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The Book of Rowing

David C. Churbuck

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A sport of lyrical grace, enigmatic appeal, and Herculean effort, rowing is a pastime and a passion that inspires its devotees to a lifetime of dedication. Although it was once perceived as a blue-blooded activity limited to a privileged few, more and more people--including Olympic athletes, students from public and private schools, and casual gym-goers looking for an effective new workout--are taking to the rivers, lakes, and harbors to experience the beauty and health benefits of rowing.

Experienced rower and journalist D. C. Churbuck recounts the colorful history and lore of rowing from its beginnings on England's historic Thames to its modern incarnation. Churbuck covers shell design, sculling, collegiate rowing, training, international competition, and a history of the famous rowing clubs and their luminaries. A fully illustrated, step-by-step guide transforms the novice into a competent rower. Now completely updated, *The Book of Rowing*, which includes black-and-white photographs and line drawings throughout, is a practical tool for the experienced rower, a richly detailed history for the enthusiast, and an excellent resource for anyone interested in starting out at the sport.

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