THE CARTOON BOOK OF

OCEAN ROWING



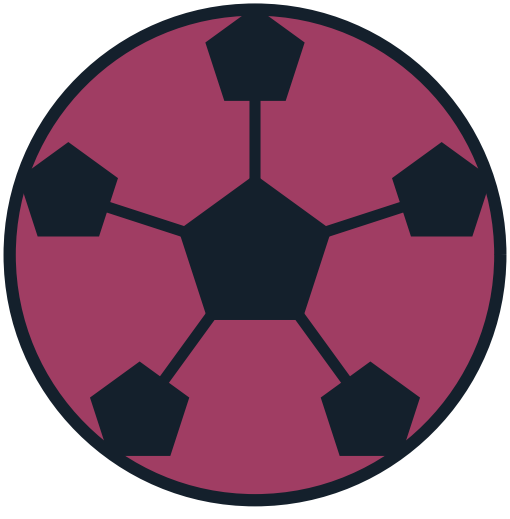
SPORT ON EARTH

Sport on Earth Books · The Athletics & endurance Family

Original illustrations · No characters were copied in the making of this book

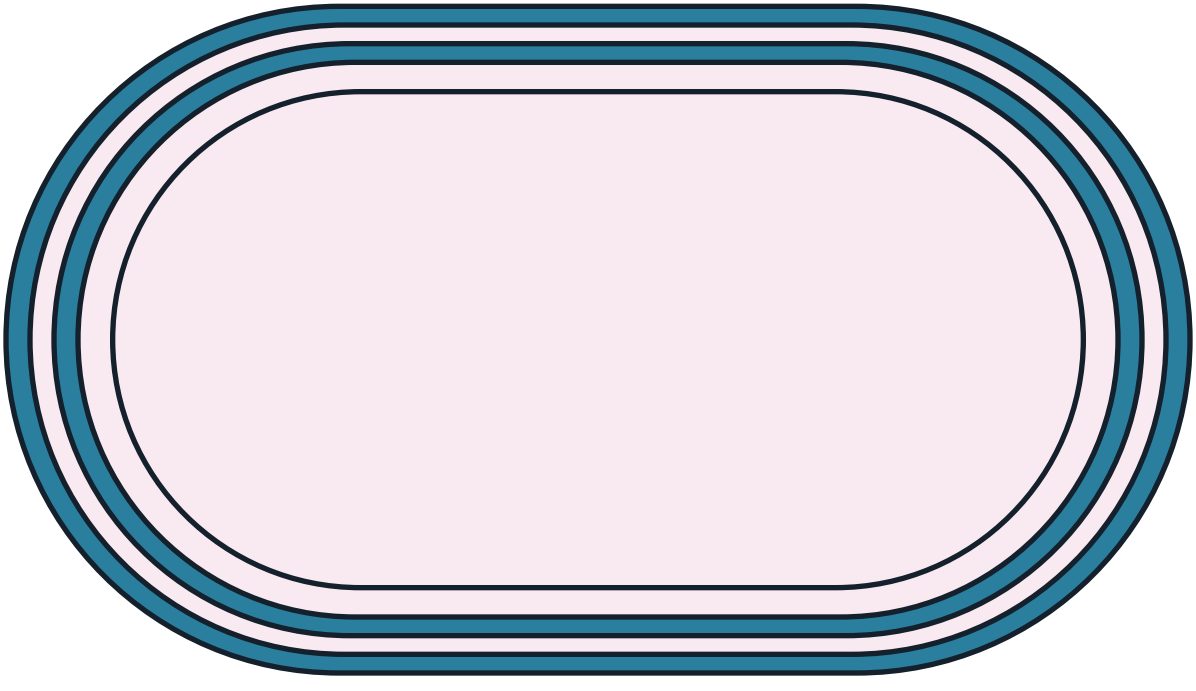
Meet Ocean Rowing!

Multi-week rowing races across oceans.



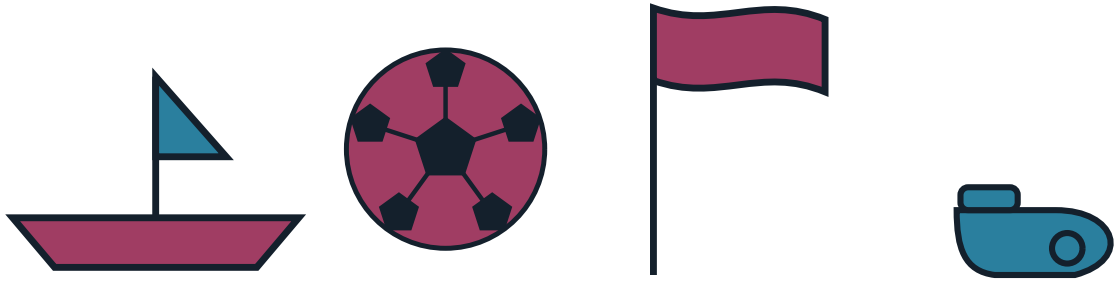
Where It Is Played

Open ocean; the classic Atlantic race route runs about 3,000 miles (4,800 km) from La Gomera in the Canary Islands to Antigua in the Caribbean.



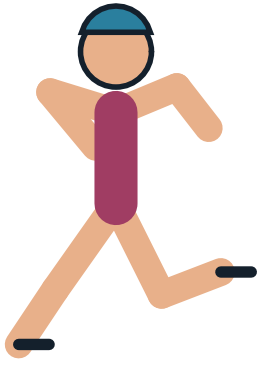
The Gear

Self-righting ocean rowing boat with watertight cabins, oars, watermaker, solar power, navigation and communications, life raft and full safety kit; all food and water carried or made on board.



How It Starts

Complete the recognised sea qualifications first (RYA First Aid, Sea Survival, Essential Navigation and VHF/SRC), log supervised ocean rowing hours, and join an organised race or a crew before attempting a solo crossing.



How to Play

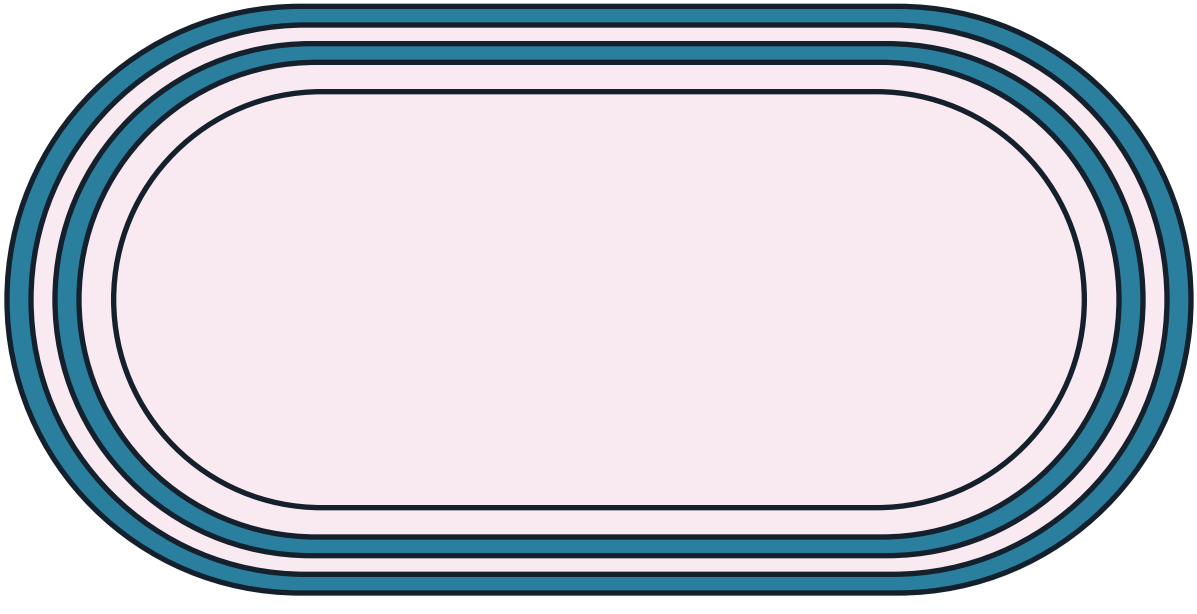
- Format: crews row across an ocean or major sea in an ocean rowing boat, powered by human muscle alone.
- Any use of equipment to deliberately reduce human-powered effort or increase boat speed — sails or motors — makes a crossing ineligible as a human-powered crossing under ORSI's founding rule.
- Crossings are classified by assistance: an unassisted/unsupported row receives no resupply, tow or physical assistance from another vessel at sea.
- ORSI guidelines cover acceptable crossings for the Atlantic, Pacific and Indian Oceans and minimum compulsory safety measures and equipment.

More of the Game

- The traditional Atlantic crossing follows Columbus's route from Spain toward the Bahamas; departures from Cape Verde are recognised only as a 'shortened crossing'.
- Ocean rowing is a drug-free sport under the ORSI guidelines.
- In a race such as the World's Toughest Row (La Gomera to Antigua, about 3,000 miles), the first crew to complete the crossing in its class wins, and receiving outside help disqualifies a crew.
- The most common ocean rowboats are designed for singles, doubles and fours, though boats can hold as many as fourteen rowers.

The Shape of a Match

Row an ocean crossing over weeks, typically rowing in shifts around the clock — commonly two hours on, two hours off — until landfall.

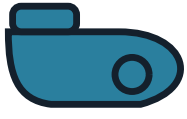


More of the Athletics & endurance Family

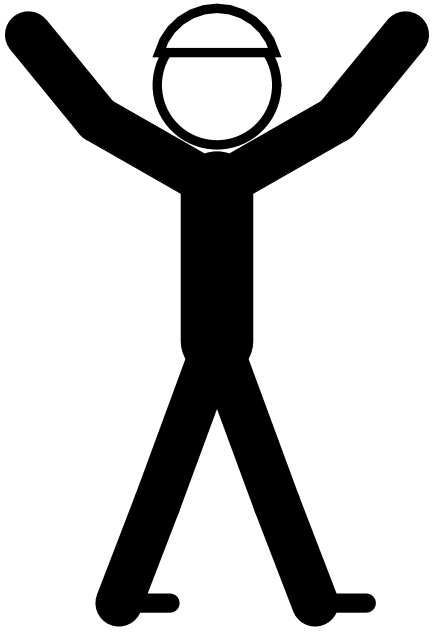
- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
- Triathlon — Swim, bike and run in one race.
- Ultrarunning and Trail Racing — Races longer than a marathon on trails; UTMB is the best known.

A Note on the Rules

Ocean rowing is governed for records by the Ocean Rowing Society (route, independence and equipment rules define what counts as an ocean crossing) and organised races by their own safety and support codes. The framework is record-ratification, not league law. No major documented rule change is carried for ocean rowing.

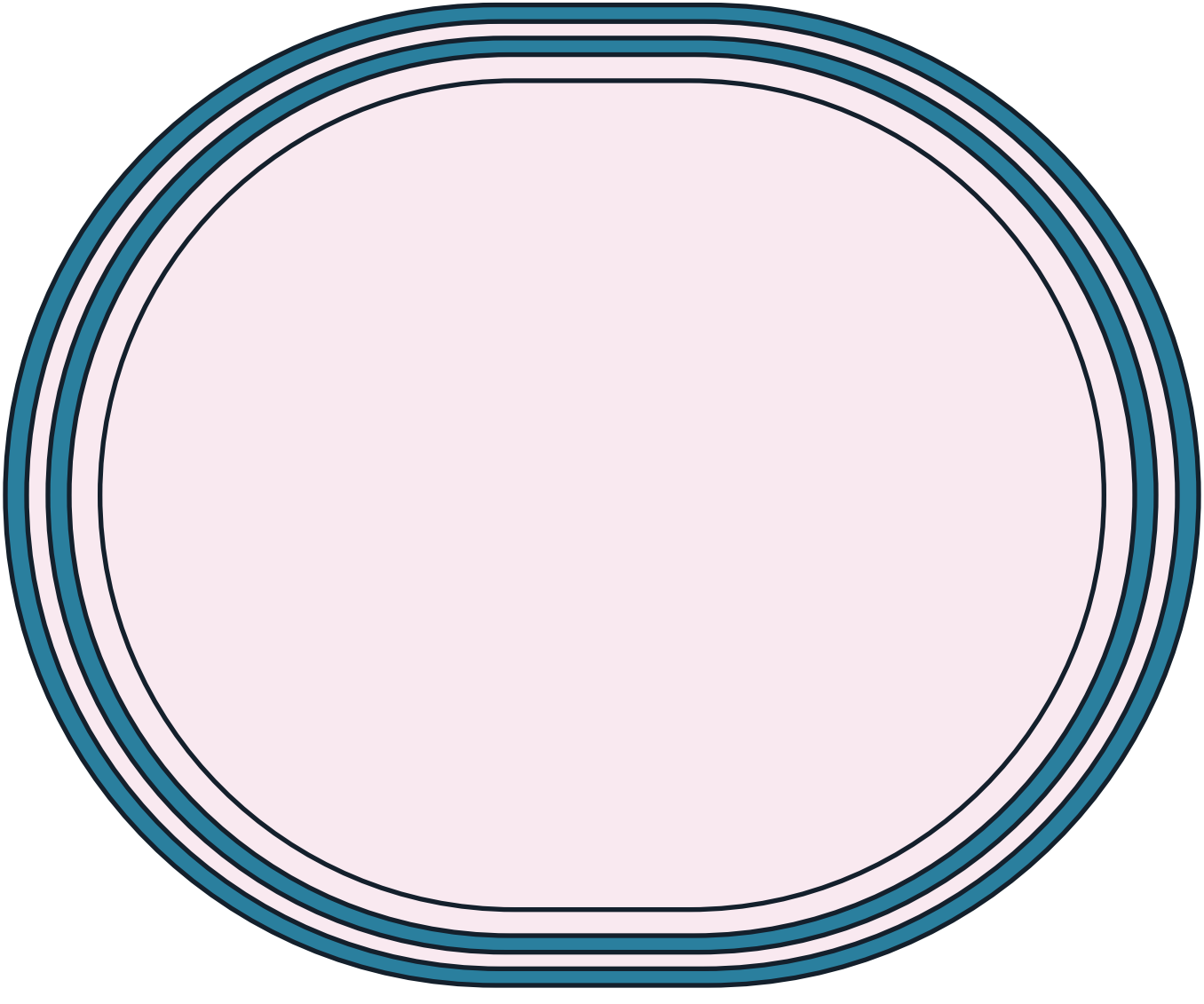


Colour the Action

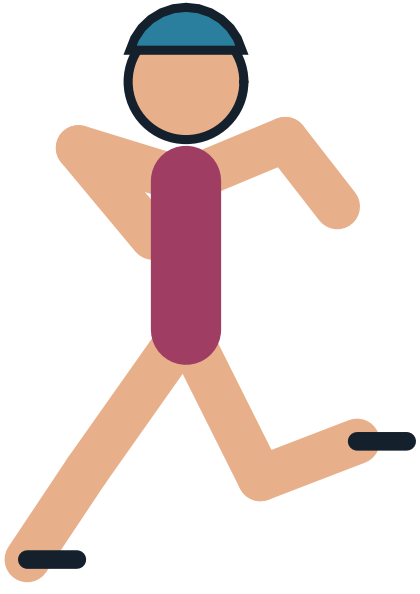


Psst — this page is a colouring page!

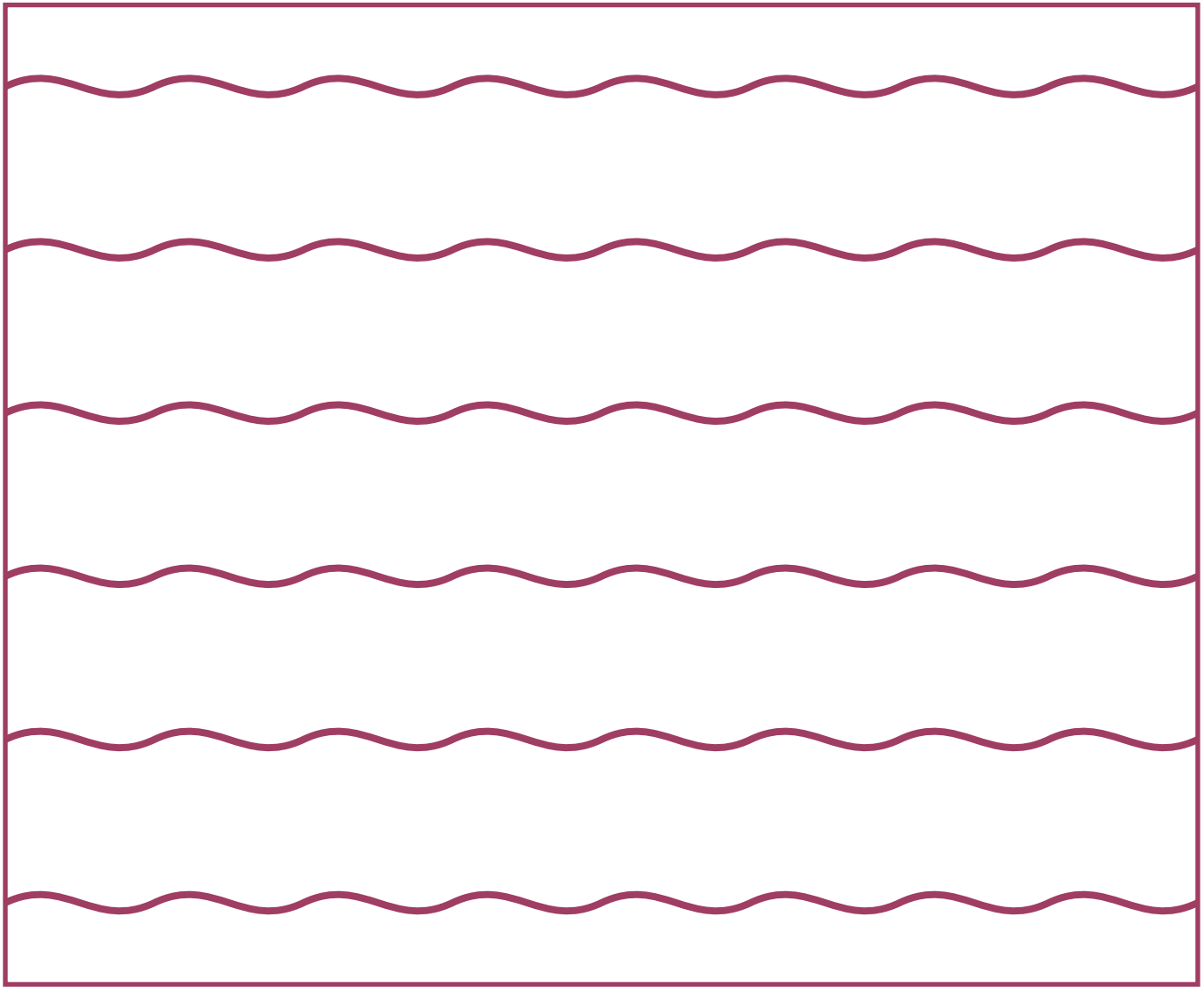
The Sport Today



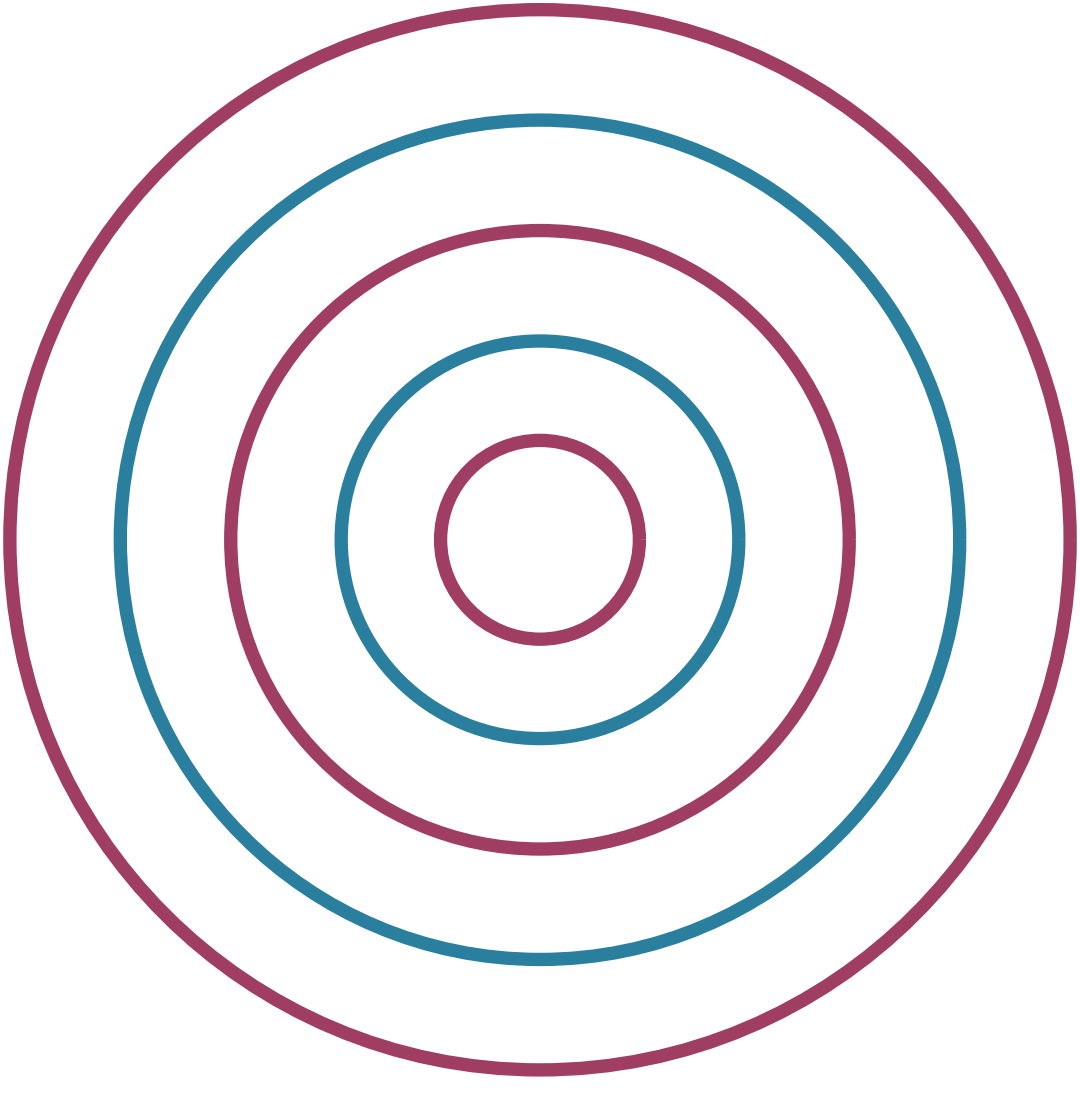
At School and College



Play It Near You



Through the Year



The Athletics & endurance Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
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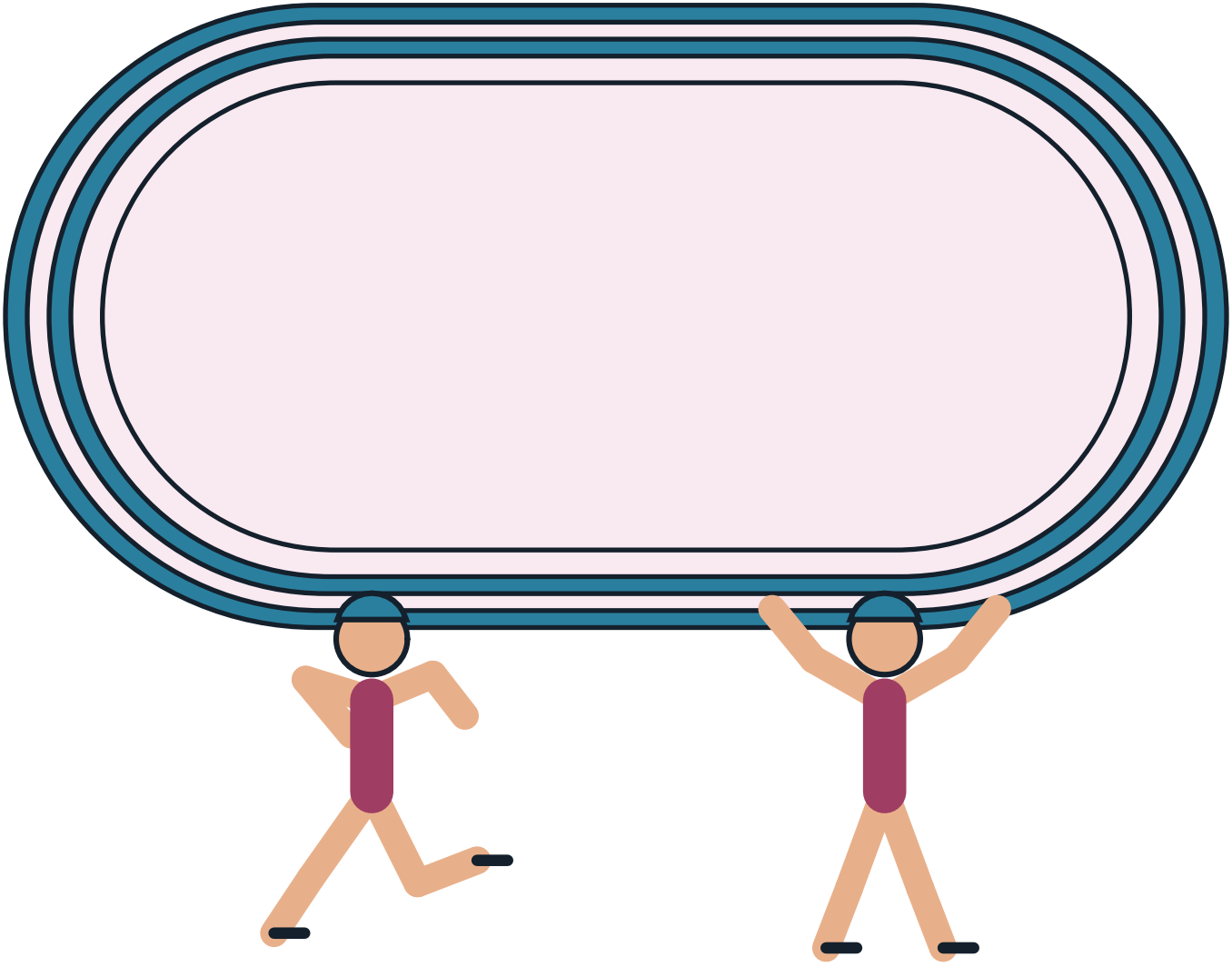
Game Day!

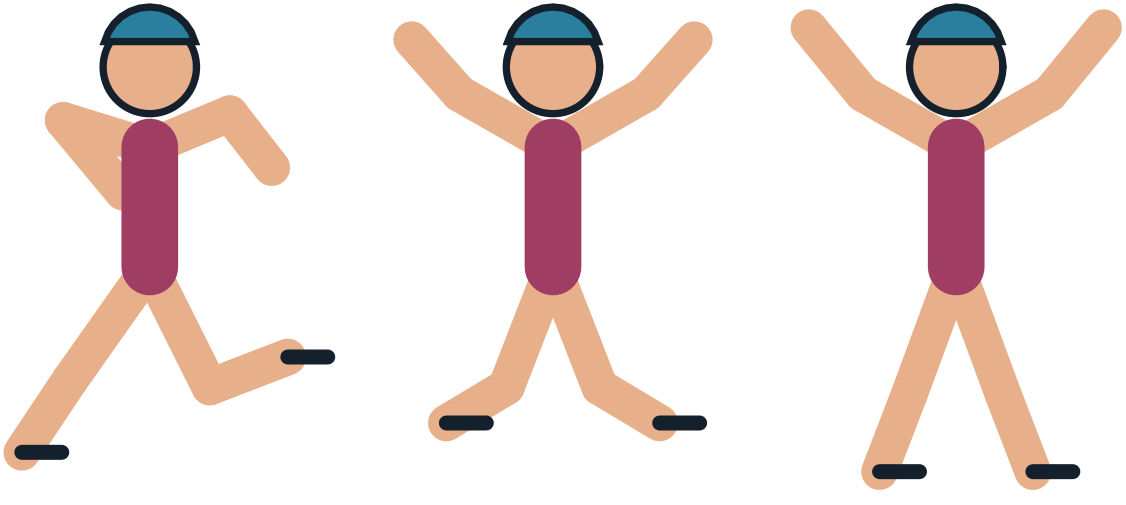


The Sport on Earth Mark

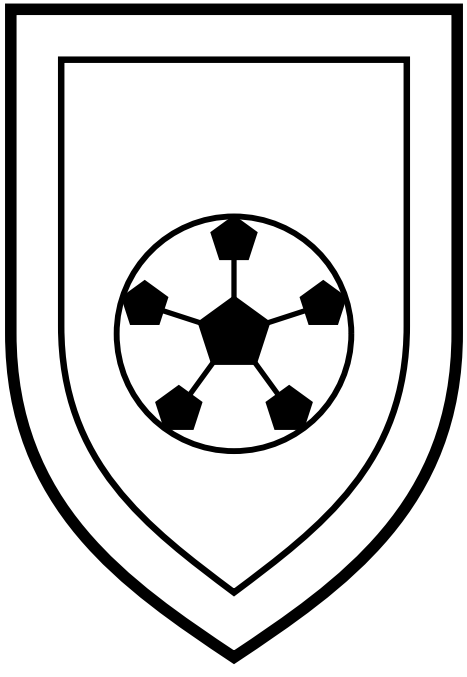
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

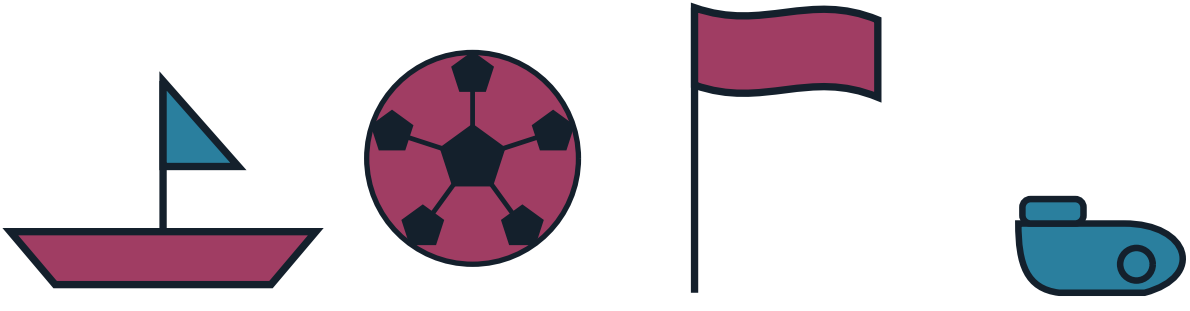


Design a Badge

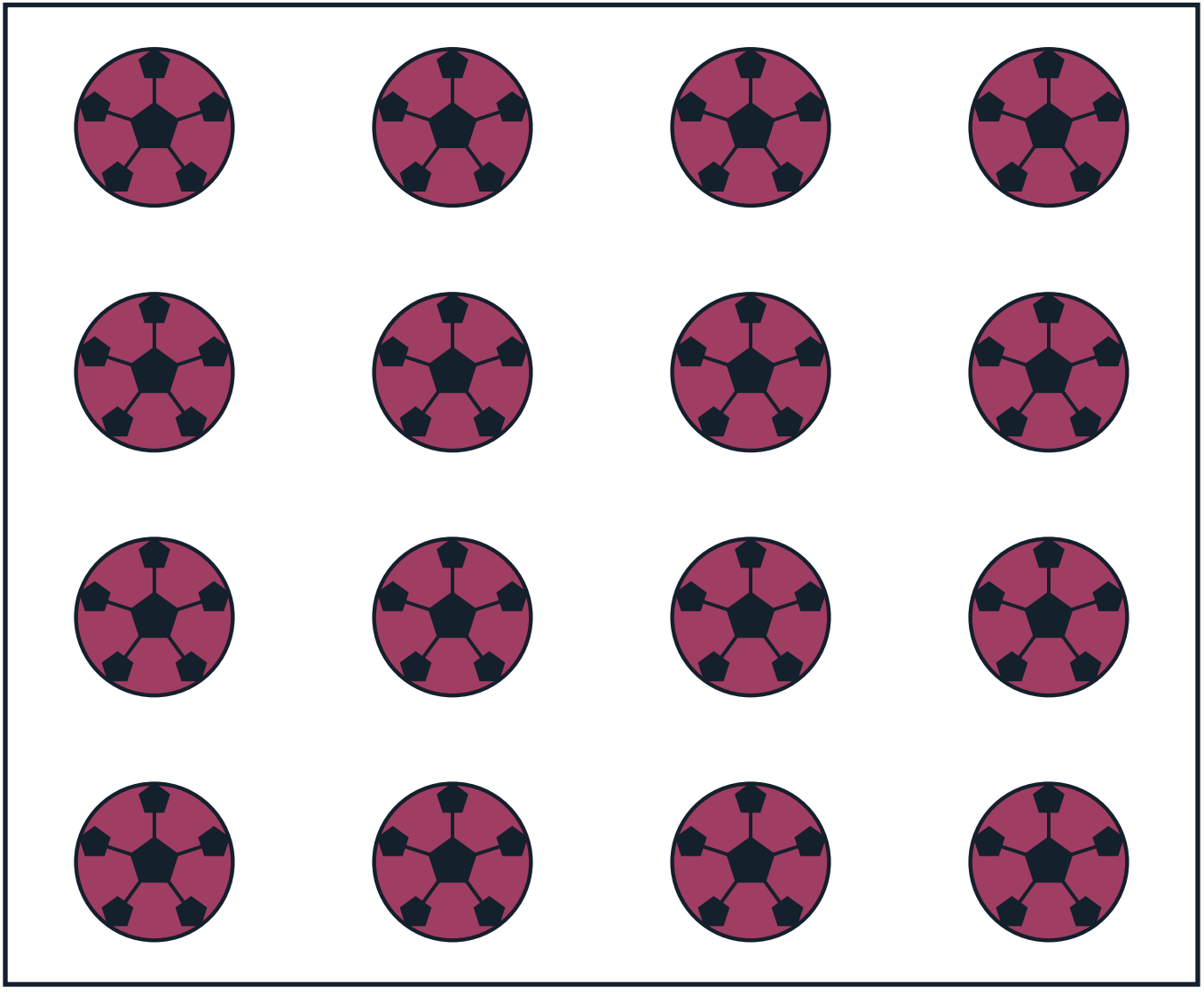


Draw and colour a badge for your own team.

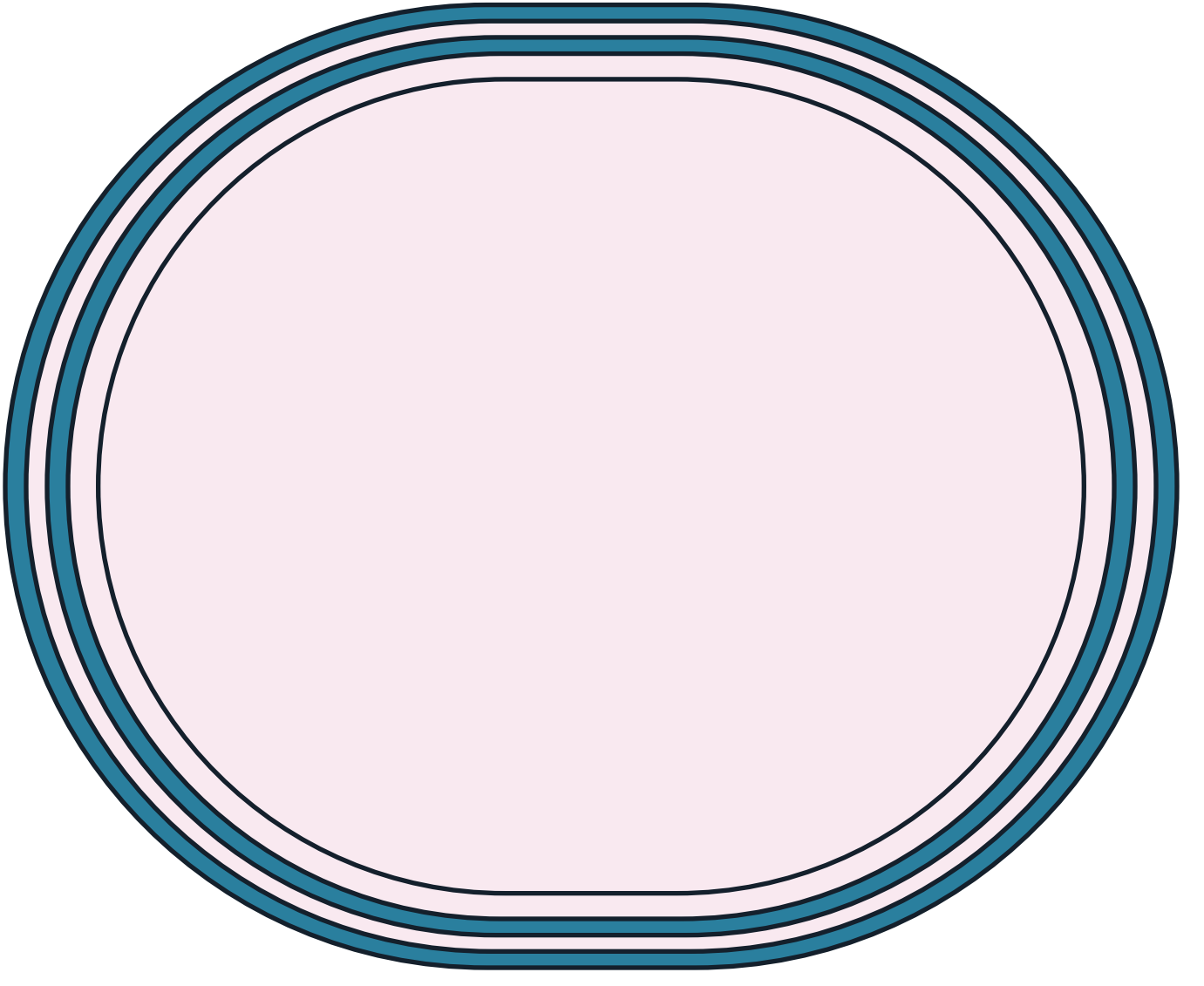
The Gear Parade



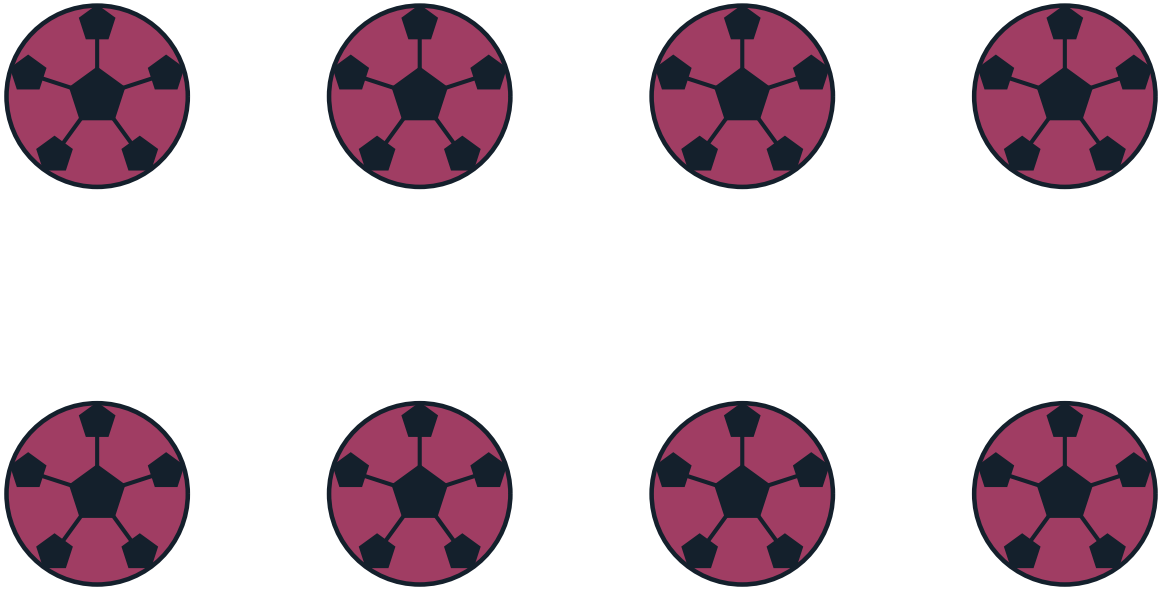
Pattern Play



The Arena From Above



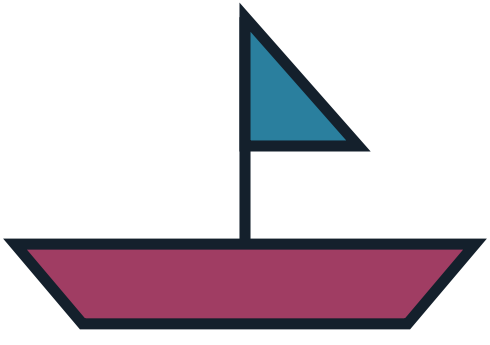
Count the Balls!



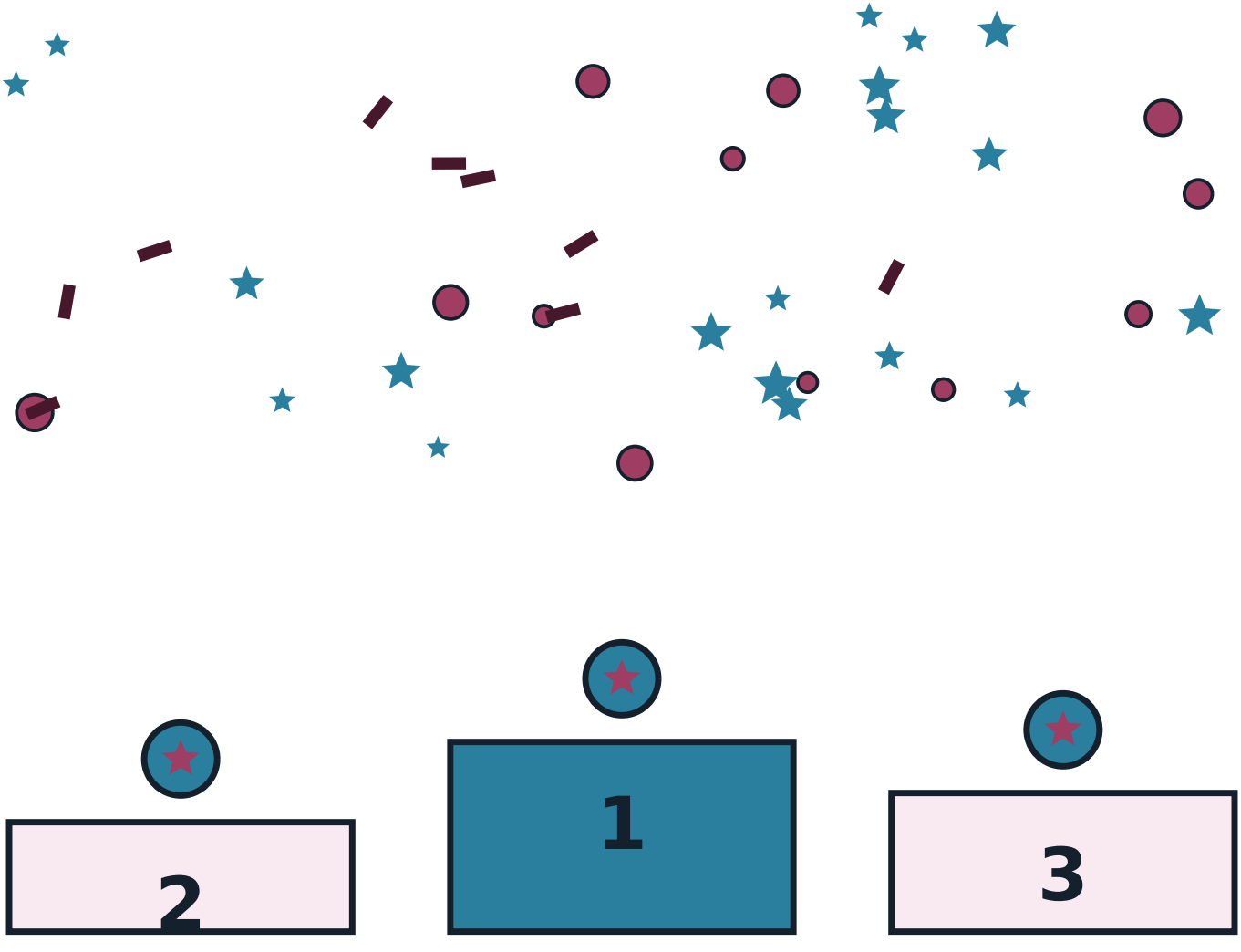
How many can you count? Write the number here: _____

My Favourite Part of Ocean Rowing

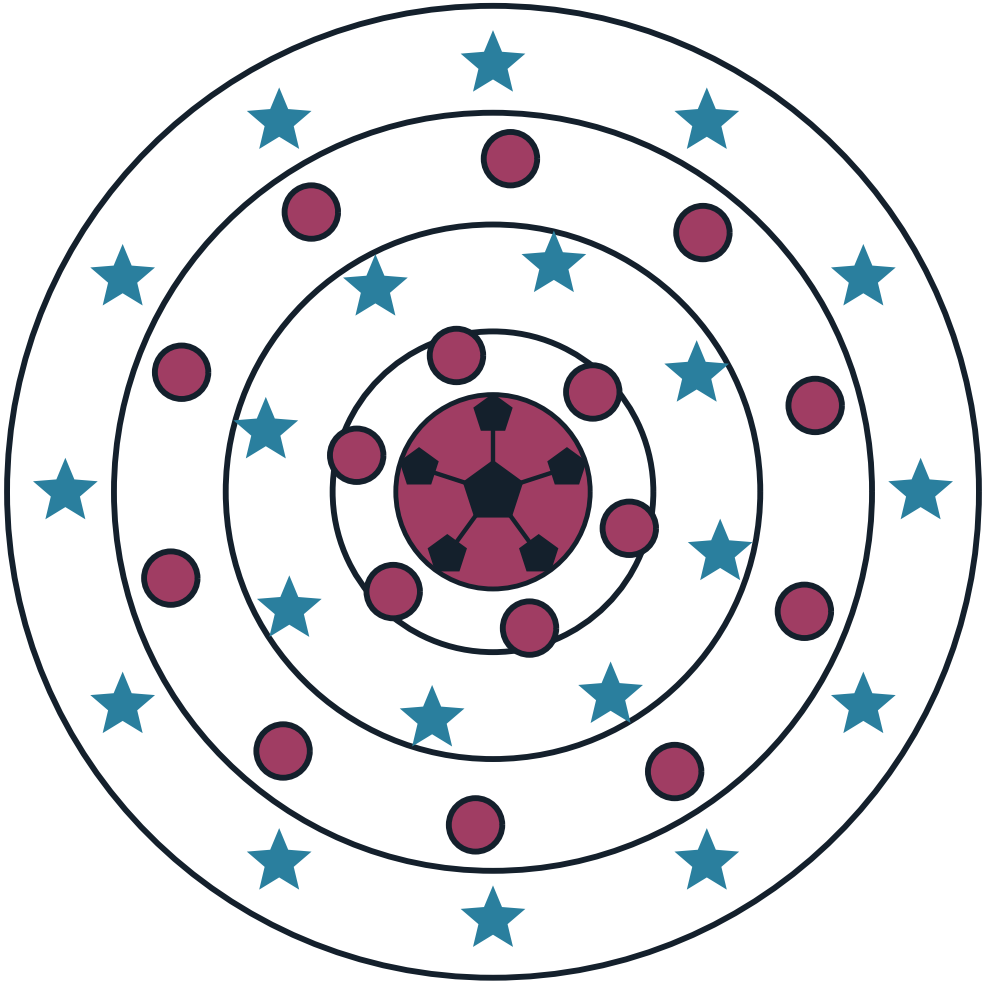
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: Ocean Rowing Society International (ORSI). Laws edition the site's rules file follows: ORSI guidelines for ocean rows (committee guidelines, 2000, as adjudicated for Guinness World Records). Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Athletics (Track & Field)
- The Cartoon Book of Cycling
- The Cartoon Book of Swimming
- The Cartoon Book of Marathon and Road Running
- The Cartoon Book of Triathlon
- The Cartoon Book of Ultrarunning and Trail Racing
- The Athletics (Track & Field) Colouring Book
- The Cycling Colouring Book

My Notes

Ocean Rowing

The Cartoon Book of Ocean Rowing — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

