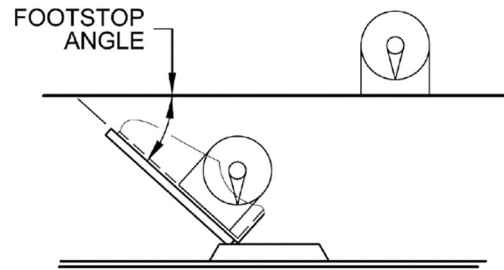


# Footstop Dimensions

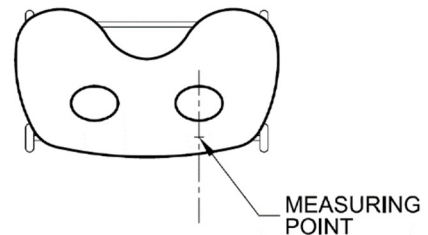
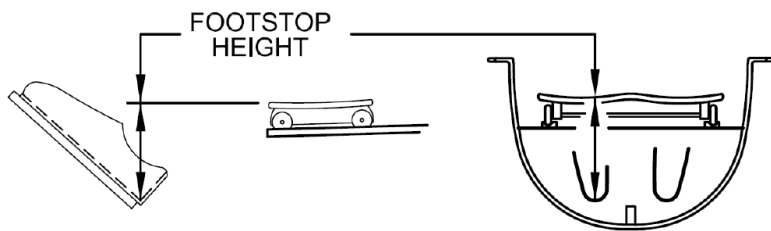
By: Mike Purcer

**1. Footstop Angle** – is the measurement, in degrees, between the horizontal plane of the boat and the plane of the soles of the shoes.

*This angle is set typically between 37 and 45 degrees and reflects the athlete's ankle flexibility.*



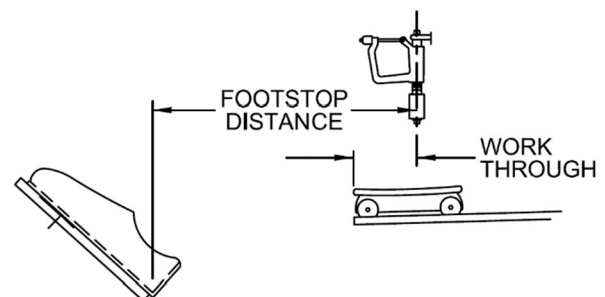
**2. Footstop Height** – is the distance from a point on the top of the seat measured vertically to the lowest point in the heel of the shoe.



*This distance typically between 14 cm and 19 cm reflects the shoe size and the athlete's shin length/torso height proportion.*

**3. Footstop Distance** – is the distance from the pin line to the lowest part of the shoe heel cup measured parallel and horizontally to the boat.

*This distance varies significantly with the length of the athlete's legs and their seat and oarhandle position at the finish of the stroke.*



**4. Shoe Size** – measured in standard US Men's shoe sizes.

*This dimension is critical for comfort and a solid connection between the feet and the shoes and should not be overlooked.*