

How/where do you sleep?

Liv is designed with fore and aft cabins for storage and sleeping, respectively. The aft cabin is the “living space” and will allow Paul to lie flat to sleep (with ½ inch of clearance!) and is tall enough for him to sit up in.

How/where do you go to the bathroom?

“Bucket and chuck it.” ‘Nuff said...

What is a typical day at sea like?

A typical day will include 10–12 hours of rowing with time for sleep, boat maintenance, navigation, and communication with the land team. Though weather will play a key role in determining Paul’s routine, he can expect each day to be roughly as follows:

5:00–5:30AM: Awake, coffee, Snack #1, check weather, course, and nighttime progress

5:30–7:30AM: Rowing shift #1

7:30–8:15AM: Breakfast, prep meals and water for the day

8:15–10:15AM: Rowing shift #2

10:15–10:30AM: Snack #2

10:30AM–12:30PM: Rowing Shift #3

12:30–1:30PM: Contact with shore (fundraising status, website/blog update, weather, progress, e-mails, phone),

1:30–3:00PM: Sleep, Snack #3

3:00–5:00PM – Rowing shift #4

5:00–6:00PM – Dinner

6:00–8:00PM – Rowing Shift #5

8:00–8:30PM – Snack #4

8:30–10:30PM – Rowing Shift #6

10:30PM – SLEEP

What if there's a storm?

There will be storms while Paul is at sea. Liv's cabins are watertight and in rough weather Paul will be able to live in the rear cabin for days at a time. To keep from being blown backward Paul will deploy a "sea anchor," which acts as an underwater parachute and will slow his negative progress. Even so, he could lose more than 100 miles (two-three days worth of rowing) in a single storm. Liv is designed to withstand thirty-foot seas and will self-right if capsized.

What will you eat?

60 to 80 days at sea while rowing requires a lot of "fuel" in the form of calorie-rich food and fresh water. Fresh water will come from a solar-powered electric water desalinator that can produce more than six gallons of fresh water per hour (more than will be needed for a full day of rowing). Paul's diet is being designed by a professional nutritionist and will provide for roughly 8,000 calories a day.

How will you communicate?

Liv's solar power system will provide electricity for cutting-edge communications technology that is common on larger yachts. This will include an extremely durable "expedition-style" PDA, Automatic Identification System (AIS) transponder, satellite phone, position indicating beacon, and an active radar signal enhancer. Paul will be able to post updates to this website daily, as well as make satellite phone calls to family, friends, and interested media outlets.

How will you navigate?

Liv is equipped with three GPS receivers (one marine chart-plotter and two battery-powered handheld backups). In the event of unexpected equipment failure Paul will use a sextant to navigate by the stars.

Has this been done before?

Yes, though serious solo trans-Atlantic ocean rowing expeditions are still rare in the United States. Two Americans have rowed oceans solo: Tori Murden (1999) and Richard Jones (2000). Britain is home to several dozen more successful solo ocean rowers and is widely considered the home of the sport of ocean rowing. With his expedition, Paul hopes inspire other Americans to take up this obscure but extremely rewarding sport.

Has anyone died doing this?

The ocean is a dangerous place and has claimed the lives of ocean rowers. With that said, the expedition team has been quick to recognize and prepare for every possible scenario that Paul may encounter while at sea and will employ the latest in survival to ensure his safety. As in all aspects of life, there is no way to neutralize every potential risk. For a detailed analysis of the historic risk of ocean rowing compared to other activities, see:

<http://www.pedaltheocean.com/riskmanagement/index.html>

What about pirates? Seriously...

Modern-day pirates have made headlines recently with a couple of bold attacks on cruise ships off the eastern coast of Africa. Today the waters off of Indonesia carry the most risk of pirate attack, followed by Nigeria (well south of where Paul will be), and Somalia. Pirate attacks are not thought to be a threat to ocean rowers. As a side note, Paul is fairly confident that his weight training and limited ability to shower will combine to ward off any suspect characters he may meet at sea.

What will you wear?

Paul will be equipped with the most technologically advanced breathable and fast-drying clothing that will provide critical protection from the sun. We'd love to find a sponsor for this clothing!

Will I be able to track your progress?

Of course! While Paul is at sea he'll be tracked by satellites which will update his position several times a day on this site (coming soon!). Paul also expects to call in to television and radio programs on a regular basis. If you would like to help facilitate this, please e-mail us at info@rowforhope.com.

Where/when is the homecoming party?

Paul will arrive in English Harbor, Antigua roughly 60–80 days after he departs from the Canary Islands. We are looking for an airline sponsor to help several of Paul's family and friends meet him in Antigua to celebrate his arrival.

What if you capsize/fall overboard, etc?

Falling overboard and being separated from the boat are the biggest risks of solo ocean rowing. Paul will wear a harness at all times and Liv has been equipped with multiple "strong points" around the boat that he'll be able to "clip in" to. Capsizes are unpleasant for the rower but generally not life threatening given the boat's self-righting design.

What kind of training are you doing?

Paul's training is ongoing and has been meticulously planned by Norwalk River Rowing Association's Director of Rowing, Charles Huthmaker. In addition to lots of rowing, Paul's training calls for a regimented schedule of weight lifting, core strengthening, Bikram yoga, and cross training that is designed to prepare Paul's body to withstand the countless hours of rowing required to cross the Atlantic.