

Tu + Wed, July 16-17

*There is no universal ideal force curve: *Kleshnev writes that a rower's force curve depends on his position in the boat. Volker Nolte also notes that in a double scull, the stern and the bow rowers exert peak force at different times to be a more effective pair. Lightweight rowers tend to have a more rectangular force curve, and heavyweight rowers a more triangular force curve.

<http://highperformancerowing.net/journal/tag/biomechanics>