

## STRETCHING FOR THOSE WHO CAN'T TOUCH THEIR TOES by Judy Geer



You are not alone. And it's not just older people. There are lots of younger people out there who can't touch their toes either. Some of them are very fit athletes so it's not necessarily a sign of poor physical condition. But, let's be honest. For many folks, like our snowman for example, there's just a little too much around the middle.

In response to our stretching article in last spring's Update, a thoughtful customer observed that many of our stretches were geared toward the person who was already leaner and more flexible. We're really glad she wrote us and we'd like to dedicate this collection of stretches to those who can't touch their toes – yet.

Thanks to the customers who sent their suggestions!

### Calf and Achilles Stretch:

Stand about three feet from a wall and put each foot in turn as far back as you can while still being able to put your heel flat on the floor. Do NOT bounce and do NOT try too hard. The idea is to gently stretch the muscles in your calf.



### Variations on a stretch we described in the last issue:

Lie on your back. One at a time bend your knee, then extend your leg up toward the ceiling. Grasp your leg and pull gently toward you.

### Variations:

- If you find it difficult to grasp your leg and pull it toward you, try using a towel or rope around your leg. This will make it easier to gently pull your straightened leg toward you.
- Another variation is to have the lower leg bent with foot flat on the floor.



### Concern about the Hurdler's Stretch.

Several of you wrote to express concern about our inclusion of the "hurdler's stretch" as one of our "Key Stretches." It is not widely recommended any more because it may put undue strain on the knee that is bent back. There are still folks who feel that it works for them – but we'd like to suggest some alternative stretches that are considered safer for the majority of people.

### Standing hamstring stretch:

Put your leg up on a chair/bench. Straighten the leg. Keeping your back straight, lean forward until you feel the stretch. To increase the stretch further, use a higher chair/bench.



### Alternate hurdler's stretch:

Sit on the floor with one leg out to the side and the other leg bent to the inside. Gently reach for your toes on the outstretched leg. Repeat on the other side.



## WORKOUTS FOR MELTING OFF THE LAYERS

### Guiding Principles

- For a given intensity level, the longer you row, the more calories you will burn.
- For a given elapsed time, the harder you row, the more calories you will burn.

Note, however, that the harder you row, the less long you will be able to sustain the workout.

Here are some strategies, based on our own experience and that of our customers for building time and/or intensity.

### Hints for Building Time:

- Use variety in your workouts – do intervals, alternate workouts.
- Make the most of your Performance Monitor – rotate between the different display options.
- Take breaks – especially if you get discomfort in the seat.
- Watch the news, listen to books on tape, learn a foreign language.
- Record all your meters, either online or in a logbook or on your LogCard.
- Go for the Million Meter Club. Take the Holiday Challenge. It really helps to have a goal.
- Try “Rainy Weather Housecleaning Intervals.” Put the erg in a central location in your house and see how many 5 minute sessions you can fit into your day between your other chores. Challenge the rest of the household to join in and take turns.

### Hints for Building Intensity

- Remember that you do not need to change your damper setting to row at a higher intensity. Nor do you need to row at a higher spm (strokes per minute). You simply need to pull harder. Specifically, the more quickly you accelerate the handle (and thus the flywheel), the more resistance you will feel. We recommend a damper setting of 2-5, and a stroke rate of 25-30 spm.
- Use your Performance Monitor to gauge your intensity. Regardless of your choice of units, watch the middle display.
  - If you row in watts: higher intensity= higher number of watts.
  - If you row in calories: higher intensity = higher number of calories.
  - If you row in pace (time/500m): higher intensity = lower number (less time needed to go 500 meters).
- Try a gradual progression to vary and build intensity.
  - Start by finding a steady pace that you can maintain for at least 5 minutes.



- Then, using your monitor as previously described above, increase your intensity by several seconds (or calories or watts) for one minute. Return to the original pace for one minute.
- Repeat this sequence several times or more.
- In subsequent sessions, see if you can use the higher pace as your base pace, and introduce another yet higher intensity level.
- Take “Power Tens” or “Power Twenties”
  - Every 2 minutes, or every 500 meters, take 10 or 20 strokes at a higher intensity, then return to your base pace.

## 2004 OFFICIAL SATELLITE REGATTAS OF THE C.R.A.S.H.-B. SPRINTS

- Jan. 31 The Beach Sprints**  
Peter Archer Rowing Center, Long Beach, CA  
John Van Blom, 369 Junipero Ave., Long Beach, CA 90814  
562/434-1521 (work) e-mail: j.vanblom@verizon.net  
www.lbra.org/  
**Tennessee Indoor Rowing Championships**  
Univ. Tenn./Chattanooga, Chattanooga, TN  
Robert Espeseth Jr., UTC Rowing/HPER,  
615 Mc Callie Ave., Chattanooga, TN 37403  
423/755-5333 e-mail: Robert-Espeseth@utc.edu
- Ergomania**  
George Pocock Memorial Rowing Center, Seattle, WA  
Coby Stites, George Pocock Memorial. Rowing Center  
3320 Fuhrman Ave. East, Seattle, WA 98102  
206/328-0778 e-mail: pocockrow@mindspring.com  
www.pocockrowing.org
- The Mile High Sprints**  
Colorado Athletic Club at Monaco, Denver, CO  
Rocky Mountain Rowing Club  
P.O.Box 6242, Denver, CO 80206 303/331-2860  
e-mail: milehighsprints@rockymountainrowing.com  
www.rockymountainrowing.com/sprints
- Mid-Atlantic Erg Sprints**  
Frances Hammond High School, Alexandria, VA  
Alexandria Crew Boosters, P.O.Box 3202, Alexandria, VA 22302  
Paul "Skip" Bea, 2403 Ridge Road Drive, Alexandria, VA 22302  
202/887-5240 (work) 202/887-0282 (fax) 703/549-7040 (home)  
e-mail: phbea@comcast.net www.tcwcrew.org
- Feb. 01 Peninsula Indoor Rowing Championships**  
Burlingame High School, Burlingame, CA  
Monica Hilcu, 16 Cortez Road, Redwood City, CA 94062  
650/506-3804 (work) 650/369-7788 (home)  
e-mail: mhilcu@earthlink.net  
www.peninsulajuniorcrew.org
- The Monster Erg**  
Univ. of Victoria, Victoria, British Columbia, CANADA  
Rick Crawley, Univ. Victoria/Athletics, Box 3015,  
Victoria, British Columbia CANADA V8W 3P1  
250/472-4036 (work) 250/ 652-0360 (home)  
e-mail: rcrawl@uvic.ca  
web.uvic.ca/atrsweb/vikes/varsity/w\_rowing/w\_rowing.html
- Cincinnati Indoor Rowing Championships**  
St. Xavier High School, Cincinnati, OH  
Todd Jesdale, 815 Myrtle Ave., Terrace Park, OH 45174  
513/248-8521 e-mail: tjesdale@hotmail.com
- Feb. 07 San Diego Indoor Classic Rowing Championships**  
San Diego Rowing Club, Mission Bay, CA  
Tim Watenpugh, 954 Loring St. #3, San Diego, CA 92109  
858/826-6450 (work) 858/270-6743 (home)  
e-mail: watenpugh@saic.com ; twatenpugh@san.rr.com  
www.sdrc-row.org/  
**The Main Line Slide**  
Jake Nevins Fieldhouse, Villanova University, Villanova, PA  
Jack St. Clair, 628 Bridle Road, Glenside, PA 19038  
215/887-9589 fax: 215/887-5776 e-mail: rowsaint@comcast.net  
www.villanovarowing.com
- The Pittsburgh Indoor Rowing Championships**  
North Catholic High School, Pittsburgh, PA  
Mike Lambert, Three Rivers Rowing Association,  
300 Waterfront Drive, Pittsburgh, PA 15222  
412/821-1710 fax: 412/231-5337  
e-mail: mikelambert@threeriversrowing.org  
www.threeriversrowing.org/index.htm
- The 18th Annual Golden State Indoor Rowing Championships**  
California State University, Sacramento  
CSUS Aquatic Center, Rancho Cordova, CA  
Sam Sweitzer, CSUS Aquatic Center, 1901 Hazel Ave.,  
Rancho Cordova, CA 95670  
916/985-7239 e-mail: CoachSweitzer@CSUSRowing.com  
www.csusaquaticcenter.com/html/events.html
- The Great Baltimore Burn**  
St. Paul's School For Girls, Baltimore, MD  
Jeff Rodman, 7101 York Road, Baltimore, MD 21212  
410/821-9615 e-mail: jkrodman@comcast.net  
www.baltimorerowing.org/
- Feb. 07 Southwest Ergometer Amateur Tournament (S.W.E.A.T.)**  
Episcopal School of Dallas, Dallas TX Troy Howell,  
Dallas Rowing Club, P.O.Box 7309, Dallas, TX 75209  
214/358-4368 ext: 2538 (work) 214/351-6832 (home)  
e-mail: howellt@esdal.org www.dallasrowingclub.org/  
**The Atlanta Erg Sprints**  
Georgia Institute of Technology, Atlanta, GA  
Anne Marie Richards, 350285 Georgia Tech Station, Atlanta, GA 30332  
404/ 219-1324(home) e-mail: aj\_richards@hotmail.com  
www.gtcrew.com
- Feb. 08 The 21st Annual Southern Sprints**  
Clemente Sports & Recreation Center,  
Florida Institute of Technology Melbourne, FL  
Casey Baker, 2455 Riverview Dr. N.E., Palm Bay, FL 32905  
321/674-8291 e-mail: cbaker@fit.edu  
www.southernsprints.org
- Canadian Indoor Rowing Championships**  
CBC Atrium, 250 Front Street West, Toronto, Ontario, CANADA  
Argonaut Rowing Club, 1225 Lakeshore Blvd. West,  
Toronto, Ontario, CANADA M6K 3C1  
Susan Kitchen 416/480-0851 (home)  
or Argonaut Rowing Club 416/532-2803  
e-mail: skitch@sympatico.ca cdn-indoor-rowing.com
- The Mid Winter Meltdown**  
Wright Middle School, Madison, WI  
Carol Glassroth, 3427 Sunset Drive, Madison, WI 53705  
608/265-8400 (work) 608/231-3877 (home)  
e-mail: chglassroth@facstaff.wisc.edu crt.bact.wisc.edu/uwcenters/mrc/
- Feb. 14 The St. Valentine's Massacre**  
New York Athletic Club Boathouse, Travers Island, NY  
Alison Clemente, P.O. Box 528, Pelham, NY 10803  
914/738-3052 e-mail: arbp@prodigy.net www.nyacmassacre.com/
- Feb. 15 Indiana Indoor Rowing Championships**  
Elkhart Central High School, 1 Blazer Blvd.,  
Elkhart, IN 46516 Dee Ashbaugh,  
54923 Shorelane Drive, Elkhart, IN 46514 e-mail: deerowusa@aol.com  
574/266-5515 Registration Link: regattacentral.com

## 2003-2004 INTERNATIONAL

ARGENTINA - Zarate  
AUSTRALIA - Caulfield, Melbourne,  
AUSTRIA - Vienna  
BELGIUM - Antwerp  
CROATIA - Zagreb  
CZECH REPUBLIC - Brno, Louny, Ostrava, Neratovice, Hodonin, Decin, CZ,  
Maratón, Trebon, Praha  
ESTONIA - Tallinn, Tartu  
FRANCE - Bretagne, Istres, Paris, Creil, Cherbourg  
GERMANY - Hamburg, Weilburg, Berlin, Schwedt, Stuttgart, Essen-Kettwig  
GREAT BRITAIN - Evesham, Castle Combe, Andover, Nottingham, Marlow, Kent,  
Westpoint, Exeter, Portsmouth, Bideford, Birmingham, Cardiff, Cambridge, Renfrew,  
Manchester, Launceston, Stranraer  
HUNGARY - Budapest  
IRELAND - Dublin  
ITALY - Rome, Italian IRC  
JAPAN - Towa, Numazu, Hamamatsu, Shimosuwa, Togo, Sugamo, Okayama,  
Sendai, Kumamoto, Tsuruga, Shintomi, Sagamiko, Hita, Sapporo, Toda  
NETHERLANDS - Amsterdam  
NEW ZEALAND - Hamilton, Auckland & Christchurch, Dunedin, Auckland  
NORWAY - Aalesund  
PORTUGAL - Lisbon  
SPAIN - San Sebastian, Seville  
YUGOSLAVIA - Belgrade

For the most up-to date information and calendar  
please visit our website: www.concept

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

- Nov. 09/03 The First Indoor Rowing Challenge for Children's Literacy**  
 Club Sportif MAA, Montreal, Quebec CANADA  
 Contact: The Gingerbread Guild, 32 La Baie,  
 PO.Box 1547 St-Jean-de-Matha,  
 Quebec J0K 2S0 CANADA  
 450/886-2542 or 1 800/617-7791  
 Alan Mills e-mail: armour@qc.aibn.com
- Jan. 10 Indianapolis Indoor Sprints**  
 Brebeuf Jesuit Preparatory School, Indianapolis, IN  
 Simon Hillier, Indianapolis Rowing Center,  
 P. O. Box 53223, Indianapolis, IN 46253  
 Tel: 317/298-9456 Fax: 317/253-4434  
 e-mail: simonhillier\_46077@yahoo.com www.rowirc.org
- Jan. 17 Beat The Beast At Saints**  
 St. George's School, Vancouver, British Columbia, CANADA  
 John Creighton, St. George's School, 4175 W. 29th Ave.,  
 Vancouver, British Columbia, CANADA V6S 1V6  
 604/224-1304 (work) 604/224-7066 (fax)
- Jan. 24 The Chicago Indoor Rowing Championships**  
 Location to be announced, Chicago, IL  
 John Butsch, Creative Access,  
 Suite 206, 3701 North Ravenswood, Chicago, IL 60613  
 312/440-1140 ext: 203 (work) 773/477-6862 (home)  
 e-mail: jbutsch@creativeaccess.com
- The Toledo Indoor Regatta**  
 Location to be announced, Toledo, OH  
 Mark Heller, 5356 Nebraska Avenue, Toledo, OH 43615  
 419/255-0814 (work) 419/536-5262 (home) email: mheller@ableaw.org
- Jan. 31 The Saint Louis Indoor Rowing Championships**  
 Washington University Athletic Complex, Saint Louis, MO  
 John Mason 314/872-8705 e-mail: Masonje@aol.com
- Jan. 31 The Maclay Crew Ergomania**  
 Maclay High School Gym, Tallahassee, FL  
 Betsy Cunningham 850/385-8515 e-mail: ecunning@maclay.org
- Feb. 07 Shuffle Off To Buffalo XV**  
 Westside Rowing Club, Buffalo, NY  
 John M. Cartus, 50 West Grimsby Road, Buffalo, NY 14223  
 716/283-7679 (work) 716/876-2194 (home)
- 5th South Mountain Erg Sprint**  
 Grace Hall, Lehigh University, Bethlehem, PA  
 Paul Saville 610/758-4511  
 e-mail: pjs6@lehigh.edu www.lehigh.edu/~incrw/
- Feb. 08 Strong Island Sprints at St. Anthony's**  
 St. Anthony's High School, South Huntington, NY  
 Lori Strong 631/673-5654 e-mail: StrongCoach@hotmail.com  
 www.stanthonycrew.org/strong.htm
- Feb. 14 The 17th Annual Adirondack Sprints**  
 Skidmore College, Saratoga Springs, NY  
 Jim Tucci, Skidmore College Athletic Dept.  
 Saratoga Springs, NY 12866 518/580-5391  
 e-mail: jtucci@skidmore.edu
- 7th Annual Hampton Roads Navy Erg Pull**  
 Cox High School, Virginia Beach, VA  
 Bill Evans e-mail: crwstrk@aol.com www.hrrc.net
- The 11th Annual Ohio Valley Indoor Rowing Championships**  
 The Dyson Baudo Recreation Center,  
 Marietta College, Marietta, OH  
 Adam Thorstad & Christina Tymoszewicz,  
 Marietta College Box N-35,  
 215 Fifth Street, Marietta, OH 45750 740/376-4587  
 e-mail: tymoszec@marietta.edu
- Central Coast Sprints**  
 Lake Atascadero Pavillion, Atascadero, CA  
 Ted English, 13745 Old Morro Road, Atascadero, CA 93422 805/466-9507
- Feb. 15 NewWorldRowing.com Indoor Rowing Championships**  
 University of Portland, Portland, Oregon  
 Tiff Wood, PO Box 230411,  
 Portland, OR 97281-0411 503/296-0521  
 email: info@newworldrowing.com newworldrowing.com
- The Narden Ergatta (High School boys and girls)**  
 Narden Academy, Buffalo NY  
 Tom Boyer, Narden Academy,  
 135 Cleveland Avenue, Buffalo, NY 14222  
 905/894-4186 fax: 716/881-3100 e-mail: row4it@vaxxine.com
- Feb. 21 The Michigan Indoor Sprints**  
 The Barnes School, Grosse Pointe, MI  
 Richard Bell, 27551 Rackham Drive,  
 Lathrup Village, MI 48076  
 248/559-5824 e-mail: bellr@macomb.edu
- Feb. 22 Mid-West Championships Erg Sprint**  
 Mitchell Athletic Center, Denison University, Granville, OH  
 Steve Drake, Slater Box 685,  
 Denison University, Granville, OH 43023  
 740/587-9553 e-mail: drake\_sc@denison.edu
- The Narden Ergatta (High School boys and girls)**  
 Narden Academy, Buffalo NY  
 Tom Boyer, Narden Academy,  
 135 Cleveland Avenue, Buffalo, NY 14222  
 905/894-4186 fax: 716/881-3100 e-mail: row4it@vaxxine.com
- Feb. 29 The Westfield YMCA's Tenth Annual Rowing Championships**  
 "Be the Best in the Garden State!"  
 Michael Johnson, Westfield YMCA,  
 220 Clark St., Westfield, NJ 07090  
 908/233-2700 ext: 251 e-mail: mjohnson@westfieldnj.org
- 9th Annual Bucknell Erg Armageddon**  
 Davis Gym, Bucknell University, Lewisburg, PA  
 Steve Kish e-mail: kish@bucknell.edu
- Mar. 03 Charlottesville's First Big Erg Sprint**  
 Atlantic Coast Athletic Club, Charlottesville, VA  
 Lise N. Rowe, 600 Lexington Ave., Charlottesville, VA 22902  
 804 244 0998 (home) 804 978 3800 (work)  
 e-mail: babarrowe@yahoo.com
- Mar. 06 The 20th Annual Greenhead Sprints**  
 St. Phillips School, Brigantine, NJ  
 Ed Rehill, 1402 Sheridan Blvd., Brigantine, NJ 08203  
 609/344-5889 (work) 609/266-2025 (home)
- Island Sprints**  
 Grosse Ile High School, Grosse Ile, Michigan  
 Dennis Sitek, 28350 Chatham, Grosse Ile, MI 48138  
 313/592-7997 (work) 734/675-1339 (home)  
 e-mail: dennis.sitek@detroitdiesel.com oldoar@hotmail.com
- March 7 The Ontario Indoor Rowing Championships**  
 Location to be announced, St. Catharines, Ontario  
 Jack Nicholson, 5 Swan Drive, St. Catharines,  
 Ontario CANADA L2T 2C2 905/688-5292 e-mail: nstorrs@yahoo.com
- March 14 St. Patrick's Day Erg Classic**  
 Classic Gym, Lyndhurst, NJ  
 Passaic River Rowing Association  
 Jill Kuczek 973/542-1039 e-mail: jkuczek@hotmail.com

## INDOOR RACE CALENDAR

### Inquiries on any of the European races should be directed to:

Alex Dunne, ISM, Indoor Sports Marketing Ltd.,  
 Vermont House, Unit 5, Nottingham South & Wilford Ind. Est.,  
 Ruddington Lane, Wilford, Nottingham NG11 7HQ, ENGLAND  
 tel: country code (44) city code (115) phone (945 5454) fax (945 5455)  
 e-mail: AlexDunne@vermonthouse.co.uk  
 web site: http://www.concept2.co.uk/v4/calendar.htm

### Inquiries on any of the Japanese races should be directed to:

Shunsuke Takeda, Starline Japan Co., Ltd.  
 509 Taiyo Building, 2-20-12 Minamisaiwai Nishi-Ku  
 Yokohama-shi 220 JAPAN  
 telephone: country code: (81) city code (45) phone (852 4516) fax: (852 4254)  
 e-mail: shun@starline.co.jp web site: http://www.starline.co.jp/sports/concept2/

### Inquiries on the Australian Championships should be directed to:

Stuart Wilson, Jeff Sykes & Associates  
 Riversdale Road, Newtown, Geelong, Victoria 3220 AUSTRALIA  
 telephone: country code (61) city code (3) phone (5221 3655) fax (5221 2596)  
 e-mail: info@concept2.com.au web site: http://www.concept2.com.au

### Inquiries on any of the New Zealand races should be directed to:

Gary Reid, Concept2 New Zealand, P.O.Box 8048, Tauranga, NEW ZEALAND  
 telephone: country code (64) city code (7) phone (552 6711) fax (552 6712)  
 e-mail: concept2nz@extra.co.nz web site: http://www.concept2.co.nz

### Inquiries on the Argentinean Championships should be directed to:

Guillermo Guerci, Club Nautico Zarate, Rivadavia 50, Zarate, ARGENTINA  
 telephone: country code (54) phone (3487-433118)  
 e-mail: merpen@cuidad.com.ar