

Granny's MR 340 Support Crew Ideas

The following is a quote from Scott Mansker regarding ground crew methods: ***“Ground crews, this is for you. You do your paddler no favor by accommodating their shore time. Give them what they need, stroke their ego and get them back on the water. Did you get them that cheeseburger they requested? Great! Don't hand it to them until they're back in the boat. They can eat it and gush about how great it tastes while the drift at 3.5mph. The longer they stand or heaven forbid, SIT on the boat ramp, the longer it will take them to get back in the boat.***

They will thank you in St. Charles.

Paddlers should eat in the boat. Drink in the boat. Rest in the boat. The only reason to spend extended time on shore is if you're too sleepy to continue safely. But sore, grouchy, hungry, thirsty, bored, hot, angry, frustrated, dirty... all can be done in the boat moving downstream.”

On the Rivermiles.com forum, Barbara, head time keeper said, ***“I think every boat needs to have a definitive plan before the race even begins and sticks to that plan. Variations from a plan is when bad things begin to happen...trust me. I've been involved in many races and see that happen much to often.***

Safety and accountability. as Scott has said, should be first and foremost in everyone's mind, not how can I get away with not having someone at a checkpoint or DO they have to be there.”

Pappy & Son have had a plan every year they've participated in the MR340. Every year it was a different plan that met that year's ambitions and needs. In 2013 their team name is “A Pappy, A Baker, & An Outrigger Maker” as Krista Sue Patterson joins the team in the Spencer C3. The following ideas are the approach to the MR340 by Heidi Scroggins who supports A Pappy, A Baker, & An Outrigger Maker in hopes to help them achieve their plan. 2013 will be their fifth MR 340. It is only presented as ideas I use because it might come in handy to jog someone's mind about a way to accomplish this task of supporting an MR340 participant. These ideas are certainly not my own or new ideas but a compilation of four years of supporting a team and including other peoples ideas who shared them. I hope it puts everything together in a helpful form that may help someone. Some support crews prefer to not have a single note or map and just follow along with the crowd from place to place and it works great for them. In 2013 with 400 boats on the water, part of everybody's plan will have to include knowing how to maneuver in the crowds of support crews. Know what kind of person you are and how you think under stress, being sleep deprived, and all 24 hours of the day. Please know that I think the support crews are the greatest people in the whole world! They are supportive and would lend anything they have including information when a need arises.

Scott always says at the safety meetings: ***“I consider every boat out there a safety boat. Stop and help, ask and do whatever needed if you see someone in distress.”*** Support crews are the same. They **stop & help** and work together all the time.

2012 was the first year that Spot tracking devices are required for all unsupported racers. A Pappy, A Baker, & An Outrigger Maker have a spot and a ground crew. I will be at checkpoints and many other viewing re-supplying locations. Paddlers listed with ground crews will be texting their paddlers' data at each checkpoint to a team of workers that will record their paddlers' time. Read the rivermiles.com forum for more details and make your decision that is best for your team. Another advantage of using a spot is friends and family can look at the race spot site and know where your team is and how they stand in the race.

1. **ORGANIZATION OF DIRECTIONS & LISTS** - Three ring binder notebooks are very helpful for me. I have one with maps of the river navigational charts in plastic sleeve protectors and a notebook with tabs that has information about supplies & reservations.

http://www.nwk.usace.army.mil/RiverCharts/MoRiver_NavCharts_0-500.pdf

Is the official site for the river navigational charts. Scroll through and select the charts that pertain to the MR340
OR

You could go to this site where Derek Fanguy has already gone through and put in only the charts needed for the MR340 along with basic driving directions to the main checkpoints of 2010. Please note and change from 2010 that Checkpoint #5 is no longer Cooper's Landing it is Katfish Katies.

http://www.rivermiles.com/forum/Attachments/2010_MR340_Nav_Guide_4_0.pdf

This is just an excellent resource and it includes the charts of the river with RL & RR and mile markers. These charts are really helpful because when paddlers need something there are many more places to meet them and supply them than the check points. I've included directions to some on the first part of the course to give the idea of what to look for on the charts. In 2009 I highlighted all the access areas on my river chart with basic driving directions written in the margins that could work for any possible need. For instance, Dover, East of Lexington, is not a great location to re-supply but it did work great one day in 100 degree heat when Pappy's camelback water bladder leaked after passing Lexington. I just threw him a new one and they were off on down the river. It's good to have an idea of the river mile location of all the checkpoints. While driving looking for river access points, watch for the brown River Access signs with arrows pointing which way to turn.

Others who proof read this for me suggested the following sites might give aid to planning for the MR340 2012.

The Lewis & Clark Bicentennial guide... it has the access points along the river that were found helpful.

<http://www.nwk.usace.army.mil/RiverCharts/Rec-n-Safety/>

The simplified map and checkpoint matrix for 2012 was just posted by "rivertrash" and this might be helpful to some newbies.

<http://www.rivermiles.com/forum/YaBB.pl?num=1338904874>

From the Los Humungo's Blog:

<http://loshumungos.blogspot.com/2011/02/missouri-river-340-ultra-marathon.html>

Down River and Up Hill and The Next 340 Miles are excellent DVD's by Jodi Pfefferkorn featuring Scott Mansker & Russ Payzant. Get a copy if you possibly can and watch it while taking notes.

<http://fs10.formsite.com/KevinPayzant/form639164048/index.html>

Rivermiles TV Show-Season One Box Set If you missed Season One of Rivermiles on your local PBS station, here's your chance to own them all! 6 episodes PLUS the mysterious Lost Episode of Rocheport, MO. AND a bonus disc of extra footage from all 7 voyages. Great gift for the river enthusiast on your list. Free Shipping. While not specifically about the MR340 it is totally about the Missouri River and towns along the way. These are offered at the rivermiles.com store.

2. **RACE FINISH** - Get a reservation for the end of the race ASAP. The most convenient hotels fill up fast. Granny's favorite is:

[Country Inn & Suites By Carlson, St. Charles, MO](#), 1190 South Main Street,

Saint Charles, MO 63301 | 636-724-5555 several reasons: it is very very close to the finish. They serve breakfast. It is soooo much fun to see everybody in the breakfast room. Especially tired racers who still can't

hold their own plate and so lend them a hand. The place is clean and they have a work out room & indoor pool. Keep track of your reservation & their phone number. There's a lot to think about in making the reservation for the correct day. I always make mine for the day I expect them to finish through Saturday. That way even if they finish at 3 A M we can go to the room, check in & and take a well deserved shower & nap. Some people are content recovering on the beach until check in time of the day they arrive. Some prefer no hotel at all and just sleep on the beach. Watch the clock. You can cancel before 3 P M if your paddler's time schedule is different than what you expected. Other crews have live Ameristar Casino and yet other like Quality Inn. Make sure you & your paddlers pack a suitcase/duffle bag with normal travel stuff in it for the end of the race like shampoo, razor, regular clothes, deodorant, etc.

3. **SPREADSHEET PREDICTED TIMES** - Pappy always makes me a little spread sheet of the checkpoints, viewing points and mile markers, Miles from last checkpoint, arrive time, break minutes included in the run, leave speed, paddle speed. It helps me know what their goals are and when they plan to wave at me and when they plan to make a stop.

4. **SCOTT'S EMERGENCY NUMBERS** Have a chart of the cutoff times and Scott's phone numbers to use in an emergency. He passes them out at the safety meeting. Attend the safety meeting with paper & pen to take notes. In 2012 I taped the emergency numbers and the number I was supposed to text their checkpoint times in to Katie on the back of my phone. This information proved valuable when my phone was inoperable and I could ask any bystander to text or call for me.

5. **GAS** –Get gas at **EVERY** opportunity! You will put a lot of miles on your vehicle. The race is 340 miles on the river but you will drive many more miles than that. In 2012 I drove 573 miles in getting from Kaw Point to St. Charles. Check your ice supply also because for instance, Waverly has a Casey's but it closes at 10 PM. Miami has absolutely **NO STORES!** Glasgow has a Casey's but it also closes at 10 PM. Of course you can get most anything 24/7 in the big towns like Marshall, Columbia & Jefferson City but you have to be able to get there with gas in the vehicle.

6. **SUN** – can be brutal. Pappy wears white tights & and a long sleeved white top even in the hottest weather and of course a hat with visor on it and protection around the neck. Protect yourself also. Spending long hours gazing down the river looking for them takes it toll. Our favorite sunscreen is Bullfrog. We use the bottle that also contains bug spray & thus it saves having a bug spray bottle along also. It works great. Ground crews sometimes have large umbrellas or put up shade tents to keep the sun off of them.

7. **KEYS – GENERATORS – CHEERING** Especially after dark sets in on Tuesday and then throughout the rest of the MR340 please remember that anyone could be sleeping/napping. Please be considerate and do not run generators especially at night at the ramps. Go to another camp ground if you must run a generator. Please disenable the chirp, honk, or bells off your keys. It is soooo irritating to just get to sleep for a cat nap any time of day and be awakened by key noise. Shut car doors quietly instead of with a slam. Cheer quietly without extra noise makers during the night.

8. **CHAIR, BINOCULARS, CAMERA, UMBRELLA, PONCHO, TOILET PAPER, PAPER & PEN TO RECORD TIME, CELL PHONE & OTHER TECHNOLOGY CAR CHARGERS ETC.** – Be sure to have a chair you can actually carry from the car to the ramp. Many fine phones that had never before had a problem died in 2012. Office Max and others sell a recharging unit for phones that when charged gives six charges to most phones. Think ahead about this other stuff.

9. **FIRST AID** – Here are just a few ideas of what you might want: muscle rub, new skin, Advil, Neosporin, gauze, Band-Aids, Bullfrog sun screen with insect repellent, weather radio, alcohol wipes, antacids, Tecnu (for poison ivy), Vaseline, Vicks vapor rub, matches, benadryl, aloe, eye drops, clean wash cloths & towels, hand cream.

10. **MYLAR BLANKET**- Every paddler is required to have one with them in the boat. They are great for a lot of other purposes for the support crews. You can get them in extra large size ten to a pkg. on the internet cheap. They keep the sand off of towels & blankets if you put them down on the ground first. They are simply great for many uses just like duct tape. You need it. Paddlers are also supposed to have a whistle on their person in the boat. I carry a whistle because I just never know when I might need help myself from a heart attack or a fall.

11. **SHOES**- I find wet shoes very irritating. I wear cros down at the ramp in the mud & water and take a supply of small trash bags to put them in after every stop and have other foot wear for driving & sitting around. Like I said in the beginning, these are just ideas to possibly keep someone from being miserable.

12. **ICE CHEST** – ice of course. Some use dry, others use cubes. Fruit, veggies, whatever your paddler wants to eat & also plenty for you to snack on should be in the cooler. Remember to check your ice. It melts fast in the summer temps. You may want a smaller ice chest type bag/chest to put stuff from your big cooler into it to make it easier to get the supply in your cart and down wherever you meet your team.

- ✓ **ICE SOCKS** – It is very likely to be very hot on the MR 340 in 2012. Cheap tube socks/panty hose legs and even plastic sacks with a towel around it work if you fill them with ice right before you expect your paddlers. Tie or rubber band the open end. From three nurses on the rivermiles.com forum: “DO NOT APPLY ICE TO THE NECK OR SHOULDERS WHILE EXERCISING! “Emergency Medical Services have always put cool packs or ice on the groin and flank (side) of patients; the largest and most easily accessible veins and arteries are in the femoral crease or groin area. But then again, just get in the largest available container of water nearby-the river like your team and others did last week. Cooling should be gradual, not ice pack rapid. It can refresh the paddler. DO NOT APPLY ICE to the neck while exercising. The blood vessels are small and can first cause numbness and then may cause a blood clot to develop. Use a wet shammies, towel or rag on the head and neck area – not ice.” There are many other products on the market you and your paddler can research and buy for keeping cool if you plan ahead.
- ✓ My team didn't like just having a sack of ice on their laps to hold – to cold. I got the same response after trying the panty hose. Final solution they like and that I can do with my arthritis is to cut the toe off of a cheap tube sock. Sew two socks together so the tube is longer than with just one sock and will fit all the way over their lap. I froze water in red solo cups. Take the ice out in the shape of the cup and it will slide easily down to the toe of the sock. I band it off with a rubber band because as it melts all the ice chunks slide together unless banned off. I repeat again and again about 6 ice cups per double sock. The solid piece of ice from the ice cup of course lasts longer than ice cubes. Also I couldn't get the ice cubes to go down the sock very easily and the cup ice just goes immediately.
- ✓ Frogg Toggs Chilly Pad Towel – sold in the camping section of Wal-Mart “Chilly Pad absorbs sweat and keeps you cool during a workout or strenuous activity.” Recommended by veteran MR 340 Paddlers!”

13. **NUTRITION** – Pappy is big into the Hammer products. They satisfy him and along with ensure he is better off than only with “real food”. Remember yourself & keep nutrition coming. Others simply can't race without an egg McMuffin for breakfast. It is impossible to list all the McDonalds in route. Know where you are and use a GPS or google maps for such findings.

14. **WATER** – there are bladders for paddlers or an amazing number of other containers to hold water. It is easiest to have two sets of whatever your paddler chooses to use. Have one set in the boat and one set full & ready with the supply crew to just swap out instead of having to fill them wherever you meet to replenish. Again, have plenty of water for the support crew & drink it. There are some really good posts on rivermiles.com forum right now about **hyponatremia**. Read them and watch out for your paddler and your fellow crew members.a

15. GLO STICKS, CELL PHONE, SPOT, LIFE JACKET – required for paddlers. These are good for support crews also. Well, support crews don't really need life jackets but I've seen the little kids on support crews have them on in case they fell in the MO. Scott lists updated mandatory items for paddlers in his dispatches every year. Read them. Read previous year's dispatches if you want to get an idea of what will be expected.

16. CART – Sometimes you have to park a long way from the ramp. Even if you are close to the ramp, a cart, bin or wagon helps tremendously in organizing stuff to take to your paddler. I use my mom's cart she used for getting groceries up to her apartment from her car. It has large wheels which makes it easier to pull in the gravel.

17. MONEY – Take along a supply of cash money in small bills to use at the checkpoints to support the Boy Scout Troop or whoever happens to have a stand selling stuff as their fund raiser. Typically it is pop, water, hamburgers, hot dogs. – Miami makes pancakes! It is nice of them to come out and for many it is "THE" fund raiser of the year for them. Of course charge cards work at Casey's & WalMart etc.

18. SAFETY MEETING - Attend the safety meeting. Talk to other support crews. Have fun!!!

19. COMMUNICATE - It is very important that you communicate with your paddler/paddlers you are supporting **BEFORE** the race as to their expectations of what they want from their support team. I **NEVER EVER** touch the boat or the paddles or their "gear". That is just what my paddlers & I prefer. Some teams prefer that the support crew helps carry the boat, paddles & gear. There is no right or wrong as long as the rules are followed and the whole team is onboard with the same expectations.

20. TOOLS – Your paddler may have a tool box for the crew to take along in case of needing to fix a seat or rudder for instance. Who knows?

21. CARDS, GAMES, BOOKS, KNITTING OR WHATEVER to help you pass the hours.

22. TEAM SHIRTS – In a crowd a 400 + people it is easier to see your team mates and for your paddlers to recognize you on shore faster if everyone in the support crew has on the same color/style of tee shirt. These can be for a sports team, a school, or to make it extra fun they can be made with the paddlers' team name and icon on them.

23. LAUDROMATS – Most hotels/motels have at least one set of a washer/dryer available. Buy a small bottle of laundry soap and pack a roll of quarters with it. You'll thank yourself when you can throw in the clothes you've been wearing for days that can stand up by themselves and not have to go looking for soap and quarters. You never know when you might need to wash/dry your own clothing or that of your paddler. In the heat in 2012 it was very unlikely that anyone needed a Laundromat may come up but... in the October MR 340 2011 many crews found themselves at Laundromats because it was cool/cold and when the paddlers changed from their wet gear to dry gear the wet gear wouldn't dry naturally in the coolness.

Lexington Laundromat – 1409 Main, Lexington, MO 7 AM – 8 PM

Boonville – Fresh 'n Clean Laundromat- 5.5 Sycamore Street, Boonville, MO 5:30 AM – 8:30 PM

Boonville Laundromat -660-882-912- 1701 West Ashley Road, Boonville, MO 64233 (Pilot Travel Center)

Marshall Laundromat – 660-886-6680 400 N Lafayette Ave., Marshall, MO 65340 8 AM – 8 PM

Katfish Katies Laundromat in the little store. Open 10 AM – 2 P M

Hermann Laundromat – 573-4863508 809 Market St., Hermann, MO

24. WAL-MART – One very experienced support team captain said she has ALWAYS needed a Wal-Mart during the MR 340 and did the research to find the Wal-Marts along the MR 340. She has graciously included that information.

Lexington: RICHMOND – North of Lexington on Hwy 13 908 Walton way

HIGGINSVILLE – South of Lexington on Hwy 13 1180 W. 19th St. CLOSSES @ 10PM

Waverly & Miami: **MARSHALL** – South of Waverly & Miami on Hwy 65 855 Cherokee Dr.

Miami & Glasgow: BOONEVILLE – South of Glasgow, 87 South to 40 South, on Main St. 2150 Main St.

Katfish Katies: COLUMBIA – Stadium Blvd (Exit 124) south of I70 3001 W. Broadway

Noren/Jeff City: JEFF CITY – There are three options:

I70 & Hwy 63 South 415 Conley Rd., Columbia

Hwy 50 West & Dix Rd exit 724 Stadium West Blvd., Jeff City

Hwy 50 East 401 Supercenter Dr., Jeff City

Jeff City/Hermann: WASHINGTON – Hwy 100 & Hwy 47 1701 Aroy Dr.

Klondike: ST. PETERS – Hwy 94 & Jungermann Rd 1661 Jungermann Rd.

25. SURPRISE!!! Sometimes the element of surprise is enough to reinvigorate your paddler. In 2012 I was given orders at Katie's Katfish to have breakfast sandwiches and hash browns at Hartsburg. Along with that we had some cheap little kids toothbrushes that were very cute decked out in tooth paste. You wouldn't believe what a big deal the team made of that gesture of surprise. They laughed and laughed. Another surprise we did was being at New Haven. They didn't expect us and we really surprised and pleased them with our presence.

Note: Take Heidi's advice to get gas when you can. To get to places via county roads will take some time, and with the expected heat, some may choose to take refuge in the AC of their vehicles. This will consume your gas! DO NOT DRAIN YOUR CAR BATTERY! Remember to run your car every so often when charging an iPod, phone, playing a DVD player, radio, etc... so the battery doesn't drain. Check into the chargers that Office Max and other places sell that when fully charged themselves can charge a dead cell phone six times.

RACE MORNING – get there EARLY! Lewis & Clark Historic Park at Kaw Point, 1 River City Drive, Kansas City, KS, 66115 I hang around until I see Pappy & Son on the water in a place they can wait for the gun. Here again this is just what I do. I don't like seeing their backs at the start. It is more than five hours until your paddler will be at the first check point, Lexington, MO. I like following along the river and cheering at various locations that provide a good view of the river but are not official checkpoints. I'm working to finalize a set of driving directions in "Granny Style" much like I did for the KAWnivre last year. Some people prefer going to Lexington and absorb some of the great history that is part of that city. See Lexington's web site for ideas. Others will go directly to the Lexington ramp to socialize while they wait. Do what fits your style and mood and team plan.

If you have questions email me at
Heidi.scroggins47@gmail.com

or call me

816-806-6563

Blessings to all and see you at the 2013 MR 340!!!

The following directions are in several formats and arrangements. You may prefer to drive checkpoint to checkpoint. Then again you may like seeing your paddler along the way at other sites that are less crowded and

could also work as re-supply stops. Before the race do yourself a favor and have some idea of where you will be driving. Get a MO State Map from www.modot.mo.gov/. I cut the map up and taped it together so it made a long map going across the entire state of MO. Then I traced the river in bright blue marker and highlighted all the checkpoints. Lastly I highlighted in a different color the extra viewing places available that we might choose to use. Visit www.modot.mo.gov/ again close to race day and check for detours along the MR 340 route. Every year there is at least one major detour somewhere along the route. If you use a GPS or Googlemaps.com on your phone take the time BEFORE the race and enter the coordinates and mark each spot. I have mine listed MRstartLexington, MR1Lexington, MR1aIsleof Capri etc. so they come up in order and make it easy for me to see where I am in relation to the state. If you deviate from the given route to go to a Wal-Mart or a McDonalds you have to be able to figure out how to get back on track to arrive at the location to which you were headed.

I can't possible list every driving direction that you may need or want. You have to have a map, a gps, or availability to use googlemaps.com.

Lastly, be sure to print out the directions that follow with a large enough font that a driver can read them while driving in strange territory. You can't expect these directions to do much good if they are printed in size 2 font. I have changed the format a little and every direction to a major checkpoint to another checkpoint is on it's own page.

Don't get stressed out. There will be plenty of people around to help you if you just ask. Buddy up with someone whose paddler seems to be going the same speed as your paddler.

MR 340 Driving Directions Legend

RR = RIVER RIGHT AS YOU FACE the same way the current flows ON THE MISSOURI RIVER (East)

RL = RIVER LEFT AS YOU FACE the same way the current flows ON THE MISSOURI RIVER (East)

RM = RIVER MILE from the Missouri River Navigational Charts

BOLD LETTERING IN CAPS – CHECKPOINT TO CHECKPOINT DIRECTIONS

❖ ***Lists** places between checkpoints you might want to view your paddler's progress & re-supply them instead of re-supplying at the crowded checkpoints. You, as a support crew must go to each checkpoint, verbally communicate with your paddlers that you are actually seeing them and then text information to a number that Scott gives out at the safety meeting.*

- Ramp available for extra viewing or supplying but no directions given

GPS – you can enter into your Garmin or a Google Map program for directions.

Time & Milage – given so you have an approximate idea to get from place to place.

MDC – Missouri Department of Conservation

CR – COUNTY ROAD

CHECK IN 2 – 6 PM MONDAY JULY 22 & MANDATORY SAFETY MEETING 7 PM MONDAY~ HILTON GARDEN INN

520 MINNESOTA AVENUE, KANSAS CITY, KANSAS 66101

From The East:

Take I-70 West to the Minnesota Avenue exit (exit 423C). Note: As you are passing thru downtown Kansas City Missouri, be sure to stay on I-70 West (it is also 24 West).

From The West:

Take I-70 east to 5th Street going north. Continue to Minnesota Avenue and turn left.

From the South on US Hwy 71:

Take US Hwy 71 north to I-70 West. Take I-70 West to I-35 North, get into the left hand lane and look for US Hwy 24 West, take US Hwy 24 West to exit 423C/Minnesota Ave. (We are near this exit - just west of 5th Street)

From the South on I-35:

Take I-35 North to US Hwy 24 West.

Take US Hwy 24 West to exit 423C/Minnesota Ave. (We are near this exit - just west of 5th Street)

From the North on I-35:

Take I-70 West to the Minnesota Avenue exit (exit 423C). Note: As you are passing thru downtown Kansas City Missouri, be sure to stay on I-70 West (it is also 24 West).

KAW POINT – RACE START!!!! Lewis & Clark Historic Park at Kaw Point

TUESDAY, JULY 23, 2013 7AM all solo boats - 8 AM all not solo boats

RR RM 367.5 GPS: 39.116094,-94.611318

1 River City Drive, Kansas City, KS 66115

913-596-7077

wycokck.org

From Kaw Point (RACE START) DIRECTLY TO
LEXINGTON – #1 CHECKPOINT!!!

RR RM 318 OPEN: TUESDAY NOON CLOSED: 5 PM
39.19478,-93.884482 56.2mi 1 hr 9 min

- 1. TURN LEFT ONTO RIVER CITY DR. 0.1 MI**
- 2. TURN LEFT ONTO FAIRFAX TRAFFICWAY 423 FT**
- 3. MERGE ONTO I 70 E/24E VIA THE RAMP TO ST LOUIS
ENTERING MISSOURI 2.7 MI**
- 4. TAKE THE EXIT ONTO I 70 E/40 E/US71 S TOWARD ST.
LOUIS/U. S. 71 S CONTINUE TO FOLLOW I 70 E 39.1 MI**
- 5. TAKE EXIT 41 FOR MISSOURI 0/MISSOURI M TOWARD
LEXINGTON/MAYVIEW 0.2MI**
- 6. TURN LEFT ONTO STATE HWY 0 STATE HWY M
CONTINUE TO FOLLOW HIWAY O 9.2 MI**
- 7. TURN RIGHT TO STAY ON HIWAY O 1.2 MI**
- 8. CONTINUE ONTO MO-13 N 0.9 MI**
- 9. CONTINUE ONTO 13TH ST 1.6 MI**
- 10. TURN LEFT ONTO MAIN ST 0.2 MI**
- 11. TURN RIGHT ONTO N 10TH ST 282 FT**
- 12. SLIGHT LEFT –DESTINATION WILL BE ON THE
RIGHT 0.3 MI**

The following are directions to viewing locations that are not official checkpoints. It will take your paddler over 5 hours to get to Lexington, the first official checkpoint. It is fun to follow along and see their progress on the river. Also it spreads us support crews out so we're not all descending at Lexington or any other checkpoint at the same time.

- ❖ ***From Kaw Point to River Front Park East*** with access ramp & John Kansas City, MO 64120
RR RM 363.1 MCD 39.136918,-94.541731 6.7 miles 15 minutes

This is a great place to see your paddler & to "fix" any problem that might have come up the first 5 miles of the race. Maybe they tipped at the start and lost all their water, maybe their rudder needs adjusting, you certainly don't want them to continue with a major problem like these or have to go back to Kaw Point to fix the problem, but you also don't want them stopping unless there is a real emergency that can be fixed.

Suggested Route from Kaw Point to Riverfront Park:

- Turn left onto Fairfax Trafficway & get into the far left lane for 423 ft.
- Merge onto I-70 E/US-24 E via the ramp to St. Louis for 2.9 mi
- Stay in the left lane & take exit 2G on the left for I 29N/I 35 N/U. S. 71N 0.1 mi
- Merge onto I 29N/I 35 N/U. S. 71N for 0.7 mi get in right hand lane
- Take exit 4 for Front Street 0.2 mi
- Merge onto E Front St for 1.4 mi
- Slight left onto River Front Rd 0.5 mi
- Continue onto N Monroe Ave 463 ft
- Turn left onto River Front Park – Destination will be in 0.3 mi

❖ From Riverfront Park to LeBenite Park, Sugar Creek, MO

- ❖ ***LeBenite Park, Sugar Creek, MO – Ramp, John, tables, nice view***

RR RM 352.6 MCD 39.167052,-94.394252 12.8 mi 22 min

- Head east on River Front Park toward N Monroe AVE 0.3 miles
- Turn right onto N Monroe Ave 463 ft
- Take the 1st left onto River Front Rd 0.4 mi
- Take the 2nd right onto Chouteau Bridge/N Chouteau Trafficway/N Chouteau 0.3 mi
- You have to go south and come back N because you can't turn left directly onto Chouteau
- Turn right onto Stillwell Ave/Stilwell Ave/Universal Ave E 272 ft
- Slight right onto Chouteau Bridge/N Chouteau Trafficway/N Chouteau Trfy 0.9 mi
- Take the ramp onto MO-210 E 8.4 mi
- Slight right to merge onto MO-291 S 1.8 mi
- Turn left onto N Courtney Rd 335 ft
- Turn left and go to the ramp

❖ **FT. OSAGE/SIBLEY** –No John or water - nice view

RR RM 337.2

MCD

39.189358,-94.191628

18.2 mi 31 min

In case you're inclined there is a Ft. replication and museum that is really neat & cheap also right before the ramp. Take the first right after the one lane bridge. The museum is air conditioned & has rest rooms. Kids love playing in the old fort out back. There is no out house or clean water at the ramp.

- **from LeBenite to Ft. Osage/Sibley**
- Head south toward N Courtney Rd 0.5 mi
- Turn right onto N Courtney Rd 292 ft
- Turn left onto MO-291 S 2.9 mi
- Slight right onto the ramp to Lexington 0.2 mi
- Turn left onto US-24 E 16.7 mi
- Turn left to stay on N Buckner Tarsney Rd

❖ **NAPOLEON, MO**

RR RM328.6

39.132873,-94.063826 11.7 mi 20 min

- **From Ft. Osage/Sibley to Napoleon**
- Head west on E Atherton Sibley Rd toward Santa Fe St 0.2 mi
- Take the 1st left onto Santa Fe St 0.9 mi
- Turn left onto Chicago Ave 390 ft
- Take the 1st right onto N Buckner Tarsney Rd 0.7 mi
- Turn left to stay on N Buckner Tarsney Rd 2.1 mi
- Turn left onto US-24 E/E Monroe St Continue to follow US-24 E 6.1 mi
- Turn left onto MO-224 Destination will be on the left

- *Basically - retrace your route back to highway 24 and turn left (east), take 224 toward Napoleon but do not take the business route, there isn't anything there but a bank. The river access is at the east end of the town. There is a Corp of Engineers building and a ramp that is only open to the public on the MR 340 race day. The people have always been really nice and let us use their rest rooms & get water. There is lots of shade in the park which by this time in the day is really welcome. It is a great place to restock your paddler and have them just wave at you at Lexington because the crowds will still be huge at this time in the race.*

❖ **From Napoleon to Lexington** –checkpoint #1 12.1 mi 18 min

- Head east on MO-224 E 4.6 mi
- Keep right at the fork Continue to follow MO-224 E 6.7 mi

- *Slight left onto Main St 489 ft*
- *Take the 2nd left onto N 10th St 0.4 mi*
- *Slight right to stay on N 10th St 282 ft*
- *Slight left Destination will be on the right*
- *The Lexington square is fun with lots of shops & a couple good restaurants and of course McDonalds. Take 10th street north to get to the river. There is an out house, not much shade & whoever sets up their fund raiser is usually very nice.*

WAVERLY - #2 CHECKPOINT!!! Ramp, Running water restroom at top of hill before the ramp

RR RM 293.1 ☒ Open: Tuesday, 2:30 PM Closed: 9 PM
39.213191,-93.516671 21.4 mi 29 min

**FROM CHECKPOINT #1 LEXINGTON TO
WAVERLY CHECKPOINT #2**

HEAD SOUTHEAST TOWARD N 10TH ST 0.3 MI

CONTINUE STRAIGHT ONTO N 10TH ST 0.4 MI

**TURN LEFT AT MO 224 E/MAIN ST CONTINUE 2.2
MI**

TURN LEFT AT US 24 E 18.4 MI

TURN LEFT ON E WASHINGTON ST 0.5 MI

This is not really an ad for the BBQ BUT it is the ONLY air conditioned place in Waverly.

WAVERLY APPLE BBQ-HWY 24 in Waverly

Air conditioned – BBQ, salads, pies & malts.

Please call 660-493-2122 if you think you'll stop here so they have an idea of what to expect for a crowd. **Air
conditioned**

BIG NEWS ----- WAVERLY HAS TWO RAMPS!!!! To get to the second ramp drive on Washington but stop at the top of the hill that leads steeply down to the checkpoint ramp. Use the restroom & get water if needed. Turn right and go past old bridge rd and continue under the new bridge. The second ramp will be on your left. You can't miss it. There is a huge parking lot, a table under a pavilion and running water. Waverly ran out of money before they could put in a bathroom. You might want to consider being here instead of the very congested usual ramp. I found this out while visiting with a fisherman. If you need something from Casey's or to leave to go to the next stop just turn south on old bridge road and it winds around to 24 and a Casey's will be on your left. Talk over which ramp will be used BEFORE the race with your paddler.

❖ **DOVER STATION** 39.208581,-93.699646 RR RM 305.5 12.9 miles 21 min Nothing there, steep bank, really hard to get down the bank but it works in a pinch to give water or ice

- *From Lexington to Dover Station*
- *Head southwest toward N 10th st 0.3 mi*
- *Continue straight onto N 10th St 0.4 mi*
- *Turn left onto MO 224 E/Main St – Continue to follow MO 224 E 2.2 mi*
- *Turn left onto US 24 E 8.6 mi*
- *Turn left onto Mill St/State Hwy P – Continue to follow state hwy P 1.3 mi*
- *Cross over railroad tracks to leave stuff then go to south side of rr tracks to the shelter and park car Mr. Lane owns and gives permission*

❖ **FROM DOVER STATION TO WAVERLY -11.3 MI 17 min**

- *Head south on State Hwy P back the way you came to US 24 E*
- *Turn left onto US/24 E/Main St and continue to follow US-24 E 9.5 mi*
- *Turn left onto E Washington St 0.4 mi (running water restroom at top of hill)*

MIAMI, MO CHECKPOINT #3!!!!

RR RM 262.8 Open: Tuesday, 5:30 PM MCD Closed:
Wed., 11 A M 39.325496,-93.228511

*From Checkpoint #2 Waverly to Checkpoint #3 Miami
33.2 mi 45 min*

FROM CHECKPOINT #2 WAVERLY TO CHECKPOINT #3 MIAMI 33.2 MI 45 MIN

Personal preference: I like this route better than the route going N on 65 because it is easy to swing down into Marshall, MO which has a Wal-Mart and most anything a support crew could want and it is the same driving time either way.

HEAD SOUTH ON E WASHINGTON ST TOWARD W THOMAS DR 0.4 MI

TURN LEFT ONTO US 24 E/E WALNUT ST 0.8 MI

TURN LEFT TO STAY ON US 24 E/E WALNUT ST 0.2 MI

TAKE THE 1ST RIGHT ONTO US 65 S 17.2 MI

TURN LEFT ONTO SANTA FE TRAIL 0.6 MI

TURN LEFT ONTO MO 41 N/N MIAMI AVE CONTINUE TO FOLLOW MO 41 N 13.6 MI

TAKE THE 2ND RIGHT ONTO MAIN ST

DESTINATION WILL BE DOWN THE HILL

The town's people of Miami are just simply great. However, several years ago some fishermen complained to the MO Conservation Department about not being able to use the ramp during the MR340. Therefore the Conservation agents have been out enforcing strict guidelines for NOT leaving a boat on the ramp for even a few minutes. They have orange cones set up everywhere and it really limits the number of vehicles that can be in the parking lot. The faithful that sell food do a good job and even have pancakes Wednesday morning.

Campers attention: Camping is very limited & no water at Miami. Check out <http://mostateparks.com/park/van-meter-state-park> just a few miles back down 41. Van Meter State Park also features a museum of remnants of a Missouri Indian Village along with a great shower house & allows tents & campers. Check it out as an along the way activity. OOPS museum not open Tuesdays.
GPS 39.258817,-93.261933

- Dalton Bottoms River Access Ramp RM 239.1 RL

This is a good possible break point for your paddler. All that is here is a ramp and possible area to sleep in their Mylar blanket if desired. It isn't a great spot to re-supply your paddler because it is a long 1 hour 20 minute drive from Miami. Then it is over another hour to get to Glasgow.

❖ **GRAND PASS DEPARTMENT OF CONSERVATION AREA**

RR RM 265.8 39°16'17.57"N93°19'49.95"W 18.2 MI 34 MIN

• **FROM WAVERLY TO GRAND PASS**

- Head south on E Washington St toward W Thomas Dr 0.4 mi
- Turn left onto US 24 E/E Walnut St 0.8 mi
- Turn left to stay on US 24 E/E Walnut St 0.2 mi
- Take the 1st right onto US 65 S 10.4 mi
- Turn left onto Co Rd N 5.5 mi
- Turn left onto Co Rd 402 1.0 mi It's a gravel road. Park in the parking lot and walk a short way to the river. Vehicles are NOT allowed past the parking lot. Steep rock lined hill nothing else there.

❖ **From Grand Pass Conservation Area to Miami Checkpoint #3 9.9 mi 26 min**

- Head southeast on Co Rd 402 toward Co Rd N 0.5 mi
- Turn right to stay on Co Rd 402 3.9 mi
- Turn left to stay on co rd 402 2.3 mi
- Turn left onto MO 41 N 0.7 mi
- Turn left onto Mechanic St 0.2 mi
- Take the 2nd right onto Main St 0.3 mi

❖ **From Grand Pass Conservation Area to Glasgow/Stump Island Checkpoint #4 via US 65 & 240 directions 39.6 mi 60 min**

- Rd-402 toward Co RD N 1.0 mi
- Turn right onto Co Rd N 5.5 mi
- Turn left onto US 65 S 6.8 mi
- Turn left onto MO 240 E/Santa Fe Trail Continue to follow MO 240 E 26.0 mi
- Turn right onto Clay St 112 ft
- Take the 1st right onto Clay St/Old hwy 87 Continue to follow Old Hwy 87 0.2 mi
- Take the 1st right onto Stump Island Dr 72 ft
- Turn left to stay on Stump Island Dr 433 ft
- Shower house/bathroom is on the left as you enter the park.

GLASGOW – STUMP ISLAND CHECKPOINT #4!!! Great camping, fire pit, showers,

RL RM 226.1 Open: Tuesday, 9 P M Closed: Wed., 6 PM
39.218611,-92.847582

<http://mdc4.mdc.mo.gov/applications/moatlas/AreaSummaryPage.aspx?txtAreaID=200005&txtAreaNm=vanmeter&txtCounty=&txtRegion=Central&txtUserID=>

**FROM MIAMI, MO CHECKPOINT #3 to
GLASGOW/STUMP ISLAND CHECKPOINT #4
29.9 MILES, 46 MINUTES**

TURN LEFT AT MECHANIC ST 0.2 MI

TURN RIGHT AT MO 41 S 6.5 MI

TURN LEFT ON CO RD NN 1.4 MI

TURN LEFT TO STAY ON CO RD NN 0.6 MI

KEEP RIGHT AT THE FORK 4.3

TURN RIGHT AT CO RD C 2.5 MI

SLIGHT RIGHT TO STAY ON CO RD C 0.2 MI

CONTINUE ONTO N BROADWAY ST/CO RD O 1.0 MI

TURN LEFT TOWARD MO 240 E INDUSTRIAL BLVD. 66 FT.

TURN LEFT ONTO MO 240 E INDUSTRIAL BLVD.

CONTINUE TO FOLLOW MO 240 E 12.7 MI

TURN RIGHT ONTO CLAY ST 112 FT

TAKE THE 1ST RIGHT ONTO CLAY ST/OLD HWY 87

CONTINUE TO FOLLOW OLD HWY 87 0.2MI

TAKE THE 1ST RIGHT ONTO STUMP ISLAND DR

- *Head northeast on Stump Island Dr toward Stump Island Park Rd 433 ft*
- *Turn right to stay on Stump Island Dr 72 ft*
- *Turn left onto Old Hwy 87 0.2 mi*
- *Turn left onto Clay St 112 ft*
- *Turn right onto MO-87 S 20.0 mi*
- *Turn left onto MO-5 N/US-40 E Continue to follow US-40 E 2.3 mi*
- *Turn right onto Co Rd 465 0.9 mi*
- *Take the 1st left 1.2 mi*
- *Turn right 0.6 mi then turn left*

❖ *From Franklin Island to Katfish Katie's Checkpoint #5 23.4 mi 37 min MCD*

- *Turn left toward Co Rd 465 1.2 mi*
 - *Turn right onto Co Rd 465 0.9 mi*
 - *Turn right onto US 40 E for 12.5 mi*
 - *Turn right onto Missouri J 1.1 mi*
 - *Continue onto Missouri O 2.7 mi*
 - *Turn left to stay on Missouri O 3.7 mi*
 - *Continue onto Sarr St and follow past the camping store through the campground to ramp*
- *RM 185.2 Taylor's Landing River Access Ramp-Closed during 2012 MR 340*

**KATFISH KATIE'S – CHECKPOINT #5 (STORE
WITH VERY LIMITED HOURS)**

RL RM 179.6 OPEN WED. 1/30 AM CLOSED

Thursday NOON GPS 38.908667,-92.476773

**FROM GLASGOW/STUMP ISLAND CHECKPOINT
#4 TO KATFISH KATIE'S CHECKPOINT #5 42.8 MI
50 MIN**

**HEAD NORTHEAST ON STUMP ISLAND DR
TOWARD STUMP ISLAND PARK RD 433 FT.**

**TURN RIGHT TO STAY ON STUMP ISLAND DR 72
FT**

TURN LEFT ONTO OLD HWY 87 0.2 MI

TURN LEFT ONTO CLAY ST 112 FT

TURN RIGHT ONTO MO 87 S 20.0 MI

**TURN LEFT ONTO MO 5 N/US 40 E CONTINUE TO
FOLLOW US 40 E 14.7 MI**

TURN RIGHT ONTO MISSOURI J 1.1 MI

CONTINUE ONTO MISSOURI O 2.7 MI

TURN LEFT TO STAY ON MISSOURI O 3.7 MI

**There is a new running water bathhouse as you enter the
campground. It is made of grey concrete blocks. Go past
the store and all through the campground till the road
ends at ramp.**

There are many choices between Katfish Katies and Jefferson City. You can't get to them all. I choose to go from Katfish Katies to Hartsburg and skip Cooper's Landing because my team often wants something from McDonalds which is N on 63 a little way. The main thing is you can't possibly hit all the spots. Communicate with your paddler and make a plan.

FROM KATFISH KATIES TO HARTSBURG ACCESS RL RM 159.5

- **32.9 MI 56 MIN** 38°42'28.90",- 92°20'23.58"
- Head north on Sarr St toward Katy Trail/Katy Trail State Park/Missouri-Kansas-Texas Trail 0.2 mi
- Turn right onto Grocery Branch Rd/Missouri O 0.9
- Turn right onto Burr Oak Rd 2.0 mi
- Burr Oak Rd turns slightly left and becomes Perche Ave 0.3 mi
- Continue onto W Rte K 7.1 mi
- Turn right onto MO 163 S 2.7 mi
- Turn left to stay on MO 163 S 3.5 mi
- Turn right onto US 63 S 6.4 mi
- Take the Missouri Y exit toward Missouri M/Guthrie/Ashland 0.2 mi
- Turn right onto E Broadway 0.9 mi
- Continue onto Missouri E/E Rte M – Continue to follow Missouri E 1.5 mi
- Turn left onto Missouri E/E Rte M – Continue to follow E Rte M 5.1 mi
- Turn left onto S River Rd 2.1 mi

- RM 170.5 RL Providence River Access Ramp 38.836682,-92.405684 (not available in 2012 due to detour)
- RM 170.2 RL 38.817776,-92.382488 Cooper's Landing River Access (Free camping during the MR340)

❖ **FROM KATFISH KATIE'S TO COOPER'S LANDING RM 170.2 RL 26 minutes**

- Head north on Sarr St toward Katy Trail/Katy Trail State Park/Missouri-Kansas-Texas-Trail 0.2 mi
- Turn right onto Grocery Branch Rd/Missouri O 0.9 mi
- Turn right onto Burr Oak Rd 2.0 mi
- Burr Oak Rd turns slightly left and becomes Perche Ave 0.3 mi
- Continue onto W Rte K 3.8 mi
- Turn right onto S Old Plank Rd 1.1 mi
- Slight left onto S Smith Hatchery Rd Destination will be on the right 3.4 mi

Cooper's Landing Campgrounds & Marina

- 11505 South Smith Hatchery

❖ **From Cooper's Landing TO Hartsburg Access RM 159.5 RL Hartsburg Access 38°42'28.90",- 92°20'23.58" 16.2 miles 38 minutes**

- Head southeast on Smith Hatchery Rd toward S Easley River Rd 0.1 mi
- Continue onto S Easley River Rd 1.1 mi

- Turn left onto S Route N 1.1 mi
- Slight right onto W Nashville Church Rd 2.3 mi
- Slight right onto S Andrew Sapp Rd 1.1 mi
- Turn left onto E Hwy Mm/E State Hwy Mm 1.1 MI
- Turn right onto E Fox Hollow Rd/Missouri E 2.3 MI
- Take the 1st left onto Missouri E/E Rte M Continue to follow E Rte MO 0.5 MI
- Slight left onto E Cedar Tree Ln 2.5 MI
- Take the 1st left onto S Jemerson Creek RD 2.9 MI
- Turn left to stay on S Jemerson Creek Rd 82 FT
- Turn right onto S Hart Creek Rd, Destination will be on the right 1.0 mi

**JEFFERSON CITY, MO – NOREN ACCESS –
CHECKPOINT # 6 Ramp, John**

**RL RM 144 Open: 5 Wed., AM Closed: Thursday, 7
PM ☒ 38.589302,-92.178125**

**FROM KATFISH KATIES CHECKPOINT #5 TO
JEFFERSON CITY/NOREN ACCESS CHECKPOINT # 6**

38.8 miles 51 minutes

**TURN RIGHT ONTO GROCERY BRANCH
RD/MISSOURI O 0.9 MI**

**TURN RIGHT ONTO BURR OAK RD 2.0 MI
BURR OAK RD TURNS SLIGHTLY LEFT AND
BECOMES PERCHE AVE 0.3 MI**

CONTINUE ONTO W RTE K 7.1 MI

TURN RIGHT ONTO MO 163 S 2.7 MI

TURN LEFT TO STAY ON MO 163 S 3.5 MI

TURN RIGHT ONTO US 63 S 20.4 MI

**MERGE ONTO US 54W/US63 S VIA THE RAMP TO
JEFFERSON CITY 0.6 MI**

**TAKE THE EXIT TOWARD MISSOURI W/AIRPORT
0.1 MI**

TURN LEFT ONTO CEDAR CITY DR 0.2 MI

SLIGHT LEFT ONTO 4TH ST 0.2 MI

**TAKE THE 2ND LEFT ONTO COTTONWOOD
ST/WALNUT**

DESTINATION WILL BE ON THE LEFT

❖ **Tebbets, MO – Katy Trail Railhead** - ☒RL Take MO 94 east and get off at Tebbets
38.621095,-91.95901

There is a 2 story house with kitchen, bathroom, showers & rows of bunk beds diagonally across from the trailhead a lady donated for people to use that are using the Katy Trail. The house key is high on a phone pole to the right of the house as you face the house. I like to stop here on my way to Hermann if it is day time hours to get a cat nap without train noise. I would never stop here during the dead of night for fear of frightening those already asleep.. \$5 donation suggested to those that take advantage of this great place.

- **13.8 miles 19 minutes**
- Continue straight onto **Cottonwood St/Walnut** 0.2 mi
- Turn right onto **4th St** 0.2 mi
- Turn left to merge onto **US-54 E/US-63 N** 0.3 mi
- Exit onto **MO-94 E** toward **Mokane** 12.2 mi
- Turn left onto **Co Rd 485/Co Route 485** 289 ft
- Take the 1st right onto **Olive St**

❖ **Mokane, MO**

RL RM 124.7 ☒ 38.65097-91.88094

- From Tebbets to Mokane 6.8 mi 12 min
- Head southwest on Olive St toward Co Rd 485/Co Route 485 423 ft
- Take the 1st left onto Co Rd 485/Co Route 485 289 ft
- Take the 1st left onto MO-94 E 5.5 mi
- Turn right onto Co Rd 479 1.2 mi

❖ **Chamois, MO**

RR RM 117.9 MCD GPS 38.68123-91.7731 off MO 100 (Better Access at Mokane)

- RM 114.2 Portland River Access Ramp **38.70353,-91.738822**
-)RM 104.3 Gasconade Park River Access Ramp

**HERMANN, MO CHECKPOINT # 7 Ramp, John,
Loud & often trains!**

RR RM 98 Open: Wed., 10 AM Closed: Fri., 10 AM
GPS 38.707649,-91.433823 47.4 mi 58 min

**FROM JEFFERSON CITY/NOREN CHECKPOINT
#6 TO HERMANN CHECKPOINT #7 Please**

Note:(The bridge at Mokane on 94 hiway may be
closed during the MR 340 2012. Listen for updates at
the safety meeting concerning this closure.)

HEAD EAST 0.4 mi

**CONTINUE STRAIGHT ONTO COTTONWOOD
ST /WALNUT 0.2 MI**

TURN RIGHT AT 4TH ST 0.2 MI

SLIGHT RIGHT AT CEDAR CITY DR 0.3 MI

**TURN LEFT TO MERGE ONTO US 54 E/US 63 N
0.3 MI**

**EXIT ONTO MO 94 E TOWARD MOKANE 29.0
MI**

TURN RIGHT TO STAY ON MO 94 E 15.2 MI

TURN RIGHT AT MO 19 S 1.6 MI

TURN LEFT AT E 1ST ST 0.1 MI

TAKE THE 1ST LEFT ONTO SCHILLER ST

❖ **FROM HERMANN CHECKPOINT 7 TO NEW HAVEN RIVER ACCESS RAMP**

❖ RM 81.4 RR New Haven River Access Ramp (MO 100, Miller St., R on Front ST.)

38°36'50.50,-91°12'39.38 16.6 mi 24 min

- Head south on Boatramp Rd toward Wharf St 312 ft
- Turn left onto MO-100 E/E 1st ST 15.4 mi
- Turn left onto Miller St 0.4 mi
- Take the 1st right to stay on Miller St 0.6 mi
- Turn right to stay on Miller St 0.6 mi
- Turn right onto Main 440 ft

❖ **FROM New Haven River Access to Washington, MO River Access 38°33'39.71,-91°0'34.44 RR RM 68.3 13.5 MI 26 MIN**

Head northwest on Main toward Cottonwood 440 ft.

- *Take the 2nd left onto Miller St 0.6 mi*
- *Turn left to stay on Miller St 0.4 mi*
- *Turn left onto MO 100 E 10.0 mi*
- *Turn left onto W 5th St 1.9 mi (if you stay on W 5th a few blocks you'll find a Sonic(545 W 5th) that is open from 7 A M to 12 A M. Just go back on 5th after Sonic and turn Right onto Lafayette since you'll be coming from the opposite direction.*
- *Turn left onto Lafayette St 0.3 mi*
- *Lafayette St turns right and becomes Elbert Dr Destination will be on the left 220 ft – There is a really nice running water restroom at the top of the hill by the pavilion. Also the ramp is like 4 cars wide so it is really easy for your paddler to pull up beside and grab supplies and go on their way.*

❖ **From Hermann Checkpoint #7 to Washington, MO skipping New Haven RR**

❖ RM 68.3 GPS 38°33'39.71,-91°0'34.44 12 Miles 41 min

- **Head south on Boatramp Rd toward Wharf St 312 ft**
- **Turn left onto MO-100 E/E 1st St 25.4 mi**
- **Turn left onto W 5th St 1.9 mi**
- **Turn left onto Lafayette St**

KLONDIKE, MO CHECKPOINT #8 Ramp,
John,

RL RM 56.3 Open: Wed., 2 PM Close: Fri., 6 PM

GPS **38°34'59.97"N, 90°49'14.48"W**

FROM HERMANN CHECKPOINT #7 TO
KLONDIKE CHECKPOINT #8

HEAD SOUTH ON BOATRAMP RD TOWARD
WARF ST 312 FT

TAKE THE 2ND RIGHT ONTO MO 19

N/MARKET ST CONTINUE TO FOLLOW MO 19
N 1.6 MI

TURN RIGHT ONTO MO 94 E 18.7 MI

TURN RIGHT TO STAY ON MO 94 E 0.7 MI

TAKE THE 1ST LEFT TO STAY ON MO 94 E 6.9
MI

TURN RIGHT ONTO MO 47 S/MO 94 E 3.8 MI

TURN LEFT ONTO MO 94 E 0.7 MI

TURN RIGHT TO STAY ON MO 94 E 11.2 MI

- RM 49.1 RLWeldon Spring RL MCD GPS
- RM 27.5 RL Blanchette Landing River Access (Olive St off N 5th St.)

ST. CHARLES, MO – LEWIS & CLARK BOAT HOUSE – RACE FINISH!!!!

☒RL RM 29 Open: Wed., 5 PM Close: Fri., midnight
38.772755,-90.481896 26.5 MI 42 MIN

FROM KLONDIKE CHECKPOINT #8 TO ST. CHARLES THE FINISH LINE!!!!!!!!!!!!

Head east on **MO-94 E** toward **Katy Trail/Katy Trail State Park** 3.9 mi

Turn **left** at **MO-94 E/Defiance Rd** 164 ft

Take the **1st right** onto **MO-94 E/Missouri Ave**

Continue to follow **MO-94 E**

1.7 mi

Continue onto **Hwy Dd/State Hwy Dd** Continue to follow **Hwy Dd** 9.6 mi

Continue onto **Winghaven Blvd** 1.5 mi

Continue onto **Bryan Rd** 2.7 mi

Slight **right** to merge onto **I-70 E** 13.1 mi

Take exit **229** for **5th St** toward **I-70 BUS** 0.3 mi

Keep **left** at the fork, follow signs for **1st State Capitol** 190 ft

Turn **left** at **S 5th St** 0.5 mi

Slight **right** at **Boone's Lick Rd** 0.4 mi

Turn **right** at **E Chauncey St** 279

We like leaving Klondike, checking in the motel and then waiting for our paddlers by the water.