



WHY DO YOU ROW?



WHY WE ROW

We receive countless testimonials from our customers telling us why they row. Some write long, thoughtful letters and others, just a few sentences. In either case, the letters always amaze, inspire, humor or humble us. At this year's C.R.A.S.H.-B. Sprints World Indoor Rowing Championships in Boston we decided to ask several of the competitors to tell us, in as few words as possible, why they row. Here is just a small sampling of the reasons why people row day after day. To read the complete "Why Do You Row?" collection visit concept2.com then ask yourself "Why do I row?"



Tracey Brown

Midlothian, Scotland

Q: Why do you row? A: **"Because I can."**

Q: What does rowing mean to you? A: "It means that I'm just like everyone else."

Q: What do you get out of rowing? A: "Freedom, and a sense of achievement."

Tracey Brown has Friedreich's Ataxia which limits her mobility. Since taking up rowing in 2002, Tracey has rowed both a full marathon (42,195 meters) and half marathon (21,097 meters). She successfully rowed 1 million meters in 8 weeks and 2 days! She and her husband Wullie are frequent competitors at indoor rowing races in Europe.

Diane Cotting

Newton, MA

Q: Why do you row? A: **"It saved my life."**

Q: What does rowing mean to you?

A: "I am a breast cancer survivor and rowing with my team brought me through and beyond cancer.

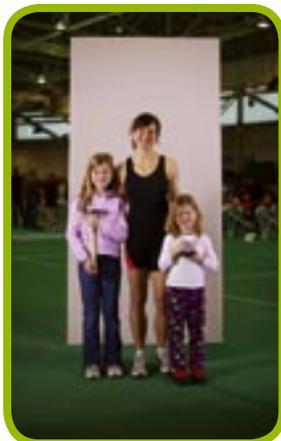
Q: What do you get out of rowing? A: "The pride of being part of a team. A thrill during a race. Satisfaction during hard practice. And serenity as the sun is rising in the morning."

Q: How long do you row?

A: "90 minutes three times a week on the water."

Diane Cotting is a cancer survivor, a Boston-based Masters rower and film producer. Her non-profit organization, Cotting Connection, provides resources to cancer survivors.

Diane produced the rowing film, "One in Nine."



Saiya Remmler-Sudduth

Lexington, MA

Q: Why do you row? A: **"Role Model."**

Q: What does rowing mean to you? A: "Freedom, fun, challenge."

Q: What do you get out of rowing? A: "Enjoyment."

The mother of two girls, Dr. Saiya Remmler-Sudduth rowed for the U.S. National Team at the World Championships in 1992 and 1993, winning a silver medal in the Lightweight Women's Double Scull in 1992. A psychiatrist specializing in child psychiatry, she rows for the Cambridge Boat Club in Cambridge, MA.

Paul Hendershott

Elkhart, IN

Q: Why do you row? A: **“Physical fitness.”**

Q: What does rowing mean to you? A: “It has given me some opportunities for travel that I could not have imagined would ever happen.”

Q: What do you get out of rowing? A: “Keep my weight under control. Sense of well-being and good physical fitness. Sense of accomplishment from the competition.”

Paul Hendershott is the current world record holder for 2000 meters in the 60-64 Heavy-weight Men's event. He has competed in England, France and Holland as a member of the U.S. Indoor Rowing Team, winning a gold medal at each event.



Geoffrey Knight

Harrogate, England

Q: Why do you row? A: **“Competition.”**

Q: What does rowing mean to you? A: “Friendship, competition, fitness.”

Q: What do you get out of rowing?

A: “The ability to keep doing the things I enjoy doing.”

Geoffrey Knight is a long-time runner from England who turned to rowing to give his knees a rest. He has won a gold or silver medal at each British Indoor Rowing Championship since 1992. At this year's C.R.A.S.H.-B. he set a new world record of 7:13.4 in the men's 70-74 age group.

Tom Donald

Geelong, Victoria, Australia

Q: Why do you row? A: **“Passion.”**

Q: What does rowing mean to you? A: “It's a lifestyle to me. You perform out of the boat the way you do in the boat.”

Q: What do you get out of rowing? A: “I get a drive to push myself in every aspect of life.”

18-year-old Tom Donald flew all the way from Australia to compete in the C.R.A.S.H.-B.s where he rowed a 6:27.5.





THE HOLIDAY CHALLENGE KEEPS GROWING

Over 4000 people successfully completed this year's Holiday Challenge by rowing either 100,000 meters or 200,000 meters between Thanksgiving and Christmas. This number of participants is up about 14% from last year! Men continue to outnumber women 3 to 1. Attention women! Next year, get a friend to do the challenge with you. Let's see if we can promote gender equality!

Here are the detailed results of the 2004 Holiday Challenge:

200K: 2556 rowers	100K: 1303 rowers	50K for kids: 200
women: 606 25%	women: 453 35%	
men: 1950 75%	men: 850 65%	
TOTAL HOLIDAY CHALLENGE PARTICIPANTS: 4059		

The statistics are interesting but correspondence from participants tells the real story. Here are excerpts from two of our favorites. For the complete version of their stories visit concept2.com.

ROWING BACK TO LIFE

By Eldo Beilke

I suffered a mild heart attack on September 1, 2003 at the age of 50. I subsequently had a triple bypass operation which was totally successful.

After my 12 weeks of rehab were up I was lost as to what to do next. With my doctor's help, I started on a vigorous walking program along with dieting and started to feel better immediately. I did this for about a year but reached a point where I felt I could do more. I decided to rejoin the Southpoint Meritcare Fitness Program. It was during my initial evaluation that rowing was suggested as an alternative due to some problems I was having with my knees.

I started out slowly and began to notice the difference in my endurance along with an increase in my upper and lower body strength. Then came the Holiday Challenge. I kept looking at the signup sheet everyday trying to decide if this was something I could do. With some encouragement from the staff, I signed up. I set a goal of 100,000 meters and tried to row every day. It seemed to get easier day by day and, in no time, I was at my goal. Again with more encouragement, I continued on and made the 200,000 meter milestone five days before Christmas!

What this has done for me both physically and mentally has been staggering. By accepting this challenge, I now realize that I can feel great and do the things I love if I continue to exercise and watch my diet.





JOY TO THE ERG

By Elizabeth Burke

I don't normally erg. Actually, on dark, rainy, winter mornings I'd rather row my single until I'm wet to the skin than erg. So, I was surprised at my interest in the Holiday Challenge when one friend said she was erging

one million meters and another said she was erging "just" 100,000 meters. "Hey," she said, "there's a drawing for a trip to Craftsbury and it's only ten 10Ks. Who doesn't want to go to Craftsbury?"

I wondered whether I could even erg 10,000 meters and if I could do it ten times in the fourteen remaining days of the challenge. After a quiet first 10K in an empty boathouse, then another the next day I was cautiously on my way. Each morning, Gus, my chocolate lab, watched me erg. Like an enthralled tennis fan, his head followed my path up and down the slide.

My ninth 10K was complete when I drove from Seattle to Vancouver, B.C., for a few days of vacation before Christmas. So, I figured I'd rest and be back in time on Christmas Eve to stop by Lake Washington Rowing Club and do my last 10K.

This got a little dicey when we got an early start and a quick border crossing, only to see steam billowing from the engine at Mt. Vernon. I tried to drive farther south but the temperature gauge clung to HOT.

We would drive no further. AAA added one hour after another to their tow truck estimate and their truck would only have space for two of the three, plus dog, of us. Eventually a local referred us to a towing company that had an extended cab truck. Soon we were all back in Seattle, many hours later than we expected, but a few hours before the Holiday Challenge ended at midnight E.S.T.

My fellow Vancouver travelers gave me a ride to the boathouse. I set the erg to 10K and for evening security or maybe Christmas spirit, I turned off the boathouse lights and just erged. My fellow travelers came back for my last few meters. They came in singing, "We wish you an end to erging! We wish you an end to erging!" The final 10K ended with a chorus of "Joy to the Erg." 

LOOKING AHEAD TO SUMMER

The 2nd Annual **Summer Solstice Row** will take place on June 21, the longest day of the year. We challenge you to row 21,000 meters, on the water or on the Indoor Rower, to celebrate the solstice. Once you enter your meters in your Online Logbook you will be able to download a special certificate and your name will be included on the 2005 Summer Solstice Row Honor Board. More details can be found at concept2.com.



The Blue Moon Row: Since we announced the 1st Blue Moon Row last year, several customers have written to let us know that there are two definitions of "blue moon." It turns out that this clarification was a good thing because, if we used the same definition as last year, there wouldn't be a Blue Moon Row this year! Therefore, we are pleased to offer the second definition of a blue moon: when there are four full moons in a season, the third full moon is the blue moon. This summer, there are four full moons between the solstice (6/21) and the equinox (9/21). The third of these full moons occurs on August 19 and is called the blue moon. We are happy to announce that the 2nd Annual Blue Moon Row will take place on this day. We challenge you to row TWICE on August 19, with each row being at least 5000 meters in length. As with the Summer Solstice Row, we will also allow on-water meters for this event.



A NEW TWIST ON THE BUDDY SYSTEM: PARTNER INTERVALS

Two people. One rowing machine. Limited time.

Here's a workout that will allow you to share the Indoor Rower with a friend while still getting a good workout. Plus, it has the added attractions of helping boost camaraderie, mutual inspiration and variety.

TIME IN MINUTES	PERSON # 1	PERSON # 2
0:00 - 5 :00	Stretch*	5 minutes easy rowing
5:00 - 10:00	5 minutes easy rowing	Stretch*
10:00 - 12:00	2 minutes moderate rowing	Ab curls, superman lifts**
12:00 - 14:00	Ab curls, superman lifts**	2 minutes moderate rowing
14:00 - 17:00	3 minutes harder rowing, building intensity through the piece	Run in place 1 minute, ab bicycles**, pushups
17:00 - 20:00	Run in place 1 minute, ab bicycles**, pushups	3 minutes harder rowing, building intensity through the piece
20:00 - 24:00	4 minutes hard rowing, building intensity toward the last minute	Run in place 1 minute, walk 1 minute, ab curls, superman lifts
24:00 - 28:00	Run in place 1 minute, walk 1 minute, ab curls, superman lifts	4 minutes hard rowing, building intensity toward the last minute
28:00 - 31:00	3 minutes hard rowing	Run in place 1 minute, walk 1 minute, squat**, arm circles**
31:00 - 34:00	Run in place 1 minute, walk 1 minute, squat**, arm circles**	3 minutes hard rowing
34:00 - 36:00	2 minutes hard rowing	Run in place 1 minute, ab bicycles
36:00 - 38:00	Run in place 1 minute, ab bicycles	2 minutes hard rowing
38:00 - 43:00	5 minutes easy rowing	Stretch*
43:00 - 48:00	Stretch*	5 minutes easy rowing

*STRETCHING

Emphasize stretches for the following areas: hamstrings, calves, Achilles tendons and shoulders. For suggested stretches you can download our Training Guide at concept2.com or ask for a free copy by e-mailing us at rowing@concept2.com.

**DESCRIPTION OF EXERCISES:

Ab curls: Lie on floor with knees bent and feet flat on the floor. Curl your upper body off the floor. Feel the work in your abdomen.

Superman lift: Lie on your stomach and outstretch your arms to the sides. Arch your back to lift your outstretched arms and legs slightly off the floor—as if you were flying like Superman! Hold briefly, relax, repeat.

Ab bicycles: Lie on your back. Keep both legs off the floor and alternately bring your left knee to your right elbow, and then your right knee to your left elbow.

Squat: Simply ease yourself down into a squatting position with feet comfortably spaced. Try to keep your heels flat on the floor. Hold this position for a while. Gently rock front to back if you wish.

Arm circles: Outstretch your arms and swing them gently and slowly in big circles, almost as if you were swimming. First forward, alternating arms, then backwards.

NEW ONLINE TRAINING PARTNER SYSTEM

The 27,000 people who used the Concept2 online rowing log this past year have amassed over five billion meters in the past twelve months! The popularity of the online personal logbook has continued to grow each year as more and more people are logging on and tracking their meters rowed. This year, in addition to tracking your meters, participating in online challenges and seeing your meters grow on the honor boards, you will be able to designate “training partners” to help with your motivation.

To set up your training partner, log into the ranking as usual. Next, click on “Profile” and scroll down to the end of the page. There you will see the “Training Partners” section. Enter the ranking ID# of your partner-to-be (this number is listed on their profile panel) in the form provided. As soon as your training partner enters your ranking ID# in their training partner section, your partnership will be established. A link will appear next to your name in the “Training Partners” section of your profile panel. This link will provide a view into your partner’s online personal logbook.

If you aren’t already using the online personal logbook, visit concept2.com, scroll down and click on the link titled “online log” to get started. Registration is easy and free. Join the 27,000 other rowers who participate in our online challenges, honor boards and awards programs and start tracking your meters today.



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PM3 SOFTWARE DESIGN CONTEST



Illustration by Peter Dreissigacker

Every PM3 monitor may be connected to a computer via the USB cable provided by Concept2. Some software has already been developed to take advantage of this interface (most notably RowPro, available commercially from digitalrowing.com) but we’d like to see more.

To encourage the development of PM3-compatible software, Concept2 is sponsoring a software design contest.

If you or someone you know is interested in designing a cool game, interesting training program or any creative piece of software for the PM3, visit concept2.com/contest for details. Please note that entries must be functional software, not just an idea.

Each team submitting a functional entry will receive a C2 Design Contest T-shirt and will be eligible for our grand prize—Concept2 gear for the designer as well as their team, university or affiliated organization.

Submission deadline is November 1, 2005. 



WHAT A DIFFERENCE A YEAR MAKES

By Robert Brody

As every veteran indoor rower knows, there is a big difference between what you can row at age 50 and what you can row at age 59. How many fifty-something heavyweight men have been eagerly awaiting the aging of Paul Hendershott? How many sixty-something heavyweight women will be overjoyed when Barbara Pike moves to a different age bracket? Well, wait no more you aging boomers! At the 2005 World Indoor Rowing Championships (a.k.a. The C.R.A.S.H.-B. Sprints) the Veteran categories, age 50 and up, were changed from 10 year divisions to 5 year divisions; i.e. 50-54, 55-59, 60-64, and so on. This necessitated a little fancy footwork to research all known databases and come up with some new world record times for these previously uncharted age categories. The full list of world record times can be viewed at the C2 web site at concept2.com.



The coveted hammer and medals.

The immediate effect of the changeover is that we have four new “double” record holders (people who own the World record in two different age categories). The new “doublers” are Andy Ripley of the U.K. (50-54 & 55-59 Heavyweight Men), Stephen Rounds of the U.S. (70-74 & 75-79 Heavyweight Men), George Braceland of the U.S. (85-89 & 90-94 Heavyweight Men) and John Hodgson of the U.K. (85-89 & 90-94 Lightweight Men).



C.R.A.S.H.-B. action from above.



Roy Brook of the U.K. and Dennis Hastings of the U.S. battling it out.



Dick Dreissigacker and John Van Blom congratulate each other after their race.



Notable record-setting achievements rowed this past race season

Luanne Mills	U.S.A.	65-69 Lightweight Women	2000 meter time: 8:00.0
Barbara Pike	U.S.A.	60-64 Heavyweight Women	2000 meter time: 7:44.6
Sarah Keel	U.S.A.	70-74 Lightweight Women	2000 meter time: 8:52.9
Mavis Sturbridge	U.K.	75-79 Lightweight Women	2000 meter time: 9:21.7
Graham Watt	NZ	50-54 Lightweight Men	2000 meter time: 6:25.8
Andy Ripley	U.K.	55-59 Heavyweight Men	2000 meter time: 6:21.3
Geoffrey Knight	U.K.	70-74 Lightweight Men	2000 meter time: 7:13.4



Luanne Mills, 3-time U.S.I.R.T. member, accepts her gold medal.

For those of you who are thinking about next year, we will have a total of sixteen new age/weight/gender categories under which you can qualify for a free trip to the C.R.A.S.H.-B.s in Boston in February, 2006. It doesn't get much better than that! So, keep up your cross training this summer and hop back on that erg in the fall. You'll never know until you try! 



Geoffrey Knight accepting the gold medal for his world record time of 7:13.4 in the men's 70-74 age group.

All photos taken by Suzanne Hudson at the 2005 C.R.A.S.H.-B. Sprints World Indoor Rowing Championships, Reggie Lewis Track and Athletic Center, Boston, MA.



Olympian and former U.S.I.R.T. member Michelle Guerette.



The big screen at the Reggie Lewis Track and Athletic Center.



Stephen Rounds on the medals podium.



SCHOOL ROWING PROGRAM

Since 1991, Concept2's Row Together program has been offered to elementary and middle schools in the U.S. and Canada. This program was created as a way to introduce young children to the fun and fitness benefits of rowing. Here's how it works: Concept2 loans selected schools up to two Indoor Rowers for the course of the school year in exchange for simple student testing. The twice-per-year testing involves recording the number of meters the child rows in a four-minute period as well as the number of watts produced. These test scores are collected and tabulated by Dr. Fritz Hagerman of Ohio University to aid in the creation of fitness standards for children. The schools are also expected to use the Indoor Rowers in creative ways, such as incorporating them into science, math or geography curriculum.

Since its inception, thousands of students across the U.S. and Canada have taken part in the program. For more information, or to request a Row Together application, contact Terry Laskey at terryl@concept2.com.

STORIES FROM OUR ROW TOGETHER SCHOOLS



Row Together field trip to the CSUS Aquatic Center.

Sandra J. Gallardo Elementary, Folsom, CA

Doreen Pendleton

For the 4th grade class, I roll out both ergs several days a week during lunch recess. The kids line up and cheer each other on through their erg pieces.

After school, twice a month, I meet with the Row Club—14 students. During Row Club, we have watched the C2 video, talked about our logbooks and shared ideas for healthy eating, drinking and activities that will help us be stronger rowers and healthier people. I gave everyone “meter banners” – paper banners about 4” wide and one meter long. We wrote affirmations, slogans and words on them that remind us how healthy rowers live. We drew

pictures and shared our ideas. The meter banners were also a helpful visual for the students to picture how far they rowed in meters. We connected them all end to end and talked about what 100 meters, 500 meters, etc. might look like. I have laminated a map of California and we are “rowing” from one end of the state to the other. (This is taking a LOOOONG time!)

Lakeland Elementary School, Elk Rapids, MI

Kip Knight

Greetings from Elk Rapids! Since the Indoor Rowers showed up, they are being used constantly. Many of our parents use them in the morning. Grades K-5 are using them in some very creative ways.

My fifth graders are working to row from Elk Rapids to Chicago. There are teams of about nine and they row each Friday. Data is kept on the large log sheets and then compiled to a large graph in the hallway. Along the way, they research the location of where they will be, are, or have been.

more on “Row Together” next page



Fifth grade rowers from Lakeland Elementary.

DON'T HAVE AN INDOOR ROWER? THAT'S OK!

"Row Together" continued from previous page

Lincoln Elementary School Long Beach, CA

Alexander M. Villamil, CSCS

Rowing is a wonderful sport. As a strength and conditioning instructor, I consider it one of the most complete sports in terms of both the cardiovascular and strength benefits it confers on those who practice it. The experience has been wonderful, not only for the kids, but for the administration staff and teachers alike. The ergs have been a hit, compelling children not involved in the after school program (in which these ergs are used) to join in the fun. The highlight of this program was a visit by Xeno Muller, who talked to the children about his personal experience as an elite rower and the opportunities that exist for people involved in the sport of rowing. 

You don't have to own an Indoor Rower to take advantage of all Concept2 has to offer. Many people use our Indoor Rower at health clubs, corporate fitness centers, rehab centers and educational institutions. Even if you don't have your own rower, we will send you a free training guide, technique DVD and poster upon request. You are welcome to set up a free Personal Online Logbook. You can join the Million Meter Club and take the Holiday Challenge. If you row at least 20,000 meters per week, you will be eligible to win C2 socks and clothing as part of our "Weekly Winner" program every week of the year.

In addition, we offer several programs specifically designed for those who row at health clubs and fitness facilities.

- The Fall Rowing Challenge – This challenge kick-starts the club indoor rowing season. The goal is to get members to row either 100,000 or 200,000 meters in one month.
- North American Rowing Challenge (N.A.R.C.) – This spring event challenges club members to row as many meters as they can in a month and the competition is fierce! You'd be amazed at the number of meters rowed by some of the participants.
- Indoor Rowing Classes – When you get a room full of rowers pulling in sync, it increases both the fun and the quality of the workout!

If you are a club rower, be sure your club is aware of all these programs. We'd be happy to add your club to the mailing list for our Club e-newsletter. Simply send an e-mail to clubrowing@concept2.com.

U.S. INDOOR ROWING TEAM



We're expanding the concept of the U.S.I.R.T. this year. Learn more about how you can get involved with the U.S.I.R.T. at concept2.com.





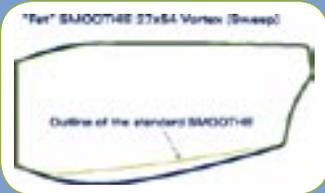
ON THE WATER

Oar Innovation at C2: Every Second Counts

As with many sports, every second counts in a rowing race. Olympic medals are won and lost by fractions of a second. As oar designers and manufacturers, we are constantly looking for ways to help our customers save precious seconds. Indeed, over the last 15 years, Concept2 has been responsible for innovations that have shaved multiple seconds off 2000 meter race times for oarsmen and oarswomen around the world.

Our most recent innovations include the following:

- “Fat” SMOOTHIE Vortex Sweep and Scull Blades: Who would guess that a few centimeters of additional blade width in the right places would be so important? Indeed, on-water testing last summer showed that speed could improve by about 2% with our new “Fat” SMOOTHIES.



Blades: Who would guess that a few centimeters of additional blade width in the right places would be so important? Indeed, on-water testing last summer showed that speed could improve by about 2% with our new “Fat” SMOOTHIES.

- Low Inertia (Low-i) Sculls: Overall weight is always a consideration in rowing. Why carry more load than you have to? Our new Low-i scull shafts are made using both high-strength and high-modulus carbon fiber resulting in an overall weight of approximately five ounces less per scull than our standard ultralight construction shafts. The swing weight is reduced by 18% as compared with our standard ultralight sculls.

Low i

- Adjustable Grip System for Sculls: Adjustable length oars were first introduced in 1996. Last summer we introduced an improved system of adjustability for our sweep oars. This spring we introduced a version for sculls. The new system is easier to use and eliminates wear and movement at the shaft/handle connection.



Rowing on the Water

Indoor rowing has a lot of advantages over on-water rowing: You can do it any time of day or night, there's no risk of tipping over, you don't have to turn your head to see where you're going, and you don't need to live near water. But we're the first to admit that on-water rowing is even better. Envision yourself on a lake or river in a narrow, streamlined boat that surges through the water with every stroke you take.

As summer approaches we thought you should know about some opportunities for learning to row on the water:

- National Learn to Row Day, June 11, 2005: Rowing clubs throughout the U.S. will be offering free instruction and information about rowing on the water. Visit concept2.com to find a list of participating clubs.
- Summer Rowing Camps: It could be the perfect healthy summer vacation for the whole family! There are also camps just for women, teenagers or masters rowers. For a list of summer rowing camps, visit concept2.com.



Craftsbury, Vermont. Photo copyright Clemens Reinke.

EMPLOYEE PROFILE

Suzanne Hudson

By Will Spalding

Suzanne Hudson joined the staff at Concept2 in March 1995 as a member of the customer service and shipping teams.

With the introduction of our third generation Model C Indoor Rower in the summer of 1995 the C2 marketing team was in the throes of producing a huge volume of documentation for the machine. Suzanne's sharp eyes (and red pencil) enabled her to assume the role of chief proofreader for C2 literature. She has continued with the marketing team where she now spends all of her time. Today, Suzanne manages the production schedule for all marketing materials, working with the C2 engineering, sales, and customer service teams, as well as out-of-house photographers, printers, and magazine publishers to keep projects on task (including the publication you are reading at this very moment).

Suzanne has been a key member of the team at C2 that has planned the United States Indoor Rowing Team's participation at the British and European Indoor Rowing Championships. As team photographer she traveled to Birmingham, England in 2002; to Paris in 2003; and in 2004 to Amsterdam.

When she is not on the job Suzanne stays busy with friends, enjoys traveling, and keeps fit by cycling, hiking, kayaking, and x-c skiing. She has participated in several cycling fundraisers including a 5-day ride from Montreal to Portland, Maine, to raise money for AIDS vaccine research. Suzanne and her fiance Dick live in Morrisville. 



2005 SUMMER ROWING TOUR

In July 2004, a group of Concept2 friends and family rowed a tour boat for ten days down the Connecticut River from Vermont to the Long Island Sound. After writing about our trip in the fall Update, we received many requests to join our next tour. This summer, we've partnered with WinTech Racing (manufacturers of a lightweight efficient tour boat) and the Masters Rowing Association and will be back on the river for the "You Can't Flip a Tour Boat Tour," July 14 - 17. There will be a nominal fee to participate which covers the cost of insurance, gas, lunches and a big barbecue at the end. If you are interested in joining the tour, visit MastersRowing.org for more tour information. We hope to see you on the water!



NEW C2 T-SHIRT

If it's spring it must be time for a new Concept2 t-shirt! Introducing our latest lightweight, 100% combed cotton T-shirt in a warm, goldenrod yellow. It's not as bulky as your typical T-shirt so it's comfortable either tucked in or worn over your rowing shorts. The lighter weight makes it perfect for a workout or any summertime activity. It's sized a bit smaller so order up a size if you like a looser fitting T-shirt.





C2 GOODS & GADGETS



» C2 TANK TOPS

Breathable and quick-drying. Sizes: S-XXL
PN LITPB Women's - Powder Blue (shown)
PN MTTN Men's - Navy Blue



» C2 LIGHTWEIGHT T-SHIRT

100% supersoft goldenrod yellow cotton. Snug fit.
Order a size larger for a looser fit. Unisex Sizes: S-XXL
PN C2TY



» C2 LOGO T-SHIRT

Black 100% Cotton. Unisex Sizes: S-XXL
PN C2TBK



» ROWING SHORTS

Padded seat. 8 1/2" inseam, elastic waist, drawstring.
Made by Regatta Sport. Black
XS(26-28), S(29-30), M(31-33), L(34-36), XL(37-39),
XXL(40-44)

C2 DryTech® - 83% DryTech™/17% Lycra®.
PN DTSHORT

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



» PERFORMANCE SHIRT

Long-sleeved zip-neck shirt. Coolmax Alta® is designed
to manage moisture and minimize pilling. Deep teal blue.
Sizes: XS-XXL PN C2PSTB

INDOOR ROWER ACCESSORIES



» PM3 RETROFIT KIT

Offers a variety of units and graphic display options
and a library of pre-set workouts. The LogCard records
and stores workouts and transfers data to a PC.

PN 1979 Model C

PN 1981 Model B

» MODEL D RETROFIT HANDLE



Ergonomic design with soft, overmolded
rubber grips that are easy to hold and won't
absorb sweat, grease and dirt.

PN 1931

MONITOR YOUR HEART RATE

» OPTION 1

If you own a Polar™ Chest Belt Transmitter and
a PM2 or PM3, purchase the CONCEPT2
HEART RATE RECEIVER & CABLE.

PN 1761



» OPTION 2

View your heart rate on the PM2 or PM3.
Includes POLAR WEARLINK CHEST
BELT TRANSMITTER & CONCEPT2
RECEIVER & CABLE.

PN 1747



To order motivational materials and more accessories for your Indoor Rower including: Caster Wheels, AC adapter, Flexfoot Retrofit Kit for Models A & B, Indoor Rower Cover, LogCard and Footstraps, contact your Concept2 authorized distributor.



» 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

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. Link two Indoor Rowers together with a pair and a spare to simulate a “double” for great team training.

PN 1800 for a pair

PN 1800S for a spare

NOTE: Indoor Rower not included.



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

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.

PN 5700-US

» 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 to place an order or visit our web site for more information. Oars cannot be ordered online.





The Concept2 Model D Indoor Rower was chosen as the winner of the "Most Innovative" category of *Health* magazine's "Best of Fitness 2005" awards.

To read more news and reviews, visit concept2.com.

