

# Fri 2013.07.12 LL

Almost finished with *Rowing A Scientific Approach*. I will post notes here later.

Got a stellar read from the library titled "Journal of Sports Engineering and Technology: Special Issue on Technology in Rowing" from the Institution of Mechanical Engineers. It can't get any better than this.

The publication has 11 papers on dynamic movement of the oars, boat, and mechanics of the body. I had gotten it solely for Kleshnev's 2010 paper (which we surprisingly don't have amongst his large collection) titled "Boat Acceleration, Temporal Structure of the Stroke Cycle, and Effectiveness in Rowing," to get more detailed graphs of acceleration curves.

## Weekend plans

Andrea - Back packing in Adirondacks

Lily - [Dragon Boat Festival!](#) Cornell (Dragonboat Z) is racing against Harvard and UPenn at 8:40am. (See [schedule](#)). It'll be a long day, so maybe I'll get started on the publication. Surprisingly, some of what I've read so far can be applied to dragon boating. (In dragon boating, the crew faces the direction of movement... and you're rowing with 19 other people).