

MR-340 Checkpoint to Checkpoint Breakdown

[Credit to Mr. Christopher Luedke, the 340Paddler. This information is a compilation of his “Down the River” videos.]

Checkpoints and Cutoff Times

Kaw Point, mile 367, Race Begins, 8am (7am for solo) Tuesday, August 8th.

Lexington, mile 317, (50 miles) 5pm Tuesday Leg avg. 5.56mph Total avg. 5.56

Waverly, mile 294, (23 miles) 9pm Tuesday Leg avg. 5.75mph Total avg. 5.62

Glasgow, mile 226, (68 miles) 6pm Wed. Leg avg. 3.24mph Total avg. 4.15

Noren Access, Wilson's Serenity Point, (Jeff City), mile 144, (82 miles) 7pm Thurs. 3.28mph Total avg. 3.78

Hermann, mile 98, (46 miles) 10am Friday 3.07mph Total avg. 3.64

Klondike, mile 56 (42 miles) 6pm Friday 5.25 mph Total avg. 3.79

St. Charles, mile 29, finish line, (27 miles) Midnight 4.50mph Total avg. 3.85 mph

Kaw Point and the Start

Monday- The boat drop-off starts at Kaw Point around noon. Registration is 2-6 PM at the hotel. People will stand around and talk all afternoon, *Meet and Greet*, etc. The buffet will **NOT** be served at the convention center so eat before or after the meeting, probably after registering and before the meeting. Other dinner plans could be announced later, so watch the future Dispatches before the race. The **MANDANTORY** Safety Meeting begins at 7 PM and will last about an hour. After the meeting, go to bed and get the last possible sleep of luxury you will get for a few days.

Tuesday- The following is a recommended pre-race schedule.

Schedule (Solo Start)

4-5 am	Get up for Solo Start (Eat breakfast!!!)
5-5:30 am	Get to Kaw
5:30-6:30 am	Prep boat and launch. Go to sandbar across from Kaw and sit.
6:45 am	Get in boat and prepare for start. Do not line up in front.
7 am	Race Start

Kaw Point (367) to Lexington (317), 51.5 miles, 5PM Tuesday

Lexington is the first checkpoint so a lot of people will be showing up there at the same time (1:30-3:30pm). That means its busy and a lot of going on, a time-consuming stop. Here are some other stops along the way to avoid Lexington.

River Front Park (363.1) - 4 to 5 miles from Kaw, RR (a possible location if there is a serious issue from the start)

La Benite Park (352.6) - 15 miles, RR. Racer can stop but channel is on opposite side. It's a popular place for GC to hangout and cheer their racers.

Cooley Lake (341.2) - 24 miles, RL. Boat ramp is RL in a right curve. It is between some wing dikes but very accessible.

Ft. Osage (337.2) - 30 miles, RR. A really good place to meet GC because channel moves over to RR right at Ft. Osage. Boat ramp only.

Napoleon (approx 329) - 38 miles, RR. Good place for GC to get to, channel is on the correct side. Warning: There is a small but strong eddy near the ramp and some boats have capsized because they get turned sideways to the river. Not a big issue if you know to watch for it. Napoleon is about halfway to Waverly so an ideal place to stop if you aren't stopping at Lexington.

Lexington (317) - RR. The ramp is off-channel (the channel is on the left side), another reason to avoid Lexington. No shade there for GC. If you DO stop, its recommended to avoid the busy ramp and meet GC on the muddy ledge above the ramp.

Lexington (317) to Waverly (294), 23 miles, 9PM Tuesday

There are no good stops, not even any good sandbars. The racer is pretty much stuck in the boat, so be prepared for that.

Waverly (294)- RR. At the first boat ramp above the bridge is the Checkpoint. The ramp area is small and can be crowded, but would have food. We will call this "First Waverly" because there is another boat ramp below the bridge. Both ramps are easily accessed by GC. "Second Waverly" has shade but would not have food, water, etc.

Waverly (294) to Glasgow (226), 68 miles, 6PM Wednesday

Hills Island (approx 282) - 12 miles, RR. This is not accessible to GC, but a great place to stop, even for a break. There is usually a bonfire and if dark can be seen miles before you get there. Its off-channel but a good place to stop if you need a couple of hours of sleep (fairly quiet).

Miami (262) - RR. No longer a Checkpoint but will still be business as usual otherwise. Known for great food and many veterans say is a must-see. They serve dinner at night and then at 3-4 AM they switch to pancake breakfast. Bathrooms there, comfortable environment, but they will make you put your boat in the corral. It's not a quick stop. Once leaving Miami, racers will start to come across more sandbars 10-12 miles from Miami. Convenient places to stop and stretch or even sleep.

Dalton Bottoms (239) - 24 miles, RL. Boat Ramp...quiet place. It's a great spot to meet GC if you skip one of the checkpoints, Glasgow, etc. There are bathrooms.

Glasgow (226) - RL. Stump Island Park on Google. Most arrive there around Wednesday morning. Can be busy. There's good food, pavilion, showers, water. Great place to stop and relax a while. Warning: cell phones may not work there.

Glasgow (226) to Jefferson City (144), 82 miles, 7PM Thursday

"Lisbon Bottoms" area (approx. 215) - 11 miles. (Not a stop) It's just an area of the river for the racer to pay attention to. Will hear it before you arrive. Simply avoid the "chute" and rock barriers on the left and stay in the river channel on the main body of water. Wing dikes are on both sides. Stay in lane 2, maybe 3. And remember to follow the channel as the river bends left, angle RR. Next in Lisbon Bottoms, the river makes sharp turn right. Around this bend to the right is Jameson Island.

Jameson Island - 12 miles, RR is a large sand bar. Not accessible by GC. The sand bar actually extends for quite a ways. Warning: there is a house in plain view so be careful what you do there. ☺

Franklin Island (195) - 30 miles, RL. This will now be a staffed boat ramp (possibly with a delicious food truck present) but is not a required checkpoint. There is a bathroom. (A mile or so below the bridges of Booneville.)

[*Katfish Katy's (180) - RL. NOW CLOSED!! Katfish Katy's is private property and is no longer a checkpoint. Not accessible to Ground Crew.]

Cooper's Landing (170) - 56 miles, RL. The ramp is at the end of a curve in the river. Do not just make a bee-line for it! There is a wing-dike jutting out from the ramp. Swing wide to miss the dike and approach the ramp almost going upstream. There is a store, food, bathrooms and many luxuries/amenities. Cooper's Landing is a must-see! Ground Crews love this stop. Parking will fill up fast. GC may have to walk a fair distance so it is recommended to have a cart or wagon to transport supplies. Option for GC: It is near Columbia, so depending on the time of day/night, GC may choose to stay in motel and let racer enjoy Cooper's Landing without them.

Hartsburg (160) - 66 miles, RL. A boat ramp (that is part of Hartsburg Conservation Area) accessible to GC. It is on the channel side so not a lot of time loss for a stop.

Marion (158) - 68 miles, RR A boat ramp accessible by GC.

Jefferson City (144) - 82 miles, RL. Listed as Noren River Access on Google. It's also called Wilson Serenity Point in memory of the late Joe Wilson, a very highly-respected MR-340 supporter in the area. This park has sentimental value for a lot of the veteran racers/GC. Be respectful. It is a must-stop with a beach, fire, a good atmosphere. One of the last good places to sleep without trains.

Jefferson City (144) to Hermann (98), 46 miles, 10AM Friday

Jefferson City (144) - Leaving Jeff City, stay to RL until you get well past the barge docks on left. Don't cross over to RR too soon because of numerous wing-dikes. Wait till near the curve.

Mokane Access (125) - 18-20 miles, RL. Boat ramp only

Chamois (118) - 26 miles, RR. A good half-way stop with a park for kids, bathroom (possibly with showers). It is also a quiet place to sleep.

Hermann (98) - RR. When approaching Hermann, watch out for potentially rough water under the bridge. There are two there. One can stop at first ramp but it is advisable to leave from the last ramp. It may even be easier to stop at the last ramp in order to avoid portage. Hermann is one of those places people can be seen sleeping in random places, even on concrete, etc. So drivers/GC, watch for people sleeping anywhere! But sleeping is not really recommended there due to trains approx. every 20 minutes. The Boy Scouts usually have Bratwurst sausage there and it is very good!

Hermann (98) to Klondike (56), 42 miles, 6PM Friday

Berger Bend - 9 miles. (Not a stop). Berger Bend is another confusing spot in the river, similar to Lisbon Bottoms. Approaching the Bend (bends left) the river kind of splits (will hear the water on the wing-dike on the left). The channel cuts off to the left with the main body straight ahead. The channel is RR. Stay RR into the curve but in the curve about half-way, immediately began moving RL, as there are angling wing-dikes on the right that channel the water to the left. Then as the river curves right and you exit Berger Bend, there are wing-dikes on both sides. Just stay in the middle of the river and between the noise.

New Haven (81) - 18 miles, RR. A ramp there but is difficult to find at night! And a wing-dike juts from it, so swing wide around the dike. A great place to stop with a park and bathrooms...but there IS a train track.

Washington (68) - 30 miles, RR. The ramp is tricky to stop at and leave from, due to the swift water. It has a pavilion with picnic tables, sometimes it's had a bathroom available.

Klondike (56) - RL. Listed as Klondike Trail Head on Google. A good place to stop. Don't stay long. It has a bathroom, concessions, but meant to be a short-stop...the finish is only 27 miles past. The channel is RL but don't get excited and turn out of the channel early. Turn out at the last possible moment. There are rocks/wing dike on RL at the ramp you need to avoid.

Klondike (56) to St. Charles (29), 27 miles, Midnight

Weldon Springs (48) - 8 miles, RL. For GC, Weldon Springs is on the same road you will have to take from Klondike to St. Charles. You should stop there to cheer your paddler. It's not a great place to stop (no bathrooms, etc.) but your paddler will need your moral support.

Bridge of False Hope - (Not a stop) Still have 10-11 miles to go. Warning: It has an odd current. Stay all the way RR then move to the left after you go under it. Along this area the river kind of weaves back and forth across the river. Watch the markers through here.

Last Right - (Not a stop) At the last right curve, there is a wing dike protruding far into the river bend on RR. Stay in the channel and head straight forward toward the far bank (on RL) before turning. If it is at night, watch for 2 green lights in the navigational channel to line up. Then you can start turning right, making you far RL as you exit the bend. This will help you avoid the wing-dike in the curve on RR.

Final Approach - After the RL, you will need to go far RR between the 2 bridges. As you approach the Finish Line, you will be tempted to cut off the curve and head for the ramp. But STAY RR IN THE CHANNEL and angle to the ramp at the last minute. It will get you there faster than a straight line!

When you do arrive, you are legend!! You will officially be a MR-340 Paddler!