

  
ROWING

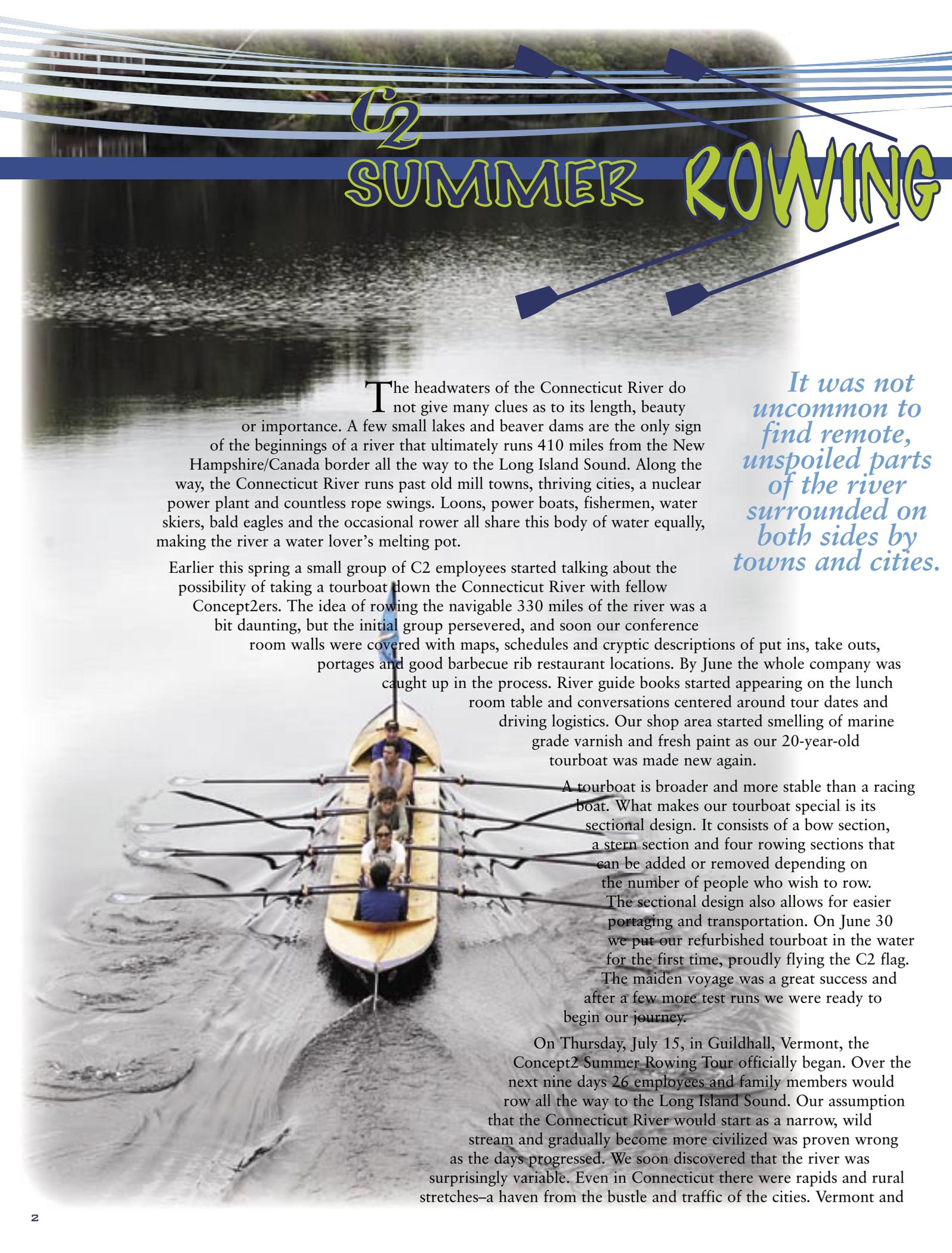
UPDATE



FALL 2004

C2 SUMMER ROWING TOUR  
A WEEK OF WORKOUTS  
RACE CALENDAR  
CROSS-TRAINING  
INSPIRATIONAL ROWER  
HOLIDAY CHALLENGE 2004

WWW.CONCEPT2.COM



# C2 SUMMER ROWING

The headwaters of the Connecticut River do not give many clues as to its length, beauty or importance. A few small lakes and beaver dams are the only sign of the beginnings of a river that ultimately runs 410 miles from the New Hampshire/Canada border all the way to the Long Island Sound. Along the way, the Connecticut River runs past old mill towns, thriving cities, a nuclear power plant and countless rope swings. Loons, power boats, fishermen, water skiers, bald eagles and the occasional rower all share this body of water equally, making the river a water lover's melting pot.

*It was not uncommon to find remote, unspoiled parts of the river surrounded on both sides by towns and cities.*

Earlier this spring a small group of C2 employees started talking about the possibility of taking a tourboat down the Connecticut River with fellow Concept2ers. The idea of rowing the navigable 330 miles of the river was a bit daunting, but the initial group persevered, and soon our conference

room walls were covered with maps, schedules and cryptic descriptions of put ins, take outs, portages and good barbecue rib restaurant locations. By June the whole company was caught up in the process. River guide books started appearing on the lunch room table and conversations centered around tour dates and driving logistics. Our shop area started smelling of marine grade varnish and fresh paint as our 20-year-old tourboat was made new again.

A tourboat is broader and more stable than a racing boat. What makes our tourboat special is its sectional design. It consists of a bow section, a stern section and four rowing sections that can be added or removed depending on the number of people who wish to row.

The sectional design also allows for easier portaging and transportation. On June 30 we put our refurbished tourboat in the water for the first time, proudly flying the C2 flag.

The maiden voyage was a great success and after a few more test runs we were ready to begin our journey.

On Thursday, July 15, in Guildhall, Vermont, the Concept2 Summer Rowing Tour officially began. Over the next nine days 26 employees and family members would row all the way to the Long Island Sound. Our assumption that the Connecticut River would start as a narrow, wild stream and gradually become more civilized was proven wrong as the days progressed. We soon discovered that the river was surprisingly variable. Even in Connecticut there were rapids and rural stretches—a haven from the bustle and traffic of the cities. Vermont and

# TOUR

## 2004

New Hampshire had their share of suburban sections. It was not uncommon to find remote, unspoiled parts of the river surrounded on both sides by towns and cities.

Maybe it was the unusual sight of a wooden tourboat in the middle (usually!) of the river, our Concept2 flag, or our rain soaked faces but, whatever the reason, everyone we met along the way was wonderful. We were welcomed at boathouses, marinas and private docks. At every turn we found strangers going out of their way to help us out.

Looking back over the trip we remember sentinel trees lining the river banks, bald eagles soaring overhead, dams, rapids and portage. Rope swings, wildflowers and blisters. Lots of blisters! By the end of the trip two things were certain: the tour was a success and next summer would see the C2 flag flying over another rowing adventure.

Want to see more?  
Visit [www.concept2.com/F04update](http://www.concept2.com/F04update) for more pictures and stories of the trip.

Photos by Chris Milliman



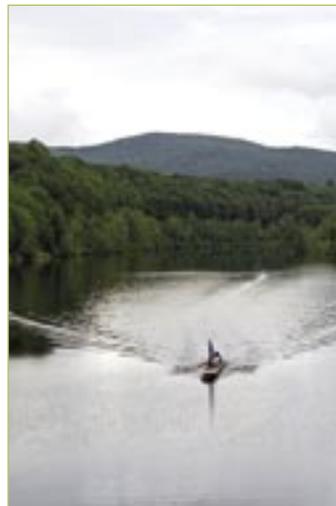
Tourboat from a CT River bridge.



Loading the tour boat onto the trailer for a portage around a dam.



Reassembling the tourboat after a portage.



Another day on the river.

### RIVERSONG

*Queen of New England  
400 miles wending,  
South from the highlands  
Home to the sea.*

*Place of Long Waters  
Indians named you,  
Lined with tall birches,  
Silver and grey.*

*The current flows swiftly  
When old ways are dying,  
Everything changing  
Nothing remains.*

*The Pequots who named you  
Have all passed away now,  
The white men who claimed you  
Will pass in their turn.*

*Connecticut River  
You go a'rolling,  
You go a'rolling,  
Rolling along.  
Everything changing  
Nothing remaining,  
Only the river  
Singing its song.*

*Written in September of 1986 in Seattle,  
Washington, by Steve Billingsley who was  
nostalgic for New England.*



Dick and Judy's blisters!

# A WEEK OF WORKOUTS...

## ...FOR WEIGHT LOSS, GENERAL CONDITIONING AND FITNESS

by Judy Geer

The following week of workouts is designed to keep you focused and interested, provide a balance of workout types, improve your fitness and burn calories. The workouts can be done in the order that best fits your schedule. Try to avoid back-to-back, intense workouts.

### Workout 1: “Pushing the Distance Frontier”

This is the day when you try to row a little further than you did last week by adding 1-5 minutes per week. If you need to, take a break during your row and then get back on to finish it. This row should be at a steady, moderate pace. Do this row on the day when you have the most time available. Where to start? This depends on how long you have ever rowed in one sitting. Start with 20 or 30 minutes, or the most you have rowed to date. Work toward a full hour!

### Workout 2: “Adding Structure – Intervals”

Some people love to do the same steady workout day after day. Others find it boring. Even if you enjoy it, you are missing the fitness benefits that are offered by interval workouts. Intervals are alternating bouts of hard and easy rowing. First row the specified work interval, then row very easily for the rest interval. You can pre-program these workouts on your Performance Monitor. On the PM3, some are already set-up for you. Here are several different interval workouts from which to choose:

Workout Name	Work Interval	Work Intensity	Rest Interval	Number of Reps
Minute on/Minute off	1 minute	75-90%	1 minute	10-15
500s	500 meters	75-85%	2 minutes	4-6
40 sec. pieces	40 seconds	80-95%	20 seconds	12-20
4 min. pieces	4 minutes	65-80%	2 minutes	3-5

Before you do an interval workout, be sure to row a warm-up of at least five minutes. Similarly, row a cooldown of another five minutes or so at the end. If this is the first time you have ever done intervals, start with just a few intervals at low intensity, then gradually build your volume and intensity.

### Workout 3: “Pushing the Intensity Frontier”

Now it's time to push the intensity a little. This workout will be a 30 minute row. The distance will not change but your goal is to gradually increase your intensity so that your score in meters rowed shows a general upward trend. You may not be able to increase your meters every week, and that's okay. But, hopefully, you will see a gradual improvement over the course of the next few months. Be sure to record your meters each week so you can watch your progress. Set up an Online Personal Logbook at [www.concept2.com](http://www.concept2.com).

#### Determining Intensity

There are three common ways to talk about intensity:

**Heart Rate (HR):** If you have a HR monitor, you can use your HR to measure intensity. There are several different choices of formulas to use but you can find one of these in our Training Guide (available as a PDF) on our web site at [www.concept2.com](http://www.concept2.com).

**Performance Monitor Data:** Whether you choose to watch pace, watts or calories you can use the data displayed on the Performance Monitor to guide your intensity. This will become easier as you get a sense of your personal best 2K time (see related article on page 6). You can then base intensity percentages on that average pace.

**How it Feels:** In on-water rowing there is a long tradition of coaches and coxswains referring to intensity levels as 1/4-pressure, 1/2-pressure, 3/4-pressure, and full-pressure. It's up to the individual rower to decide what this means! Vague as this may sound, it works.

## Workout 4: “Building the Pyramids”

Pyramids are a fun way to add interest and focus to a workout. The general concept is this: you do a series of work pieces, stepping the length upward to a maximum piece, and then stepping back down to where you started. Each work interval is followed by an appropriate rest interval. The work piece can be measured in terms of meters, elapsed time or number of strokes—whichever you prefer. (Note: the PM3 will not count strokes for you; you will have to do it in your head. Some people don’t like doing this, but others find it a great way to keep their focus.) Pyramids can be done at a range of intensities depending on your training goal. A comfortable, moderate pace is recommended for weight loss and general fitness. To prepare for an indoor rowing race you’ll want to take the intensity higher. Remember to warm up first for at least five minutes and cool down for a similar time afterwards.

Here are some examples of pyramid workouts:

Workout	1st step	2nd step	3rd step	4th step	5th step	6th step	7th step
By time	1 min. work, 1 min. easy	2 min. work, 2 min. easy	3 min. work, 3 min. easy	4 min. work, 3 min. easy	3 min. work, 3 min. easy	2 min. work, 2 min. easy	1 min. work, and cool down
By meters	250m. work, 250m. easy	500m. work, 250m. easy	750m. work, 500m. easy	1000m. work, 500m. easy	750m. work, 500m. easy	500m. work, 250m. easy	250m. work, and cool down
By strokes	30 str. work, 20 str. easy	50 str. work, 30 str. easy	75 str. work, 40 str. easy	100 str. work, 40 str. easy	75 str. work, 40 str. easy	50 str. work, 30 str. easy	30 str. work, and cool down

## Workout 5: “Active Recovery”

It’s important to have easy days in your training schedule. Easy rowing will help your body recover from the harder workouts. Try to row at least 20 minutes for your easy day—longer if you feel like it but keep the intensity low. Feel free to get off the rower and do some stretching in the middle of the row.

## Workout 6: “Spicing Up the Distance”

Here are some ideas for adding just a little bit of spice to a long steady row. The spice should help keep you going longer and give you something else to think about as you row along. Try to row for at least 30 minutes and work toward 40 minutes or more.

- Option 1: Every 500 meters row 20 strokes at a more intense pace.
- Option 2: Every 3-5 minutes row harder for one minute.
- Option 3: Take a ten-stroke burst whenever you feel like it! Aim for a total of ten bursts during your workout.

## Monitor and Evaluate Your Progress!

Keep a logbook! Set up an Online Personal Logbook at [www.concept2.com](http://www.concept2.com). It’s free and allows you to keep track of all the meters you row. You can also choose to receive e-mails from us about our Online Challenges and other motivational programs.

## Test Yourself!

If you have competitive urges, try a 2000 meter test piece every few weeks. Compare your time to others of your age and weight class around the world using the Online World Ranking at [www.concept2.com](http://www.concept2.com).

# FIND YOUR PACE FOR THE 2000 METER RACE

# THE EIGHTS GRAND PRIX

## WINTER TEAM RELAY LEAGUE

One of the most important aspects of race preparation is determining your optimum race pace. In the excitement of race day, it's all too easy to go out too hard, which generally means dying early and ending up with a disappointing finish. The key to avoiding this is to know your pace ahead of time.



Pace is expressed as time per 500 meters. This is displayed in the central box on the PM (Performance Monitor). A pace of 2:28 means that it takes you 2 minutes and 28 seconds to row 500 meters. The smaller the number, the less time it takes you to row 500 meters. So, the smaller your pace number, the faster you are rowing. NOTE: At the end of a fixed distance piece, your average pace for the piece will be displayed as ave/500m.

Here is a step-by-step protocol for determining your pace for a 2000 meter (a.k.a. 2K) race:

Step 1: Set your PM for a fixed distance work piece of 2000 meters. As you row, it will count down to 0 meters. Row the 2K, starting easy, at a pace you KNOW you can maintain for the whole piece. If you feel comfortable and strong, increase your intensity in the second half of the piece. At the end of the 2K row, record your average pace (ave/500m) for the entire 2K.

Step 2: For your next 2K piece, start out rowing at your average pace from the first piece. If you feel comfortable and strong, increase your intensity in the second half of the piece. And again, at the end of the row, record your average pace for the entire 2K. (ave/500m)

Repeat this process until you close in on the best average pace that you are able maintain for 2000 meters. As you get closer to your real race pace, the 2Ks will get tougher, so be sure to be rested before you attempt each 2K trial. You probably shouldn't do more than one of these test 2Ks per week, especially as the race date approaches.

After three or four of these pieces you should be homing in on your target 2K race pace. This is the pace at which you should start your 2K race. It will take discipline to keep to this race pace but stick with it, at least until the last 500 meters. At that time, if you feel strong, you can go ahead and increase the intensity. In fact, your goal is to completely "empty the tank" by the end of the race. This race pace will also be a good target for interval workouts as you prepare for the big event.

Good Luck!

Here's a fun, team-based challenge that comes to you from Concept2 rowers in Denmark.

The Eights Grand Prix (8GP) Winter Team Relay League has been running in Denmark since the '99/'00 season. Last year more than 200 Danish teams took part in the competition. For the first time the 8GP Winter Team Relay League is open to other countries.

The Grand Prix consists of a series of five events, one each month, from October to February. Each event is different and each requires a team of either four or eight rowers. The relay format means that races will be done on a single Concept2 Indoor Rower with the changeovers between rowers included in the overall time. There is no need to travel to a distant location for this competition. Just get your team together locally, row the appropriate event, and submit your team score via the 8GP website listed below. The fastest combined score wins. A team doesn't need to consist of exactly the same rowers in all rounds.

Here are the events for this year's Grand Prix:

Round	Eights	Fours	Closing Date
Round 1	2 x(8 x 500m)	2 x (4 x 500m)	November 1
Round 2	25,000m	12,500m	December 6
Round 3	8 x 2,000m	4 x 1,000m	January 3
Round 4	8 x 15 minute	4 x 7.5 minute	February 7
Round 5	Marathon (42,195m)	Half-Marathon (21,097m)	March 7

For full rules, event descriptions and to create your team visit the 8GP – Winter Team Relay League website at [www.concept2.co.uk/8gp](http://www.concept2.co.uk/8gp).

## ATTENTION PM3 USERS

Be sure to check our PM3 web page regularly for updates, tips, and other information. As we make improvements to the software, the new versions will be posted online for you to download. Visit [www.concept2.com/pm3](http://www.concept2.com/pm3).

# THE INSPIRATIONAL

## CHRIS WILLSIE

When we first heard Chris Willisie's story we were amazed, impressed and inspired. Our second thought was: we have to share this. We asked Chris if she would be willing to let us tell her story and she graciously agreed.

I'm 55 and I've been obese most of my life. Typically, I've been a yo-yo dieter from childhood when my parents would "put me on a diet." From time to time, I would get somewhere near my goal weight but could not keep it there, and up I'd go, gaining what I'd lost and more. Twenty years ago, I joined a gym and began working out on Nautilus equipment and doing aerobics. It was there that one of the trainers, Greg Tracy, introduced me to the Concept2 rowing ergometer (Model B). I loved it right away and, over time, built my cardiovascular endurance and trimmed my body fat. Eventually, I was able to row for an hour non-stop and became the top female rower in the gym.

But alas, that, too, fell by the wayside as nighttime college and maintaining my career in Information Technology took over. Again, the weight came back with a vengeance. At the time, I didn't appreciate what I had—the fitness, the mobility. In February, 2002, I weighed 352 pounds and wore size 34 women's clothing. How did I let this happen?

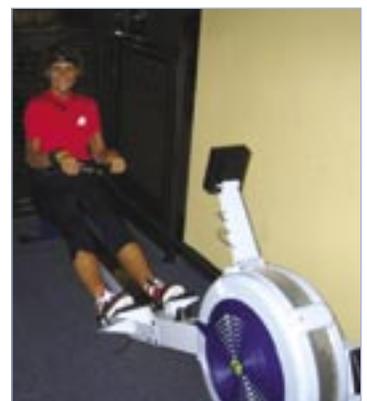
One day, I stirred up those old memories of the gym and rowing and the joy it had brought me. Now, I could barely move. Whenever I stood up, my ankles hurt so badly that I could only be in motion for a few minutes before I had to sit down again. My shoulders hurt constantly because I used them as weight bearing joints to propel myself from a sitting position. My back and legs simply could not do it. I had my moment of truth when I had to face the demons that haunted me about my weight.

I joined the Weight Watcher's online program. I have never attended one of their meetings, choosing instead to find that 'something' inside me to lose weight and become fit again. For exercise the only thing I could do was walk. I was in such poor physical condition that I knew I needed to start slow and small. The first time I walked, I could only do .22 miles in nine minutes. But I stuck with it, day after day, adding a little more distance and a little more time. On my walks, I would remember the rowing I used to do and I vowed I would do it again. I decided that when I reached my goal weight, my reward would be a new Concept2 rower for home use. Each time I walked I would pay myself \$1.00 towards the rower. For each mile I walked I would pay myself \$0.50. Over the days, weeks and months the pounds fell away and my fitness level increased. By the end of 2002, I had lost 100 lbs. and started running—very slowly, but still, I was able to do more than walk!

During the next six months, I lost another 50 lbs. In June, 2003, I joined the Tilton Athletic Club in Northfield, New Jersey for two reasons: it's the best fitness facility in the area

and they had a C2 rower there! Again, I started slowly but it felt like I had met up with an old friend. My body had not forgotten how to row and rejoiced at being able to do it again. I got into the C2 website and found all the various challenges. I created my logbook right away and have been keeping track since. In January of this year I got to my goal weight and have since lost an additional 27 pounds. I now weigh 123 lbs. I'm in a size 4. My body fat is 10% (athletic mode). I still run and enter 5K races. Last weekend I was 3rd in my age group in a 5K race! Can you imagine?

I know the erg has helped do this for me. When I get on the rower, I plug in my headset and row to the music. I find such peace and joy in its rhythmic movement—there is such a thing as a rowing "high." I've been there. I love seeing the meters pile up. I love the challenges; the Lake Champlain Tour was the best! I bought my rower in February, along with the Slides. Whew! They are fun, too. In June I joined the Brigantine Rowing Club and participated in their six-week adult rowing program. I was on the water! How cool is that? I have a saying, "5,000 meters a day keeps the fat cells at bay." The erg has been so instrumental in my weight loss. Early on, just thoughts of it kept me going, kept me motivated. Now, I can easily row an hour again and the weight is staying off. I now know what I have and appreciate it and vow that I will never, never take my mobility for granted. I feel so good and strong and, with my C2 in the house, there are few excuses for not exercising (sometimes I just need a rest day). It's always there waiting for me to hop on. Thank you Concept2 for such a wonderful machine!



Chris Willisie today

## OFFICIAL SATELLITE REGATTAS OF THE C.R.A.S.H.

Jan. 15 Southwest Ergometer Amateur Tournament (S.W.E.A.T.)  
Dallas, TX, Troy Howell  
e-mail: howellt@esdal.org  
web site: www.dallasrowingclub.org/

Jan. 22 The Mile High Sprints  
Denver, CO  
e-mail: milehighsprints@rockymountainrowing.com  
web site: www.rockymountainrowing.com/sprints

Jan. 23 Peninsula Indoor Rowing Championships  
Burlingame, CA, Monica Hilcu  
e-mail: mhilcu@earthlink.net  
web site: www.peninsulajuniorcrew.org/PIRCmain.htm

Jan. 29 The Beach Sprints  
Long Beach, CA John Van Blom  
e-mail: j.vanblom@verizon.net

Tennessee Indoor Rowing Championships  
Chattanooga, TN Robert Espeseth Jr.  
e-mail: Robert-Espeseth@utc.edu

Ergomania  
Seattle, WA Alan Mackenzie e-mail: prc@seanet.com  
web site: www.pocockrowing.org/

Mid-Atlantic Erg Sprints  
Alexandria, VA Paul "Skip" Bea  
e-mail: phbea@comcast.net web site: www.tcwcrew.org

Jan. 29 The 19th Annual Golden State Indoor Rowing Championships  
Rancho Cordova, CA Sam Sweitzer  
e-mail: CoachSweitzer@CSUSRowing.com  
web site: csusaquaticcenter.com/html/golden\_states.html

The Atlanta Erg Sprints  
Atlanta, GA Anne-Marie Richards  
e-mail: aj\_richards@hotmail.com  
web site: www.gtcrew.com/atlersprints/

San Diego Indoor Classic Rowing Championships  
Mission Bay, CA Tim Watenpaugh  
e-mail: watenpaught@saic.com twatenpaugh@san.rr.com  
web site: www.sdrcl-row.org/

Jan. 30 Canadian Indoor Rowing Championships  
Toronto, Ontario, CANADA Susan Kitchen  
e-mail: info@cdnindoorrowing.org  
web site: www.cdcindoorrowing.org

The Monster Erg  
Victoria, British Columbia, CANADA  
Rick Crawley e-mail: rcrawl@uvic.ca

Cincinnati Indoor Rowing Championships  
Cincinnati, OH Monica Kleimeyer  
e-mail: mkleimeyer@fuse.net



## 2004-2005 INTERNATIONAL RACE CALENDAR

More races will be posted as the information becomes available.

ARGENTINA - Zarate

AUSTRALIA - Caulfield, Melbourne

AUSTRIA - Vienna

BELGIUM - Antwerp

CROATIA - Zagreb

CZECH REPUBLIC - Brno, Trebon, Hodonín, Decín, Olomouc

DENMARK

ESTONIA - Tallinn, Tartu

FINLAND - Kunto

FRANCE - Provence, Paris, Picardie

GERMANY - Weilburg, Stuttgart, Berlin, Hamburg, Essen-Kettwig

GREAT BRITAIN - Nottingham, Portsmouth, Birmingham, Cardiff,  
Cambridge, Renfrew, Manchester, Nottingham, Launceston, Stranraer

HONG KONG

HUNGARY - Budapest

IRELAND - Dublin

ITALY - Rome

JAPAN - Towa, Numazu, Hamamatsu, Togo, Sugamo, Okayama,  
Sakaide, Sendai, Shimosuwa, Kumamoto, Turuga, Shintomi,  
Yonago, Hita, Otsu, Sapporo, Toda

MEXICO - Leon

NETHERLANDS - Amsterdam

NEW ZEALAND - Hamilton, Auckland &  
Christchurch, Dunedin, Auckland

NORWAY - Aalesund

PORTUGAL - Lisbon

SPAIN - San Sebastian

SWITZERLAND - Zurich

YUGOSLAVIA - Belgrade

European race inquiries should be directed to: Alex Dunne, ISM,  
Nottingham ENGLAND  
e-mail: AlexDunne@vermonthouse.co.uk  
web site: www.concept2.co.uk/v4/calendar.htm

### A-B. SPRINTS

- Jan. 30 **The Mid Winter Meltdown**  
Madison, WI Carol Glassroth  
e-mail: chglassroth@facstaff.wisc.edu  
web site: www.mendotarowingclub.com/
- Feb. 05 **The Main Line Slide**  
Villanova, PA Jack St. Clair  
e-mail: rowsaint@comcast.net
- The Pittsburgh Indoor Rowing Championships**  
Pittsburgh, PA Sean Nangle  
e-mail: SeanTNangle@ThreeRiversRowing.org
- The Great Baltimore Burn**  
Baltimore, MD Jeff Rodman  
e-mail: jkrodman.1@comcast.net  
web site: www.baltimorerowing.org/
- The St. Valentine's Massacre**  
Travers Island, NY Charles Ewen  
e-mail: cdewen@yahoo.com  
web site: www.nyacmassacre.com/
- Feb. 06 **The 22nd Annual Southern Sprints**  
Melbourne, FL Casey Baker  
e-mail: cbaker@fit.edu web site: www.southernsprints.org
- Indiana Indoor Rowing Championships**  
Elkhart, IN Dee Ashbaugh  
Registration Link: <http://www.RegattaCentral.com>  
e-mail: deerowusa@aol.com



### AR

- Japanese race inquiries should be directed to:  
Shunsuke Takeda, Starline Japan Co., Ltd.  
Tokyo, JAPAN e-mail: shun@starline.co.jp  
web site: www.starline.co.jp/sports/concept2/
- Australian Championship inquiries should be directed to:  
Stuart Wilson, Jeff Sykes & Associates, Victoria, AUSTRALIA  
e-mail: info@concept2.com.au  
web site: www.concept2.com.au
- New Zealand inquiries should be directed to: Gary Reid,  
Concept2 New Zealand, Tauranga, NEW ZEALAND  
e-mail: concept2nz@xtra.co.nz  
web site: www.concept2.co.nz
- Argentinean Championships inquiries should be directed to:  
Guillermo Guerci, Club Nautico Zarate, Zarate, ARGENTINA  
e-mail: merpen@ciudad.com.ar
- Hong Kong Championship inquiries should be directed to:  
Michelle Greenwood at RowSport Asia Ltd., Hong Kong  
email: michelle@rowsport.com

### OTHER INDOOR REGATTAS IN THE U.S.A. AND CANADA

More races will be posted as information becomes available.

- Nov. 21, 04 **The First Indoor Rowing Challenge for Children's Literacy**  
Montreal, Quebec CANADA  
Alan Mills e-mail: armour@qc.aibn.com
- Jan. 8, 05 **Indianapolis Indoor Sprints**  
Indianapolis, IN Simon Hillier  
e-mail: simonhillier\_46077@yahoo.com  
web site: www.rowirc.org
- Jan. 15 **The British Columbia Indoor Rowing Championships**  
"Beat The Beast At Saints" Vancouver, BC, CANADA  
John Creighton e-mail: rhuber@stgeorges.bc.ca  
web site: www.stgeorges.bc.ca
- Jan. 29 **The Maclay Ergomania**  
Tallahassee, FL Jane Conn e-mail: jbixconn@aol.com
- The Chicago Indoor Rowing Championships**  
Chicago, IL John Butsch  
e-mail: jbutsch@creativeaccess.com
- Feb. 05 **6th South Mountain Erg Sprint**  
Bethlehem, PA Paul Saville  
e-mail: pjs6@lehigh.edu  
web site: www.lehigh.edu/~incrw/
- Feb. 12 **The 18th Annual Adirondack Sprints**  
Saratoga Springs, NY Jim Tucci  
e-mail: jtucci@skidmore.edu
- Feb. 14 **The Nardin Ergatta (High School boys and girls)**  
Buffalo NY Tom Boyer e-mail: row4it@vaxxine.com
- Feb. 19 **Motown Madness**  
Detroit, MI Richard Bell e-mail: bellr@macomb.edu
- 10th Annual Bucknell Erg Armageddon**  
Lewisburg, PA Steve Kish e-mail: kish@bucknell.edu
- Feb. 27 **Mid-West Championships Erg Sprint**  
Granville, OH Mark Williams  
e-mail: willia\_mm@denison.edu
- March 5 **Island Sprints**  
Grosse Ile, Michigan Dennis Sitek  
e-mail: dennis.sitek@detroitdeisel.com  
oldoar@hotmail.com
- March 5 **The 21st Annual Greenhead Sprints**  
Brigantine, NJ Tony Molanri  
e-mail: brcrowcrew@comcast.net  
web site: www.brc.org
- The 5th Annual Charlottesville Big Erg Sprint**  
Charlottesville, VA Lise N. Rowe  
e-mail: babarrowe@yahoo.com
- March 6 **The Ontario Indoor Rowing Championships**  
St. Catharines, Ontario Jack Nicholson  
e-mail: nstorrs@yahoo.com
- March 13 **St. Patrick's Day Erg Classic**  
Lyndhurst, NJ Jill Kuczek  
e-mail: jkuczek@hotmail.com

In past Update issues we have shared stories from runners, bikers, tennis players and others about how they use rowing for cross-training. Since then, we have received e-mail and letters from other types of athletes who also see cross-training benefits from rowing. Some of these other sports are less mainstream, indeed somewhat unexpected. We thought you would enjoy hearing about them.

### Competitive Waterskiing

“It’s the best cross trainer I’ve ever come across—believe it. At first, I combined daily high intensity 10,000 meter rows with some calisthenics (pushups, sit-ups, lower trunk workouts, and some moderate weight lifting) and a lower GI (glycemic index) diet and achieved an overall loss of body fat, weight and got in great shape after only three months.



Ron Cooper skiing on “the Pond”

Since I bought mine, C2 has been integral in helping me get more out of my short six-month waterski season. With the cardio of the C2 (Indoor Rower), weight training and some good, sound nutrition fundamentals, I’m down from 225 lbs. in January 2003 to 179 lbs. today. Obviously, I’m so enamored with the Indoor Rower I tell everyone about it now.”

Ron Cooper, Clinton, CT

### Golf

“Erging is exceptional background for golfing, which is my love. Of course, it’s only over the past few years that golfers have truly discovered strength and aerobic conditioning (thanks to Tiger) and I think that rowing has to be the best “one stop” shop in that regard.

It’s particularly important for golfers to be strong both in the legs and the torso—two areas that are obviously worked by the Concept2 Indoor Rower. A strong torso prevents back injuries, while strong legs are important if one is doing a lot of walking. The common knock on golfers is that they aren’t athletes and, perhaps in the strictest sense, that’s true. Take your typical “athlete” though, and have them play four consecutive rounds walking like the pros do. I can almost guarantee they’ll be tired by the end. And tired legs lead to poor shots. Since I got back on the rower I notice a bit more “pop” to my swing which is undoubtedly due to putting on the 4 to 6K that I do every day.”

Gary B. Smith, Bethesda, MD

### Scuba

“I started rowing at the suggestion of my trainer four years ago and became an addict! I will finish 5 million meters by late summer or fall. I focus on longer pieces for weight control and overall fitness.

When I say I row for weight control, don’t laugh, it’s true, but so far it has escaped me! I started rowing about four years ago for general fitness after a long period of a near sedentary existence, apart from swimming. I’m just hitting 5.6 million meters on the erg. Recently, for the second time, I started the 80,000 Meter Marathon Training Program, in the hope of doing better with weight loss and maybe doing a marathon in 2005 before I’m 63. Last time injury got in the way but not before doing five half-marathons ... with terrible times, I admit.

I have been scuba-diving since I was 16 and have been lucky enough to have dived in many exotic places around the world and most recently in Cuba and on the Great Barrier Reef. Since taking on the C2 erg I’ve noticed a marked improvement in my air efficiency when diving. Now many factors go into that – buoyancy control, physical attitude/positioning under water, age, breathing rate and the ability to conserve energy. However, given my increasing age it would be usual to see some decline by now. Hey, I’m still improving and I think it’s all due to C2! My bottom times are now better than many people 30 years my junior. Thanks C2!

Ned Eustace, Montreal, PQ, Canada



Ned in the Bahamas

## Trap Shooting

“I bought a new Model D and absolutely love it. My husband and I shoot competitive trap (clay target shooting with 12 gauge shotguns). Rowing is really great because it doesn’t bulk the muscle up and strengthens core muscles (really important in shooting properly). When you shoot properly you use your lower back a lot, not your arms. You are moving the gun from your trunk muscles. Rowing has really helped my shooting!

Trap is different from biathlon because you don’t want to aim. You have to maintain a soft focus with your eyes, keeping the front sight in your peripheral vision. It helps to do meditative breathing (in through your nose, out through your mouth) because it enables you to shoot from the subconscious mind. Trap is also more physical than one would think. Most guns weigh in the neighborhood of 8 lbs. or more and most tournaments are 300 targets per day, not counting practice and shoot-offs (when people tie). The national championship is ten days long, and 2200 birds or so, if you shoot every single event!”

Dr. Betsy Young, Metairie, LA

## Fencing



Norman’s fencing class

“I teach fencing at a local high school, including adults. They often ask me what to do for general conditioning and I recommend the C2 Rower. It’s a combination of things.

Rowing is great for developing overall body strength. It produces long sinewy muscles as opposed to large bulky ones, which don’t work for fencing. Rowing also develops good range of motion and keeps you limber, which is essential for fencing. I also use a treadmill, but I find that the rower is better for conditioning and definitely not as boring. I watch the numbers on both, but on the treadmill, it’s with impatience. Rowing feels good as you do it which is extremely important. You can let your mind wander, or watch the numbers, or just daydream. I find that it takes much less time to accomplish the same good as on a treadmill.

The fencing stance is bent-kneed so that you can make a sudden move in any direction. Most beginning fencers have a lot of muscle pain in the upper thigh. Rowing does a great job of strengthening this muscle, much better than running. The C2 is a very good all-around exercise in preparation for learning and sustaining the ability to fence. It builds endurance as well as the right kind of muscle.”

Norman Grimm, Cherry Hill, NJ

## Wakeboarding

“Wakeboarding is a cross between waterskiing and snowboarding. You stand sideways on a board and you are pulled by a boat at a speed of about 20 mph. There’s opportunity for tricks and jumps.

I do not wakeboard competitively. I am a 42-year-old amateur who has been wakeboarding recreationally for about five years.

While wakeboarding is a balance sport and indoor rowing hardly improves one’s balance, rowing does strengthen all of the muscle groups used in wakeboarding as well as improving cardiovascular endurance for longer rides. Imagine standing on a board—sometimes straight, sometimes knees bent. Imagine holding onto a handle arms extending in front of you. You can imagine that the repetitive motion of indoor rowing mimics the motions of wakeboarding. All of the muscle groups used in each sport are identical: legs (quads and glutes), core (stomach and lower back), upper body (lats and shoulders), and arms (biceps and triceps). I highly recommend indoor rowing for keeping one conditioned for those thrilling wakeboard rides.”



Jeff Russell wakeboarding

Jeff Russell, Everett, WA

## THE 2K ALUMNI ROWING CHALLENGE

Do you ever long for the good old days when you were younger, fitter, and perhaps a member of a college or university team? We can help you with everything but the age reversal. Join the Alumni Challenge! You might even help earn a new Indoor Rower for your alma mater.

All you need to do is row (and finish) a 2000 meter race at an official Concept2 Satellite Regatta of your choice. When you register for the race, you will be able to enter your alma mater or other desired school affiliation. The college or university in each of the three NCAA size Divisions with the most people rowing 2000 meters at a 2005 Satellite Regatta will win an Indoor Rower. See the Indoor Race Calendar on pages 8 and 9 or visit [www.concept2.com](http://www.concept2.com) for the most up-to-date race schedule.

Participants may include current students, alumni, parents, and friends of students who wish to support the college or university.

Spread the word. Take the Alumni Challenge!

For a more long-term challenge, check out our ongoing Online University/Club Standings and see how your alma mater is currently ranked. This ranking is based on all the meters rowed in this ranking year by everyone who lists a school, university or club affiliation in their Online Profile. From your logbook, click on the "Challenges" tab then click on the link for University/Club Standings. Use "Edit Profile" to add or change your affiliation.



The U.S. Indoor Rowing Team will be competing at the 2nd Annual European Indoor Rowing Championships in Amsterdam, The Netherlands, on December 18, 2004. The 12-person team will be coached by U.S. Olympic Rowing Coach Mike Teti. The team selection is posted on our website along with team member bios and photos. Visit [www.concept2.com](http://www.concept2.com) for more information.

## OARSOME FOURSOME GUIDE TO FITNESS DVD



From Australia comes this professionally produced DVD featuring the Oarsome Foursome and the Concept2 Indoor Rower. The Oarsome Foursome is a group of four well-known and respected Australian Olympic gold medalist rowers.

The DVD covers indoor rowing topics such as proper technique, workout design, use of the PM3 (Performance Monitor 3) and suggestions for workouts for all fitness levels. In addition to the rowing workouts, the DVD also includes Fitball and other exercise workouts.

Whatever your goal—building strength, balance and flexibility, getting into shape, improving posture or increasing energy levels—the Oarsome Foursome will show you how. The Pilates-inspired moves combined with calorie burning cardio exercises are adapted from training techniques which have contributed to their Olympic and World Champion successes.

The DVD is ideal for all rowers from beginners to professional athletes and coaches. These easy-to-follow exercise routines will be an invaluable resource for years to come. Get fit with the Oarsome Foursome.

PN: AUSDVD



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## Concept2 Oars in Athens

Concept2's first product was a composite racing oar for competitive rowing. Although the Indoor Rower is familiar to more people, we still make sweep and sculling oars which are sold worldwide. We are proud that our Dreissigacker Oars were chosen by a majority of rowers at the Athens Olympics. Here are the statistics:

Sculling events: 67% of medalists and 61% of all scullers used Dreissigacker Oars.

Sweep rowing events: 67% of medalists and 71% of all sweep rowers used Dreissigacker Oars.

Overall: 67% of medalists and 64% of rowers used Dreissigacker Oars.

### THE C2 FREE LIBRARY

**Daily Rowing Log Book** – Keep track of your rowing workouts. The log book features a page for every week of the year and a section for each day of the week. It's a great way to monitor your progress!

**Rowing Technique Video** – A short, instructional video on proper rowing technique. Good technique will help you get the most out of your rowing workout.

**Training Guide** – A comprehensive guide that offers information on training programs for specific goals, heart rate monitoring, performance monitor use, proper stretches, rowing technique, cross-training and sport-specific workouts.

**Technique Poster** – A full-color poster of a solo sculler on a placid river. Inset shows the phases of the rowing stroke for proper rowing technique.

**C.R.A.S.H.-B. Video** – Exciting footage from the 2000 C.R.A.S.H.-B. Indoor Rowing Championships in Boston, MA, with music, interviews and narration. It's great inspiration!

### EMPLOYEE PROFILE



#### JOSH CARLSON

by Will Spalding

**Start Date:** August 1993 (Just in time for the introduction of the Model C Indoor Rower!)

**Tasks:** Test rowing and boxing Concept2 Indoor Rowers and molding oar shafts and oar handles. Josh is familiar with almost every aspect of production here at Concept2.

**Education:** B.A. in 1993 from Johnson State College, Johnson, VT. Josh majored in Physical Education and was on the JSC soccer and cross country running teams. He was a member of the swimming club and spent much of his spare time training for and competing in triathlons.

**Accomplishments:** Josh is most proud of his family: his wife, Elise and their daughters, Sofie (3) and Weslie (1). He loves the challenges and the rewards of parenting. Josh says his kids are his heroes (or should that be heroines?) because, "they can do all the stuff that I can't do anymore."

**Favorite Bands:** The Rolling Stones (Keith Richards was his hero before his daughters were born), and moe.

**Favorite Food:** Baked ziti with Sunday gravy and tiny meatballs (from the Sopranos Family Cookbook) or anything else that is edible and within his reach.

**Other Interests:** Josh has coached the nordic ski team at Peoples Academy High School in Morrisville since 1998. He has coached the team to two state championships (2003 & 2004) and has coached several individual skiers to state championships, as well. Josh credits his C2 co-worker, Lester Farr, with getting him seriously interested in the sport.

**Hobbies:** Nordic skiing, running, cycling (fat and skinny tires), logging (creating and enhancing the trail network in his neighborhood), building (his own house in Elmore).

**Quote:** "I have C2 to thank for allowing me the cushion in my schedule to focus on the other things like my home, family, and fun."

# C2 CLOTHING ETC...



## C2 Tank Tops

Coolmax Airmesh™ fabric is breathable and quick-drying.

Sizes: S-XXL

PN LTTPB Women's - Powder Blue

PN MTTN Men's - Navy Blue



## C2 Lightweight T-shirt

100% ring spun, fine gauge cotton that is supersoft with just a touch of stretch in a warm orange color. Snug fit. Order a size larger for a looser fit.

PN C2TO

Unisex Sizes: S-XXL



## C2 T-shirt

Black 100% Cotton Hanes® Beefy-T® with mercury C2 logo.

PN C2TBK Unisex Sizes: S-XXL



## Rowing Shorts

Polartec® fleece padding in the seat for extra-comfortable rowing. 8 1/2" inseam and elastic waist has a drawstring. Made by Regatta Sport. Color: Black XS(26-28), S(29-30), M(31-33), L(34-36), XL(37-39), XXL(40-44).

C2 Logo Coolmax® - 90% Coolmax™ and 10% Lycra®. PN CSB

C2 logo Cotton/Lycra - 90% cotton and 10% Lycra® PN S



## Performance Shirt

A high performance long-sleeved zip-neck shirt; great for outdoor workouts in cool weather or as layer to wear to and from the gym. In addition to its superior ability to manage moisture, Coolmax Alta® is designed to minimize pilling. Deep teal blue with C2 logo on the left chest and back of neck.

Sizes: XS-XXL

PN C2PSTB

# INDOOR ROWER ACCESSORIES

## PM3 Retrofit Kit

Offers a variety of units and graphic display options including Force Curve, Paceboat and Bar Chart. Select from a library of pre-set workouts or even race against a paceboat. The LogCard records and stores your favorite workouts for instant set-up and allows the transfer of workout data to a PC.

PN 1979 Model C

PN 1981 Model B

## Model D Handle Retrofit

Features an ergonomic design allowing a more natural arm and hand position. Overmolded grips are soft rubber that is easy to hold and won't absorb sweat, grease and dirt. Retrofittable to rowers with a U-bolt on the handle end of the chain.

PN 1931

## Caster Wheels

Can be added to your Model A or B to make it easier to move. Standard on Model C & D.

PN 486

## Flexfoot Retrofit Kit

Adjusts easily for a range of foot sizes providing wider range of motion and greater security for the heel. Easily added to Model A or B.

Footstraps included. Standard on the Model C & D.

PN 597

## Rower Seat Pad

Option for seat comfort. 3/8" foam.

PN 1409

## Maintenance Kits

Contains the spare parts most likely to be needed for heavily used Indoor Rowers.

Model A PN 93

Model B PN 295

Contains: shock cord, pulleys(2), seat rollers w/hardware(3), travelling pulley, chain slide, and chain oil.

Model C PN 1711

Model D PN 1911

Contains: shock cord, seat rollers(4), chain idler pulleys(2), footstraps(2), toe pieces(2), screws and washers for legs and seat, chain oil and technique sticker.

All maintenance kits come with installation instructions.

## Indoor Rower Cover

Polyester/vinyl laminate with velcro tabs. Water-resistant.

Fits Models A, B, C and D.

PN 1520

## LogCard for PM3 Monitor

Single LogCard PN 1910

Box of 25 PN 1910BX

## Footstraps

PN 1501



## Ladies Scoopneck T-shirt

Tapered in shape for a closer, more fitted look. 100% ring-spun cotton that's soft and comfortable. The C2 logo is embroidered in spring green on the lower left hem.

Adult Sizes: S(4-6), M(8-10), L(12-14), XL(16-18), 2XL(20-22)

PN LTBK

CLOSEOUT



## MONITOR YOUR HEART RATE

### OPTION 1

#### CONCEPT2 HEART RATE RECEIVER

If you own a Polar™ Chest Belt Transmitter and want to view your heart rate on the PM2 or PM3, purchase the Concept2 Heart Rate Receiver and Cable.

PN 1761



### OPTION 2

#### POLAR™ CHEST BELT TRANSMITTER WITH CONCEPT2 RECEIVER AND CABLE.

View your heart rate on the PM2 or PM3. Includes Polar T31™ Chest Belt Transmitter and Concept2 Receiver and Cable.

PN 1747



## CONCEPT2 MODEL D INDOOR ROWER

The Model D features an ergonomically designed handle, a softer sound and the powerful PM3 Performance Monitor!



Rowing provides superb total-body cardiovascular conditioning in a smooth impact-free exercise. It promotes flexibility by putting the major muscle groups through a wide range of motion. It is suitable for all ages and levels of conditioning, from hard-core to rehab.

A great investment, this high-quality machine is virtually maintenance-free.

PN 1900-US

## CONCEPT2 SLIDE

Everyone who gets on it smiles. If you are using the Indoor Rower to train for on-water rowing or you simply want to feel the sensation of floating on the Rower, the Slide will provide a great new dimension to your indoor rowing workout. Available as pairs or singles, one pair is required to float a single Rower (one Slide supports the front leg, one Slide supports the rear).

A pair and a spare will allow you to link two Indoor Rowers together to simulate a "double" for great team training.

PN 1800 for a pair

PN 1800S for a spare

NOTE: Indoor Rower not included.



The **CONCEPT2 DYN0** offers three core strength training exercises: Leg Press, Bench Press and Bench Pull.

The DYN0 is designed specifically for strength-training and is not a rowing machine. However, it does use the same flywheel technology and offers the same smooth feel as the rower.

PN 5700-US



## Rowing Tour of Lake Champlain

56 page, full-color workout book featuring historical and ecological information as you "indoor row" your way around Lake Champlain. Includes reproduction of a 200-year-old map, incentive prizes and a T-shirt when finished. A share of the proceeds benefit organizations protecting Lake Champlain.

PN LCGAME



## DREISSIGACKER OARS

The oars were our first product back in 1976 when the company was founded. We make both sweeps and sculls of fiberglass and carbon fiber so they are light in weight but strong and stiff. Our oars are made to customer specifications.



## 5TH ANNUAL ONLINE HOLIDAY CHALLENGE

The Fifth Annual **Online Holiday Challenge** will start on Thanksgiving Day (Thursday, November 25) and end at midnight on Christmas Eve (Friday, December 24).

Take the challenge of your choice:  
row 100,000 meters or 200,000 meters!

All finishers who row 200,000 meters, worldwide, will be awarded this year's pin.

Participants who have rowed 100,000 meters will be able to download a special certificate of achievement and a heat transfer design to put on a T-shirt.

You will need to set up a Personal Online Logbook to participate. For complete details on the Holiday Challenge, visit [www.concept2.com/F04update](http://www.concept2.com/F04update).

