



# ROWING AGAINST THE CURRENT

*On learning to scull at forty*

"Strauss's dogged pursuit of an ancient craft shows us how exhilarating—and occasionally terrifying—rowing, past and present, can be."

—MICHAEL S. BARNES,  
AUTHOR OF THE RIVER JOURNAL

**BARRY STRAUSS**

INTRODUCTION BY HARRY PARKER, Head Coach, Harvard Heavyweight Crew

# Rowing Against The Current On Learning To Scull At Forty

**KJ Lindholm-Leary**



## **Rowing Against The Current On Learning To Scull At Forty:**

**Rowing Against the Current** Barry Strauss, 2001-04-17 In the midst of the standard dreary midlife crisis complete with wine tasting courses yoga classes and a failed attempt at a first novel forty year old Barry Strauss falls unexpectedly and passionately in love with rowing a sport in which a twenty seven year old is a has been Strauss a professor of classics and history writes about the unanticipated delights of an affair that like so many others begins as a casual dalliance and develops into a full blown obsession Drawn to the sport in part because of his affinity for Greek antiquity he develops a love for old boathouses a longing for rivers at dawn a thirst to test himself and ultimately a renewed sense of self reliance as someone who had experienced sports humiliation as far back as Little League suddenly finds himself bursting into athleticism at an unlikely age From the awe inspiring feats of the war bound Greek triremes with their crews of 172 men rowing on three levels to the solitary pride of finishing a first race in which he gets stuck in the weeds and has to be fished out Barry Strauss shows us why there is nothing absolutely nothing half as much worth doing as simply messing about in boats *Sports Competitions for Adults Over 40* Thomas A. Jones, 2009-06-08 A healthy lifestyle is a popular way to deal with aging but the serious fun and games don't have to end once middle age sets in This guidebook is aimed at men and women over 40 or 50 or 60 or 70 who seek the challenge of athletic competition The book focuses on those sports requiring significant physical exertion and includes team sports such as soccer softball and basketball and individual sports such as skiing tennis and swimming Chapters on each sport identify the national sponsoring organization and regional affiliates describe the types of competition available and give a breakdown of the competitors by age and gender A How to Get Started section describes basic skills needed for each sport equipment required to compete opportunities for coaching and suggested books and videos for beginners The book also features a list of the 2007 or 2008 national champions in each sport *Row Daily, Breathe Deeper, Live Better* D. P. Ordway, 2008-11 Advance Praise for Row Daily This book has the potential to change and lengthen your active life Jo A Hannafin MD shows the way to improve your fitness and quality of life through rowing Marlene Royle OTR I use the principles in this book to help train people to become Navy SEALs you can use them to improve your fitness at your own pace whatever that may be Michael Caviston MS Kinesiology A golden gateway to the sport of rowing for those who know nothing about it and a demonstration of how easily you can find better health and a better life through rowing Victoria Draper Founder CEO Rowbics *The Triumph of the Amateurs* William Lanouette, 2021-04-01 The Triumph of the Amateurs is the story of the lost world of professional rowing in America a sport that attracted crowds of thousands widespread betting and ultimately corruption that foretold its doom It centers on the colorful careers of two New York City Irish boys the Biglin brothers John and Barney now long forgotten save for Thomas Eakins's portraits of them in their shell If the bestseller The Boys in the Boat portrayed the good guys of the U S's 1936 Olympic crew the Biglins along with their colleagues and successors were the Bad Boys in the Boat Rascals abounded on and off the water where rowdy fans often outdid modern

soccer thugs in violence betting was rampant as was fixing and spectators in the tens of thousands came out to see it all The Triumph of the Amateurs traces the sport from its rise in the years before the Civil War on through the Gilded Age to its scandalous demise and eventual transition into a purely amateur sport In addition Barney Biglin s later career as holder of sinecures offers a colorful glimpse into late 19th century New York City political corruption Illustrated with 40 black and white and color illustrations including Thomas Eakins s famous paintings of the Biglin brothers rowing on the Schuylkill River in Philadelphia in 1872 Spartan Reflections Paul Cartledge,2003-07-17 This is a book that scholars will read with pleasure and a book from which advanced undergraduates and graduates will gain a sense of what Sparta was like as a culture and just as important the nature and state of play of contemporary Spartan studies And it will be accessible for the well informed lay reader as well Josiah Ober author of Political Dissent in Democratic Athens Paul Cartledge s aim in this powerful collection of essays is to shed light in dark places to demythicize Cartledge is shrewd realistic and far from starry eyed Over a quarter century s exhaustive research now updated has gone into these densely documented and tightly argued essays These Spartans in the last resort are exploitative slave drivers obsessed with keeping their serfs down by annually killing off any resisters among other things Modern idealizers of cold baths black broth mindless discipline and long route marches should read this book and hopefully have second thoughts Peter Green author of Alexander to Actium *Jews, Sports, and the Rites of Citizenship* Jack Kugelmass,2023-12-11 To many an association between Jews and sports seems almost oxymoronic yet Jews have been prominent in boxing basketball and fencing and some would argue that hurler Sandy Koufax is America s greatest athlete ever In *Jews Sports and the Rites of Citizenship* Jack Kugelmass shows that sports significant in constructing nations and in determining their degree of exclusivity also figures prominently in the Jewish imaginary This interdisciplinary collection brings together the perspectives of anthropologists and historians to provide both methodological and regional comparative frameworks for exploring the meaning of sports for a minority population **The Sailor's Bookshelf** James Stavridis,2021-12-15 Admiral Stavridis a leader in military international affairs and national security circles shares his love of the sea and some of the sources of that affection The Sailor s Bookshelf offers synopses of fifty books that illustrate the history importance lore and lifestyle of the oceans and of those who go down to the sea in ships Stavridis colors those descriptions with glimpses of his own service sea stories in popular parlance that not only clarify his choices but show why he is held in such high esteem among his fellow sailors Divided into four main categories The Oceans Explorers Sailors in Fiction and Sailors in Non Fiction Admiral Stavridis choices will appeal to old salts and to those who have never known the sights of the ever changing seascape nor breathed the tonic of an ocean breeze The result is a navigational aid that guides readers through the realm of sea literature covering a spectrum of topics that range from science to aesthetics from history to modernity from solo sailing to great battles Among these eclectic choices are guides to shiphandling and navigation classic fiction that pits man against the sea ecological and strategic challenges celebrations of

great achievements and the lessons that come with failure economic competition and its stepbrother combat explorations of the deep and poetry that beats with the pulse of the wave Some of the included titles are familiar to many while others are likely less well known but are welcome additions to this encompassing collection Admiral Stavridis has chosen some books that are relatively recent and he recommends other works which have been around much longer and deserve recognition

The Battle of Salamis Barry Strauss,2005-08-16 A brilliant and dramatic account of the most famous naval battle of the ancient world coupled with an in depth analysis of the diverse Persian empire and the birth of the Athenian empire On a late September day in 480 B C Greek warships faced an invading Persian armada in the narrow Salamis Straits in the most important naval battle of the ancient world Overwhelmingly outnumbered by the enemy the Greeks triumphed through a combination of strategy and deception More than two millennia after it occurred the clash between the Greeks and Persians at Salamis remains one of the most tactically brilliant battles ever fought The Greek victory changed the course of western history halting the advance of the Persian Empire and setting the stage for the Golden Age of Athens In this dramatic narrative account historian and classicist Barry Strauss brings this landmark battle to life He introduces us to the unforgettable characters whose decisions altered history Themistocles Athens great leader and admiral of its fleet who devised the ingenious strategy that effectively destroyed the Persian navy in one day Xerxes the Persian king who fought bravely but who ultimately did not understand the sea Aeschylus the playwright who served in the battle and later wrote about it and Artemisia the only woman commander known from antiquity who turned defeat into personal triumph Filled with the sights sounds and scent of battle The Battle of Salamis is a stirring work of history

**The Spartacus War** Barry Strauss,2009-03-17 An authoritative account from an expert author The Spartacus War is the first popular history of the revolt in English The Spartacus War is the extraordinary story of the most famous slave rebellion in the ancient world the fascinating true story behind a legend that has been the inspiration for novelists filmmakers and revolutionaries for 2 000 years Starting with only seventy four men a gladiator named Spartacus incited a rebellion that threatened Rome itself With his fellow gladiators Spartacus built an army of 60 000 soldiers and controlled the southern Italian countryside A charismatic leader he used religion to win support An ex soldier in the Roman army Spartacus excelled in combat He defeated nine Roman armies and kept Rome at bay for two years before he was defeated After his final battle 6 000 of his followers were captured and crucified along Rome s main southern highway The Spartacus War is the dramatic and factual account of one of history s great rebellions Spartacus was beaten by a Roman general Crassus who had learned how to defeat an insurgency But the rebels were partly to blame for their failure Their army was large and often undisciplined the many ethnic groups within it frequently quarreled over leadership No single leader not even Spartacus could keep them all in line And when faced with a choice between escaping to freedom and looting the rebels chose wealth over liberty risking an eventual confrontation with Rome s most powerful forces The result of years of research The Spartacus War is based not only on

written documents but also on archaeological evidence historical reconstruction and the author's extensive travels in the Italian countryside that Spartacus once conquered

**Ten Caesars** Barry Strauss, 2020-03-03 Bestselling classical historian Barry Strauss delivers an exceptionally accessible history of the Roman Empire much of *Ten Caesars* reads like a script for *Game of Thrones* The Wall Street Journal a summation of three and a half centuries of the Roman Empire as seen through the lives of ten of the most important emperors from Augustus to Constantine In this essential and enlightening The New York Times Book Review work Barry Strauss tells the story of the Roman Empire from rise to reinvention from Augustus who founded the empire to Constantine who made it Christian and moved the capital east to Constantinople During these centuries Rome gained in splendor and territory then lost both By the fourth century the time of Constantine the Roman Empire had changed so dramatically in geography ethnicity religion and culture that it would have been virtually unrecognizable to Augustus Rome's legacy remains today in so many ways from language law and architecture to the seat of the Roman Catholic Church Strauss examines this enduring heritage through the lives of the men who shaped it Augustus Tiberius Nero Vespasian Trajan Hadrian Marcus Aurelius Septimius Severus Diocletian and Constantine Over the ages they learned to maintain the family business the government of an empire by adapting when necessary and always persevering no matter the cost *Ten Caesars* is a captivating narrative that breathes new life into a host of transformative figures Publishers Weekly This superb summation of four centuries of Roman history a masterpiece of compression confirms Barry Strauss as the foremost academic classicist writing for the general reader today The Wall Street Journal

**The Trojan War** Barry Strauss, 2007-08-21 Based on the latest archeological research and written by a leading expert on ancient military history the true story of the most famous battle in history is every bit as compelling as Homer's epic account and confirms many of its details

**Jews Vs. Rome** Barry Strauss, 2025-08-19 A new history of two centuries of Jewish revolts against the Roman Empire drawing on recent archeological discoveries and new scholarship by leading historian Barry Strauss *Jews vs Rome* is a gripping account of one of the most momentous eras in human history the two hundred years of ancient Israel's battles against Rome that reshaped Judaism and gave rise to Christianity Barry Strauss vividly captures the drama of this era highlighting the courageous yet tragic uprisings the geopolitical clash between the empires of Rome and Persia and the internal conflicts among Jews Between 63 BCE and 136 CE the Jewish people launched several revolts driven by deep seated religious beliefs and resentment towards Roman rule Judea a province on Rome's eastern fringe became a focal point of tension and rebellion *Jews vs Rome* recounts the three major uprisings the Great Revolt of 66-70 CE which led to the destruction of Jerusalem and the Temple culminating in the Siege of Masada where defenders chose mass suicide over surrender the Diaspora Revolt ignited by heavy taxes across the Empire and the Bar Kokhba Revolt We meet pivotal figures such as Simon Bar Kokhba but also some of those lesser known women of the era like Berenice a Jewish princess who played a major role in the politics of the Great Revolt and was improbably the love of Titus Rome's future emperor and the man who

destroyed Jerusalem and the Temple Today echoes of those battles resonate as the Jewish nation faces new challenges and conflicts Jews vs Rome offers a captivating narrative that connects the past with the present appealing to anyone interested in Rome Jewish history or the compelling true tales of resilience and resistance      **The War That Made the Roman Empire** Barry Strauss,2023-03-21 The story of one of history s most decisive and yet little known battles the Battle of Actium in 31 BC which brought together Antony and Cleopatra on one side and Octavian soon to be emperor Augustus on the other and whose outcome determined the future of the Roman Empire      **Masters of Command** Barry Strauss,2013-05-21 Analyzes the leadership and strategies of three forefront military leaders from the ancient world offers insight into the purposes behind their conflicts and shows what today s leaders can glean from their successes and failures      **The Death of Caesar** Barry Strauss,2016-03-22 A professor of history and classics describes the actual events of March 15 44 BC when Julius Caesar was murdered during the Roman civil wars and compares them to those outlined by William Shakespeare in his famous play Publisher s description      **What If?** Robert Cowley,2000-09-01 If history took a different turn where would we be today What If by Robert Cowley explores the fascinating concept of alternate history through a collection of thought provoking essays Delve into the minds of renowned historians as they ponder the monumental events of the past and dare to ask what if things had gone differently From the war between the Ottomans and the Romans and the fall of Rome from the decisive battles of World War I and the Bosnian War these essays offer a captivating exploration of how our world could have unfolded Discover the War of the Roses dive into assassination attempts on President Lincoln and uncover the profound impact of warfare on art and literature With its engaging narrative and insightful analysis Cowley challenges us to reimagine history and consider the profound implications of the choices that shaped the world we know today Featuring Stephen J Ambrose John Keegan and many others      Western Civilization: To 1715 ,2002 This team of expert scholars present an integration of social and cultural history within a chronological political framework The result is a clear incisive account of the forces that have shaped the Western past that focuses on two main themes power in all its senses and the role of frontier and non European regions in the historical development of the West The third edition has now been extensively revised and includes new information technology essay feature which offers glimpses of key innovations in communication technology new chapter outlines extremely useful pronunciation guide web research exercises      **Western Civilization Since 1560** Thomas F. X. Noble,William Cohen,Kristen Neuschel,Duane Osheim,Barry S. Strauss,2005-03      *The Collected What If?* Caleb Carr,2001 Historians and philosophers alike have pondered the crucial turning points of history the events that forever altered the course of civilization and set the stage for the world in which we live today In these essays some of the most respected minds of our time as the question What if Pontius Pilate hadn t ordered Jesus Christ s crucifixion Abraham Lincoln hadn t abolished slavery A Confederate aide hadn t accidentally lost General Robert E Lee s plans for invading the North The Allied invasion of D Day had failed Pope Pius XII had spoken out against the Holocaust The Mongols had succeeded in

conquering Europe Back cover      **Noble-Western Civilization** Thomas F. X. Noble, 2005 Western Civilization leads the market as the first western civilization text to include a separate chapter on Late Antiquity and the first to use the new political history the effect of power and politics on all members of society at the center of its narrative Recognizing that European history was affected by factors outside the continent this text looks at Europe by examining its place in the world With an emphasis on the experimental nature of political and social history the text challenges students to explore why and how history unfolded as it did



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## **Table of Contents Rowing Against The Current On Learning To Scull At Forty**

1. Understanding the eBook Rowing Against The Current On Learning To Scull At Forty
  - The Rise of Digital Reading Rowing Against The Current On Learning To Scull At Forty
  - Advantages of eBooks Over Traditional Books
2. Identifying Rowing Against The Current On Learning To Scull At Forty
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Rowing Against The Current On Learning To Scull At Forty
  - User-Friendly Interface

4. Exploring eBook Recommendations from Rowing Against The Current On Learning To Scull At Forty
  - Personalized Recommendations
  - Rowing Against The Current On Learning To Scull At Forty User Reviews and Ratings
  - Rowing Against The Current On Learning To Scull At Forty and Bestseller Lists
5. Accessing Rowing Against The Current On Learning To Scull At Forty Free and Paid eBooks
  - Rowing Against The Current On Learning To Scull At Forty Public Domain eBooks
  - Rowing Against The Current On Learning To Scull At Forty eBook Subscription Services
  - Rowing Against The Current On Learning To Scull At Forty Budget-Friendly Options
6. Navigating Rowing Against The Current On Learning To Scull At Forty eBook Formats
  - ePub, PDF, MOBI, and More
  - Rowing Against The Current On Learning To Scull At Forty Compatibility with Devices
  - Rowing Against The Current On Learning To Scull At Forty Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Rowing Against The Current On Learning To Scull At Forty
  - Highlighting and Note-Taking Rowing Against The Current On Learning To Scull At Forty
  - Interactive Elements Rowing Against The Current On Learning To Scull At Forty
8. Staying Engaged with Rowing Against The Current On Learning To Scull At Forty
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Rowing Against The Current On Learning To Scull At Forty
9. Balancing eBooks and Physical Books Rowing Against The Current On Learning To Scull At Forty
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Rowing Against The Current On Learning To Scull At Forty
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Rowing Against The Current On Learning To Scull At Forty
  - Setting Reading Goals Rowing Against The Current On Learning To Scull At Forty
  - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Rowing Against The Current On Learning To Scull At Forty
  - Fact-Checking eBook Content of Rowing Against The Current On Learning To Scull At Forty
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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