



Rowing & Paddling  
**CATALOG**  
VOLUME 33



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NK CEO, Alix James, sculling on the Schuylkill River in Philadelphia.  
With NK since 1991.

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## NK Supports You

Rowing is our business, and your passion. We're committed to fully supporting you wherever and whenever you need. NK's team knows rowing and we are always willing to give you as much time as you need.

Our website is open 24/7 and offers answers to every common, and not-so common, technical question, along with product manuals and in-depth articles. You can even look up exactly when your product was built to check warranty coverage.

Each year, we travel to many major regattas throughout the country to provide on-site sales, repairs, troubleshooting, technical assistance and advice to everyone striving to achieve their personal goals. Our staff (which includes 4 coaches, 8 rowers and 1 coxswain/drummer) attends and presents at coaching conferences around the world to share our knowledge and experience, and ensure we stay current with technical developments in the sport.

We also publish a monthly rowing e-newsletter filled with high-level tips and relevant articles (visit our website to subscribe for free). We know you have choices when buying rowing and paddling performance electronics, and we believe that knowing NK will be there for you is an important part of your buying decision.

Find us on Facebook ([www.facebook.com/NKRowing](http://www.facebook.com/NKRowing)) and Twitter (@NKRowing) to share your comments, get answers to your questions, win prizes or learn about the latest specials.





A man in a white cap and grey t-shirt is rowing a scull on a blue lake. The background is a dense green forest. The text 'REAL PEOPLE' is overlaid in large white letters with a black drop shadow.

# REAL PEOPLE

*Rely on Nielsen-Kellerman Products*

## ONE SIZE DOES NOT ALWAYS FIT ALL

In the sports of rowing, dragon boating and paddling, there are different people with different jobs, different purposes and different goals. At NK, we understood this from our start some 30 years ago. Year after year, we have created new and better products for our customers whether they are novice coxswains, Olympic athletes, college coaches or anyone else in between. Our wide range of products and features allows you to find the perfect fit throughout your rowing career.

Before diving straight into the details of our products, take a look through the following sections to get an idea of the NK products we think you should consider, whether you're a spectator, ref, coxswain, fitness rower or dedicated competitor.





Clear. Confident.  
**FOCUSED.**

► You're at the helm. In charge of your crew. You must keep them focused, motivated and aggressive as they push themselves beyond where they would like to go. It is your job to make the call at the precise moment that brings victory. Your perception and calm leadership guides your team each and every day. You are the eyes, ears and voice of your crew. Let NK help you take charge and be heard.

- 18 ► Cox Box


- 20 ► Cox Box Mini


- 24 ► Interval Stroke Watch


- 28 ► SpeedCoach GPS


- 32 ► SpeedCoach XL3


- 38 ► NK Gear Bag







Dedicated. Passionate.  
**GUIDING.**

► You are the reason there's a team. It is your responsibility and goal to turn a group of individuals into one cohesive unit. You meld different body types, physiologies and mentalities into a whole. You must provide discipline, direction and wisdom in order to move your team forward. Whether in a launch on the water or on a bicycle on the shore, you are there, guiding each stroke of your team. NK has the tools to eliminate the guesswork and ensure success.

20 ► Cox Box Mini



22 ► Blue Ocean Rugged Megaphone



24 ► Interval Stroke Watch



32 ► SpeedCoach XL3



33 ► Kestrel Weather and Environmental Meters



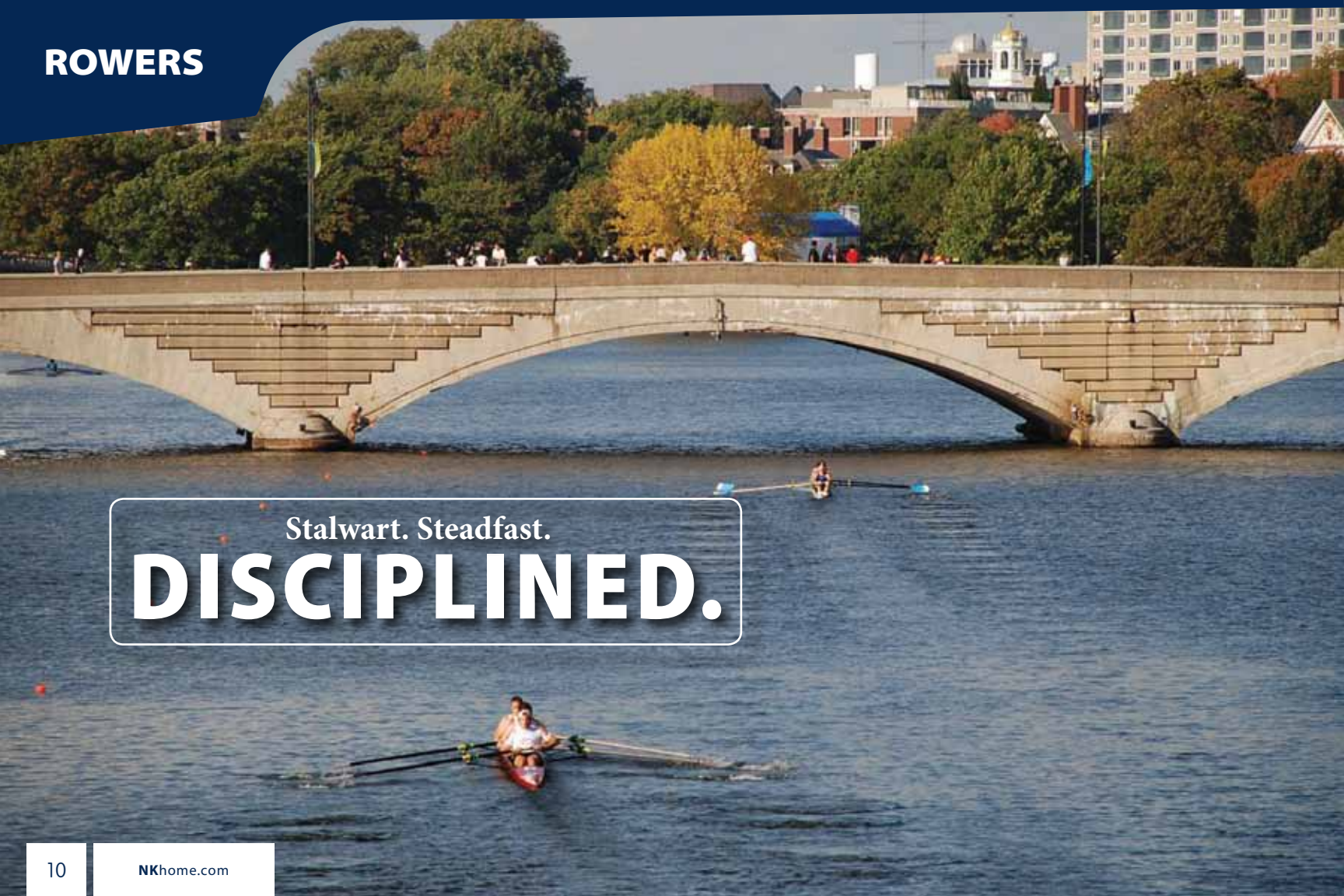
39 ► Coach's Speaker



42 ► Computer Interfaces







Stalwart. Steadfast.

# DISCIPLINED.

► With each stroke of a race, you push your boat further through the water, and yourself past your limits. You do things you didn't believe were possible before today. You train yourself to forget the things easy to remember — pain, exhaustion, anxiety — and to remember the things easy to forget — technique, focus, drive. Fine-tune your performance with NK.

**25** ► **StrokeCoach Surge**



**26** ► **SpeedCoach Red**



**27** ► **SpeedCoach Gold**



**28** ► **SpeedCoach GPS**



**31** ► **SpeedCoach XL1 & 2**



**32** ► **SpeedCoach XL3 & 4**



**42** ► **Computer Interfaces**



REFEREES



You are the start. You are the finish. You keep the regatta running safely and smoothly, even as the weather shifts and crews jockey for position. You ensure each race is a good, clean fight.

No matter the type of race or the conditions, you must have the tools to manage it. Don't let racing come into question. Keep NK in your hand.

22 ▶ **Blue Ocean Rugged Megaphone**



24 ▶ **Interval Stroke Watch**



33 ▶ **Kestrel Weather and Environmental Meters**



From drummer to steersman, stroke pair to stern, you all work in unison like the pistons of an engine.

Twenty individual paddlers, all pushing themselves as hard as they possibly can while striving for the utmost precision. Win by a (dragon) whisker or more with NK amplifying your drummer and giving you the performance feedback to fine-tune that engine. Time to breathe fire.



20 ▶ **Cox Box Mini**



22 ▶ **Blue Ocean Rugged Megaphone**



24 ▶ **Interval Stroke Watch**



25 ▶ **StrokeCoach Surge**



28 ▶ **SpeedCoach GPS**





# PRODUCTS

*Tools for Success*

When NK started more than 30 years ago, we kept things simple and provided the rowing community with straightforward products to meet basic needs. As the sport and the technology behind it has grown, so have we.

Today, we still offer those straightforward products, along with advanced and ground-breaking products to help athletes push their limits of performance. We cater to every individual from the leisurely weekend rower to the competitive racer seeking the international medal podium. We offer products that let you watch every heartbeat and hundredth of a second and ones that just help you maintain cruising speed and enjoy your row. Whether you're a rower, dragon boater or paddler, chart the training course you want with NK.





	0130 Interval Page 24	0103 Cox Box Page 18	0102 Cox Box Mini Page 20	0100 Blue Ocean Megaphone Page 22	0125 StrokeCoach Surge Page 25	0150 SpeedCoach Red Page 26
Voice Amplification						
Stroke Rate						
Wireless Stoke Rate						
Stroke Count						
Chronograph						
Time of Day						
Speed / Split						
Wireless Speed / Split						
Impeller Speed / Split						
Distance						
Heart Rate						
Split Memory						
Speed Memory						
Programmable Workouts						
Computer Upload Software						
Real-time Data Feedback						
Backlight						
Rechargeable Batteries						
User-Replaceable Batteries						
Waterproof						
Floats						
2 Year Warranty						

[illegible]



256-point memory and easy 3-button split/rate store and recall

Improved volume and voice clarity

Improved microphone connector

Wraparound protective bumpers in custom colors

# The World's #1 Voice for Coxed Boats

## Features

- Removable battery pack**  
Allows you to switch batteries on the fly and eliminates need to return for replacement.
- Lightweight**  
20% lighter than the original Cox Box. Floats even with microphone and bumpers.
- Rubber bumpers**  
Mix and match in multiple colors to protect unit and show your school or club spirit.
- Easy operation**  
Three labeled buttons make timing and recall simple.
- Full race memory**  
Stores up to 256 splits and rates for 42 minutes of detailed race memory.
- Digital audio**  
For clearer voice reproduction, greater volume and power efficiency.
- Improved microphone**  
New flexible boom with soft neoprene cover. Comfortable and light. Heavy duty, waterproof rubber, R2 connector with gold pin-sockets.
- Hand/shoulder strap**  
Convertible carrying strap for security and convenience.
- Long battery life**  
More than 6 hours of usage per charge.
- Battery indicator**  
Clearly shows remaining charge capacity and charge status.

## Measures

Stroke Rate | Elapsed Time | Stroke Count

## Choose your protective bumper color.

0108 Rim Bumper  
0109 Can Bumper

Red

Orange

Yellow

Blue

Green

Purple

Pink

Gray

Black

White

Baby Blue

Maroon

## INCLUDES

- Rechargeable Battery
- Hand/Shoulder Carry Strap
- Top and Bottom Protective Bumper in Choice of 12 Colors

## REQUIRES

- Charger
- R2 Microphone
- Wiring Harness and Speaker

## ACCESSORIES

- Battery Charging Station
- NK Gear Bag
- Coxswain's Waist Pack
- Radio/MP3 Adapter
- Cox Box Maintenance Kit



Long-lasting removable battery pack



# Same Powerful Voice ...

*ready to partner with  
performance products.*

Protective  
bumper  
available in  
12 colors

On/off volume  
dial available  
in 4 colors

Battery status  
indicator light

The Cox Box Mini is the first compact, waterproof, personal audio amplifier designed to be worn, giving you hands-free mobility and ultimate flexibility. Easily strap the Cox Box Mini onto your arm, waist or leg, or clip it to your clothes or gear bag strap. Convenient and affordable, it's the perfect partner for any NK SpeedCoach or StrokeCoach system in coxed boats as well as the ideal tool for dragon-boat drummers and steersman. It's even an ideal coaching tool when paired with our powerful Coach's Speaker in the launch.

## Features

- Perfect audio-only partner to NK performance measurement products.
- Flexible wearing options — Clip on belt, shorts, unistrap or bag strap, or wear on arm or leg with optional armband.
- Fully compatible with NK wiring harnesses, speakers, R2 microphones and chargers.
- Environmentally friendly, rechargeable Lithium-ion (Li-ion) battery reduces waste and offers long-lasting power.
- Clear LED indicators show battery charge status at all times.
- Comes with your color choice of protective bumper and on/off knob colors.

## INCLUDES

Protective  
Bumper in  
Personal Choice  
of Color  
Rugged Rotating  
Belt Clip

## ACCESSORIES

Optional Arm Band -  
Perfect for Coxswains!  
Choice of Volume  
Knobs to Complete  
your Color Scheme

## REQUIRES

Microphone  
Charger  
Wiring Harness  
and Speakers



0102

## Choose your protective bumper and knob color to mix and match.

0107 Bumper



1689 Knob





# The Megaphone

*you've been waiting for.*

Rechargeable,  
removable battery

Waterproof and floats



When you're guiding your crew on the water, in the elements and over distance, you need a megaphone that's powerful enough to cut through distraction and tough enough to endure the conditions of the sport. The Blue Ocean Rugged Megaphone is built to achieve unprecedented durability and reliability as well as care for our resources — truly uncharted waters in the world of megaphones.

## Features

- Waterproof and floats. Extremely rugged.
- Rechargeable, removable battery – forget the hassle, cost and environmental impact of buying C or D cells!
- Built tough to stand up to the harsh demands of the marine environment.
- Wraparound handle design maximizes drop resistance and durability, and makes it easier to hold and carry.
- Built-in foghorn and siren.
- Digital audio amplification for exceptional clarity, volume and power efficiency.
- Convenient hands-free operation with optional microphone.
- Lithium-ion (Li-ion) battery pack provides up to 6 hours of use while still being lightweight and compact. Carry an extra battery in your pocket and talk all day.
- 13 different bumper color choices to personalize your megaphone.

## Choose your protective bumper color.

0119 Bumper

Red	Orange	Yellow	Blue	Green	Purple	Pink	Gray	Black	White	Baby Blue	Maroon	Olive Drab

## INCLUDES

- Protective Bumper in Personal Choice of Color
- Rechargeable Battery Pack - Same as the Cox Box
- Battery Charging Station
- Detachable Carry Strap

## REQUIRES

Your Voice!

## ACCESSORIES

- Microphone
- Blue Ocean Gear Bag



0100





## Stroke Rate Your Way.

Not your average stopwatch. Built just for rowing to give you the numbers you need now — and later. The consistent favorite among coaches worldwide. Also great for paddling and swimming.

### Features

- Dedicated rate button & window.
- 2000-point multi-piece split/rate memory.
- Upload stored data to a computer with optional interface.
- Choice of 1, 2 or 3 stroke rate modes.
- Automatic backlight.
- Clock/calendar.

\*Also available in the XC model for track and field. Same great watch minus the stroke rate.

### INCLUDES

Protective Bumper in Personal Choice of Color

2 CR2032 Batteries

Neck Lanyard

### ACCESSORIES

Computer Interface with Watchware Software



0130

### Measures

Rate | Lap split | Cum. Split | Time of Day | Date

### Choose your protective bumper color.

0169



0125

## Stroke Rate with No Wires!

The StrokeCoach with Surge Rate knows no boundaries. Get stroke rate, stroke count and elapsed time with absolutely no wiring or installation required. No wiring, no seat magnet, no limits. Just clip it into any boat and hit the water.

### INCLUDES

Protective Bumper in Personal Choice of Color

2 CR2032 Batteries

Carry Pouch

Neck Lanyard

Quick-Wrap Mounting Strap (Attaches to foot stretcher, wing rigger, cross-piece or leg.)

### REQUIRES

Nothing Additional

### ACCESSORIES

Surge Rate T-Bracket

Surge Rate A-Bracket

### Features

- Wireless stroke rate.
- Quick-wrap mounting strap.
- Automatic backlight.
- Memory storage for performance review.
- Large, easy-to-read display.
- Single-button operation.
- Long battery life.
- Also compatible with standard mounting bracket.

### Measures

Time | Stroke Rate | Stroke Count

### Choose your protective bumper color.

0159





## Key Rowing Performance in a Simple Package.

Take your training to the next level: instantaneous boat speed readings give immediate feedback on personal improvement, technical changes, rigging adjustments or seat race switches. Accurate even on moving water - NK's proven speed impeller offers the most precise and consistent speed measurement available.

### Features

- Easy-to-read display.
- Simple two-button operation.
- Speed/split, average speed/split, time, distance and stroke rate.
- 25-data-point memory.
- Small, light and durable.

### Measures

Distance | Speed/Split | Avg Time | Stroke Rate

### INCLUDES

Protective Bumper in Personal Choice of Color  
1 CR2032 Battery  
Neck Lanyard  
Carry Pouch

### REQUIRES

SpeedCoach Wiring Harness  
Mounting Bracket (T or Angle)  
Speed Impeller



### Choose your protective bumper color.

0159



Red Orange Yellow Blue Green Purple Pink Gray Black White Baby Blue Maroon

0150

## The Gold Standard— Light and Bright.

You probably row when the rest of the world is sleeping. Don't be kept in the dark when it comes to your performance measurements. Run a timed workout automatically, review your performance, and save and graph your training history on your computer. It's all here, backlit, small and waterproof.

### INCLUDES

Protective Bumper in Personal Choice of Color  
2 CR2032 Batteries  
Neck Lanyard  
Carry Pouch

### REQUIRES

SpeedCoach Wiring Harness  
Mounting Bracket (T or Angle)  
Speed Impeller

### ACCESSORIES

Computer Interface and Communicator Software

### Features

- Programmable workout — Intervals can be based on time, distance or number of strokes and can be combined to create pyramid, castle and other formats.
- 560-point memory — Store every stroke of a 2000 meter race.
- Customizable memory intervals — Time, distance or number of strokes.
- Auto-on backlight — Alternate stroke option to preserve battery.
- Computer upload for race or piece review (with optional interface).

### Measures

Distance | Speed/Split | Avg Speed/Split Time | Stroke Rate | Stroke Count

### Choose your protective bumper color.

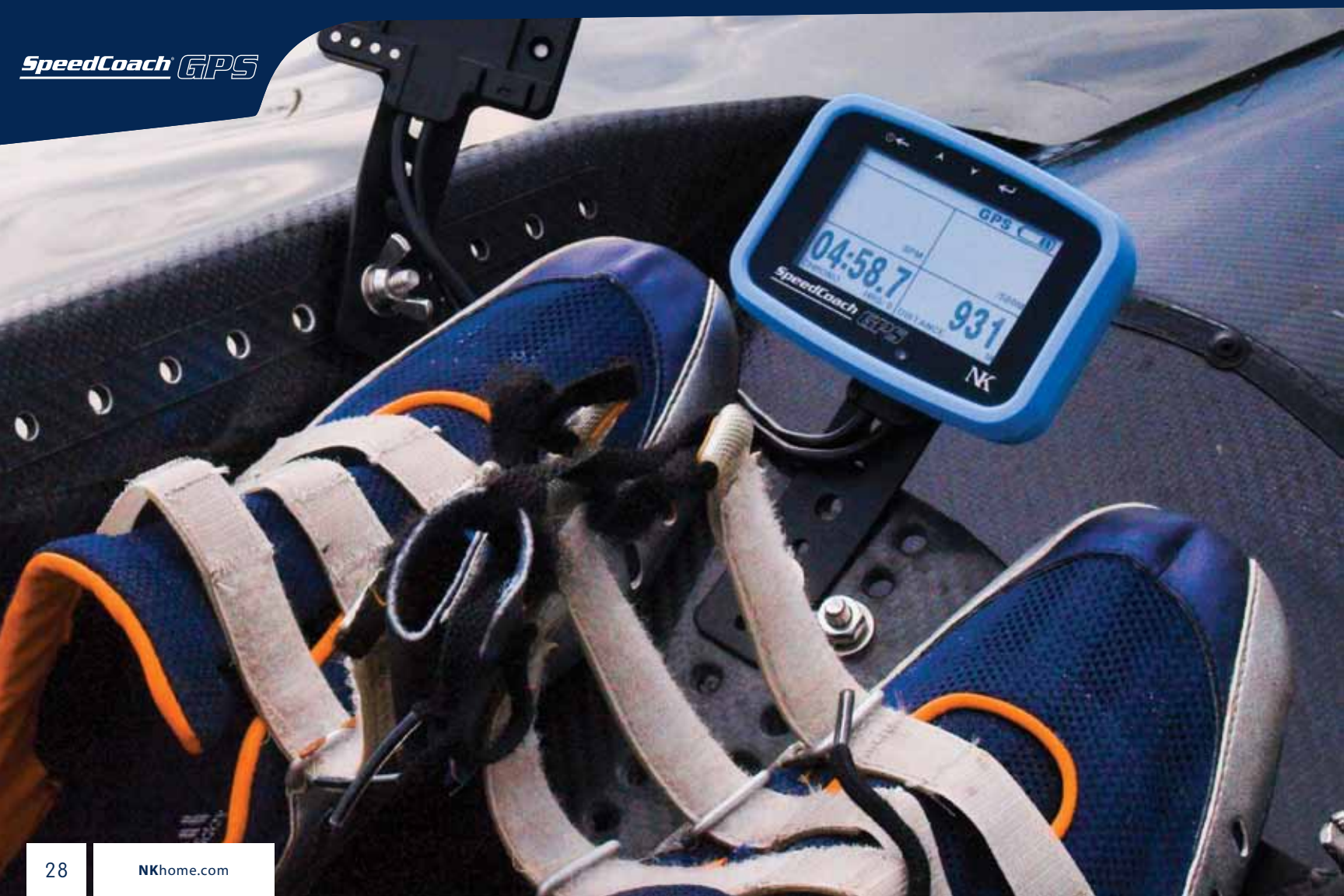
0159



Red Orange Yellow Blue Green Purple Pink Gray Black White Baby Blue Maroon







## Wireless Speed and Distance is Here.

GPS performance for rowing– taken to the next level. The ground-breaking new SpeedCoach GPS features a precision 5Hz GPS module for speed and distance and NK’s proprietary 3-axis Surge Rate technology for stroke rate. NK has spent over a year developing and testing our algorithms to provide reliable rowing performance data that updates every stroke. It also offers a 200-point memory, allowing you to store and review the details of your workout.

### Features

- No wiring, seat magnet or impeller required!
- Brilliantly clear, high-contrast display with large clear digits.
- 5 Hz GPS, 3-axis accelerometer and proprietary stroke rate and speed algorithms.
- Updates every stroke.
- Small and lightweight.
- Auto backlight for low-light conditions.
- Rechargeable batteries — up to 8 hours use per charge.
- Waterproof and durable.
- Impeller mode available with optional wiring.

### INCLUDES

- Protective Bumper in Personal Choice of Color
- Mounting Strap
- Battery Charger
- Neck Lanyard
- Carry Pouch

### ACCESSORIES

- Computer Interface with Watchware

### Measures

Stroke | Speed/Split | Elapsed Time | Distance | Avg Speed/Split | Stroke Rate | Distance



0180

### Choose your protective bumper color.



## Maximize your Training and Coaching Success with the SpeedCoach XL Series.

The SpeedCoach XL series is designed to give you the numbers you need to train for optimal performance. Coaches — easily evaluate training effectiveness with real-time crew performance visibility. Each unit offers additional options to best fit your needs. Whether it's time, speed, distance, heart rate, storage or communication capabilities — there's a SpeedCoach XL unit built for you.

### Features

All of our SpeedCoach XL units offer the following features:

- **Three-line display**  
Shows split, rate, average and time or distance together.
- **Easy operation**  
Front buttons and screen prompts.
- **Instant reset**  
Reset time and distance with no loss of data.
- **5 programmable workouts**  
Work/rest beep and progress bar for serious motivation.
- **Programmed workout intervals**  
Can be based on time, distance or number of strokes, and can be combined to create pyramid, castle and other formats.
- **2000-point multi-piece memory**
- **Customizable memory intervals**  
Time, distance or number of strokes.
- **Auto-on constant backlight**
- **Rechargeable batteries**  
Provide hours of use.
- **Lightweight**  
Weighs just 4 oz. more than SpeedCoach Gold and uses same wiring.



0171

0172

### Features

The XL1 offers all of the XL features on page 30. The XL2 offers all this, plus accurate heart rate on the same screen.

- **Heart rate**  
Stored in memory with performance data, so you can review your fitness progress and evaluate race strategies — uses any standard Polar® compatible chest belt.
- **Heart rate receiver**  
Mounts next to tracks to ensure accurate readings, no matter how tall the athlete.

### Measures

Heart Rate (XL 2 Only) | Speed/Split | Avg Speed/ Split Time | Stroke Rate | Stroke Count | Time Workout Progress | Time of Day | Date

### Choose your protective bumper color.

0179



## Train for Knowledge. Train for Speed.

The XL 1 and XL 2 are designed to be the ultimate training tools for athletes tracking their own performance on and off the water.

### The XL1:

#### INCLUDES

Protective Bumper in Personal Choice of Color  
Rechargeable Battery  
Charger  
Neck Lanyard  
Carry Pouch

#### REQUIRES

SpeedCoach Wiring Harness  
Mounting Bracket (T or Angle)  
Speed Impeller

#### ACCESSORIES

Computer Interface and Communicator Software  
NK Gear Bag  
Coach's Speaker

### The XL2:

#### INCLUDES

Above Items Plus Heart Rate Receiver

#### REQUIRES

Above Items Plus Heart Rate Transmitter Belt (XL 2 Only)





## Real-time Performance

Coaches, give yourself the power of NOW. See your crew's performance minute by minute, right in your hand. Eliminate the guesswork — 1:41 at a 32, over and out.

**THE XL3:**  
**INCLUDES**  
XL1 Items Plus  
Antenna

**REQUIRES**  
Two XL3/XL4 Units for Data Transmit/Receive

**ACCESSORIES**  
For Coach's Launch:  
Angle Mount or Flat Mount

**THE XL4:**  
**INCLUDES**  
Heart Rate Receiver

**REQUIRES**  
Heart Rate Transmitter Belt  
(Polar® Compatible)

### Measures

Speed/Split | Avg Speed/Split | Time | Stroke Rate Stroke Count | Workout Progress | Time of Day | Date

## Features

The XL 3 combines ALL of the features and benefits of the XL1, plus integrated data radio for instant display of boat performance data on coach's unit.

- **Transmit or receive**  
Maximize your investment— every unit can be used as a transmitter or receiver with a simple menu pick.
- **Track multiple crews**  
Up to 9 boats can be viewed on a single coach unit by simply changing channels.
- **Unique name assignment**  
Makes it easy to recognize each crew's data.
- **Encrypted data transmission**  
Network security means you see only your crews, and there's no interference between networks even on busy rivers.

The XL4 combines ALL of the benefits of the XL2 and XL3 models.

- **Interchangeable roles**  
Use an XL4 in the shell. Monitor with either an XL3 or XL4 in the launch.
- **Multi-athlete monitoring**  
Mount two XL4's in the shell to see heart rate data on more than one athlete (Multi-XL configuration tested in doubles and pairs).



0845

## Keep a Weatherman on Deck

Like it or not, you row in weather. Wind and temperature are both big considerations in keeping your athletes safe and making the decision whether or not to head out on the water today. The wind is also the single biggest external factor in performance, so historical performance data isn't worth much if you don't also log the wind. Knowing the wind, and your crew's best rig at different winds, is critical to rigging right for race-day conditions. Kestrel Weather and Environmental Meters are the world's leading hand-held weather instruments. Waterproof, tough and easy to use, they also FLOAT. Carry one and have all the weather conditions you need to know, in your hand, at any time.

**ACCESSORIES**  
Kestrel Portable Vane Mount

Tripod for Stationary Use  
Carrying Case  
Kestrel Computer Interface and Communicator Software (4000 models only)  
Replacement Impeller  
RH Calibration Kit

**INCLUDES**  
Soft Carry Pouch  
Neck Lanyard

Batteries – 2 AAA (average life 400 hours)

Kestrel Certificate of Conformity

## Features

- Large, easy-to-read display.
- Backlit display.
- User replaceable impeller.
- Patented sensors.
- Data logging.
- Wide range of weather measurements (depends on the model).
- 5-year warranty.

### Measures

Wind Speed | Air & Water Temp | Wind Chill | Relative Humidity | Heat Stress Index | Dew Point | Barometric Pressure | Altitude | Density Altitude | Wet Bulb Temp



Don't forget to choose your protective bumper - see page 31 for colors and part number.



# EXTRAS

## *Tools for Success*

You have what you need. Now, protect it, wire it and use it in the best ways possible. Just as a training program is only complete if it has all the proper components (steady state, AT, cross-training, lifting, stretching, etc.), you can't fully utilize your NK equipment without the appropriate boat wiring and accessories.



## MODULAR HARNESS

### Wiring built as tough as your workouts

NK's all new Modular Harness System lets you spend your time on the water, not wiring your boat. Now, it's a snap. Engineered from end-to-end for easy installation, durability and flexibility. Build every common shell configuration from four simple parts. Replace components in seconds with no tools.

### Components

- A+: Audio & Rate Connector
- R: Rate Sensor
- A: Audio (Cox Vox Only)
- M: Multi-Speaker Module
- A-DB: Dragon Boat Audio Extension
- S: Speaker

Modules Needed to Build:	Audio Module	Rate Module	Multi-Speaker Module	Speaker	A-DB
Four - 1 Speaker	1	1	0	1	0
Four - 2 Speakers	1	1	1	2	0
Eight - 2 Speakers	1	1	1	2	0
Eight - 3 Speakers	1	1	2	3	0
Dragon Boat	1	0	2	3	1



Rate Magnet 0284

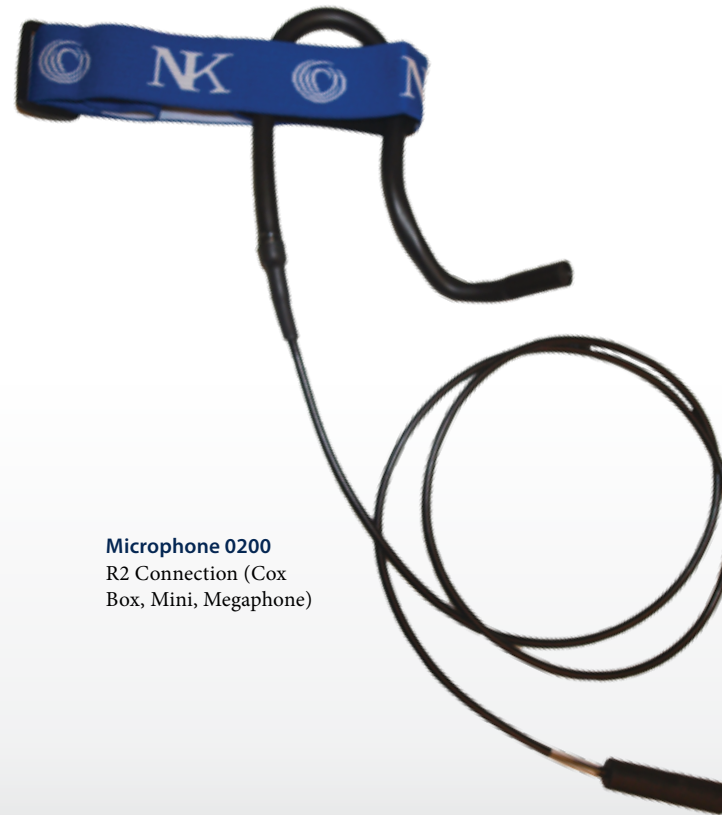
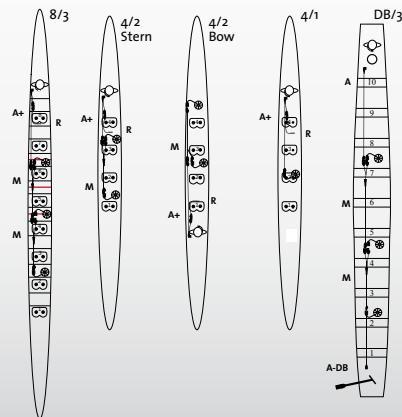


Plug-In Rate Sensor 0293  
\*Compatible only with Modular Harness. Contact NK for original and HD replacement sensors.



Speaker 0208

(Every setup is sectional compat-



Microphone 0200  
R2 Connection (Cox Box, Mini, Megaphone)

## NEW and Improved Microphone

NK has radically overhauled the Cox Box Microphone to help this "hardest working guy in show business" stand up to its daily trials and be more comfortable for the user.

### Features

- New flexible rubber boom for just right placement for any user.
- Improved waterproof microphone capsule for better response.
- Soft, comfortable, non-allergenic, neoprene boom cover.
- Extended overmolded R2 connector to resist pullout & damage.

### 0200 R2 MICROPHONE WORKS WITH

Cox Box  
Cox Box Mini  
Blue Ocean Rugged Megaphone

### 0201 BNC MICROPHONE WORKS WITH

Cox Box 8 (metal can)

Charging Accessories



Cox Box/Cox Box Mini  
AC Charger  
0202 USA/0204 EUR



Cox Box/Cox Box Mini  
Car Charger  
0234



Replacement/Spare  
Cox Box/Megaphone Battery  
0105



Cox Box/Megaphone  
Battery Charging Station  
0106  
Included with the Blue Ocean  
Megaphone

Gear Accessories



NK Gear Bag  
0117  
Slip an NK Gear Bag over your  
shoulder and carry everything  
you need hands-free. Heavily  
padded and water resistant with  
movable dividers. Can also  
be used for SpeedCoach and  
StrokeCoach.



Blue Ocean® Rugged Audio-  
Gear Bag  
0116  
Carry a Blue Ocean Rugged  
Megaphone and all the gear you  
need to travel. Divided into 3  
removable compartments.

Audio Accessories



Cox Box Audio Adapter  
0232  
This multi-functional audio  
adapter can be used in 3 different  
ways to further the functionality  
of the Cox Box:  

- With a 2-way radio, a coach  
can communicate with the  
crew at the same time as  
the coxswain.
- With a digital voice recorder,  
a race piece can be taped  
for later evaluation or for  
coxswains applying to  
colleges.
- With an mp3 player, music  
can be played for the crew  
during long steady state  
rows while still allowing the  
coxswain to communicate  
with the crew.
- Cox Box 08/R2 microphone  
compatible only

Coach's & Rigging Accessories



Cox Box  
Maintenance Kit  
0230  
This kit has everything you need  
to take care of all the sockets and  
plugs in your Cox Box and wiring  
harness. Includes:  

- Silicone grease and  
Nyogel®electrical grease
- Applicators
- Drill bit and screwdriver
- Detailed instructions



SpeedCoach FLAT  
Dock  
3179  
Provides a secure location  
for the StrokeCoach Surge or  
SpeedCoach GPS on a bulkhead  
location or the SpeedCoach XL in  
your launch. Mount directly to flat  
surface with provided VHB tape or  
add any SpeedCoach bracket for  
more options.



Coach's Speaker  
0216  
Mount the Coach's Speaker on  
any launch and connect it to a  
Cox Box or Cox Box Mini for  
hands-free, crystal clear voice  
amplification. It's also great for  
officials and regattas starting  
platforms.



iPhone Waterproof Case  
0210BLK  
Protect your valuable iPhone on  
the water. All functions available  
through case. Fits 3, 4, and 5 series.  
Also perfect for SpeedCoach  
Mobile users. Armband allows boat  
mounting options.



SpeedCoach Red, Gold, and XL (Wired Rate + Speed)

**T-Bracket Short**  
0280  
Ideal for SpeedCoach Red or Gold

**T-Bracket Long**  
0281  
Ideal for Speed Coach XL or behind wing rigger

**Angle Bracket**  
0282  
Ideal for mounting on deck or wing rigger

**Speed Impeller**  
0151  
(With Hull Mount)  
3000 Impeller only.

**StrokeCoach Wiring Harness\***  
3280  
(Not needed for StrokeCoach with Surge Rate)

**SpeedCoach Wiring Harness\***  
3/155 1x  
3165 2x/2-  
3168 4x/4-  
3166 4+  
3172 8+

**Seat Magnet**  
0284

\* Add appropriate bracket above.

SpeedCoach XL

**SpeedCoach XL 2/4 Heart Rate Chest Belt**  
0177

**SpeedCoach XL 2/4 Heart Rate Sensor**  
0176

**SpeedCoach XL AC Charger**  
0175

StrokeCoach Surge + SpeedCoach GPS (Wireless Rate + Speed)

**Surge T-Bracket Mount**  
0283  
Secure permanent mount on footstretcher.

**Angle Mount\***  
0229  
Secure permanent mount for StrokeCoach with SurgeRate on deck or wing rigger

**Flat Mount\***  
3179  
Secure permanent mount on bulkhead, launch podium, or other flat surface.

\* Also perfect for SpeedCoach XL 3/4 in coach's launch.



**SpeedCoach<sup>®</sup> Gold**  
**SpeedCoach<sup>®</sup> XL**

SpeedCoach Interface and  
Communicator Software

Serial 0161  
USB 0162

Snap your SpeedCoach Gold or XL into the cradle and upload all your stored data to a computer. With the Communicator Software you can:

- Chart your results, review the data, or just keep it in an electronic log to track your progress
- Program workouts quickly and easily in the software and then upload to your display unit



**INTERVAL STROKE  
WATCH**

Interval Interface and  
WatchWare Software

Serial 0131

The Interval communicates optically with this interface to upload stored data to a computer. With two watches, an interface and software, you have a complete timing system for small regattas and practices. With the WatchWare software you can:

- Create a roster and training log
- Assign pieces to specific athletes or boats
- Calculate splits and speed
- Categorize, sort, and export



**INTERVAL STROKE  
WATCH**

USB Adapter

Serial 8180

Converts Interval interface for use with USB port,

**Wear Your Performance Partner On and Off the River**

With t-shirts, visors, hats, hoodies and more, you can sport the gear of champs. Train, race and win with NK. Visit us at regattas or online at NKhome.com to stock up on your NK logo gear.



Blue Ocean<sup>®</sup> Rugged Audio Gear Bag



Hoodie



Headsweats Hat



Visor

(NK Logo Gear availability is seasonal and we often have other items available. Visit us at regattas or online for a complete list.)





## Lean and Green US Manufacturer

Committed to US manufacturing, NK continually improves its manufacturing methods to ensure high quality and remain cost-competitive. We employ Lean manufacturing methods throughout our plant. NK’s plant also features NIST traceable calibration facilities for every product we make, including a 20-foot tow tank. NK actively practices 5S and other Lean principles, aimed at achieving an organized, visual workplace in an ongoing effort to improve productivity, quality and efficiency. Employees regularly participate in group sessions, called Kaizens, to work collaboratively on maintaining and improving all aspects of production, operations and service. By following Lean principles, we’re able to reduce waste, increase production, and maximize employee time and talents, ultimately offering the highest quality product to you.

Our plant was also designed for maximum energy conservation, with high-efficiency lighting, extra

insulation and computer-monitored climate control. We also strive to Reduce, Reuse and Recycle wherever we can — including this catalog. All catalogs carry the FSC logo (Forest Stewardship Council), which means we use certified paper and printers that follow responsible forest management practices.

## Giving Back

The rowing community has embraced NK for more than 30 years, and we strive to improve the sport by not only developing innovative products, but by also giving back. NK supports not only current national team members with essential NK training tools, but also those training hard to make it to the national level with the Athlete Development Grant program. Selected athletes receive awards to use for NK equipment in training. This successful initiative has expanded to include grant awards to qualifying rowing programs as well. On the elite end of rowing, NK makes sure our country’s top athletes are training with the very best equipment through Athlete Development Grants and our exclusive partnership with USRowing and the US National Men’s, Women’s, Lightweight and Adaptive rowing teams.

\$1 from the sale of every pink bumper is donated to breast cancer research & counseling.



## Limited Warranty

If, for any reason, you are not satisfied with the performance or operation of any NK product in the first 30 days, you may return it to NK or your place of purchase for a full refund.

We warrant every NK product to be free of defects in materials and workmanship for the product’s applicable warranty period as stated below. NK will repair or replace any defective product or part when notified within the warranty period, and will return the product via domestic ground shipping or NK’s choice of method of international shipping at no charge.

Product(s)	Warranty Period
Kestrel Weather Meters	FIVE (5) Years
Blue Ocean Rugged Audio (Excluding Battery Packs)	FIVE (5) Years
NK Performance Electronics for Rowing & Paddling	TWO (2) Years
Interval Sports Watches	TWO (2) Years
Rechargeable Battery Packs (All NK External)	TWO (2) Years

All warranties are measured from the date of purchase by the first consumer end user. If no proof of purchase is available, the warranty period will be measured from the manufacture date of the product as determined by serial number.

The following issues do not result from a manufacturing defect and are not covered under this warranty:

- Damage due to improper use or neglect (including corrosion).
- Damage resulting from severe impact, crushing or mechanical harm.
- Modifications, alterations or attempted repairs by someone other than an authorized NK repair agent.
- Water damage resulting from exposure to water after product enclosure has been visibly damaged and/or failure to return product for service promptly after product enclosure has been compromised.
- Impeller failure not caused by a manufacturing defect.
- Normal wear and tear.
- Accuracy issues resolvable by recalibration.
- Reduction in capacity of rechargeable batteries or battery packs age normal for their age and/or number of charge/discharge cycles.
- Failed batteries other than an NK rechargeable battery pack and/or damage resulting from corrosion or leakage of any installed batteries other than an NK rechargeable battery pack.



Please visit [NKhome.com](http://NKhome.com) for details. To Contact Service and Support: 610-447-1555 Mon-Thu, 9am-5pm ET [techsupport@nkhome.com](mailto:techsupport@nkhome.com) or [orders@nkhome.com](mailto:orders@nkhome.com)

# Product Specifications

Interval Stroke Rate Watch
<b>Clock &amp; Calendar</b> 12 or 24-hour clock, auto day-date-year calendar with leap year adjust
<b>Chronograph</b> 0 to 99:59:59.99 with auto roll-back, 1/100th sec. resolution
<b>Stroke Rate</b> 1/2 SPM resolution, dedicated rate button, multiple rate calculation modes: 1, 2, 3 or 4 strokes
<b>Memory</b> 2000 splits, best and average split, 600+ segments identified by date and time, stroke rate w/time
<b>Computer Upload</b> With optional serial or USB interface
<b>Software</b> PC compatible, permits upload and management of multiple sessions and athletes
<b>Display</b> High-contrast monochrome LCD
<b>Backlight</b> Blue-green electroluminescent backlight, auto-on
<b>Case</b> Injection molded polymer case, acrylic lens
<b>Controls</b> 5 buttons (3 side, 2 front), tactile and audible response
<b>Battery</b> 2 CR2032 (1 display, 1 backlight)
<b>Battery Life</b> 300+ hours
<b>Power Conservation</b> Auto-off after 17 minutes of inactivity
<b>Size</b> 3 x 2.375 x 0.75 in (76.2 x 60.325 x 19.05 mm)
<b>Weight</b> 2.2 oz (66.369 g)
<b>Water Resistance</b> Waterproof (IP67, NEMA-6)
<b>Buoyancy</b> Control unit with bumper and lanyard floats.

Cox Box
<b>Chronograph</b> 00:00.00 to 59:59.99 with auto roll-over, 1/100th second resolution
<b>Stroke Rate</b> Rate input from seat sensor, auto start with first stroke, 10-127.5 SPM range, 1/2 SPM resolution
<b>Stroke Count</b> Rate input from seat sensor, auto start with first stroke, 0 to 999 with auto roll-over, 1 stroke resolution
<b>Memory</b> Stroke rate automatically stored every 10 seconds, up to 42 minutes and 40 seconds stroke rate, count and time can be manually stored at the press of a button
<b>Display</b> High-contrast monochrome LCD
<b>Backlight</b> Blue-green electroluminescent backlight, auto-on
<b>Case</b> Injection molded polymer case, acrylic lens, injection molded elastomeric bumper
<b>Controls</b> Knob (on/off/volume), 3 buttons with tactile response (start/stop/split/memory)
<b>Battery</b> Removable, rechargeable battery pack, three Lithium Ion cells, 3-year life
<b>Battery Life</b> 3 hours at typical use (3/4 of full volume, talking 50% of the time, using 3 speakers)
<b>Size</b> 4 in tall x 4.5 in diameter (101.6 x 114.3 mm)
<b>System Weight</b> 20oz (567.09 g) for control unit, battery pack, bumpers, 4oz (113.4 g) for battery pack, 2lbs (907.2 g) for complete system for 8+ with 3 speakers
<b>Water Resistance</b> Waterproof (IP67, NEMA-6)
<b>Buoyancy</b> Control unit with battery pack installed and microphone attached floats. Control unit alone floats. Battery pack does not float.

SpeedCoach Red
<b>Chronograph</b> 0 to 59:59.99 with auto roll-back, 1/100th resolution
<b>Stroke Rate</b> 1/2 SPM resolution, auto start with first stroke, rate input from seat sensor or speed sensor
<b>Distance</b> Meters, kilometers, miles, nautical miles
<b>Speed</b> Meters per second, knots, miles per hour
<b>Pace (Predicted Split)</b> Per 500 meters, mile or nautical mile.
<b>Memory</b> Stroke rate, time, average speed and distance for 25 memory points of 100 or 500 meters each
<b>Display</b> High-contrast monochrome LCD
<b>Case</b> Injection molded polymer case, acrylic lens
<b>Controls</b> 2 buttons (top/bottom), tactile and audible response
<b>Battery</b> 1 CR2032
<b>Battery Life</b> 600 hours or 2 years
<b>Power Conservation</b> Auto-off after 17 minutes of inactivity
<b>Size</b> 3.5 x 2.3 x 0.8 in (88.9 x 58.42 x 20.32 mm)
<b>Control Unit Weight</b> 3.2 oz (90.7 g)
<b>System Weight</b> 8.1 oz (229.6 g), (1x + T-bracket)
<b>Water Resistance</b> Waterproof (IP67, NEMA-6)
<b>Buoyancy</b> Control unit with bumper and lanyard floats.

SpeedCoach Gold
<b>Chronograph</b> 0 to 59:59.99 with auto roll-back, 1/100th sec. resolution
<b>Stroke Rate</b> 1/2 SPM resolution, auto start with first stroke, rate input from seat sensor or speed sensor
<b>Stroke Count</b> Up to 99, 999 then rolls back to 0, automatically starts with first stroke
<b>Distance</b> Meters, kilometers, miles, nautical miles
<b>Speed</b> Meters per second, knots, miles per hour
<b>Pace (Predicted Split)</b> Per 500 meters, mile or nautical mile.
<b>Memory</b> Stroke rate, time, average speed and distance for 560 user-defined memory points
<b>Programmable Workouts</b> 1 workout, up to 100 intervals
<b>Computer Upload</b> With optional serial or USB interface. PC- upload, download, and charting. Mac- upload, download
<b>Software</b> PC compatible, built-in charting
<b>Display</b> High-contrast monochrome LCD
<b>Backlight</b> Blue-green electroluminescent backlight, auto-on
<b>Case</b> Injection molded polymer case, acrylic lens
<b>Controls</b> 2 buttons (top/bottom), tactile and audible response
<b>Battery</b> 2 CR2032 (1 display, 1 backlight)
<b>Battery Life</b> Display battery: 600 hours, backlight battery: 20 hours
<b>Power Conservation</b> Auto-off after 17 minutes of inactivity
<b>Size</b> 3.5 x 2.3 x 0.8 in (88.9 x 58.42 x 20.32 mm)
<b>Control Unit Weight</b> 3.5 oz (99.2 g)
<b>System Weight</b> 8.4 oz (238.136 g), (1x harness + T-bracket)
<b>Water Resistance</b> Waterproof (IP67, NEMA-6)
<b>Buoyancy</b> Control unit alone floats. Control unit with bumper and lanyard does not float.

SpeedCoach XL1 & XL2
<b>Clock &amp; Calendar</b> 12 or 24-hour clock, auto day-date-year calendar with leap year adjust
<b>Chronograph</b> 0 to 99:59:59.99 with auto roll-back, 1/100th resolution
<b>Stroke Rate</b> 1/2 SPM resolution, auto start with first stroke, rate input from seat sensor or speed sensor
<b>Stroke Count</b> Up to 99, 999 then rolls back to 0, automatically starts with first stroke
<b>Distance</b> Meters, kilometers, miles, nautical miles
<b>Speed</b> Meters per second, knots, miles per hour
<b>Pace (Predicted Split)</b> Per 500 meters, mile or nautical mile.
<b>Heart Rate</b> XL-2 only, with optional sensor and Polar® compatible transmitter belt
<b>Memory</b> Stroke rate, time, average speed, distance and heart rate (XL2 only) for 1000+ user-defined memory points
<b>Programmable Workouts</b> 5 workouts, up to 20 intervals each
<b>Computer Upload</b> With optional serial or USB interface. PC- upload, download, and charting. Mac- upload, download
<b>Software</b> PC compatible, built-in charting
<b>Display</b> High-contrast monochrome LCD
<b>Backlight</b> Blue-green electroluminescent backlight, auto-on
<b>Case</b> Injection molded polymer case, acrylic lens
<b>Controls</b> 6 buttons (front), context sensitive, tactile and audible response
<b>Battery</b> Lithium ion rechargeable, user-replaceable
<b>Battery Life</b> 72 hours constant use, 25 hours with constant backlight. Charges in under 3 hours
<b>Power Conservation</b> Auto-off after 17 minutes of inactivity
<b>Size</b> 4.5 x 3 x 1.5 in (114.3 x 76.2 x 38.1 mm)
<b>Control Unit Weight</b> 7.9 oz (224 g)
<b>System Weight</b> 12.8 oz (362.9 g), (1x harness + T-bracket)
<b>Water Resistance</b> Waterproof (IP67, NEMA-6), floats
<b>Buoyancy</b> Control unit with bumper and lanyard floats.

SpeedCoach XL3 & XL4
<b>Clock &amp; Calendar</b> 12 or 24-hour clock, auto day-date-year calendar with leap year adjust
<b>Chronograph</b> 0 to 99:59:59.99 with auto roll-back, 1/100th sec. resolution
<b>Stroke Rate</b> 1/2 SPM resolution, auto start with first stroke, rate input from seat sensor or speed sensor
<b>Stroke Count</b> Up to 99, 999 then rolls back to 0, automatically starts with first stroke
<b>Distance</b> Meters, kilometers, miles, nautical miles
<b>Speed</b> Meters per second, knots, miles per hour
<b>Pace (Predicted Split)</b> Per 500 meters, mile or nautical mile.
<b>Heart Rate</b> XL-4 only, with optional sensor and Polar® compatible transmitter belt
<b>Memory</b> Stroke rate, time, average speed, distance and heart rate (XL4 only) for 1000+ user-defined memory points
<b>Programmable Workouts</b> 5 workouts, up to 20 intervals each
<b>Wireless Data Transmit/Receive</b> Up to 9 boats and infinite coaches on a network; 3 mile range
<b>Computer Upload</b> With optional serial or USB interface. PC- upload, download, and charting. Mac- upload, download
<b>Software</b> PC compatible, built-in charting
<b>Emergency Beacon</b> notification of emergency to any XL-3 or XL-4 on any network within range
<b>Display</b> High-contrast monochrome LCD
<b>Backlight</b> Blue-green electroluminescent backlight, auto-on
<b>Case</b> Injection molded polymer case, acrylic lens
<b>Controls</b> 6 buttons (front), context sensitive, tactile and audible response
<b>Battery</b> Lithium ion rechargeable, user-replaceable
<b>Battery Life</b> 72 hours constant use, 25 hours with constant backlight, 8 hours with radio use. Charges in under 3
<b>Power Conservation</b> Auto-off after 17 minutes of inactivity
<b>Size</b> Control unit: 4.5 x 3 x 1.5 in; antenna: 7.25 in (114.3 x 76.2 x 38.1 mm; antenna 184,15 mm)
<b>Control Unit Weight</b> 8.9 oz (252.311 g)
<b>System Weight</b> 13.8 oz (391.2234 g), (1x harness + T-bracket)
<b>Water Resistance</b> Waterproof (IP67, NEMA-6)
<b>Buoyancy</b> Control unit with antenna, bumper and lanyard floats.

SpeedCoach GPS
<b>Chronograph</b> 0 to 59:59:99 with auto roll-back, 1/100 <sup>th</sup> sec. resolution
<b>Stroke Rate</b> Rate input from accelerometer, auto start with first stroke, 6 to 99 1/2, 1/2-stroke resolution, update every stroke
<b>Stroke Count</b> Count input from accelerometer, auto start with first stroke, 0 to 999 with auto roll-over, 1-stroke resolution, update every stroke
<b>Distance</b> Meters, kilometers or statute miles
<b>Speed/Split</b> Speed over land averaged and updated every stroke. May be displayed as either speed (meters per second) or split (time for 00 meters). GPS speed smoothing from 1-stroke to 8-strokes. Impeller mode (water speed and distance) available with optional wiring
<b>Memory</b> 200-datapoint memory, fixed 100-meter interval
<b>Display</b> High contrast, sunlight readable monochrome liquid crystal display with 400 x 240 resolution and large, clear numerals
<b>Backlight</b> LED backlight illuminates the display in low-light conditions and triggers automatically when needed
<b>Case</b> Impact-resistant polycarbonate case with sealed acrylic window. Sun and saltwater resistant.
<b>Controls</b> Four soft-touch buttons, large primary start/stop/clear button
<b>Battery</b> One rechargeable Lithium-Poly battery provides up to 8 hours of battery life (backlight dependent)
<b>Power Conservation</b> Auto-off after 17 minutes of inactivity (no button presses or movement)
<b>Size</b> 3.6 x 2.6 x 1.2 in (92 x 67 x 31 mm)
<b>Control System Weight</b> 5.2 oz (150 g) with bumper
<b>System Weight</b> 8.1 oz w/quick-wrap mount
<b>Water Resistance</b> Waterproof (IP67, NEMA-6)
<b>Buoyancy</b> DOES NOT FLOAT



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