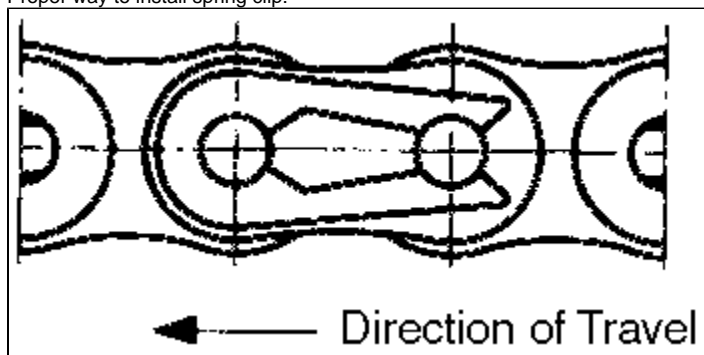


Tuesday 07-09-13 AL

"The more you fail, the more you will succeed." - Andy Ruina

Ordered five **add-and-connect links** from McMaster, \$2 each.

Proper way to install spring clip:



This info could help us in preventing chain breaks, because those are the most common errors we've encountered. See also the very complete [The Complete Guide to Chain](#).

We went to Olin library to do some research. I found a paper called "**Electromyographic Analysis of Rowing Stroke Biomechanics** (1987)," in which the authors, Rodriguez et al, found which muscles are used when and to what intensity during the rowing stroke.

I checked out **Rowing Faster**, by Volker Nolte, and **Rowing Fundamentals**, edited by John Ferriss. Nolte covers every thing from training programs to the physics of an oar.