

# KEEPING CADENCE

"I need a less expensive stroke rate meter," you said.  
"And it should do more."

"The display should be nice and big," you said.

"But it can't be too bulky."

"Oh, and it should be waterproof," you said.

"But again, not cost too much."

That's a pretty lofty request. But I think NK has finally heard the call and answered with exactly what you are in search of: the Cadence™ T1 Wristate Watch.

The latest product release from NK, the Cadence T1 is part digital sports watch, part stroke rate meter. In the boat (strapped to the shaft of the oar), using tilt-switch technology, the Cadence T1 calculates stroke rate based on the feathering interval. Off the water, for the coach or spectator, there's a large rate button right on the face of the unit, allowing easy rate measurement at any time – much like its cousin the Interval 2000. Rowing aside, much like your typical sports watch out there, the watch offers a digital clock, 100-hour/99-split chronograph, alarm, and day/date calendar.

The Cadence T1, while slightly larger than your average sports wristwatch, is still comfortable enough to wear throughout the day. The neoprene strap makes for easy on and off and adjusts from wrist to oar without trouble.

We tested the Cadence T1 while rowing a double. While much simpler than installing wiring harnesses and the like, it was not quite producing very consistent feedback from the get go. Though, after a few adjustments to the placement of the watch, away we went and the Cadence worked very reliably. One pleasant surprise we experienced was that when I slid the watch a little closer towards the oarlock, my partner (in bow) could also see the ratings.

Later that week I took my Cadence down to the river during a regatta. While watching some crews race the final stretch, I curiously tracked their ratings. By either pressing the rate button on the face of the watch, or by rocking my arm (thus triggering the internal tilt switch), I was able to get a good idea of what rates each boat was holding; easily switching from one boat to the next. Both methods produce comparable results, and I was even able to distinguish when boats were taking a sprint and by how many beats. Though not quite as accurate as the 3-stroke mode boasted by the Interval 2000,

the Cadence T1 did enable me to "jump" from one boat to another very easily without too much of a delay.

While after days on end of sweaty workouts, the watchband does tend to get a little rank (easily remedied with some soap and warm water) the Cadence T1 is a good-looking, well-designed watch with straightforward functionality.

You may not see the elites training with a Cadence in their boat, but I did see a few sporting one while curiously checking the competition from shore at the recent U.S. trials. For some basic information while in a boat or watching from the shore (without loading up on too many pricey gadgets), the Cadence T1 is a nifty alternative. And at the end of a long, hard practice, it'll always tell you how late for work you are.

NK Cadence T1 Wristate Watch  
as reviewed retails for \$79 at  
[www.nkhome.com](http://www.nkhome.com)

