



## *Pushing the Limits of Motion* Featured Video and Book – Discussion Questions

Maybe it's the action of a powerful physical force or maybe it's the way we move to *counteract* that force. Some motion is more figurative, like the experiences we pass through on life's journey and the changes they inspire. Humans enriching their existence are humans in motion.

### Featured Video - Darrell Petry

- What do you think about Darrell and the rodeo?
- What activities create an adrenaline rush for you? Do you like it? What does it feel like?
- Have you ever experienced too much momentum and needed to slow yourself down?
- Does the idea of “slowing down to be fast” resonate with you? What questions does that raise about reaction time and your own physiology?
- Do you play a sport or have a hobby? If so, how do patience and repetition improve your skills? Why do you think that happens?
- Are there activities you used to do one way, but you do differently now—maybe using tools or other technology to work “smarter not harder”?

### Featured Book – *The Boys In the Boat*

**Daniel James Brown, Nonfiction.** Out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times - the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant.

It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on the boys' own journals and vivid memories of a once-in-a-lifetime shared dream, Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest. *amazon.com*





- Did you know much about rowing before reading *The Boys in the Boat*? If not, what aspects of the sport surprised you most? If so, did you learn anything about rowing that you didn't know before?
- Brown discusses the superhuman requirements to take on the physical and psychological demands of rowing and become successful at the sport. How did these demands play out in the boys' academic and personal lives? How did their personal lives influence their approach to rowing?
- While *The Boys in the Boat* focuses on the experiences of Joe Rantz and his teammates, it also tells the much larger story of a whole generation – and their cultural shifts and movement – during one of the darkest times in American history. What aspects of life in the 1930s struck you most deeply? Do you see any connections between the circumstances then and now?
- Like most sports, the technologies of rowing have changed a lot over time. How do you think today's equipment would have affected this story?