

YOU ARE THE STARS



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YOU ARE THE STARS!

You do amazing things with our machine!
We do everything we can to make our Indoor Rower a valuable lifelong investment, but YOU are the people who use it to change your lives.

We are continually impressed with your accomplishments and would like to celebrate them in this issue of the Update. Over the years, many of you have sent us stories about how you have been able to use rowing and the Indoor Rower to make big changes in your lives. Here is just a sampling of those stories. Keep them coming. We plan to create an area on our website where we will post customers' stories, grouped according to the focus of the success—from weight loss, to lowered cholesterol, to control of diabetes and more. Watch for this new web area on www.concept2.com.

“ How, like, HUGELY grateful I am to C2 and the community here on the forum. I started out on November 1, 2002 with years of no-conscious athleticism behind me, and the Holiday Challenge was this great tool for motivating the lazy beast-me AND the competitive, sporty-me to form a habit of getting sweaty and breathing hard every day! As I've mentioned in previous posts, this new habit has allowed me to cut my diabetes medication in HALF, which is a fantastic success, and my doctor and I are looking gleefully forward to eliminating the meds altogether within six months. I have no idea if I've lost weight, but I reckon I will get skinnier in the long run, and continue to improve in fitness and general health.

I can state with certainty that the sense of accomplishment I'm feeling at this moment is unbelievably sweet and, again, I'm really grateful to have been supported in achieving this Holiday Challenge as a new year is rolling in. Plus, gosh, having established a daily hour of rowing is going to make the New Year's resolution thing at least a little easier to succeed at! Thanks! ”



Iliana Filby

“ Ladies and gentlemen you have changed my life. Today my Rower is one year old. It took me two years to convince myself that I needed a lifelong exercise program. I found myself starting to firmly believe I was getting older. There were things I just couldn't really expect of myself because, hey, I'm 48 and not 25 anymore. Then I decided that was a choice I could control.

Your machine and my attitude have truly changed me into a different person. I am now 30 to 35 pounds lighter. I do 12K, five times a week, or some other exercise equivalent. I have 1977 kilometers on my rower and I actually feel, mentally and physically, better than I ever have in my entire life. Again, thanks. I just had to let you know what a profound effect your labors can have on people.

P.S. Of course, my Concept2 rower works exactly like the day it came out of the box. What did you expect! ”

Stan Herman

“ I am a 57-year-old man who was a distance runner for fifteen years. About two years ago I began looking for alternative exercises as a way of staying in shape and not pounding my knees, hips, and back. I went back to rowing because it was an old piston-type rowing machine that got me started on the fitness trail twenty years ago. In January, my doctor told me that I had developed a pre-diabetic condition and suggested that I lose twenty pounds and get back on the exercise path. So I drug [sic] out my old rower and started to watch what I ate. In early spring, I discovered your company while surfing the net and purchased one of your Rowers a few weeks later. I am pleased to tell you that I have lost nearly forty pounds and my blood glucose levels are now normal. I row four to five times a week for an hour trying to row 10K in under 43:30 while maintaining my heart rate at a level of 145 or less. One day a week I row 20K in under ninety minutes using the same parameters for MHR (maximum heart rate). A few days ago I passed one million meters and, at the moment, my odometer reads 1037K. I love my rower and wanted to offer my thanks for allowing me the means to get into the best total condition of my adult life.

Bob Jackson



Keep up the good work! ”

WE DO EVERYTHING WE CAN TO MAKE OUR INDOOR ROWER A VALUABLE LIFELONG INVESTMENT— BUT YOU ARE THE ONES WHO USE IT TO CHANGE YOUR LIVES.

“ My experience with rowing was very sporadic until June 16, 2002, when I started rowing regularly. Two and a half years ago, I was diagnosed with diabetes. Both my grandmothers died from complications of diabetes and my dad and three of his sisters are diabetic, so it is rampant in my family. Walking had been my main exercise until I got back on my rower and found out how it lowered my blood sugar readings.

Since then, I have tried to row 5000 meters daily; I even rowed on a Concept2 rower in Redondo Beach, California, when I was there visiting with family. Rowing has helped me lose 35 pounds, get off blood pressure medication and drop my blood sugar readings 30-40 points.

This past year, I walked the Los Angeles and Portland, Maine marathons, climbed Mt. Katahdin in Maine and Mt. Whitney (14,496 ft.) in Lone Pine, California. On December 1, 2002, I reached my goal of 1,000,000 meters. Completing the 2002 Holiday Challenge was another goal realized.

Set your goals high. Exercise is the key to staying young and healthy. Start rowing, eat healthy foods, and have fun with your grandchildren. ”

Diane Brown



“ On March 17, 1990, after assembling my own Concept2 erg, I decided I would keep a log of my rows. This was a very good thing, it gave me goals and kept me motivated. I especially enjoyed receiving the perks, patches, certificates, T-shirts, sweatshirt and gym bag from you good folks at Concept2.

I made my personal goal to Row-Around-The-World which is 39,500,000 meters. I have mailed copies of my logbook to you. I developed my own Excel logbook and I do participate in the online log and competitions, which I enjoy very much.

Today is my 4738 day of rowing and I have completed my journey of 39,500,000 meters. I have averaged 8338.61 meters per day. That is 5.1816 miles per day. Total minutes rowed is 168,967 minutes (equivalent to 117 days 8 hours) and my average meters per minute is 233.773.

When I crossed the finish line this morning several people, including my lovely wife, were here to cheer me on.

I just wanted to take this minute to share with you folks my achievement of my personal goal and to thank you all for your support. ”

Sincerely,
Rich DiBello



Maximizing the Benefits by Judy Geer

Note: We are not medical professionals. The material in this article is based on experience and communications with our customers. If you have concerns about your back, knees, hips or other body parts, be sure to discuss them with your doctor.

Some people find that rowing bothers their back (or knees, or shoulders...). Other people say that rowing is the only thing that makes their back (or knees or shoulders...) feel better. Every body is different, and you will have to experiment to see which kind of person you are.

The fact that rowing uses so many muscle groups means that it has the potential to strengthen and balance all those parts of the body. Rowing is also impact-free and non-weight-bearing, which makes it that much more appropriate and valuable as a tool for rehab, recovery and for people of all ages. At the same time, as with any sport, if rowing is not done correctly and appropriately, there is always the possibility that it could contribute to overuse problems or injuries.

For example, rowing is one of the few exercises that uses and strengthens the back. It also uses and strengthens the abdominal muscles, which help support the back. Rowing is therefore a potentially useful tool in dealing with certain kinds of back pain. At the same time, it may not be appropriate exercise for certain back problems.

With this in mind, there are a number of things you can do to maximize the benefits of rowing for your entire body.

Check Your Technique

First, make sure that you are rowing with proper technique. If you don't already have our technique video, ask us to send you a copy.

Here are a few key points of technique:

- ◆ Forward body angle at the catch: The shins should not go beyond vertical; and the forward body angle shouldn't be more than about 25 degrees. It should feel like a comfortable amount of reach.
- ◆ Coordination of the drive: You should begin the drive by pressing down your legs, keeping your arms straight and maintaining the initial angle of your back. When your legs are about halfway extended, start prying open your back. Finally, finish the drive by pulling the handle all the way into your abdomen.
- ◆ Layback at the finish: Your back should swing past the vertical by about 25 degrees at the finish of the stroke. This layback position should feel comfortable, not stressed. You should feel your abdominal muscles doing some work when you sit in the finish position.



Check Your Technique Stretch

- Consider the Time of Day
- Set the Damper
- Build Up Gradually to Heavy Work
- Vary Your Workouts
- Remember to Take Rest Days

Stretch

A variety of aches and pains can be eased or prevented by investing a little time in stretching. For example, I find that both my knees and my back tend to get tight when my hamstrings are tight (the muscles in the back of the thigh). No big surprise: the knees are connected to the hamstrings and the hamstrings are connected to the butt, which is connected to the back. When one part of this linkage gets tight, it affects the rest of the linkage. So, to take care of your back, you also need to take care of your hamstrings.

We recommend doing at least some of the basic stretches located on page 5. First, we recommend that you row easily for 5-10 minutes to warm up your muscles. Then get off the Rower and stretch before you begin your workout.

Consider the Time of Day

If you're like most people, you tend to be most stiff in the early morning. For this reason, the early morning may not be the best time to do a hard workout. However, it is also a favorite time of day for many rowers. Our advice to morning rowers is to start very easily. Don't expect to be able to do a hard interval workout right away. If you don't usually row in the morning but must do it every so often, be sure to allow a little extra warm-up time.

If you find you are having trouble with a certain part of your body, it might be worth moving your workout to a later time of day and see if that helps.



Set the Damper

The best all-purpose damper setting for a great cardiovascular workout is in the range of 3-4. If you have been rowing at a higher setting, this may feel a little light to you at first. But please give it a few days. The lower setting requires you to be a little quicker in applying your

power, which in the end gives you a better workout. Aim for a stroke rate (spm) of between 24 and 30 spm.

Build Up Gradually to Heavy Work

Be smart about increasing your workout load. If you haven't rowed in over a week, take it easy for your first row. Don't expect to be able to jump right in where you left off. And don't try to do intense interval work. Start with a steady row at a comfortable

pace. In your next row, try building the intensity gradually through several intervals of 1-3 minutes in length. Then, if this all feels good, you can start doing more intense work.

If it's been over a month since your last row, plan to build back up even more gradually to where you left off in both the length and intensity of your workouts.

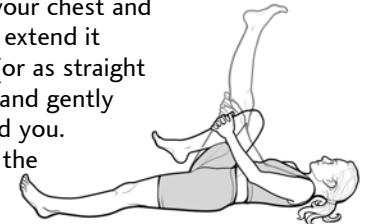
Vary Your Workouts

One of the great things about the Concept2 Indoor Rower is that it enables you to do a virtually infinite variety of workouts. The length, format and intensity of your workouts can all be varied. Variety can go a long way to preventing boredom and it can also be helpful to those who may develop aches and pains from doing exactly the same thing for too long. And, last but not least, the properly varied training diet will result in the greatest gains in fitness and performance!

Remember to Take Rest Days

Even though rowing makes you feel great and you want to do it every day, it's important to give your body a rest every so often. Some people find it easy to rest one or even two days per week. Others have a hard time going even a day without a workout. We recommend taking at least one day off per week from rowing. Take a walk, or do some other activity if you want. And if you just HAVE to row, make it a short, easy workout. It will make you hungrier the next day and you'll have a better workout!

Lie on your back and bend one knee up to your chest and hug it. Then extend it straight up (or as straight as you can) and gently pull it toward you. Repeat with the other leg.



Sit on the floor in the "hurdler's position" (one leg out and one leg bent back) and reach out to your toe with both arms, then repeat with the other leg.



Squat and try to get both heels on the floor.



Put one arm behind your head as shown, grabbing the elbow with your other hand. Pull gently. Repeat on other side.



Push into a bridge with straight legs and arms. Stretch one leg at a time.



Stand and stretch your quad by bending your leg back until you can grab your foot. Gently pull your leg up against your butt.



Row Together

by Suzanne Hudson

by Mark McAndrew

Vermont Waterways now has an updated version of their original Canoe Paddling Adapter to the Concept2 Indoor Rower. The adapter temporarily transforms the Concept2 Indoor Rower into a machine that simulates the single-blade canoe paddling stroke while making use of the Indoor Rower's digital display monitor which tracks important workout information. The Canoe Paddling Adapter, as well as the popular Kayak Adapter, is an effective tool that plays an important role in the training and testing of competitive paddlers worldwide, whether you're a dragonboat competitor, marathon canoe racer or outrigger racer.

The updated canoe adapter offers a number of improvements:

- There is a more direct line of pull from either the port or starboard catch, more closely simulating "on-water" forces.
- The seat of the rowing machine is utilized, preserving the overall length of the adapted Rower at its normal 7'11" length.
- The "pull point" of the adapter is higher.
- The adapter allows for a quick change between the rowing and paddling modes.

The canoe adapter makes use of the Indoor Rower's performance monitor to track stroke rate, power output for each stroke, as well as elapsed time and distance in meters. Both adapters can also use the heart rate monitoring abilities of the Concept2 Performance Monitor by using a Polar™ heart rate transmitter and a receiver and cable available from Concept2. Best of all, Vermont Waterways has been able to reduce the price of this new generation of canoe adapter! The price is \$275.00 plus shipping. For more information, visit the Vermont Waterways website at www.paddlemachine.com or call 1.800.492.8271.



Mark McAndrew demonstrates the Canoe Paddling Adapter.



The Coledale Cougars competing at the Canadian Indoor Rowing Championships

**Coledale
Public
School**



Photo credit: Erin Riley for Coledale photos, Marianne Stone for Johnson Elementary

Since 1991, Concept2 has been offering a program to elementary and middle schools called Row Together, designed to introduce young children to the fun and fitness benefits of rowing.

The premise is simple: Concept2 loans selected elementary and middle schools up to two Indoor Rowers for the course of the school year. In exchange, the schools must conduct simple student testing twice a year, as well as integrate rowing into science, math and geography curriculum, in addition to physical education units.

Here are two examples of the Row Together program in action.

Coledale Public School in Ontario, Canada, has been making good use of its two rowers since September—an understatement, perhaps, when it is revealed that over one-third of the student body, or 225 students, voluntarily participates in the school rowing club. Teams of 10 students rotate through a rowing schedule of 25 time slots before school, during morning and afternoon recesses, at lunch and after school.

Steve Chopyk, a teacher at Coledale since 1989, is the driving force behind this rowing enthusiasm. His commitment to the success of the Row Together program at Coledale has resulted in some pretty impressive achievements. "We recently became the first public elementary school in Canada to enter the Canadian Indoor Rowing Championships on February 2, 2003," says Chopyk. "We took 67 kids, the Coledale Cougars, to the event—twice as many entrants as any other school, club or team. The organizers of the event were wonderful and even created three new age categories to accommodate our kids. Our kids won several gold medals!"

In Taylor, Michigan, at Johnson Elementary School, the kids in Rob Stewart's 6th grade class are well on their way toward their goal of logging four million meters on Concept2's Online Ranking. These meters are being used to chart a trek around the state of Michigan, and student teams have presented reports on cities they have "rowed" through. The students have also used their logged meters to work with decimals, percentages and fractions and, with the help of heart rate monitors, are learning about heart function, heart rate and developing fitness experiments.

The enthusiasm extends beyond the classroom as teachers and parents have started rowing after school. Plus, a local boat club is going to see a majority of Stewart's class take to the water this spring for a chance to experience on-water rowing.

**Johnson
Elementary
School**

According to Stewart, "The Concept2 Indoor Rowers provide benefits to students physically and academically. The program has presented a chance for students who don't excel in the traditional "ball" sports to develop athletically. Finally, the growth of women's crew as a varsity sport provides additional college scholarship possibilities for my female students who participate in rowing."



Johnson students use their classroom wall to keep track of their standing among other rowing clubs.



Fel Rodriguez, Matt McViegh and Holly Wade at the map of Michigan highlighted with their "rowing" route.

For information on how your school can apply for the Row Together program, contact Suzanne Hudson at suzanneh@concept2.com

2,000 meters of pure fun

Exciting Crazy Fun Insane

Whichever adjective you choose, the World Indoor Rowing Championships, or C.R.A.S.H.-B. Sprints, are always a combination of them all. The C.R.A.S.H.-B.s are the culmination of a winter indoor rowing race series that takes place in various locations throughout the U.S., Canada and Europe. Many top athletes, as well as the average rower, converge on the Reggie Lewis Track and Tennis Center in Boston every February to row 2000 meters as fast as they can. It's a wild event—this year over 1700 people participated, with hundreds more spectating. Here's a recap that will hopefully convey the spirit and excitement that is the C.R.A.S.H.-B.s.



NEW WORLD RECORDS FOR 2003

WOMEN			
40-49 HWT	Carol Skricki	U.S.A.	6:48.2
50-59 LWT	Lorene Smith	New Zealand	7:30.6
70-79 LWT	Eve Green	United Kingdom	8:54.6
MEN			
13-18 HWT	Karsten Brodowski	Germany	5:52.7
50-59 LWT	Rich Cureton	U.S.A.	6:30.0



Kelly Foster

U.S.A., World Indoor Rowing Champion, Junior Heavyweight Women 6:49.4
Age: 17 Height: 6'



Kelly is a Junior at Lake Stevens High School and currently rows for the Everett Rowing Association. She has lettered in track, has played basketball and soccer for ten years and volleyball for two years.

"I went to Junior National Team selection camp in 2002. This is my second year of varsity crew. As for the C.R.A.S.H.-B. experience, it was amazing. I had the best race ever. And it was so cool to be surrounded by some of the best rowers in the world. It was really amazing to see all those people going so fast. It is hard to imagine someone pulling that hard, but I actually got to see them. All the supporters were great, too. I couldn't believe how many spectators were there. It was so intense to have that many people seeing my race and having the announcer broadcasting throughout the whole track."

Karsten Brodowski

Germany, World Record Holder, Junior Heavyweight Men 5:52.7
Age: 17 Height: 6' 8"

Karsten was a basketball player before starting rowing three years ago. As his training takes so much time, rowing is the only thing he is doing these days. Karsten puts all trust into himself and his trainer, Steffen Becker. This year, Steffen is planning for Karsten to compete as a single-sculler, however, he will also try out for the pair or four.

Karsten enjoyed the C.R.A.S.H.-B. competition very much. "Just travelling to the U.S.A. is a great thing for me. The C.R.A.S.H.-B.s this year was the greatest indoor rowing event I have participated in."



Tore Foss

Norway, World Indoor Rowing Champion, 50-59 Heavyweight Men 6:11.4
Age: 51 Height: 6'4.5"

Tore is a trainer at Skullerud Sports Club in Norway. He has incredible upper body strength and can do a one arm lift of 473 pounds! He is the 1991 Norwegian Bodybuilding Champion, 2002 Norwegian Tempo Cycling Champion and two-time C.R.A.S.H.-B. Champion.



Carol Skricki

U.S. National Team member, World Record Holder, 40-49 Heavyweight Women 6:48.2
Age: 40 Height: 6'2"

Carol started sculling recreationally in 1991 and entered her first race in 1993. After winning the Club 1x event at the Head of the Charles in 1994, she caught the attention of national rowing team coaches and in 1997 became a member of the National Team.

"The 2003 C.R.A.S.H.-B. Sprints taught me that sometimes 'the zone' in my head can be too quiet. I knew I was going to have to deal with distractions. In some ways, that's what the Sprints are all about. My focus continued through the first 500 meters of the race as I hit my target splits and settled into my rhythm. I didn't even glance at the little boats on the computer screen in front of me. Then the announcer's voice broke into my self-absorbed world of numbers and breathing—someone else was in first place. 'I don't think so,' I said to myself as I threw my race plan out the window. The voices in my head edited themselves down to two words—"just go."



Dena Hirschak

by Suzanne Hudson



In 2000, when the Concept2 website was just a few years old and undergoing some renovations, Dena Hirschak had an idea. She thought she would learn a bit about web design and see what kinds of doors it might open. She was creative, smart and self-directed—why couldn't she teach herself how to build a webpage? Besides, she had been a full-time customer service representative since her hire in 1994 and knew that a well-built website could be a valuable resource for customers.

As is often the case with Dena, she took her idea and ran full steam ahead, taking classes and spending a lot of time honing her skills. Before long, Dena was able to move into the new and evolving job of Concept2 Webmistress and now juggles her workday between maintaining the site and implementing design changes while continuing in her role as a core member of the customer service team.

Since 1994, Dena has been the administrator of Concept2's Million Meter Clubs (incentive programs to motivate people to row). In the early days of the clubs, there were three levels for one, five and ten million meters rowed. Little did she know, avid rowers would row more and more meters—ten, fifteen, twenty million and more, so as Concept2 has added more club levels, Dena has kept them organized and helps determine the prizes to go with them. "I'm constantly amazed at how dedicated our customers are to the sport of rowing," says Dena.

Dena does her own share of logging the meters. Her most recent athletic achievement is the completion of the 2002 Holiday Challenge, rowing 200,000 meters between Thanksgiving and Christmas. She enjoys biking, snowshoeing and doing volunteer work. She is one of ten C2 employees who help deliver meals to area seniors with the Meals on Wheels program and she is the Vice-Chair of the Board of the Johnson After School Program.

Dena's other hobbies include cooking, reading, baking and weaving. She's been able to use her weaving skills in relation to web design, stating that "the brain goes through the same process" in playing with colors, moving things around to make a pattern or a page work and, finally, laying out the design. She plans to take more classes in web and graphic design, continuing to make improvements to C2's website. If past performance is any indication, there should be some pretty neat stuff happening on the website soon!

Dena lives in nearby Johnson, with her husband Tyler, daughter Emma (10), son Angus (5) and Roxie, the family pooch.

Have you cleaned your outlet perf recently?

See your manual or visit www.concept2.com for complete instructions.



WERE YOU THINKING THE INDOOR ROWER RACING SEASON WAS OVER?

Think again! Down Under, the season is just beginning! There is at least one race a month starting in June and continuing through October in New Zealand and Australia. For a complete race calendar check out the website at www.concept2.com.

THE C2 ONLINE COMMUNITY WWW.CONCEPT2.COM

This year, over three billion meters have been rowed and logged since the online year began on May 1, 2002, more than double the total meters last year.

Join the fun! Set up a Personal Online Logbook today.

TOTAL METERS LOGGED ONLINE

YEAR	# OF METERS LOGGED	% GROWTH
2000	119,624,070	—
2001	705,735,955	589%
2002	1,615,165,521	229%
2003	3,555,639,401	220%

by John Peinert, former collegiate rowing coach, boat builder, and newest Concept2 employee

Unlike most other college sports, rowing does not have enough prep and high school programs to fill the demand for good college rowers. For years coaches have recruited walk-ons from the freshman class, looking for tall, strong athletes from other sports who are looking for a new sport or may not be quite good enough to compete at the college level in their original sport.

Coaches have now taken the next logical step and are scouting high school swim meets, basketball and volleyball tournaments for potential rowing talent. These same coaches are beginning to use Concept2's Online Ranking to locate athletes with the potential to make a boat go fast. They are looking for powerful young men and women who perhaps have never been in a boat but who show the potential to be world class talents. Once they arrive on campus, it will not take long to teach them to row.

Carrie Graves, Head Coach of women's rowing at the Division I University of Texas, is interested in high school women new to rowing who can pull 2K times under 7:30, and "very interested" in those who pull times under 7:20. According to Graves, "If you are a big, strong kid who ran track or plays basketball or another sport and you can pull a 7:17, you will have college coaches swarming all over you. There are about 170 full rides (scholarships) for high school seniors." She does not think there are nearly enough qualified high school rowers to fill all those slots. On the men's side, the coaches at the University of Pennsylvania are interested in heavyweights (with 2000m erg/rower times) under 6:30, lightweights under 7:00, and think high school heavyweights (with times) under 6:20 and lightweights (with times) under 6:40 are "impressive." Athletes with slower times will still be of great interest to coaches in Division II and III. The 150th ranked time for junior women is 7:50 as this is written; we didn't ask if that would get a full scholarship.

"We certainly use ergometer times as a way of identifying prospective rowers for the University of Washington. Having immediate access to their e-mail addresses and also having confirmation

"THERE IS SO MUCH UNTAPPED POTENTIAL IN THIS COUNTRY."



of what year they are in high school would allow us to follow NCAA rules in contacting them in the appropriate manner as soon as possible," says Jan Harville, Women's Head Coach at the University of Washington. Her women's crew members were the 2002 NCAA champions.

Every coach we contacted was excited about the possibility of finding undiscovered talent in the Online Rankings. They hope that more non-rowers and rowers from smaller programs will get on the Indoor Rower, whether at home or at the health club, do some rowing and post their scores on the rankings, along with their e-mail addresses. Better yet, they encourage attendance at an indoor rowing competition. Referring to the large numbers of high school athletes from other sports who would make world-class rowers, Graves stated, "There is so much untapped potential in this country. If you are that good, go to an indoor regatta and row an official time."

Don't forget to oil the chain about once per month using the C2 chain oil.



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www.concept2.com
 or call
800.245.5676
 (U.S. & Canada)
 802.888.6333 (Int'l. only)



Any Wilton/Laughing Dog Photography

The Craftsbury Sculling Center

SUMMER CAMPS

There are a number of rowing camps around the U.S. that offer rowing instruction and coaching for everyone, from beginner to experienced rowers. Some cater to high school students, women or masters rowers, and some to the whole family. Check out a full listing at www.concept2.com under Resources/Rowing Camps.

If your handle droops away from the chain guide, your shock cord should be tightened or replaced.

See your manual or visit www.concept2.com for complete instructions.



C2 CUSTOMER SERVICE

Clean the monorail often.



C2 INDOOR ROWING ALMANAC GOES ONLINE

Beginning this year, our annual Almanac will become an expanded online production rather than a printed document. The new Almanac section of our website will be able to include much more data than was practical to print on paper, including archives of top times since the beginning of the World Ranking, as well as current records, photos and stories. Watch for the new Almanac link from the home page later this summer.

ONLINE RESOURCES

There is a comprehensive list of product manuals, training guides, schematic diagrams, and repair sheets for the Indoor Rower and oars available at your fingertips. All you have to do is go to www.concept2.com and look under the RESOURCES headline. Click on "PDF Index" and you will find downloadable versions of all our product literature.

NEEDY ERGS

Do you know of an Indoor Rower at a health club or other facility that is in need of some maintenance? If so, encourage the facility to call us for help with the repair or provide us with the name, address, phone number, and contact person at the facility. We'll be happy to work with you and the facility to improve the condition of the Rower!

FYI, instructions for maintenance can be found at our website: www.concept2.com/service/servicemain.asp. Maintenance repair kits which include commonly needed replacement parts can be found on page 13.

For further assistance call 800.245.5676 or email us at rowing@concept2.com.

HELPFUL HINT

When placing telephone orders with us, please refer to your CUSTOMER NUMBER, located in the blue box above your mailing label on the back cover of this newsletter. Some of you may notice that this number is different from the customer number you have been using. A recent computer system upgrade has prompted this change and accessing your customer file has never been easier—or faster!

The C2 Free Library

Please call or e-mail rowing@concept2.com to request any of these free items.

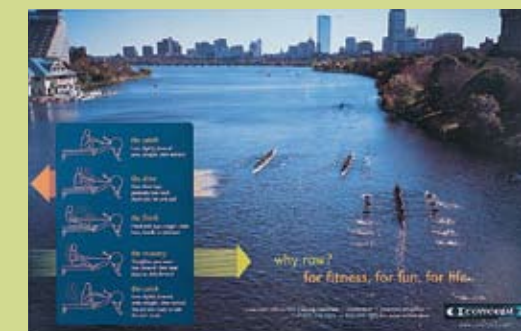
Daily Rowing Log Book – Keep track of your rowing workouts. The log book features a page for every week of the year and a section for each day of the week. It's a great way to monitor your progress!



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 the Head of the Charles Regatta in Boston, Massachusetts, with an inset showing 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!

Indoor Rower Accessories

Caster Wheels

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

PN 486
\$22.00 plus shipping



Flexfoot Retrofit Kit

Adjusts easily for a range of foot sizes and provides wider range of motion and greater security for the heel. Easily added to your Model A or B. Standard on the Model C.

PN 597
\$18.80 plus shipping

AC Adapter

(pre-1995 machines only)
Replace the batteries in your PM1 (Performance Monitor 1). 110 Voltage only

PN 1751
\$27.90 plus shipping



PM2 Retrofit Kit

Replaces the PM1
 • PN 16–Model A
 • PN 611–Model B
 • PN 1779–Model C
 \$130 plus shipping

PM2+ Computer Interface

Race a computer-driven pace boat, plot your performance against a variety of variables or store workout data. Monitor plus interface hardware and e-Row software.
 PN 1770–Model C \$180 plus shipping
 PN 1784–Model B \$180 plus shipping

Rower Seat Pad

Option for seat comfort. 3/8" foam.

PN 1409 \$2.90 plus shipping



Maintenance Kits

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

Model A PN 93 \$50 plus shipping
 Model B PN 295 \$50 plus shipping

Contains: shock cord, pulleys(2), seat rollers w/hardware(3), travelling pulley, chain slide, PM1 batteries(3), chain oil.

Model C PN 1711 \$40 plus shipping

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

All maintenance kits come with installation instructions.

Indoor Rower Cover

Polyester/vinyl laminate with velcro tabs. Water-resistant. Fits Model A, B, and C.
 PN 1520 \$63.45 plus shipping



CONCEPT2 CLOTHING

Check out our Clothing Closeouts at concept2.com. Click on SHOP ONLINE for great prices on selected styles and sizes.



C2 TANK TOPS

Coolmax Airmesh™ fabric is breathable and quick-drying.
 PN LTPB Women's Tank Top Color: Powder Blue
 PN MTTN Men's Tank Top Color: Navy Blue
 Sizes: S-XXL
 \$19.80 plus shipping



C2 T-SHIRTS

Black 100% Cotton Hanes® Beefy-T® with mercury C2 logo. The perfect weight and fit for a hard row or an easy weekend afternoon.
 PN C2TN Unisex Sizes: S-XXL
 \$15.65 (XXL is \$18.50) plus shipping
 NEW women's version has a slimmer fit and is hip length. See back page for more information.

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
 Sizes: XS(26-28), S(29-30), M(31-33), L(34-36), XL(37-39), XXL(40-44).



C2 LOGO COOLMAX®
 90% Coolmax™, 10% Lycra. Feels like cotton, yet wicks moisture.
 PN CSB \$33.55 plus shipping

C2 LOGO COTTON/LYCRA®
 90% cotton and 10% Lycra®.
 PN S \$27.00 plus shipping

PERFORMANCE SHIRT

We have created a high performance long-sleeved zip-neck shirt; great for outdoor workouts in cool weather or a layer to wear to and from the gym. The fabric is Coolmax Alta®. 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
 \$34.10 plus shipping



C2 DIRECT

The Indoor Rower and Concept2 Slide can be ordered online at:
www.concept2.com
 or call
800.245.5676
 (U.S. & Canada)
 802.888.6333 (Int'l. only)



CONCEPT2 INDOOR ROWER

Since 1981 the Concept2 Indoor Rower has been providing a superb total body workout to people of all ages. Used everyday in homes and health clubs around the world, the Rower has proven to be extremely durable and highly effective. The Indoor Rower easily separates into two pieces for quick storage and is backed by our 30-day, money-back, in-home trial.

with PM2 monitor PN 1700 \$795 plus shipping
 with PM2+ monitor(PC interface)* PN 1709 \$830 plus shipping

*For more information on the PM2+ see page 13

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 frame supports the front leg, one frame 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 \$225/pair plus shipping
 PN 1800S \$120/spare plus shipping

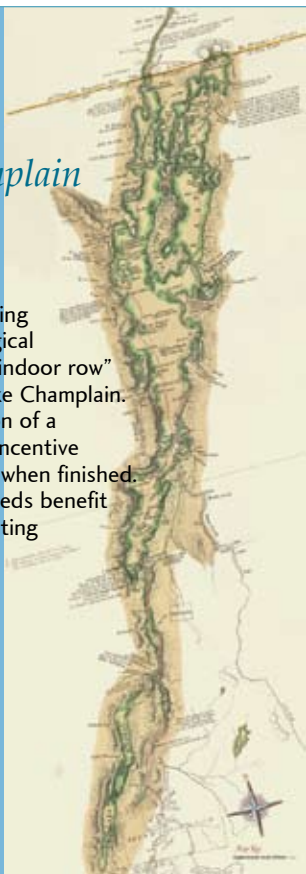
The Indoor Rower "floating" on the Concept2 Slide.
 NOTE: Indoor Rower not included.



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
 \$50 plus shipping



HEART RATE MONITORS



OPTION 1
 If you already own a Polar™ Heart Rate Monitor but would like to tie it into your PM2, you may purchase the Polar™/Concept2 PM2 Heart Rate Receiver with Cable only.
 PN 1761 \$25 plus shipping



OPTION 2
 If you do not yet own a Polar™ Heart Rate Monitor, and wish to monitor heart rate only while rowing on the Concept2, you may purchase the Polar™/Concept2 PM2 Heart Rate Interface. This includes the Polar™/Concept2 PM2 Heart Rate Receiver as well as the Polar™ chest belt transmitter.
 PN 1747 \$65 plus shipping

OPTION 3
 If you do not yet own a Polar™ Heart Rate Monitor and wish to monitor heart rate during other exercise as well as while rowing, you should purchase the Polar™/Concept2 PM2 Heart Rate Receiver with Cable only (as described above in OPTION 1) PLUS the Polar M21™ Heart Rate Monitor.

M21 Features include:
 • OwnCal™-counts total calories burned and percentage of calories burned from fat.
 • OwnZone-automatically determines the Target Zone.
 • Exercise Reminder-can appear in the display.
 • Black metallic tone.
 • Water resistant receiver and 100% waterproof transmitter belt.

PM2 Heart Rate receiver plus PolarM21™ Heart Rate Monitor and chest belt transmitter
 PN 1761 plus PN 1446 \$165 plus shipping
 Polar M21™-PN 1446 \$140 plus shipping



CONCEPT2 DYNO

The Concept 2 DYNO offers three core strength training exercises: Leg Press, Bench Press and Bench Pull. Unlike the Indoor Rower, the DYNO 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.

- **Safe exercise for all.** No risk of weights or bars injuring you if you can't complete a lift. Suitable for all ages and strength levels.
- **Smart Force Monitor** provides instant, accurate feedback and is perfect for strength testing and monitoring progress.
- **Dynamic Loading.** The more force you apply, the more weight you 'lift'. Up to 999 kgs. can be 'lifted' on the 55 kg. DYNO. Eight damper levers control airflow to the fan, setting different loads (or drag factors).

Please contact Tracy at 877.887.8467 for more information. DYNOs cannot be ordered online.

For more information visit www.concept2.com/dyno



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. Please call us for more information or visit our website at www.concept2.com.

Sweep Oars \$230 each plus shipping
 Sculls \$350 pair plus shipping
 Oars cannot be ordered online.



Ground shipping within the continental U.S.A. is \$6.00 per order for all orders except Indoor Rowers, Oars, DYNOs and Slides. For shipping outside of the U.S.A., call Concept2. All prices shown are in U.S. dollars and are subject to change without notice.

NEW CONCEPT2 CLOTHING

Ladies Scoopneck T

We thought it was about time to offer an alternative to the standard loose-fitting, boxy cotton T-shirt. Announcing the latest addition to our lineup of clothing—a ladies T-shirt that's tapered in shape for a closer, more fitted look. The sleeves are shorter and the fabric feels great. 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 \$18.15 plus shipping



Navy Coolmax Shortsleeve T

A must for your training wardrobe, this performance shirt is made with 100% CoolMax Extreme™ fabric. Its unique properties allow moisture to escape, keeping you cool and comfortable. It wicks away sweat and dries fast. Perfect worn next to the skin any season of the year.

Sizes: XS-XXL

PN CTN \$29.80 plus shipping



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