Forum Flyers Indoor Rowing Club
New Member's Guide

1. Introduction

Welcome to the Forum Flyers, a virtual indoor rowing club established way back in 2001/2002 <<confirm dates>> by Rick Bayko, Paul Flack, Steve Green, etc. <<insert other members>>. We're a diverse group of individuals by age, gender, ability, geographical location, etc. and are always ready to welcome new members.

All we ask for is participation in some form, either on our team thread on the C2 forum (https://www.c2forum.com/viewtopic.php?f=29&t=75382), or by joining the regular team challenges, or even just by logging your training metres under the Forum Flyers affiliation.

This guide provides help on how to sign up to the various challenges, and saves me having to repeat myself every time someone joins the team!

Dave Moores
Forum Flyers team captain

2. Useful information for new club members

This section assumes that you already know the basics of indoor rowing (setting up the monitor, choosing a drag factor, correct feet position, etc.). If you need some additional information on the general basics, go to Section 3, or ask us on the forum team thread.

There are various motivational challenges throughout the year, some organised officially by Concept2, and others organised by community members. Because of this fragmentation, you will need to sign up in different places, but generally it's a once-off effort, and outweighed by the benefit of the training variety offered.

2.1. Club Affiliation

Edit your Concept2 logbook profile (top right), and look for the Affiliation tab on the left. Edit this and choose **Forum Flyers** from the dropdown list. This will make sure that your training metres accumulate to our club over the season, and help keep us near the top of the overall metre totals leaderboard.

2.2. Team Membership

The annual team challenges organised by Concept2 all work in a similar way, and need you to belong to our team. This is a separate concept to the Affiliation process.

In your Logbook, navigate to the Teams section at the top, and join the **Forum Flyers (since 2005)** team (the name might change slightly over time, but there should only be one starting with "Forum Flyers").

When a team challenge is announced by Concept2, you will need to go into the Teams section to sign up for the specific challenge. These normally run over a month, and once you've signed up, you don't need to do anything except log your training in the logbook.

2.3. Monthly Challenges

2.3.1. Cross Team Challenge

The competition is hosted at http://c2ctc.com/.

This is the longest-running unofficial team challenge, having launched in 2005 when the inter-team rivalry on the old Concept2 UK forum was at its most active. Teams take turns to set a challenge for the month, and then members of the various teams enter results throughout the month (you can enter as many times as you want, but only your last entered score will count).

The competition is made up of virtual boats of 5 members that are automatically filled by the system according to specific rules:

- Each boat must have at least 1 female (lightweight or heavyweight), and at least 1 lightweight entry (male or female).
- The rest of the boat is filled up with the other entries (normally male heavyweights, but it's not impossible to have all female or all lightweight boats).
- Individual team member entries will fill the boats from fastest to slowest, and these boats are then ranked on the overall leaderboard (we've won a few times back in the day).

The first sign-up can be fiddly. Go to "Add or Update a Person" and fill in the details, making sure to select "Forum Flyers" from the dropdown team box. Age group isn't used, but you can select it if you want. I don't know if "Remember details" check box does anything, but it doesn't hurt to tick it.

Click Submit, and you'll get a message saying "Password incorrect". Ignore that – everything should be fine.

Each month you will just need to find your name in the dropdown box on the front page, and then enter your result together with your password. If you forget your password you need to ask Citroen on the C2 Forum for a reset. Either send him a Private Message or post on the Cross Team Challenge forum thread.

2.3.2. Indoor Rowers League

https://indoorrowers.org/

This is an individual competition (some age/gender adjustments are made to scores), with a team element on the side. The competition runs from September to April each year, covering specific ranking pieces, or some unusual ones that were done when this was run by Concept2 UK years ago (e.g. the mile, and the Boat Race distance). Teams need to be set up at the start (maximum of 10 individuals per team, with 8 entries counting each month). Team support hasn't been strong in recent years, but some of us still put a time into the **High Flyers** boat (or some variation of that). Our top boat won the competition in the 2nd year.

2.3.3. Fitness Matters Monthly Challenge

https://indoorrowinginfo.com/fmmc/

Another individual competition with age/gender adjustments. There is a team tag for each individual, so is another opportunity to get the Forum Flyers name out there. The monthly challenge is generally a ranking piece, but a number of months coincide with the Indoor Rowers League. The competition also officially runs from September to April, but then has an off-season section from May to August.

2.4. Annual Challenges

These challenges use the Team selection covered earlier in the document. You need to be a member of the **Forum Flyers (since 2005)** team, and have elected to participate in the challenge (two separate processes). The current list of challenges are:

- Virtual Erg Challenge
  - January
  - Accumulate as many metres as you can.
- World Erg Challenge
  - Mid-March to mid-April
  - Accumulate as many metres as you can.
- Fall Team Challenge
  - Mid-September to mid-October
  - Accumulate as many metres as you can.
- Spring VIII Series
  - Run for the first time in April and early May 2020, but not sure if it will repeat.
  - Was a different ranking piece every week with times being manually aggregated into virtual boats of 8 members that were then ranked on a global leaderboard.

2.5. Other Non-Team Challenges

2.5.1. Concept2-organised

When in your Logbook, go to the "Challenges" section at the top, and you will have access to a full calendar of individual challenges organised by Concept2.

2.5.2. Other

This isn't intended to capture everything available, but the one worth mentioning is the Nonathlon (https://www.nonathlon.com/) which applies age/gender adjustments to your ranking pieces to allow you to compare your performances more broadly across the community. Has been running since 2002, and one of our team members (Paul Harris) is one of the co-founders, providing the number crunching behind the score adjustments.

3. Useful information for indoor rowing novices

More information to follow one day. In the meantime, start with the following resources or just ask on our team thread:

- https://www.c2forum.com/viewtopic.php?f=2&t=38
- https://www.c2forum.com/viewtopic.php?f=2&t=110942
- https://www.c2forum.com/viewtopic.php?f=3&t=185257

4. Document revisions

Version	Date	Details
0.1	17 May 2020	First draft version published