

# CONTEST CORNER

## A Reason To Row



(NAPSA)—When it comes to choosing an exercise, indoor rowing is enjoying a wave of popularity. One of the reasons for this is that Concept2, the premier manufacturer of indoor rowers, recently posted a challenge to all folks who work out on indoor rowers. The challenge encouraged them to train and hit a qualifying time for a 2,000 meter sprint. The top 20 qualifiers would comprise the first-ever U.S. Indoor Rowing Team with an all-expenses-paid trip to the British Indoor Rowing Championships in Birmingham, England this past November.

The selected team represented a highly diverse group of athletes, ranging from U.S. National Rowing Team Members to seniors who are incredibly dedicated to their overall health and well being. After a U.S. medals sweep at the recent international competition, we asked some of the U.S. Team Members why they rowed indoors. Following is a compilation of why these amazing individuals climb onto a Concept2 ergometer (ERG) regularly.

“I’ve rowed for 28 years. On days when I feel lazy or tired, I think of my father who died of a heart attack 35 years ago. He had been a track star and football player in college, but stopped exercising when he graduated. When I’m uninspired, I remember being 10 years old, walking out to the driveway and kissing him goodbye. I never lack for inspiration. Row. It’s good for your heart.”—Mary Perrot, 45, Assistant Professor, Long Beach City College.

“The C2 erg is the best tool



**Loretta McCarthy rows her way to a silver medal.**

available for physiological training to prepare for international rowing competition. The coaches frequently use the C2 erg for selecting athletes for the world rowing championship boats.”—Steve Warner, 24, National U.S. Rowing Team member.

“I erg because I feel that I have had an overall workout when I am done. My math skills are improving also, as I keep track of meters, seconds and tenths of seconds for time.”—Luanne Mills, 63, school teacher, whose husband, John, just completed a million meters on a Concept2 indoor rower.

“Having an erg in my living room is the best piece of furniture I have.”—Loretta McCarthy, 52, Masters Rowing Champion.

The reasons for working out and rowing are as diverse as the people who pursue them. But they all share a common motivation. Log onto [www.concept2.com/row](http://www.concept2.com/row) and find out why rowing has inspired so many people to be their best.