

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.