The Online Rowing Community

Whether you're an indoor rower only, or a competitor looking for motivation in the off-season, there a multitude of ways to connect with other rowers across the United States – without leaving home!

USRowing:
www.USRowing.org: USRowing's website offers a variety of information on the sport of rowing and the organization. Sign up to become a member of USRowing, search for an upcoming regatta, link to clubs in your area, learn more about the national team, find summer rowing camps, or research colleges that offer rowing scholarships. All this information and much more is available online at www.usrowing.org.

Concept2:
When you are not able to row on the water, indoor rowing offers the same great exercise and an active community of like-minded athletes. Concept2 supports this community through a variety of online resources, services and events. There are opportunities for competition, challenges to keep you motivated, and forums for exchanging ideas. And you don't have to own a Concept2 Indoor Rower to take advantage of them.

Here's a brief guide to what you'll find at www.concept2.com.

- **Online Logbook**: Set up a personal online logbook where you can record all the meters you row. You can also choose to receive periodic e-mails from Concept2 about online rowing events and challenges.

- **Online Ranking**: This is a database of best times for eight different events rowed on the C2 Indoor Rower. See how your times compare to others of your age, gender and weight class around the world!

- **Online Ranking Training Forum**: From the Ranking page, you can access the Training Forum. Here you can post questions, exchange ideas with fellow rowers, or just read what everyone else is saying about a wide variety of rowing-related topics.

- **Online Events & Challenges**: Concept2 is consistently challenging athletes whether on an individual level, or a group level, to virtually compete with each other across the nation. The bigger challenges happen around the off-season, but these challenges will continue year-round, and new ones will be added.

- **To Join the C2 Online Community**, go to www.concept2.com and select "Online Tools" to get started.