

## CANOE PADDLING ADAPTER

# Row

by Mark McAndrew

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

The updated canoe adapter offers a number of improvements:

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

The canoe adapter makes use of the Indoor Rower's performance monitor to track stroke rate, power output for each stroke, as well as elapsed time and distance in meters. Both adapters can also use the heart rate monitoring abilities of the Concept2 Performance Monitor by using a Polar™ heart rate transmitter and a receiver and cable available from Concept2.

Best of all, Vermont Waterways has been able to reduce the price of this new generation of canoe adapter! For more information, visit the Vermont Waterways website at [www.paddlemachine.com](http://www.paddlemachine.com).



Mark McAndrew demonstrates the Canoe Paddling Adapter.



The Coledale Cougars competing at the Canadian Indoor Rowing Championships

Coledale  
Public  
School



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

# Together

by Suzanne Hudson

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

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

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

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

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

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

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

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

## Johnson Elementary School



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



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

# 2,000 meters

Exciting

Crazy

Fun

Insane

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



## Kelly Foster

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



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

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



## Karsten Brodowski

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

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

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



# of pure fun



## NEW WORLD RECORDS FOR 2003

### WOMEN

|           |               |                |        |
|-----------|---------------|----------------|--------|
| 40-49 HWT | Carol Skricki | U.S.A.         | 6:48.2 |
| 50-59 LWT | Lorene Smith  | New Zealand    | 7:30.6 |
| 70-79 LWT | Eve Green     | United Kingdom | 8:54.6 |

### MEN

|           |                   |         |        |
|-----------|-------------------|---------|--------|
| 13-18 HWT | Karsten Brodowsky | Germany | 5:52.7 |
| 50-59 LWT | Rich Cureton      | U.S.A.  | 6:30.0 |



## Carol Skricki

U.S. National Team member,  
World Record Holder, 40-49  
Heavyweight Women 6:48.2

Age: 40 Height: 6'2"

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

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



## Tore Foss



Norway, World Indoor Rowing  
Champion, 50-59 Heavyweight Men  
6:11.4

Age: 51 Height: 6'4.5"

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



## Dena Hirchak

by Suzanne Hudson



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

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

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

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

Dena's other hobbies include cooking, reading, baking and weaving. She's been able to use her weaving skills in relation to web design, stating that "the brain goes through the same process" in playing with colors, moving things around to make a pattern or a page work and, finally, laying out the design. She plans to take more classes in web and graphic design, continuing to make improvements to C2's website.

If past performance is any indication, there should be some pretty neat stuff happening on the website soon!

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

## Have you cleaned your outlet perf recently?

See your manual or visit [www.concept2.com](http://www.concept2.com) for complete instructions.



## WERE YOU THINKING THE INDOOR ROWER RACING SEASON WAS OVER?

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

## THE C2 ONLINE COMMUNITY [WWW.CONCEPT2.COM](http://WWW.CONCEPT2.COM)

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

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

### TOTAL METERS LOGGED ONLINE

| YEAR           | # OF METERS LOGGED | % GROWTH |
|----------------|--------------------|----------|
| 2000           | 119,624,070        | —        |
| 2001           | 705,735,955        | 589%     |
| 2002           | 1,615,165,521      | 229%     |
| 2003 (to date) | 3,151,038,077      | +/-200%  |

## LOOKING FOR POWERFUL YOUNG MEN AND WOMEN

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

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

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

Carrie Graves, Head Coach of women's rowing at the Division I University of Texas, is interested in high school women new to rowing who can pull 2K times under 7:30, and "very interested" in those who pull times under 7:20. According to Graves, "If you are a big, strong kid who ran track or plays basketball or another sport and you can pull a 7:17, you will have college coaches swarming all over you. There are about 170 full rides (scholarships) for high school seniors."

She does not think there are nearly enough qualified high school rowers to fill all those slots. On the men's side, the coaches at the University of Pennsylvania are interested in heavyweights (with 2000m erg/rower times) under 6:30, lightweights under 7:00, and think high school heavyweights (with times) under 6:20 and lightweights (with times) under 6:40 are "impressive." Athletes with slower times will still be of great interest to coaches in Division II and III. The 150th ranked time for junior women is 7:50 as this is written; we didn't ask if that would get a full scholarship.

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

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



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

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

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



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ROWING

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