

# Add to your life with exercise!

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## ALDEN OCEAN SHELLS

There is no finer exercise for the heart and lungs, and the entire body, than rowing with a sliding seat. Tried and recommended by many doctors, it is safe and effective. Best of all, it is exhilarating and exciting, and never monotonous.

Designed by Naval Architect Arthur E. Martin, the Alden Ocean Shells enable anyone to enjoy the health benefits of rowing while at the same time experiencing the satisfaction of moving swiftly and quietly through the water. Fresh or salt, rough or smooth, as long as there is some kind of water within driving distance, you can take advantage of it. These boats may be carried on a car top, moored or pulled up on a beach.



STANDARD  
MODEL  
SINGLE  
(shown in  
62 mph winds of  
Tropical Storm Doria)

This is the best boat for all-around use. It has a very low sliding seat, to keep the weight in the bottom, and increase the stability. Its short oars are easy to handle under any conditions. It is best for beginners, and children. It is also preferred for rough water, fishing, and rowing in narrow or crowded waters. It can be converted to a Charles River Model in a couple of minutes.

### THE CHARLES RIVER MODEL SINGLE



With exactly the same hull as the Standard Model, this boat has riggers with a 60" spread, and a higher seat, so that it can be rowed with full-sized racing sculls. It is ideal for youth training, and practice for racing oarsmen who are temporarily unable to use racing shells. Graduate oarsmen find it an easy and convenient way to keep up their rowing, anywhere. This often means rowing on clear, clean water, close to home, instead of polluted water at a distant rowing club. The Charles River Model provides better exercise for the experienced oarsman.

## ALDEN OCEAN SHELL DOUBLE



The Alden Ocean Shell Double provides the same exercise benefits of the Single, in a larger boat which is much more versatile. It can be used as a double, a single with a passenger (or instructor), a single, a canoe, or a kayak. It can be rowed with either the large racing sculls of the Charles River rig, or the small oars of the Standard rig.



Double being rowed as a single with passenger. Note that oarsman is forward of amidships for best balance and tracking.



Double being rowed as a single. Note that oarsman is aft of amidships for best balance and tracking.  
OARMASTER is easy to move fore and aft.

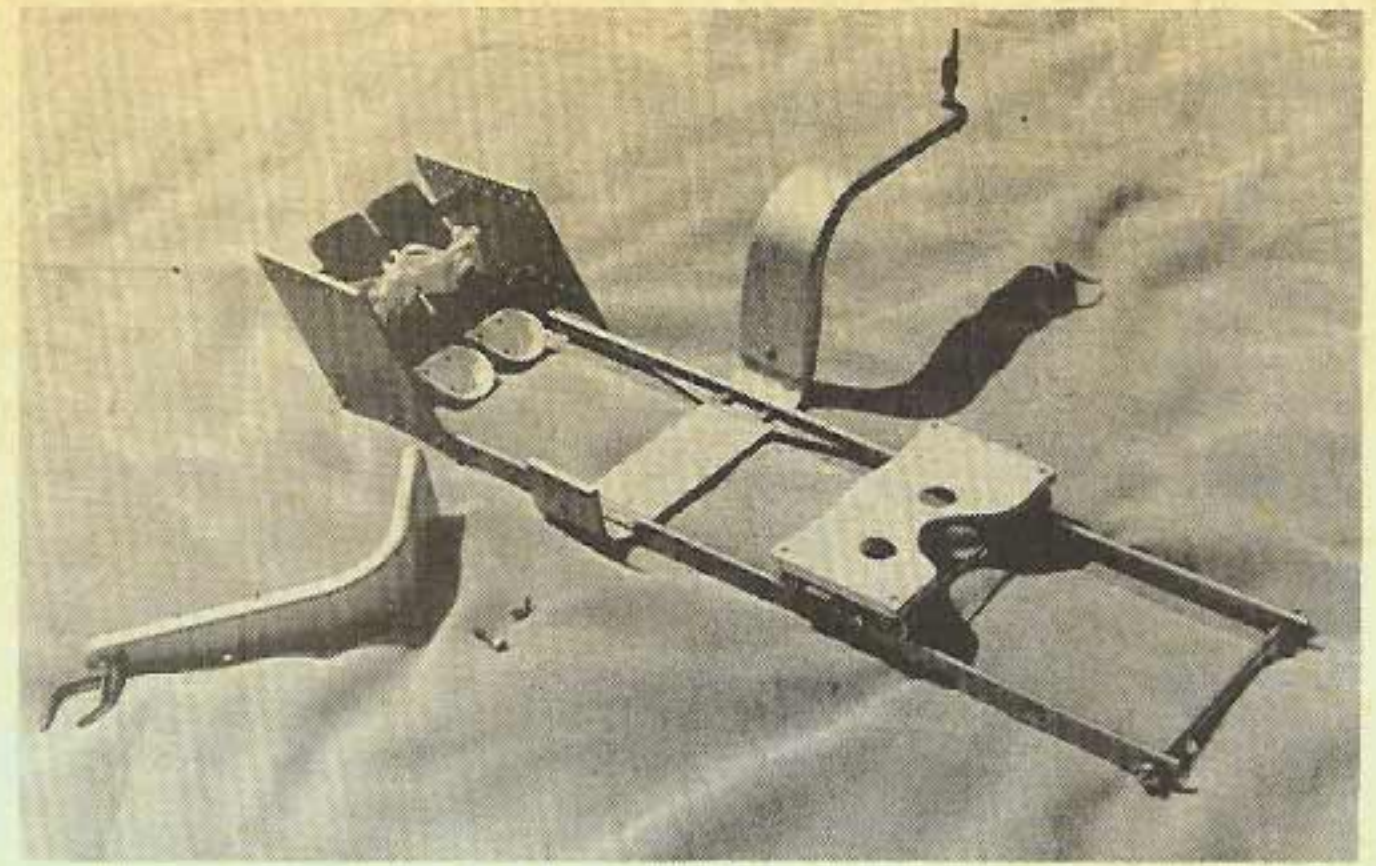


Double being used as a canoe.



Double being used as a kayak.

# OARMASTER



This is the portable, self-contained rowing assembly that makes the Alden Ocean Shells so versatile. It can be installed in seconds, in either the single or the double. Its removal makes carrying either boat easier. Each rigger can be removed by loosening a single wing nut. One or two OARMASTERS can be placed in any position along the length of the cockpit of the double. Stretchers (foot rests) can be adjusted for position fore and aft, and also for angle, so that proper leg motion is assured for people of all sizes. Standard and Charles River riggers and seats are easily interchangeable. The OARMASTER can also be used in a canoe or other boat.

## SPECIFICATIONS AND PRICES

SINGLE	Hull and deck only, with foam flotation blocks and nylon painter. 16' long - 25" wide. Weight approximately 45 lbs. Hull dark blue (white optional), deck and interior light blue. Designed by Arthur E. Martin, N. A. ....	\$270.
DOUBLE	Hull and deck only, with foam flotation blocks and nylon painter. 18' long 29" wide. Weight approximately 72 lbs. Hull dark blue (white optional), deck and interior light blue. Designed by Arthur E. Martin, N. A. ....	\$305.
OARMASTER	Complete portable rowing assembly, including track, sliding seat, adjustable stretcher (foot rest, riggers, and Douglas oarlocks, with instructions for assembly ).	
	Standard Model - for use with 7' - 6" oars, weight 25 lbs. ....	\$175.
	Charles River Model - for use with 9' - 9" oars, weight 27 lbs. ....	\$185.
	Combination for easy conversion to either model ....	\$275.
	Combination - with high seat only ....	\$240.
OARS	7' - 6' imported spruce oars, with plastic sleeves, adjustable buttons, rubber grips, and spoon blades, pair ....	\$ 80.
	9' - 9" imported racing sculls, with plastic sleeves, adjustable buttons, rubber grips, and tulip blades, pair ....	\$120.
BACKREST KIT	For installation by owner in any position in either boat ....	\$ 28.
CAR-TOP RACK	(Requires padding) ....	\$ 16.
EL-CART	2-Wheel Dolly ....	\$ 35.
PACKING	Corrugated carton, for shipping by truck. Single, with equipment ....	\$ 20.
	Double, with equipment ....	\$ 30.
	"How To Row An Alden Ocean Shell" (Free with purchase of boat) ....	\$ 1.

## THE TWO WORLDS OF ROWING AND THE ALDEN OCEAN SHELLS

Rowing has always been divided into two fairly distinct and separate worlds. One is dominated by the competitive oarsmen, who have been brought up in school and college with the ultimate in self-propelled speed on the water: the racing shells. These beautiful boats are long and thin, and extremely light. They are easy to damage, and expensive to repair, and they cannot take rough water. The graduates in this world belong to various rowing clubs, and continue to participate in the sport to the age of three score and ten and beyond. These competitors, through the National Association of Amateur Oarsmen, and their excellent magazine, "The Oarsman", are trying to encourage more interest in the sport, particularly among young people. If competitive rowing were not limited to the few who have access to racing shells, many more could enjoy the sport.

The other world of rowing encompasses sturdier, more seaworthy, and much slower boats, with fixed seats, such as Whitehalls, peapods, guide boats, dories, and dinghies. Their use is not limited to sheltered waters, and they offer good exercise for the arms and back. The best aerobic exercise, however, requires motion of the big muscles in the legs, which actually help the heart to pump blood. Rowing with a sliding seat, like jogging, bicycle riding, and swimming, gives the legs this valuable exercise.

The Alden Ocean Shells were designed by naval architect Arthur E. Martin to bridge the gap between these two worlds. These unique boats have sliding seats, and narrow but stable hulls, whose sharp bows can slice through the water at more than twice the speed of the average dinghy. Their gracefully flared lines lift them above the waves of the open ocean, and their curved coamings keep out most of the spray. Any one can quickly learn to row with the 7½-foot oars of the Standard Models, and the 9' - 9" racing sculls of the Charles River Models are fine for experienced oarsmen. Many racing oarsmen, past, present, and future, are using Alden boats. Beginners, young and old, use them as a step toward the racing shells. Active competitors use them to keep in shape during the off-season. Retired competitors use them to keep up their rowing on the nearest body of water, often far from the big cities and polluted water where so many rowing clubs are located. Doctors, in astonishing numbers, have these boats for their own use, and sometimes prescribe them for the prevention or treatment of heart attacks. Sailing yachtsmen, racing or cruising, use them to keep in shape, before or after the day's run or race, or in the off-season, when it is too cold to enjoy sailing. Children of discerning parents are learning to row, and discovering a way of life that neither power nor TV can provide. Many others just row for health and relaxation, and a respite from the stress of business, politics, and mechanized living.

As more people recognize the pleasures and benefits of rowing, the folly of too much stress and too little exercise, afloat as well as ashore, becomes more apparent. Those who row really appreciate the peace and quiet, clear water, and undisturbed wildlife of our lakes, rivers, and salt water inlets. People from both worlds of rowing will be interested in preserving what remains of this heritage of natural waterways, so that future generations will also be able to enjoy good health and tranquility on the water.

## MARTIN MARINE COMPANY

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YOUR DEALER IS



ALDEN OCEAN SHELL



SWIM-PACK