

# Rowperfect

## Newsletter September 2008

Dear Rowperfect community

Welcome to the end of summer round-up newsletter from Rowperfect.

With the Olympic fire fading fast, it's time to look forward to the coming season. If you missed our summary of the [Olympians who were writing](#) about the regatta it's all here.

Many clubs run a clubhouse clean-up day and boat cleaning and rigging session. Don't forget that we can supply you with spare oar buttons, scull grips, pitch gauges and cox box wiring looms.

And if you have new joiners and want to show off a video of good technique, the Rowing and Sculling DVD is useful. Rob Roy used the FISA Sculling DVD on its summer sculling camp to good effect.

Our [interview with David Low](#) has some cunning tricks for head racing and improving the boat movement through the water.

And so enjoy the autumn and we'll see you out on the water while the evening light still lasts!

Rebecca Caroe and Grant Craies  
Rowperfect UK

### Interview: David Low

David is a world-class sailor who has crossed the Pacific three times and who took up open water sculling three years ago. I was privileged to go on outings with him three times during which he carefully instructed me in the curiosities of the waters we were covering and showed me his favourite open water racing and sculling techniques.

I asked him what are the things that rowers and scullers can learn from sailing and other sports. [Read more](#)

### News from Xeno Muller

He is planning a comeback to international sculling! Currently aged 36 and weighing 215 lbs he is working on doing 40km a day on the ergo to reduce his weight and build fitness. He plans to go to Tim McLaren at the California Rowing Center for coaching, although believes that right now he doesn't need much technique but quite a lot of fitness training.

He will row for the USA, not Switzerland, because he now lives there and has married an American national. Xeno says, "This is my home."

He believes that most top oarsmen stop rowing because they want to get a 'life' with a family and a regular job. "I am the only one with an ergo gym, this enables me to work and train together." Athletes lose their focus after a time. I don't need the water skills but the indoor training will help me. I will come back in the next Olympiad. Juri Janssen and Duncan Free have done it this time and they are over 40. I will be 40 in 2012. Ginn, Waddell they have done it too. Why not me?

Xeno won the Olympic 1x in 1996 and silver in 2000.

### Antonia van Deventer [reviews the MKI oarlocks](#)

Having been curious about some of the funny looking gates on sculling boats in our boathouse, I felt duty bound (by virtue of my sticky beak) to contact Rowperfect and request a trial of Magik Gates. I wondered if it was all a load of "rowlocks" that a standard gate on one side and a Magik Gate on the other would have me going round in circles (page down to [read her amusing account](#)).

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## The Last Amateurs by Mark de Rond

From a position of privilege, as an "embedded" observer within the Cambridge University Boat Club, [Mark de Rond has written a book](#) about the 2007 Boat Race campaign. The highs and lows, the crew selection process and the winners and losers. It's heady stuff but seen through the eyes of a business school professor who specialises in conflict resolution, gives this insight that you won't find in your run-of-the-mill sports book. Mark first wrote about the crew's internal conflicts in The Economist after a selection crisis. Now you can read about it in the full context of a Boat Race campaign.

**We have a copy of The Last Amateurs to give away** - email us [info@rowperfect.co.uk](mailto:info@rowperfect.co.uk) with your name, club and postal address and we'll draw one from a hat on 1st of October as the winner.

## Coxmate accessories now for sale

We've added in some new Coxmate Accessories which may be useful additions to your tool kit.

- \* [The Car Charger](#) - top up the charge at regattas between races by plugging into your car battery. A 12 V charger.
- \* [PC Analysis kit](#) for the new coxless [Coxmate HC](#)
- \* [Sealing Glands](#) for retro-fitting Coxmate Wiring Looms to your sealed compartment rowing boats
- \* [Spare impellers](#) for Coxmate HC or Coxmate SCT. The HC is the new micro-impeller and the SCT is the stainless steel impeller
- \* [Spare Charger](#) for UK sockets

We have also added more detailed specifications for you to download

- \* [Coxmate Wiring Diagrams](#) - shows common configurations for Eights, Fours and Coxed Quads
- \* [Coxmate Split Gland](#) - shows how sealed compartments can be maintained while retro fitting a Coxmate wiring loom
- \* [Coxmate HC display specification](#) - shows the display options for the HC