

FOR IMMEDIATE RELEASE

Indoor Regatta Season: On The “Row” to the CRASH-B Sprints

Morrisville, VT— February 2007; From November to February, temperatures are dropping, but inside arenas, clubhouses, boathouses and gyms across the U.S. and Canada, things are really heating up.

At races everywhere from Baltimore to Long Beach, thousands of athletes will test their endurance in hopes of winning a medal, achieving a world record or just beating their personal best on Concept2 Indoor Rowers. The indoor rowing regatta season starts in November and peaks in Boston in mid-February with the mother of all races: the World Indoor Rowing Championships—a.k.a. the C.R.A.S.H.-B. Sprints.

“Indoor rowing has really taken off,” says Lisa Washburn, indoor rowing race coordinator for Concept2. “Worldwide, participation in indoor rowing competitions has more than doubled in the last 10 years alone.”

Athletes compete in 2,000-meter heats on standard Concept2 Rowing machines, that most are familiar with in fitness clubs. The machines are standard in each location precisely calibrated to measure time and distance rowed, making race times comparable from city to city without the on the water variables of wind or waves. With the machines lined up side-by-side, and each heat taking less than 10 minutes, literally hundreds of athletes compete in the same day—an astonishing sight to see. And unlike any other competition, indoor rowing regattas have competitors ranging in age from 12 to 90 and vary in ability from beginner to Olympian.

“While some rowing coaches use the winter off-season competition as benchmark to determine their athletes conditioning levels, other fitness buffs return year after year with the goal of improving on a personal best time” says Susan Kitchen, Race Director for the Canadian Indoor Rowing Championships in Toronto. “A number of Canadian elementary schools have recently introduced an indoor rowing program to their school to meet the increased physical activity requirements. The youth races provide an annual goal for the children adding lots of friendly rivalry immediately following races that include an up close look at members of our current national team.”

Approximately 21 races are designated as official “satellite regattas” of the C.R.A.S.H.-B. Sprints—including two in Canada, the Canadian Indoor Rowing Championships in Toronto and Monster Erg in Victoria B.C. Each satellite regatta selects its top four competitors to send to the C.R.A.S.H.-B. Sprints in Boston; air fare is paid by Concept2.

There are many other races not linked to the C.R.A.S.H.-B. Sprints—roughly 400 indoor rowing events take place in 40 countries every year. Washburn estimates that 40,000 athletes compete in indoor rowing regattas, including the 2,000 competitors expected to travel to Boston for this year’s C.R.A.S.H.-B. Sprints.

Official Satellite Regattas of the C.R.A.S.H.-B. Sprints (visit Concept2.com for a complete list of indoor rowing regattas):

Southwest Ergometer Amateur Tournament
(S.W.E.A.T.)
Dallas, Texas

The Mile High Sprints
Denver, Colorado

Peninsula Indoor Rowing Championships
Burlingame, California

The Beach Sprints
Long Beach, California

Tennessee Indoor Rowing Championships
Chattanooga, Tennessee

Ergomania
Seattle, Washington

Mid-Atlantic Erg Sprints
Alexandria, Virginia

San Diego Indoor Classic Rowing
Championships
Mission Bay, California

Golden State Indoor Rowing Championships
Sacramento, California

The Atlanta Erg Sprints
Atlanta, Georgia

Canadian Indoor Rowing Championships
Toronto, Ontario, CANADA

Cincinnati Indoor Rowing Championships
Cincinnati, Ohio

The Mid Winter Meltdown
Madison, Wisconsin

The Monster Erg
Victoria, British Columbia, CANADA

The St. Louis Indoor Rowing Championships
St. Louis, Missouri

The Main Line Slide
Villanova, Pennsylvania

The Pittsburgh Indoor Rowing Championships
Pittsburgh, Pennsylvania

The Great Baltimore Burn
Baltimore, Maryland

The St. Valentine's Massacre
Travers Island, New York

Chicago Indoor Rowing Championships
Chicago, Illinois

Southern Sprints
Melbourne, Florida

Concept2 was founded by Dick and Peter Dreissigacker in 1976. Fresh from Olympic training, the two brothers designed and created prototypes of carbon fiber racing oars, and went on to create the world's first wind-resistance indoor rower out of old bicycle parts. The Dreissigacker Racing Oars are now used by more than 70 percent of the rowing community. The Concept2 Indoor Rower has been redesigned and upgraded three times since the Model A was introduced in 1981. Today's Model D, introduced in July 2003, builds on Concept2's 27 years of experience in designing and using rowing machines. For more information about Concept2, visit www.concept2.com.

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Contact:

Amie Fullington
Kelliher Samets Volk
(802) 862-8261
amie@ksvc.com

Bill Patton
Concept2
(800) 245-5676
billp@concept2.com