

# Mon-Tues 2013.07.08-09 LL

## Monday

- The erg seems more robust now. It can survive many minutes of rowing without fail. Infact, no chains, bungees, or other contraptions broke while testing today. :D
- However, the handle chain still retracts too slowly during recovery. Andrea thinks the soft bungee needs more pretension. I suspect that there is more to it and we will need to add an additional part between the differential sprocket and the soft bungee to quickly take up the slack.

## Tuesday

- Visited Olin and Uris library stacks to read up more on the biomechanics of rowing.
- So far, most of the position, velocity, and acceleration curves for rowing that we have are all from Kleshnev and his newsletters. I want to see what others have to say on the subject and do comparisons.
- Cornell surprisingly doesn't have that many hardcopies (books) on the subject matter, but we did manage to find some.
- The *Journal of Sports Medicine & Physical Fitness* yielded an article on the muscle groups involved at each particular stage of rowing.
- A German book titled *Leistungsanalyse Bei Rudermannschaften* by Erich Schneider looks promising.... if we know how to read German. It does, though, have a great bibliography page that I've been looking through (for English articles) for more sources.
- [Rowing A Scientific Approach](#) by J.G.P. Williams et. al. also looks promising.
- [More sources](#). Most of these I will need to scour through Cornell's databases because databases require \$\$ to view unless I click it through Cornell first. But Get It! Cornell works inconsistently. :\
- A nice librarian at the cirulation desk (Sarah E. How) helped me out in searching for the books. Luckily, she's also a rowing enthusiast and told me that Ithaca its own share of Olympic rowers! [Andrew Byrnes](#) and [Caryn Davies](#) (men's and women's 8 ... gold in 2008 Beijing). They both rowed for Cascadilla Boat Club.