







CHRISTIAAN DE LINT

Partner – Headway Capital Partners LLP

Member 44° Club

"I did the longest non-stop rowing race on closed waters with the team: 160 km on Lake Geneva and a true endurance test. To me they proved unbreakable willpower."







TIMON WERNAS

Director – Lucerne Regatta

Financial Supporter

"44west are excellent rowers. However, this will take much more than that. Convinced that they have what it takes, it is a privilege to be a part of their journey."







MATTHIAS MICHEL

Member of Swiss Parliament

Member 44° Club

"Would you rather row across the Atlantic or sponsor team 44west? I prefer the latter."



THE WORLDS TOUGHEST ROW





4800 km battling with sleep deprivation, salt sores, and physical extremes inflicted by the race. Rowers are left with their own thoughts, an expanse of the ocean and the job of getting the boat safely to the other side.

We'll cross 44° of longitude from La Gomera to Antigua

OUR VALUES







PERSEVERANCE

It's a marathon, not a sprint. We overcome challenges with unwavering determination.





EXCELLENCE

Pursuing greatness in every stroke we take, on and off the water.





PASSION

At the core of our campaign lies our passion for adventure, sport and our invaluable playground, the ocean.





COLLABORATION

Fostering teamwork and unity, harnessing the power of synergy.



LEADING TO MORE THAN JUST A RACE





EXCELLENCE

PERSEVERANCE

COLLABORATION

PASSION



CROSS THE ATLANTIC SAFELY

We will cross the finish line safely as a team.





WIN IN WR TIME

We will push the limits and aim to be the best prepared team at the starting line to win in world record time.





SUPPORT

We will contribute to ongoing research in different fields and create an impact that goes beyond our Atlantic campaign.



GIVE BACK

We will raise funds to help rrreefs restore 1% of the global coral reefs in order to support the ocean's biodiversity.



1. CROSSING SAFELY: PREPARATION



PHYSICAL TOUGHNESS

Strength

Workouts focusing on compound exercises

Endurance

Workouts focusing on long endurance sessions targeting low heart rates

Mitigate injury

Mobility, core exercises and stretching to mitigate the risk of injury

PSYCHOLOGICAL RESILIENCE

Team Bonding

Weekly meetings and team challenges to strengthen our bond and teamwork

Toughness

Pushing our physical/mental limits, preparing us to endure exhaustion

Consistency

Constant training and routine lead to results and increased toughness over time

TECHNICAL KNOWLEDGE

Craftmanship

Repeated assembling / disassembling of important material and mechanical theory

Navigation

Seamanship through increased ocean rowing activity and close partnership with experts (e.g. Angus Collins)

RYA Courses

Mandatory safety- and sea survival courses to make sure our safety is at the highest standard



16+ hours of preparation each week for 3 years

2. WIN IN WORLD RECORD TIME



LUCA B.A. (HSG)

- 5th place European Championship U19
- Grenadier sniper (Swiss Army)
- Swiss Rowing Champion



JULIAN B.A. (HSG)

- World Rowing Champion U23
- o 2x Swiss Rowing Champion
- o 2x World Cup Finalist
- Sport Soldier (Swiss Army)



LORENZO M.A. LAW AND ECO (HSG)

- Swiss Rowing Champion U17
- Vice Swiss Rowing Champion U19



MATTHIAS MATERIAL SCIENCE (ETH)

- World Rowing Champion U23
- o 3rd place World Rowing Championship
- o Vice European Rowing Champion U23
- 8x Swiss Rowing Champion





A world class team with a proven track record

3. SUPPORT SCIENCE





Applied Team Research, UZH

Prof. Dr. Jan B. Schmutz

Analyzing team dynamics in extreme situations.

TH zürich

Exercise Physiology Lab, D-HEST, ETHZ

Prof. Dr. Christina Spengler

Tracking our vitals using wearables for a better understanding of the cardio-respiratory and metabolic system.

Stocker lab, D-BAUG, ETHZ

Prof. Dr. Roman Stocker

Acquisition of water samples as field scientists during our training rows.

Design Project, D-MATL, ETHZ

Dr. Raphael Libanori

30+ students per semester working to improve several material specific pain points.

TH zürich

TH zürich



Collaborations with research teams from ETH and UZH

4. GIVE BACK





WHAT IS RRREEFS?

Rrreefs is an ETH spinoff with the mission to revive 1% of coastal coral reefs by 2033. They rethink, rebuild and regenerate coral reefs in order to protect our oceans biodiversity.

HOW DOES RRREEFS OPERATE?

By using an award-winning modular system of 3D-printed rrreefs bricks, made from clay, biodiversity and coral growth are increased, which was successfully proven in a pilot project in San Andrés, Colombia.



All excessive funds will be donated to rrreefs after completion of the row

TIMELINE



March 2025 **Outing on Sea** (ITA)

First sea outing in 2025 to gather further important experience.



If conditions allow, we will row for a week off the coast of Portugal, marking our first time on the Atlantic. September 2025 **Boat Scrutiny**(ENG)

Boat scrutiny by Atlantic Campaigns (race organizer) and initiating the shipping to La Gomera.





I



Exhibition of our ocean rowing boat at Central Switzerland's largest autumn fair, with an expected 70,000 visitors.



May 2025
Outing on Sea –
Final Test
(ITA)

Our final rehearsal will take place for one week in the Mediterranean and is intended to simulate the first few days of our Atlantic race.



Tbd 2025

Pre-Race Apéro
(SUI)

The highlight of the final preparations is an official farewell. Another opportunity for our community to come together.



December 2025

Race Start

(ESP)

TIK TOK THE TIME IS TICKING!

FINANCIALS



(46%) 194'800 Equipment

(14%) 58'100 Training

(7%) 29'600 Marketing

(7%) 29'000 Events and Community

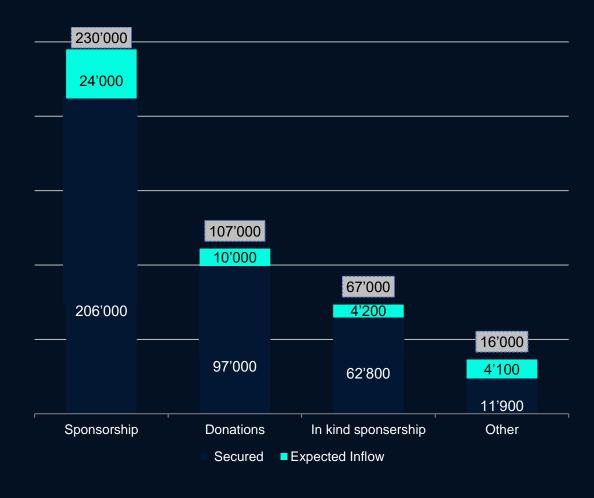
(7%) 30'500 Coaching/Courses

(6%) 26'000 Race Fee

(5%) 20'000 Travel and Shipping Cost

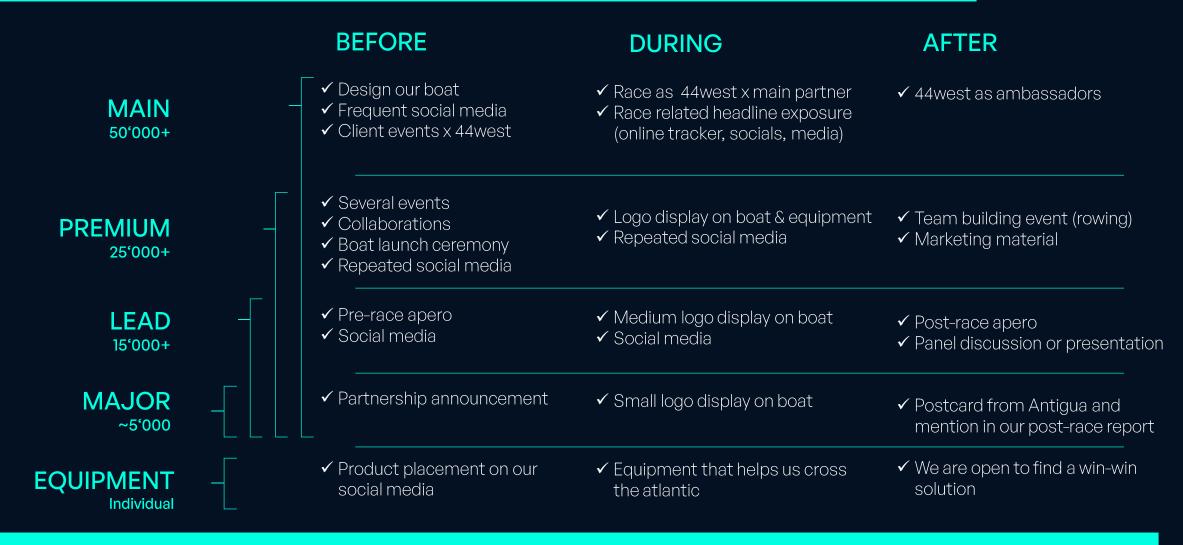
(8%) 32'000 Other

A total of CHF 420,000 is needed. So far, various activities have led to CHF 377,700 toward this target.



SPONSORING OPPORTUNITIES





We are happy to discuss individual solutions and provide you with additional information

OUR PARTNERS



WILLERS















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CONTACTUS

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WANT TO KNOW MOTZE? WE ATZE LOOKING FOTZWATZD TO MEETING YOU!

ANNEX - EXTENDED TEAM





Angus Colins Strategy & Weather



Prof. Dr. Jan B.
Schmutz
Mental Coach



Dave SpengelerDesigner & Website



Andy BahnemannBoatman & Logistics



Gus BartonPhysical Coach



Bettina DührkoopMarketing - Consultant



Bert LookampMedical Support



Mink BerschatSurvival Training



Dean LandtwingPhysical Therapy



Orestis VaresisPhotographer



Christoph BaggenstosNutritionist



Til Foerster Social Media

ANNEX - DOCU CREW





Fabio StecherDirector



Jan BaumgartnerVideographer

ANNEX - MAIN SPONSOR



50'000+ CHF

Boat

- ✓ Exclusively design our boat together with us
- ✓ Exclusively signed oar from 44west post-race finish

Logo display

- ✓ Large logo display on our boat as main sponsor
- ✓ Logo exposure as main partner on our personal race equipment
- ✓ Exposure on webpage as our main sponsor

Social Media

- ✓ Introductory post and stories on Instagram and LinkedIn as "44west x main partner"
- ✓ Social Media coverage/
 promotion (tbd individually)
- ✓ Social Media collaborations (tbd individually)
- ✓ Usage of 44west content & digital assets for commercial purposes of main sponsor
- ✓ Post-race appreciation and acknowledgement post and stories on Instagram and LinkedIn as main sponsor

Events

- ✓ Internal team rowing event for your firm (as teambuilding or simply as an outing)
- ✓ External client event with 44west
- ✓ Invitation to 44west boat presentation
- ✓ Invitation to pre-race goodbye apero
- ✓ Invitation to post-race public presentation
- ✓ Pre- or post-race podium at your firm

- ✓ Signed postcard from the finishing line in Antigua
- ✓ Appreciation video from the finishing line in Antigua dedicated to you exclusively
- ✓ Mentioning in upcoming newsletter

ANNEX - PREMIUM SPONSOR



25'000+ CHF

Logo display

- ✓ Large logo display on our boat
- ✓ Logo exposure on our personal race equipment
- ✓ Exposure on webpage

Social Media

- ✓ Introductory post and stories on Instagram and LinkedIn
- ✓ Frequent Social Media coverage/promotion (tbd individually)
- ✓ Social Media collaborations (tbd individually)
- ✓ Usage of 44west content & digital assets for commercial purposes
- ✓ Post-race appreciation and acknowledgement post and stories on Instagram and LinkedIn as premium sponsor

Events

- ✓ Internal team rowing event for your firm (as teambuilding or simply as an outing); OR external client event with 44west
- ✓ Invitation to 44west boat presentation
- ✓ Invitation to pre-race goodbye apero
- ✓ Invitation to post-race public presentation
- ✓ Pre- or post-race podium at your firm

- ✓ Signed postcard from the finishing line in Antigua
- ✓ Appreciation video from the finishing line in Antigua dedicated to you exclusively
- ✓ Mentioning in upcoming newsletter

ANNEX - LEAD SPONSOR



15'000+ CHF

Logo display

- ✓ Medium logo display on our boat
- ✓ Exposure on webpage

Social Media

- ✓ Introductory post and stories on Instagram and LinkedIn
- ✓ Repeated Social Media coverage (tbd individually)
- ✓ Usage of 44west content & digital assets for commercial purposes
- ✓ Post-race appreciation and acknowledgement post and stories on Instagram and LinkedIn as lead sponsor

Events

- ✓ Invitation to pre-race goodbye apero
- ✓ Invitation to post-race public presentation
- ✓ Pre- or post-race podium at your firm

- ✓ Signed postcard from the finishing line in Antigua
- ✓ Mentioning in upcoming newsletter

ANNEX - MAJOR SPONSOR



~5'000 CHF

Logo display

- ✓ Small logo display on our boat
- ✓ Exposure on webpage

Social Media

- ✓ Introductory supporter announcement on Instagram
- ✓ Post-race appreciation and acknowledgement post as major sponsor

Events

✓ Invitation to post-race public presentation

- ✓ Signed postcard from the finishing line in Antigua
- ✓ Mentioning in upcoming newsletter

FACTS ABOUT THE RACE







DAYS

With enough tailwind and support from the mainland, we hope for ideal conditions to beat the world record of 29 days, 14 hours and 34 minutes.



KILOMETERS

On our adventurous journey we will cover 4800 kilometers. This corresponds to about one eighth of the circumference of the earth.



HOURS

To keep the boat moving 24/7, teams of two will alternate rowing for two hours and sleeping for two hours throughout the crossing.



CALORIES

Rowers burn up to 7000 kcal per day, depending on their weight. The diet on board consists of three or four freezedried meals and snacks.





LONGITUDES

From the port of San Sebastian de La Gomera to English Harbour in Antigua we will cross a total of 44 degrees of longitude towards the west.



ROWING STROKES

To cover the planned distance across the Atlantic, each of us will have to make more than 375'000 rowing strokes.

> OUT CHALLENGE IN NUMBETS





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