

There was a time when my right arm didn't ache. It was before we got our dog. I remember when we were trying to decide what kind of dog to get, I said "Well, if this dog does nothing else, I want him to fetch." I got my wish. Literally. Oh sure, the dog sleeps sometimes, but only after running a great total distance chasing the ball I throw and bringing it back. I used to play baseball, so I can throw a ball pretty well. In fact, I was a pitcher and could throw a ball about 70 mph. I don't think that throwing the ball hard is what's causing me problems, though. I think it's the sheer number of times I actually have to throw it. Ideally, then, I'd like to get the greatest total distance out of each throw. I think this has something to do with the angle at which I throw it, but I'm not positive. For example, if I throw it at 90 degrees (from the ground) my dog doesn't have to move at all. Can you help me out? The student who gives the best distance (assuming no wind or friction) I can throw, accompanied by the angle at which I should throw it to reach that distance, will enjoy a lunch at the Deli, and a hearty handshake of gratitude from me( it will probably have to be with my left hand, though....)