

MEET JOHN SEAMAN - CONCEPT2 INDOOR ROWER ONE MILLION METER CLUB!

John Seaman of Sheboygan Falls and a Sheboygan Falls YMCA member, has recently reached a milestone on the Concept2 Indoor Rowing Machine. **John has logged over 1,000,000 meters or 622 miles!** This achievement was over an 8 month period from March 2019 to November 2019, with 163 workouts taking 79 hours. A certificate was awarded to John by the Concept2 Million Meter Club, an online website provided by the manufacturer of the Concept2 rowing machines used at the Sheboygan Falls and Sheboygan YMCAs. Concept2 has a smartphone app that can be downloaded from their website, and through bluetooth can be initiated each session to automatically log the rower's workout. It can then be sync'd by WIFI with the website with the meters rowed and the workout elapsed time. Concept2 is a world-wide organization, and rowers can compare their interval times for different workouts and their meters rowed to virtual rowers around the world.



John is not a newcomer to rowing, as he rowed and raced Adirondack Guideboats over a period of 6 years in the early 1970s in the Adirondack Mountains of Upstate New York. Adirondack Guideboats are hand-built, lightweight wooden craft similar to double-ended canoes; however, they are rowed instead of paddled. Typically 16 ft. long, and 33 inches wide, they are made from spruce ribs and thin pine beveled-joint planking weighing only 60-70 pounds. They were built by craftsmen to be light weight and strong to be portaged by the Adirondack Guide taking paying customers back into the remote lakes of Upstate New York in the 1890's and early 1900's.



John won numerous races, including the 44 Mile Marathon from Long Lake to Tupper Lake via the Raquette River, for 5 of the 6 years he competed from 1970 to 1976. **John's 1973 record time of 6 hours and 17 minutes still stands, which includes a mile carry to portage around the Raquette River Falls.** John also won the 3 ½ mile Hanmer Regatta at Saranac Lake NY 5 of the 6 years he competed. John still has his 1910 guideboat, and may be spotted rowing around Elkhart Lake Sunday mornings on nice summer days.

John was introduced to indoor rowing by the Thrive, Strive, and Be Fit Indoor Rowing Group at Matthews Oncology in Sheboygan. John started treatment for CLL (Chronic Lymphocytic Leukemia) in January 2019, and started rowing in March 2019 after clearance from his doctor. Matthews Oncology has four of the Concept2 Indoor Rowing Machines, and John rowed there and at the Sheboygan Falls YMCA as often as he could. The treatments ended in July 2019 with successful remission of the disease. **John attributes keeping in good physical shape as a key to tolerating the treatments.**

The Thrive, Strive, and Be Fit Indoor Rowing Group is currently comprised of 22 area cancer survivor-athletes. Some survivors in the Indoor Rowing Group have exceeded 2 million meters since starting the Concept2 rowing program in 2017. There are several challenges held during the rowing season, including the Fifth Annual Lake Michigan Crossing March 14, 2020 where the Team takes turns on the rowing machines at the Sheboygan YMCA to virtually row across Lake Michigan. Challenges recently completed were the Fall Team Challenge and the Skeleton Crew Challenge. John encourages anyone interested in a full-body aerobic and strength workout to try the indoor rowing machines.



John sends special thanks to Strive, Thrive, and Be Fit, the Sheboygan County Cancer Care Fund, and the YMCA for offering these opportunities to the community. **Congratulations to John from all of us at the Sheboygan County YMCA on your outstanding achievement!**

"Do more than you think you can."