

THE SCIENCE OF PADDLING



Paddling for the Curious Mind

276 pages

7" x 10" trade paperback, gloss cover

includes 140 Illustrations, Glossary of Terms, Index,
and Further Reading

ISBN 979-8-9879295-0-6

LCCN 2023903965

publication date: June 1st, 2023

\$29.95 USD list, wholesale discount available

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Intersection of Science and Paddlesports

Our hulls, paddles, and the water already know what to do. Shawn Burke invites us to learn their language – the language of science – to get at the *why*.

Shawn combines the practical experience of an engineer with the passion of a dedicated paddler to help us understand what our hulls and paddles do. Combining insights and explanations grounded in physics and exercise physiology, anecdotes drawn from personal experience, additional material for those wishing to go deeper, and an abundance of references, *The Science of Paddling* is the ideal resource for the curious paddler.

Advanced Praise

"This book is packed full with practical advice, allowing anyone to become more efficient on the water. Whether you are a newcomer to paddlesports or an experienced racer, *The Science of Paddling* is for you."

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"The perfect book for the paddler with an inquiring mind and a passion for math and science."

– Chris Prater, Ripple FX Paddles

"Shawn Burke establishes a common language, based in science, that provides all paddlers the means to explore and understand the complexities of paddlesport."

– Harry Rock, member, ACA Hall of Fame

About the Author

Dr. Burke holds degrees in mechanical engineering from Princeton University and MIT. He has spent over three decades paddling, teaching people how to canoe, downriver racing, and competing in flatwater ultramarathons. He is an inventor and patent holder of sensing technologies for quantifying sports performance, and writes the Science of Paddling blog.

