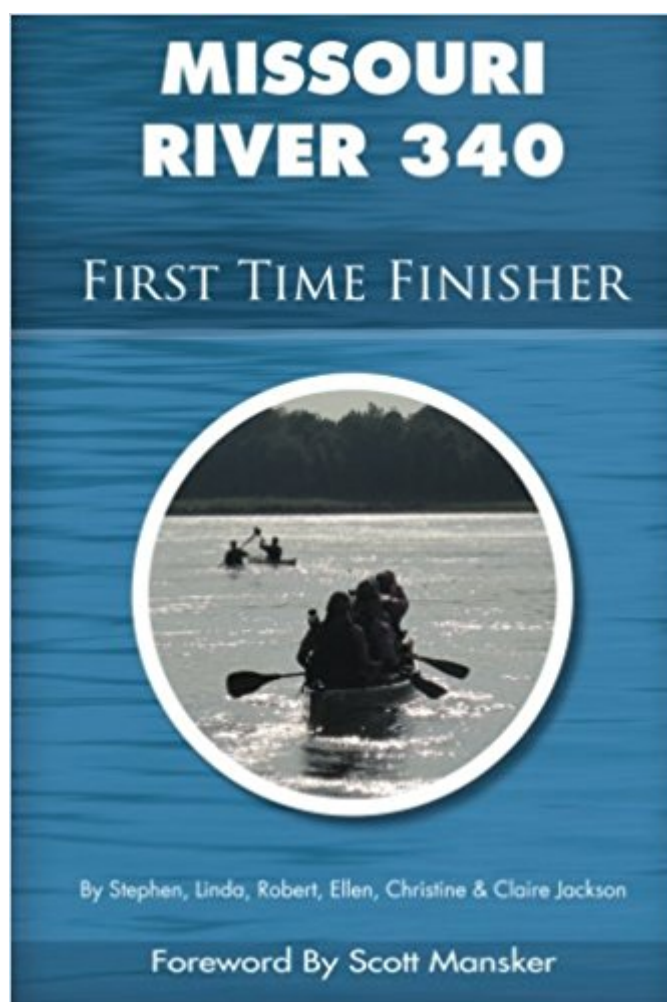


The book was found

Missouri River 340 First Time Finisher



Synopsis

The Missouri River 340 (MR340), known as the longest non-stop canoe and kayak race in the world, is rated as one of the top 100 American adventures by National Geographic. Covering 340 exhausting miles of the mighty Missouri River, only two-thirds of those paddlers starting in Kansas City, MO finish in St. Charles four days later. What does it take in equipment, training and strategy to complete a race this tough? *Missouri River 340 First Time Finisher* • provides the analysis and insights racers need to prepare for, compete in and finish this grueling adventure.

Book Information

Paperback: 190 pages

Publisher: Stephen C. Jackson; 1 edition (December 2, 2013)

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #578,620 in Books (See Top 100 in Books) #183 in [Books > Sports & Outdoors > Extreme Sports](#)

Customer Reviews

Started and finished my first race in 2011, and I can honestly say it doesn't take much skill to complete this race. I bought a cheap kayak off craigslist, put it in the water once to make sure I knew how to get it, and watched a couple youtube videos on how to paddle before embarking on this great expedition. After battling winddikes, barges, buoys, torrential night rains, I finished the race in St. Charles, MO. To finish, it's not about technical skill, physical strength, or superior equipment - it's your ability to endure and persist when you're unbelievably tired, sore, and hungry. Finishing doesn't take mastery of the physical, it requires the complete command over your mental agility and resilience. This book is quite interesting and, for \$3.99 would recommend first timers to consider purchasing it. It'll at least give you a starting point of reference of what to expect and a general plan. The MR340 discussion boards are also a treasure trove of knowledge as well. Be aware however, that no book can prepare you for the mental endurance it requires to complete this race.

This is everything I want in a book! He explain the motivation for the entry into the race, the checkpoints and course features, and the fun they had. I very much related to the epic adventure, being an ultra distance runner with a paddle obsession. It doesn't matter they weren't knuckling down as high competitors trying to finish in the Top 10. They entered as a group of four and enjoyed the journey - THAT'S THE KEY. The MR 340 is on my buckle list!

This is a great book for anyone considering attempting the Missouri River 340 Race or whomever wishes to paddle on a major USA river such as the Missouri River or the Mississippi River. Although the book is written from the canoe participant's point of view, a kayaker such as myself can just as well learn from the many tips in these pages. The writer goes into depth stating what equipment they used down to cost breakdowns. Frankly, the race was more costly than I expected so it is good to see just how expensive it was from the writer's experience. If you are considering a run on the MR-340 or just would love to read about it, this is the book.

I heard about the 340 race, in Aug of 2013 and talked with my buddy about the race and completing it. In Jan 2014 he sent me this book and after reading twice, we are now signed up for this years race in July 2014. It has been an awesome guide, prep, mental book, letting you know that you can complete the race. I will get back after we complete the race to let you know how things went!!

This book is an easy read. I thought that the book was written by a competitive contender, but it is written by man who did it more for fun and with his family. That being said, the book is full of awesome tips for first timers. There are lots of small things that I would not think of so I am glad I read it.

As I write this, the 2014 MR340 is set to start in a few weeks time. I started researching this race a couple of months ago, with the intent of entering the 2015 version. There are many on-line sources of information about the race that cover all aspects of how to survive this challenge. Jackson takes all that information and wraps it around a story. The net result is an easy read that manages to sneak in all the technical information needed to complete this long canoe and kayak race while taking you to a place where your entire world is a 21 foot long canoe This is one of the few books that upon finishing, I immediately started over from page one and read it again.

I was a first timer, just completed the 340 last week! If you are attempting the MR340 and your goal

is too finish this book will be a huge help in getting you to St Charles. If your goal is to arrive in St Charles in 50, 60, or whatever hours this book is good but not geared toward a goal such as this. Still great info never the less! Buy it!

I bought this as I am planning my 1st attempt at the MR340, and I am wanting all the help I can get. The author wrote a great book going over what all would need to know, while addressing that there is no "silver bullet" and working on the systems needed to accomplish the task of finishing the race. Only gripe; I wish I had saved it to my computer, instead of my tablet, as I would like to print out the tables and other various important info for binders. I am sure that I can figure out how to reverse the process (tablet to computer). Stephen:- I hope to meet you in '14 on the river.

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