

# FITNESS TIPS

## Learn To Row Day

(NAPSA)—The fourth Annual National Learn To Row Day will be making a splash in rowing clubs and health clubs nationwide on June 12, 2004.

The event is sponsored by USRowing ([www.usrowing.org](http://www.usrowing.org)), the non-profit organization recognized by the U.S. Olympic Committee as the national governing body for the sport of rowing, and Concept2 ([www.concept2.com](http://www.concept2.com)), the oar and indoor rower manufacturer. Rowing clubs will open their doors and give people a taste of rowing first-hand. Over 125 clubs and 6,000 people participated in last year's program and USRowing and Concept2 are expecting an even larger turnout this year.

"If you've never tried on-water rowing, this is an opportunity you shouldn't miss," states Judy Geer, a former Olympic rower. "The rowing clubs do a terrific job with Learn to Row Day. They are excited about this opportunity to introduce more people to the sport of rowing, and they put together a fun and informative program."

"Rowing is a fun and challenging sport, excellent cardiovascular exercise and suitable for people of all ages," USRowing executive director John H. Dane commented. "National Learn to Row Day is a great opportunity for people to try this wonderful sport either on the water or indoors."



Courtesy of Craftsbury Sculling Center

**Rowing engages all muscle groups and challenges the cardiovascular system like no other activity can.**

Rowing is exhilarating, fun and open to just about anyone willing to learn. Often, finding access to the water can be the hardest part and National Learn To Row Day makes it easier for people to try this wonderful sport. Learn the basics of rowing from professionals, practice on an indoor rower before hitting the water, and have a chance to experience the amazing sport of rowing without having to organize anything. All you have to do is show up. Activities may include Concept2 indoor rower demonstrations, hands-on lessons in tanks or on dock-boxes, on-the-water instruction with experienced rowers and a club open house.

Individuals or clubs interested in participating in this year's Learn To Row Day should log onto [www.usrowing.org](http://www.usrowing.org) for a list of 2004 participating clubs.