportunities will be offered to participants throughout the three-month program.

Questions or comments specific to this program can be sent to the Lake Lanier Rowing Club at ‘surviverg@lakelanierrowing.org’ and additional details about the club or program registration can be found online at: www.LakeLanierRowing.org

ABOUT LAKE LANIER ROWING CLUB

Established in 1993, Lake Lanier Rowing Club (‘LLRC’) was founded as an educational organization to promote all aspects of the sport of rowing throughout Northeast Georgia. Our programs serve the full spectrum of potential community participants – from pre-teen youth through seniors in their 80s and beyond, whether novice or seasoned experts. Located on Clark’s Bridge Road at the site now known as Lake Lanier Olympic Park, our club boasts one of the most prestigious rowing venues in the world, having hosted all rowing, canoe, and kayak events for the 1996 Olympic Games in Atlanta. We are guided by an all-volunteer Board of Directors and donations to our tax-exempt nonprofit organization are recognized under section 501(c)(3) of the IRS code.

MEDIA CONTACT

Lake Lanier Rowing Club
Howell Buot, Executive Director
3105 Clarks Bridge Road, Gainesville, GA 30506
Phone: (770) 287-0077
Email: Execdire@LakeLanierRowing.org
Web: www.LakeLanierRowing.org