

**concept 2**

**UPDATE**



**FALL 2009**

NEW ROWING TECHNIQUE VIDEO  
UNDERSTANDING OARS  
THE SKIERG—NOT JUST FOR SKIERS  
STAY MOTIVATED ALL YEAR LONG  
SHAKE UP YOUR WORKOUT

[concept2.com](http://concept2.com)

## NEW ROWING TECHNIQUE VIDEO IS STAR QUALITY

Caryn Davies, gold-medalist in the Women's Eight at the 2008 Olympic Games, can add yet another experience to her list of celebrity appearances: starring in the new Concept2 Technique Video.

Davies, a seven-time national team member and two-time Olympian, joined Concept2 at Craftsbury Sculling Center to demonstrate rowing technique. As stroke of the Women's Eight, Davies established the technique and rhythm for her teammates to follow to victory. This precision, along with her outgoing personality, made Davies an easy choice for the job.

Concept2 is pleased to showcase the talent of a recognizable and relevant rower in the new technique video. The video breaks the rowing stroke into sections of arms-only, body and arms, and full stroke rowing. Learning the stroke this way helps correct common errors and introduces the stroke gradually for first-time rowers. Experienced rowers will also find that the video reinforces proper body positions and provides helpful reminders.

Davies first learned to row at the age of 15 when her family moved to Australia on sabbatical. She quickly found success at the junior level, including setting an American junior record at the 2000 C.R.A.S.H.-B. Sprints with a blazing fast time of 6:54. Davies went on to row at Harvard University, where she studied Psychology and minored in Germanic Languages. In between rowing and her studies, Davies also found time during her senior year to compete on the ballroom dancing team.



To view an interview with Caryn, visit [concept2.com/update](http://concept2.com/update).

The life of a national team athlete often goes without much recognition, but as a gold-medalist, Caryn experienced some fame: the Women's Eight has been invited to several appearances—including one at the White House—and television programs such as The Today Show and The Oprah Winfrey Show.

Davies is taking a break from rowing but is still training and competing; she is planning to run the 2009 New York City Marathon. Davies also entered law school in August and now serves as a Vice President on the United States Olympic Committee Board of Directors.

The technique video is available for viewing online at [concept2.com/technique](http://concept2.com/technique). Additional videos featuring Caryn Davies will be posted in the upcoming months. Visit the **Training** section of the website for video segments that will cover subjects such as indoor rowing drills, how to apply power with good technique, and rowing with slides.



## UNDERSTANDING OARS

An oar may look like a fairly simple device: you put it in the oarlock and pull on it. The oarlock is the fulcrum for the lever, and you pry the boat through the water—but that’s only a small part of the story. What makes it more complicated is that the boat is moving through the water at a pretty good clip when you “catch” the water with the oar. So, the oar really doesn’t pry straight back but travels in an arc forward and outward into the water before eventually prying straight back for just a brief period of time. You can view a helpful animation of this at [concept2.com/blade-path](http://concept2.com/blade-path).

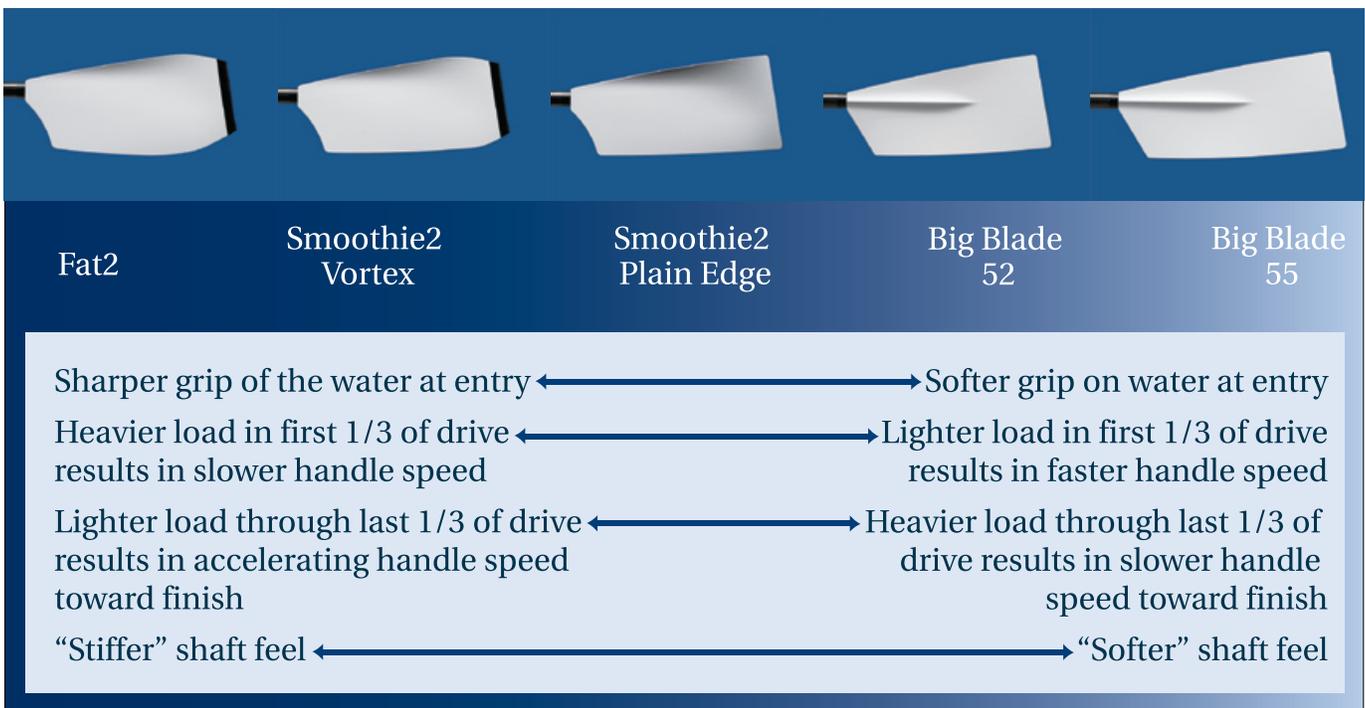
As a rower applies force to the oar, the motion of the blade through the water resists the rower’s effort and generates the load the rower feels. Some blade designs find more resistance early in the drive while others have more resistance later in the drive. We refer to this relative loading of a blade as it progresses through the stroke as the “loading profile” of the blade.

Different loading profiles will be optimal for different crews, so we offer a range of blade designs and can build each oar according to individual specifications. The chart below shows our blade offerings arranged along a spectrum of loading profiles. Listed are several characteristics that you will feel through the drive as you row with each blade. These descriptions help to differentiate the blade choices that we offer so you can choose the blade that will be most effective for you or your crew.

Our most recent and significant innovations are the Fat2 blade and the Vortex Edge. These designs offer the greatest potential for increasing boat speed because they take the greatest advantage of the surprising trajectory of the oar through the water.

For an illustrated discussion of the science behind Concept2’s blade innovations, please visit [concept2.com/oars](http://concept2.com/oars).

### Blade Offerings Arranged Across a Spectrum of Loading Profiles



## SHORT STORIES

### The Ancients Organization Supports a Team Member

Five of The Ancients Organization (TAO) came together on August 31, 2009, to witness Tom McGlinn's exceptional accomplishment of rowing his 40th million meter in Rock Hall, Maryland. TAO is a virtual team whose members, all over the age of 60, compete in Concept2's online challenges and events. Previously, these rowers communicated only through the Concept2 website and via email and met for the first time at this celebratory event.



*From left: Ancient Mariners Karl Rieth from Queenstown, Maryland, Gene Peters from Sun City, Arizona, Tom McGlinn, Bill Keating from Union Vale, New York, and David Dawson from Carmichael, California.*

### Enduro Athletes Row to Better Fitness



*Destry Abbott, one of the best and most fit off road riders in the U.S., training in the desert (when he's not training on his indoor rower).*

The International Six Days Enduro (ISDE) is known as one of the most physically demanding motocross races in the world. Over half of the professional riders, including the members of Team USA, train on the Concept2 Indoor Rower because of its ability to mimic the physical demands of riding and racing. Concept2 is proud to have a hand in training some of America's best riders in the sport.

## FEEDBACK FROM OUR CUSTOMERS

"Never have I seen one machine that can systematically offer a full body workout in a condensed period of time."

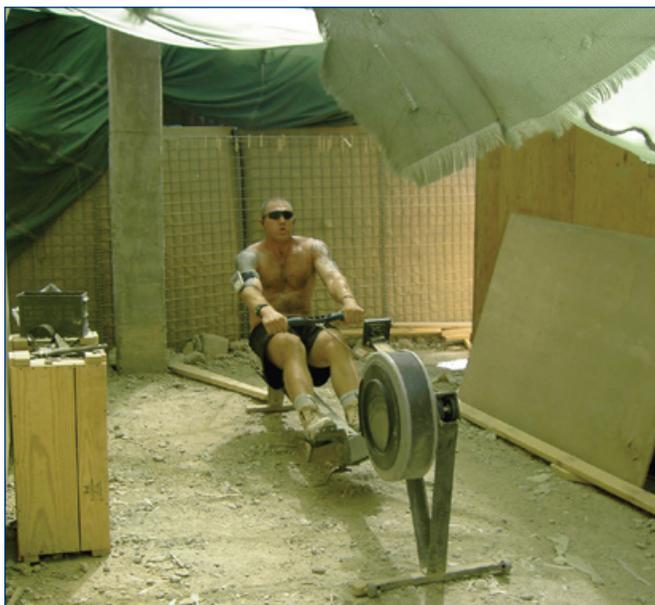
Amanda S., Florida

"This morning, I entered the Million Meter Club! I'm 50 years old and come from a family with a long and glorious history of being obese and sedentary, so this is a very sweet moment for me."

Gail S., New Jersey

## The Model C is Marine Tough

Captain Zach Martin, a member of Golf, Second Battalion, Third Marines, based in Now Zad, Afghanistan, unearthed a rusty and very inoperable Model C Indoor Rower at his base. After ordering and replacing just about every moving part on the indoor rower, he was able to fix the machine and add it to their gym, which consists of a few random and various improvised weights made out of ammunition cans, old tires, and vehicle axles. The indoor rower, while still battered and dirty, is now running smoothly, and the Marines are enjoying it immensely.



*Sergeant Ryan Kuperus of 3rd Platoon, Alpha Company, 2nd Reconnaissance Battalion, takes the refurbished Model C for a row.*

## Concept2 in China



*Chinese national team rowers racing at the 2009 C.R.A.S.H.-B.s in Boston, Massachusetts.*

Chinese rowers can now buy Concept2 products locally through our agency, Bohdi Trading, in Shanghai, China. Concept2 will also be planning indoor regattas and other activities to promote rowing in China. Visit us online at [concept2china.com](http://concept2china.com) for details.



"After being a couch potato for 60 plus years, I am now a health fiend. I just passed the 16 million meter mark, and by this time next year I should have earned the coveted C2 sports bag for having reached 20 million meters."

Duane L., California

"I have had one hip and two knees replaced and rowing is the best low impact exercise available. I do not know what the warranty is on the Titanium replacement parts [in my knees] but I am currently working on the 5 million meter mark."

Joseph M., Florida



## THE SKIERG—NOT JUST FOR SKIERS

As fall fades into winter, rowers rack their boats and head to indoor training. For skiers, winter is just the beginning of a new race season. The introduction of the SkiErg, a new Nordic skiing ergometer and training tool from Concept2, has been exciting as health clubs and ski clubs alike start to realize the benefits for general fitness as well as for preparation for the ski season. Here are a few examples of how the SkiErg is being used.

### **CRAFTSBURY OUTDOOR CENTER** **Craftsbury, Vermont**

Due to the close proximity to Concept2, Craftsbury Outdoor Center Coach Pepa Miloucheva has been testing SkiErg prototypes for years. She loves the final design, which incorporates the quick arm return, power application and muscle contraction of skiing on snow. The accurate monitor, with velocity and power output data, also allows her to test her athletes, who compete locally, nationally, and internationally in Nordic ski and biathlon events.

The performance monitor interfaces directly with Parvo, VO<sub>2</sub> max testing equipment. Miloucheva has developed a step-wise protocol that takes skiers to their VO<sub>2</sub>max in 10–12 minutes. Skiers are also tested at 2K and 5K distances to establish sustainable VO<sub>2</sub> and efficiency.



*VO<sub>2</sub> max testing on an early SkiErg prototype.*

Coach Miloucheva says, “I’m finding that the training zone information I get from testing on the SkiErg is carrying over nicely to other ski-specific workouts, and helps me to be sure that my athletes are working at the levels where they need to be. This is the best part of using the SkiErg for testing skiers!”

### **IDAHO NORDIC SKI CLUB** **Boise, Idaho**

Idaho Nordic’s membership of 150 master skiers includes past Olympians, Master National and Master World Champions. The SkiErg is proving very useful for these athletes in their strength circuit. As Coach Joe Jensen explains, “being masters, we are very conscious of strength training. In the past we have used uphill rollerskiing and rollerboards. While we will keep using these, it was hard to scientifically monitor any gains. Also, rollerskiing is fairly dangerous for our ‘older’ skiers and new skiers. We saw the SkiErg as a way for the non-rollerskiers to get in some specific training. All of us will use it for specific workouts and monitoring.”

### **NO EXCUSES ATHLETICS & CROSSFIT GYM** **Suwanee, Georgia**

The SkiErg is finding its way into the CrossFit community ([www.crossfit.com](http://www.crossfit.com)). As with the indoor rower, you can work as hard or as easy as you like on the SkiErg. These folks work as hard as they can. Here’s what Kyle Maynard, president and owner of No Excuses Athletics, had to say about the SkiErg:

“I never thought 500 meters of anything (or on anything) could wreck me like the SkiErg did. I’ve used this torturous machine in almost every WOD (Workout of the Day) with a run or row since we received it about a month ago, and loved every abhorrent second of it. The engineers at Concept2 have created another phenomenal machine. To those of you who have lost consciousness and fallen off the indoor rower with your feet still strapped in trying to PR on your 2k row—you’re going to love this one.”

**NORTHEAST  
PASSAGE  
University of  
New Hampshire  
Durham,  
New Hampshire**

Northeast Passage at the University of New Hampshire offers a wide range of opportunities to individuals with disabilities. This includes the opportunity to attend the University of New Hampshire and compete as an adaptive student athlete on competitive sports teams such as quad rugby or sled hockey. Adaptive Nordic Ski Coach Cathy Thompson offers this report on their use of the SkiErg:



*A UNH athlete tries the SkiErg for the first time.*

"Friday was the first day of practice. We've had a few of the hockey athletes, as well as the Nordic athletes, try the SkiErgs, and everyone is excited about them. I'm really excited about being able to integrate disabled and non-disabled athletes in workouts together. This piece of equipment is a perfect example of something that works for everyone."

**MANSFIELD NORDIC CLUB  
Underhill/Jericho, Vermont**

Mansfield Nordic has been using a SkiErg for their summer training program with 35 juniors. "We had to use some creative scheduling to get everyone on it efficiently," explains Coach Murray Banks. Here's a strategy that worked well for them:

"As one of several strength/fitness testing stations, we had to keep the time on the SkiErg short, so we did maximum watts, which can be done in a minute or less if they are warmed up. There is a bit of a learning curve, so each time they did it, they improved, which was a fun motivator. After the workout was over, many kids stayed to get another shot at beating their best—or their friends' bests. We posted scores on a sheet and they loved watching teammates trying to get the highest scores. There was lots of cheering as the top score kept inching up and coaches stepped in to give it their bests!"

For more information on the SkiErg, visit [concept2.com/ski](http://concept2.com/ski).

One big advantage the SkiErg brings to Nordic ski training is the accurate and detailed feedback that's provided by the performance monitor for every workout.

All this data means that you'll need somewhere to store it, which is where the Concept2 Online Logbook and Ranking comes in. The logbook has been running for nearly 10 years, and thousands of rowers each month use it to record their times, as well as compare themselves with other athletes worldwide. We've recently updated it so that in addition to being able to add and rank rowing workouts, it's now possible to add and rank a SkiErg workout. Plus, you can also enter your on-snow meters, so you can track all your ski workouts and see exactly what you've been up to.

Once you've entered your ski workouts, you can sort them by different criteria, check various summary statistics, plot them as a graph or export them to a spreadsheet at any time. You can also join a club affiliation and see how your friends and teammates are doing.

The other major feature is the ability for people to submit their best pieces to the Online Ranking. You can choose how you want to filter the ranking, so that you can see how people compare by gender, age, country, and even in a particular city or state.

To set up a Concept2 Logbook so you can log either your indoor rower or SkiErg meters, go to [concept2.com/logbook](http://concept2.com/logbook). You can also have a look at the Rankings by going to [concept2.com/rankings](http://concept2.com/rankings).

## STAY MOTIVATED ALL YEAR LONG

### 10TH ANNUAL HOLIDAY CHALLENGE November 26–December 24, 2009



For every person who rows at least 100k during the challenge, Concept2 will donate \$.02 per kilometer (1000 meters) rowed to your choice of the following organizations: Oxfam International ([oxfam.org](http://oxfam.org)), Slow Food USA ([SlowFoodUSA.org](http://SlowFoodUSA.org)), Feeding America ([feedingamerica.org](http://feedingamerica.org)) or The Center for an Agricultural Economy ([hardwickagriculture.org](http://hardwickagriculture.org)). And once you get beyond 100k, we'll donate \$.04 per kilometer rowed. Our goal through this group effort is to raise a total of \$30,000 to support these causes. The usual prizes of a pin and certificate will still be awarded. **Note:** For kids and adaptive rowers, the \$.04 rate will take effect at 50k.

The holidays will be upon us before we know it. For many of us, it is a time for family, friends and the traditional holiday foods that seem to be everywhere you turn! But for just as many there will be a shortage of food on the table, not just during the holidays, but all year round.

Besides helping you maintain your fitness and fend off holiday weight gain and stress, we're giving you the option of supporting organizations whose mission it is to make sure that no one goes hungry and our food supply is sustainable. Consider it a holiday gift.

#### How to Participate

It's easy! All you have to do is row and enter your meters in your Concept2 Online Logbook. The Holiday Challenge is not about speed but all about motivation and perseverance. When you reach either 100,000 meters or 200,000 meters, a special link becomes available in your online logbook that allows you to download a certificate of completion or order prizes. Don't have an online logbook yet? That's easy, too. Visit [concept2.com/logbook](http://concept2.com/logbook) for instructions.



#### MILLION METER CLUB MILESTONE

It's been 15 years since we started the Million Meter Club. In that time, over ten thousand people have rowed 1,000,000 meters to join the club. And, as you might have guessed, one million wasn't enough! With prompting from our customers, we created 5, 10, 15, and 20 Million Meter Clubs as well.

We are excited to announce that the 1–20 Million Meter Clubs have been integrated with the Online Logbook system for members in the U.S. and Canada. Every time you complete a million meters, visit the Challenges section in your online logbook to find links to print a

certificate and claim or purchase additional prizes. To visit the Challenges section, click **Challenges** at the top of the Online Logbook window. If you don't yet have an online logbook, visit [concept2.com/logbook](http://concept2.com/logbook) to set one up. If you're among the dedicated few who have rowed more than 20 million meters, contact us ([millionmeterclub@concept2.com](mailto:millionmeterclub@concept2.com)) for instructions on obtaining prizes (U.S. and Canada only).

**Note:** International members should contact their local dealers for incentive programs specific to their countries.

## LOOKING AHEAD TO 2010

January 2010 will see the start of another year of C2 challenges designed to keep you motivated to row all year long. There are rowing challenges for teams and for individuals—choose the challenge that suits you and become part of the online rowing community!

It's easy to participate. If you're interested in a challenge for individuals, simply create an online logbook at [concept2.com/logbook](http://concept2.com/logbook) and record your meters. To participate in a team challenge you must be part of a team administered by a team captain and log your meters in your online logbook. For complete instructions, visit [concept2.com/challenges](http://concept2.com/challenges). Once you achieve the challenge goal, a special link becomes available in your online logbook that allows you to download a certificate of participation or purchase commemorative items such as T-shirts and mugs. If you like, you can also have your name included on the challenge honor board listing the people who completed the challenge!

**Note:** Items available for purchase vary by challenge.

Here's a sampling of upcoming challenges for individuals and teams:

### **INDIVIDUAL Blue Moon Row**

Celebrate the second full moon in December by rowing 5000 meters twice on December 31, 2009.

### **TEAM January Virtual Team Challenge (JVTC)**

Create a virtual team of friends, family, co-workers or long-lost schoolmates from anywhere in the world! The goal is to collectively row as many meters as you can during the month of January, 2010.

### **INDIVIDUAL Valentine Challenge**

Row a total of 14,000 meters between February 9 and Valentine's Day, February 14, and download a valentine of your choice to share with friends and favorite valentines!

### **INDIVIDUAL March Madness Challenge**

There's a chance to win prizes every day in March that you row at least 5000 or 10,000 meters. Winners are selected randomly every day.

### **TEAM World Rowing Challenge (WRC)**

Find a participating club near you and get as many club members as possible to row as many meters as they can collectively between March 15 and April 15.

### **INDIVIDUAL Global Marathon Challenge**

Row a marathon (42,195 meters) or half-marathon (21,097 meters) between April 16 and April 30.

**Note to SkiErg users:** Visit [concept2.com/challenges](http://concept2.com/challenges) for updates on future challenges for skiers.

There is a complete 2010 Challenge Calendar listed online at [concept2.com/challenges](http://concept2.com/challenges).



## VEGAS TO VERMONT VIRTUAL CHALLENGE

The Vermont to Vegas Virtual Challenge has been such a success with our customers that Concept2 CTS and Cabot Cheese invite you to join us again for the Vegas to Vermont Virtual Challenge, hosted by [cabotcheese.coop](http://cabotcheese.coop)!

From May 15 to September 1, over 1000 individuals aged 50 and older logged their workouts in the Vermont to Vegas Virtual Challenge. Over two hundred participants completed the entire journey of 181 hours of physical activity over 108 days. Participants accumulated 21,812 hours of rowing during the challenge. Karen W. from Tyngsboro, Massachusetts, and Walt S. from Sparta, New Jersey, won the Grand Prize trips for two to Las Vegas and the AARP 50+ National Event and Expo.

After the AARP 50+ Expo in Las Vegas, October 22–24, 2009, we will be returning home by virtually rowing, walking, biking or running back across the country. The Vegas to Vermont Virtual Challenge begins on Monday, November 2, and ends Friday, February 12, 2010. Meters rowed in the Vegas to Vermont Virtual Challenge can also be counted towards other Concept2 challenges by recording them in the Concept2 Online Logbook. We hope you join us!

## SHAKE UP YOUR WORKOUT

If you want to add something new to your rowing or skiing workouts, you can incorporate strength exercises and additional cardiovascular activities. These workouts provide a mental and physical boost to time or distance workouts. As we head into winter, here are some workouts to try that can improve your strength, flexibility, and stamina.

### Downward Steps

If you have a Concept2 SkiErg, you can use it in combination with your indoor rower to add variety to a long steady workout. If you don't have a SkiErg, you can substitute any other cardiovascular activity: running, walking, biking, etc. As the intervals get shorter, try to pick up the pace, finishing off with a good, hard final minute to "empty the tanks."

- 10 min row
- 9 min ski
- 8 min row
- 7 min ski
- 6 min row
- 5 min ski
- 4 min row
- 3 min ski
- 2 min row
- 1 min ski

Finish with a 5 minute cool-down row.

### Legs, Arms, Core, Row!

This workout adds extra exercises for each part of your body to build upon your rowing or skiing.

Warm up for 10 minutes, adding in a few more intense bursts toward the end of the 10 minutes.

- Row or ski 500 meters at moderate intensity.
- Do 1 minute of leg exercises. Choose from air squats, squat jumps, stairs, jump rope, lunges or other favorites.
- Row 500 meters at moderate intensity.
- Do 1 minute of arm exercises. Choose from pushups, pull-ups, dips, curls, overhead press or side arm lifts.
- Row 500 meters at moderate intensity.
- Do 1 minute of core exercises. Choose from crunches, leg lifts, supermans, planks, side planks, or your favorites!

Repeat one or more times, as desired.

Finish with a 5–10 minute cool-down row.

### Progression Workout

The goal of this workout is to complete it as fast as you can! Time yourself for the entire workout, record it in your training log, and see if you can improve your time the next time you do the workout.

**Note:** The following is based on a CrossFit workout. CrossFit is a strength and conditioning program with a minimalist approach to a demanding fitness regimen. Basic equipment—largely weights and a pull-up bar—is the mainstay of a CrossFit workout. The Concept2 Indoor Rower is the only fitness machine endorsed by CrossFit and used in their "Workouts of the Day."

250 meter row or ski

- 10 air squats \*
- 5 pushups \*\*
- 5 crunches \*\*\*

500 meter row or ski

- 20 air squats
- 10 pushups
- 10 crunches

750 meter row or ski

- 30 air squats
- 15 pushups
- 15 crunches

1000 meter row or ski

- 40 air squats
- 20 push ups
- 20 crunches

\* To do an air squat, stand with feet shoulder width apart and squat to where thighs are parallel to floor. Return to standing.

\*\* If necessary you can do the pushups from the knees.

\*\*\* Or sit ups

## PM TECH TIPS



Chief Fishing Officer, Jon Williams

### PLAYING GAMES

The games on the PM3 and PM4 are a great way to get warmed up or get a workout!

The Fish Game, which requires significant variations in speed, is well-suited to a warm-up. It's also perfect for an in-house competition: post your best score on a bulletin board and challenge friends to beat you. To help keep you on top of the competition, we've created the Fish Game Video, starring none other than our in-house Chief Fishing Officer (CFO) Jon Williams. Available on the PM3 and PM4. Visit [concept2.com/update](http://concept2.com/update) to view the Fish Game video.



Target Training and Darts are designed to facilitate steady rowing or skiing—both in terms of pace and strokes per minute. The Darts game may seem impossible because it uses your first few strokes to determine your target pace. The key is to keep rowing or skiing at a steady pace, and then you will start hitting the target. Available only on the PM4.

With Target Training, you pre-set your target and how long you want to go, making it a perfect application for long steady workouts.



### CUSTOM WORKOUTS AND FAVORITES

Did you know that you can program your favorite workouts on the PM3 or PM4 and save them as "Custom Workouts" on the PM or as Favorite Workouts on your LogCard? This allows easy access to workouts you want to try again. You'll need a LogCard to be able to do this. Here's how:

#### Add a Workout to Your Favorites:

Insert your LogCard. Select **Main Menu > Select Workout > New Workout**. Select the type of workout you want to create, and enter the time and distance information requested. Press the button by the checkmark to complete the set-up, and you will be asked, "Save to Favorites?" Select **Yes**. If you already have five Favorites, you will be asked which Favorite you want to replace. Make your selection and you're done. The new workout will be in your Favorites until you decide to replace it with another workout.

#### Add a Favorite Workout to the Custom List:

First, be sure the workout is in your Favorites on your LogCard. Insert LogCard.

Select **LogCard Menu > LogCard Utilities > Edit Custom List**. You'll be given the option to replace one or all of your Custom List. Select **One**, and then select the existing Custom Workout that you want to replace with the new one.

The custom list remains on the PM whether your LogCard is inserted or not.

**Note:** SkiErg LogCards and indoor rower LogCards are not interchangeable. SkiErg LogCards are compatible only with SkiErg PMs. Indoor rower LogCards are compatible only with indoor rower PMs. But they're easy to tell apart: the indoor rower LogCard is blue with a water design. The SkiErg LogCard is white with a snowflake design.



## EMPLOYEE PROFILE

### Mary Heffner

It was the fall of 1997 and Concept2's phones were ringing off the hook—which is not unusual that time of year as people start thinking about holiday gift giving. A key member of the domestic customer service team had just left to pursue other things and help was needed—fast. Enter Mary Heffner.



Mary came on board on Halloween and quickly learned the ropes, making the busy season a little less frantic for the customer service team (albeit maybe not for her!). She was a quick study and easily filled the gap. After years in the education system at the Emma Willard School and The Sage Colleges in New York as media coordinator, Mary came to Concept2 with a host of skills and an attention to detail that didn't go unnoticed. In short order she moved into international sales and is now responsible for the sale and shipment of Concept2 products into the United Kingdom, Australia, New Zealand and the Middle East.

Until September 2009, Mary managed many compliance issues related to the export of Concept2 products worldwide. This included working with global compliance agencies, import brokers and U.S. Customs, as well as working with the Global Sales Team at Concept2 to ensure that proper documentation was being maintained. For any global company this is a full-time job—in fact, Concept2 recently hired a compliance specialist who will continue to develop the program that Mary helped create. Mary says that managing compliance issues as well as handling sales "has been hard, but I've learned a lot. Hiring a full-time specialist is a big step for Concept2 and will move the company forward."

Mary grew up in Ohio and graduated from Kent State University with a BA in Fine Art and Design. She enjoys quilting, hiking and canoeing. Mary has been active in her community—most recently on a project that involved the complete renovation of the water system in her community of 47 homes. She and her husband, Hal, just returned from a trip to Sedona, Arizona, where they celebrated their 35th wedding anniversary.

Mary lives in Stowe, Vermont with Hal, and their son, Jesse.



## THE CONCEPT2 SLIDE

The Slide takes indoor rowing a step closer to the feel of rowing on the water. When used with Slides, the indoor rower moves back and forth under the person rowing, rather than the other way around. This is similar to the movement of the boat in on-water rowing. Most people find that rowing with the Slide allows them to row more easily at a higher stroke rate (spm) because only the mass of the erg is in motion. There's also a pleasant sensation of "floating" on the Slides while you row.

The Slide becomes an even more powerful tool when you link two or more ergs together because now you are forced to row in synchrony with your training partner. You don't have to row at the same power, but you need to synchronize the timing of drive and recovery. If you are an on-water rower, using indoor rowers on linked Slides will help you practice the timing that is required in team boats on the water. To see the Slides in action, visit [concept2.com/slide](http://concept2.com/slide).

*Rowing together with Concept2 Slides.*



 **concept 2**  
ROWING

THIS UPDATE IS A PUBLICATION OF CONCEPT2, INC.  
VOLUME 52 FALL 2009

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## OFF TO THE RACES

Winter in the rowing world means that indoor races will be popping up all over the globe. Below is a list of satellite races in the U.S. and Canada where you can race to win airfare to Boston to compete in the C.R.A.S.H.-B. World Indoor Rowing Championships in February, 2010. But that's not all. There's a full listing of races at [concept2.com](http://concept2.com). Check it out!

## C.R.A.S.H.-B. SPRINTS

### WORLD INDOOR ROWING CHAMPIONSHIPS

Sunday, Feb. 14, 2010

Agganis Arena, Boston University, Boston, MA

C.R.A.S.H.-B., P.O. BOX 381972  
CAMBRIDGE, MA 02238

email: [office@crash-b.org](mailto:office@crash-b.org)  
website: [crash-b.org](http://crash-b.org)

## OFFICIAL 2010 SATELLITE REGATTAS

### Jan. 23 The Beach Sprints

Long Beach, CA, Jim Litzinger  
email: [jim@intercat.com](mailto:jim@intercat.com)  
web: [longbeachrowing.org](http://longbeachrowing.org)

### The Mile High Sprints

Denver, CO, Jessica Weirmier  
email: [milehighsprints@gmail.com](mailto:milehighsprints@gmail.com)  
web: [rockymountainrowing.org](http://rockymountainrowing.org)

### Jan. 30 Indianapolis Indoor Sprints

Indianapolis, IN, Eric E. Stoll  
email: [estoll@sbcglobal.net](mailto:estoll@sbcglobal.net) web: [indyrowing.org](http://indyrowing.org)

### Tennessee Indoor Rowing Championships

Chattanooga, TN, Robert Espeseth,  
email: [robert-espeseth@utc.edu](mailto:robert-espeseth@utc.edu)

### Mid-Atlantic Erg Sprints

Alexandria, VA, Jeff Byron  
email: [ergsprints@tcwcrew.org](mailto:ergsprints@tcwcrew.org) web: [ergsprints.com](http://ergsprints.com)

### The Pittsburgh Indoor Rowing Championships

Pittsburgh, PA, Rick Brown  
email: [rickbrown@threeriversrowing.org](mailto:rickbrown@threeriversrowing.org)

### Feb. 6 The Atlanta Erg Sprints

Atlanta, GA, Anne-Marie DeBacker  
email: [aj.richards@gmail.com](mailto:aj.richards@gmail.com)  
web: [atlergsprints.gtcrew.com](http://atlergsprints.gtcrew.com)

### The 23rd Annual Golden State Indoor Rowing Champs

Gold River, CA, Bob Whitford  
email: [bwhit@csus.edu](mailto:bwhit@csus.edu) web: [csusaquaticcenter.com](http://csusaquaticcenter.com)

### The Main Line Slide

Villanova, PA, Jack St. Clair  
email: [rowsaint@comcast.net](mailto:rowsaint@comcast.net)

### Southwest Ergometer Amateur Tournament (S.W.E.A.T.)

Dallas, TX, Patrick Travers  
email: [p.travers@jesuitcp.org](mailto:p.travers@jesuitcp.org)  
web: [jesuitcp.org](http://jesuitcp.org)

### Feb. 7 Peninsula Indoor Rowing Championships

Redwood City, CA, Monica Hilcu  
email: [mhilcu@earthlink.net](mailto:mhilcu@earthlink.net)  
web: [peninsulajuniorcrew.org/PIRCmain.htm](http://peninsulajuniorcrew.org/PIRCmain.htm)

### Feb. 7 The Monster Erg

Victoria, British Columbia, Canada, Rick Crawley  
email: [rcrawl@uvic.ca](mailto:rcrawl@uvic.ca) web: [regattas.uvic.ca/](http://regattas.uvic.ca/)

### Canadian Indoor Rowing Championships

Mississauga, ON, Canada, Susan Kitchen  
email: [info@cdnindoorrowing.org](mailto:info@cdnindoorrowing.org)  
web: [cdnindoorrowing.org](http://cdnindoorrowing.org)

### The Great Baltimore Burn

Baltimore, MD, Mike Chin  
email: [regattas@baltimorerowing.org](mailto:regattas@baltimorerowing.org)  
web: [baltimorerowing.org](http://baltimorerowing.org)

### Cincinnati Indoor Rowing Championship

Park Hills, KY, Anne Jaroszewicz  
email: [suburban@yahoo.com](mailto:suburban@yahoo.com)  
web: [cjrc.net](http://cjrc.net)

### TBD

### The Mid Winter Meltdown

Madison, WI, Lance Potter  
email: [midwintermeltdown@mendotarowingclub.com](mailto:midwintermeltdown@mendotarowingclub.com)  
web: [mendotarowingclub.com](http://mendotarowingclub.com)

### Ergomania!

### Northwest Indoor Rowing Championships

Seattle, WA, Karen Sommer  
email: [ergomania@pocockrowingcenter.org](mailto:ergomania@pocockrowingcenter.org)  
web: [nwegomania.org](http://nwegomania.org)

### San Diego Indoor Classic Rowing Championships

San Diego, CA, Tom Cook  
email: [tandkcook@cox.net](mailto:tandkcook@cox.net)

### The 26th Annual Southern Sprints

Melbourne, FL, Casey Baker  
email: [casey@southernsprints.org](mailto:casey@southernsprints.org)  
web: [southernsprints.org](http://southernsprints.org)

### The Saint Louis Indoor Rowing Championships

Saint Louis, MO, John Mason  
email: [Masonje@aol.com](mailto:Masonje@aol.com)

### The St. Valentine's Massacre

Travers Island, NY, Tom Sanford  
web: [nyacrowingclub.com](http://nyacrowingclub.com)

## SKIERG

The Concept2 SkiErg is a new Nordic skiing ergometer and training tool from Concept2. Similar to the Concept2 Indoor Rower, the Concept2 SkiErg helps you build strength and endurance by working the entire body in an efficient, rhythmic motion. Skiing is a low-impact, high calorie-burning exercise suitable for all ages and abilities.

Just like the indoor rower, the SkiErg features:

- A Performance Monitor (either PM3 or PM4) that allows you to accurately assess your output, monitor your progress, and compare your scores with others
- Air-resistance flywheel—the harder you pull the more resistance you feel

PN 2700-US Wall Mounted with PM3 \$730 plus shipping

PN 2702-US Wall Mounted with PM4 \$880 plus shipping

PN 2710-US Optional Floor Stand \$200 plus shipping



**Note:** SkiErg shown with Optional Floor Stand

# C2 GOODS & GADGETS



## MONITOR YOUR HEART RATE

The Performance Monitors PM2, PM3 and PM4 will display your heart rate if you use one of the following compatible heart rate options:

**Polar™** To display your heart rate on the PM2, PM3 or PM4, you need a Polar Chest Belt and an external Receiver and Cable to connect to the PM (all available at right). We also offer the Polar F11 for those who want to monitor heart rate during activities besides rowing, or take advantage of the additional functions provided by Polar. Learn more about the F11 at [polarusa.com](http://polarusa.com).

**Suunto™** The PM4 is compatible with Suunto technology, which offers wireless transmission from the Suunto chest belt to the PM4 display. A Suunto chest belt is provided with every PM4, and no external receiver or cable is required! We also offer the Suunto t3 for those who want to monitor heart rate during activities besides rowing, or take advantage of the additional functions provided by Suunto. Learn more about the t3 at [suunto.com](http://suunto.com).

### Heart Rate Receiver and Cable

PN 1862 \$25 plus shipping (For those who already have a Polar chest belt.)



### Polar F11 Wristwatch and Chest Belt

PN 2487 \$159.95 plus shipping (You will also need PN 1862 to see heart rate on your PM2, PM3, or PM4.)



### Polar Chest Belt, Heart Rate Receiver and Cable

PN 1747 \$75 plus shipping



### Suunto t3 Wristwatch and Chest Belt

PN 2497 \$149 plus shipping



If you are unsure of which option is best for you, please visit [concept2.com](http://concept2.com) or call 800.245.5676.

Most products (excluding oars) can be ordered online at [concept2.com](http://concept2.com) or by calling 800.245.5676 (U.S. & Canada) or 802.888.6333 (Int'l. only).



### MODEL E INDOOR ROWER

The Model E Indoor Rower features a rugged double-coated frame, a rechargeable battery pack and a nickel-plated chain, all of which make it even more low-maintenance than the Model D. It stands 6" higher off the floor, putting the seat at normal chair height for easier access.

The PM4 monitor (standard on the Model E) makes rowing more fun with onboard games, wireless heart rate monitoring and racing capabilities. The PM4 supports both Polar™ and Suunto™ Heart Rate technology. Suunto heart rate belt included.

PN 1997-US with PM4 \$1260 plus shipping



### MODEL D INDOOR ROWER

The Model D Indoor Rower includes an updated footboard design, caster wheels, and instant latching mechanism. The PM3 monitor is standard on the Model D. A PM upgrade is also available. The Model D requires minimal maintenance and is built to withstand heavy use.

PN 1990-US with PM3 \$900 plus shipping

PN 1992-US with PM4 \$1050 plus shipping



### DREISSIGACKER OARS

Sweeps and sculls are made of fiberglass and carbon fiber so they are lightweight and strong. Every oar is made to customer specifications. Visit our website for more information. Please call us to place an order. Oars cannot be ordered online.



### ACCESSORIES

More accessories for your indoor rower are available including:

- » AC adapters for Performance Monitor (PM1, PM3 and PM4)
- » Indoor Rower Cover
- » LogCard
- » Footstraps
- » Maintenance Kits

### RETROFITS

- » Caster Wheels
- » Model D Retrofit Handle
- » Flexfoot™ Retrofit Kit
- » PM4 Retrofit Kit



**Note:** Indoor rower purchased separately.

### CONCEPT2 SLIDE

Feel the sensation of floating on the indoor rower. One pair of Slides is required to float a single indoor rower. Link two indoor rowers together with a pair of Slides plus a spare Slide to simulate a "double" for team training.

PN 1800 (pair) \$290 plus shipping  
 PN 1800S (spare) \$155 plus shipping  
 3 or more pairs \$260/pair plus shipping

Go to [concept2.com/slide](http://concept2.com/slide) to view Slides in use.

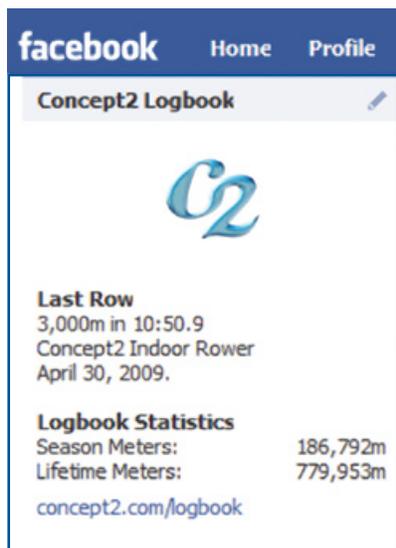
### CLOTHING

See our complete line of shirts and shorts at [concept2.com](http://concept2.com).

» T-shirts	Short-sleeved, cotton	\$16.75-\$19.00
» Performance Shirt	Long-sleeved, Coolmax®	\$45.00
» Rowing Shorts	Polypropylene/Spandex Cotton/Lycra	\$47.00 \$29.00

For shipping outside the U.S. call Concept2. All prices are shown in U.S. dollars and are subject to change without notice.

## CONCEPT2 FACEBOOK APPLICATION



*This is what you will see on your Facebook profile page.*

We've enjoyed meeting Concept2 "Tweeple" on Twitter and we're continuing our journey into the world of social media with the release of our first Facebook application.

If you have an account on both Facebook and the Concept2 Online Logbook, you can now add a box on your Facebook profile that shows the details of your last piece and a summary of your past workouts. You can also add a special Logbook tab to your Facebook profile that shows your recent workouts in greater depth, plus allows you to see the latest pieces from your friends on Facebook who have also added the application.

The application works for all the different types of workouts that you enter in your online logbook—on-water rowing, indoor rowing, on-snow skiing, or skiing on the new SkiErg.

To add the application, go to [concept2.com/facebook](http://concept2.com/facebook) and follow the instructions. While you're at it, why not join our fan pages on Facebook: [facebook.com/Concept2.Rowing](http://facebook.com/Concept2.Rowing) and [facebook.com/Concept2.SkiErg](http://facebook.com/Concept2.SkiErg).



[concept2.com/update](http://concept2.com/update)