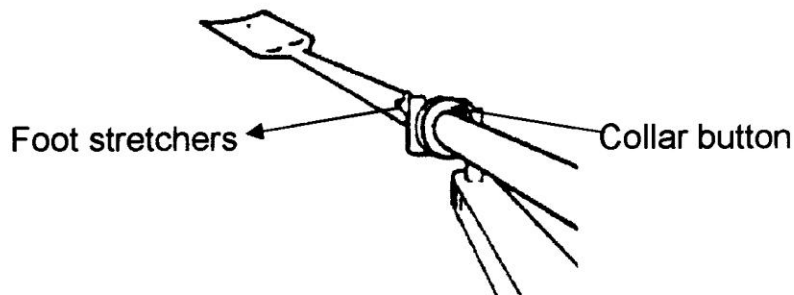


Putting in the Oars and Adjusting the Foot Stretchers

Seat: On most seats there is an indentation on one side to make room for your tailbone. Make sure this faces towards the bow. I remember "crack toward my back". A lot of people put the seat in backwards. It's a bit uncomfortable that way!

Putting the oars In the oarlock

You would be surprised how many people put them in backwards. Put the oarlock parallel to the boat when placing the oar in the knob of the gate faces the foot stretchers. Open gate keeper by turning screw knob. Place oar in from the inboard. **Always make sure the screw knot is tight. A good way to flip is to have the oar pop out of the oarlock!**



Adjusting the Rigger Heights and Foot Stretchers

1. Rigger height off the water - hands should feather just above your navel -set by the space washers on the oarlock pin. Due to left over right rigging height, your left hand will be slightly above your right.
2. Foot assembly adjustment - for length of each rower's legs -set so the rower does not hit the end of the seat track when fully extended and thumb grazes stomach when feathering.

