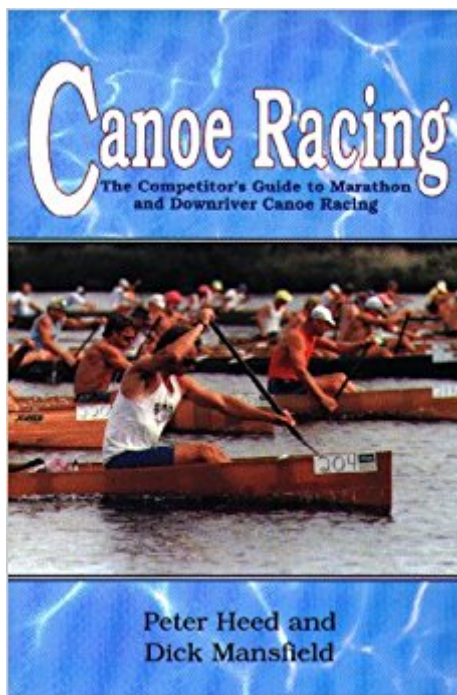




**Ebook Directory**  
the best source of ebook

The book was found

# Canoe Racing: The Competitor's Guide To Marathon And Downriver Canoe Racing



## Synopsis

Both newcomers and experts will enjoy this thorough guide - the first book on marathon canoe racing in over a decade. It is packed with the latest information on technique, equipment, and racing tactics. Illustrated with action shots from across North America, it is designed for runners, cyclists, and skiers looking for a new sport; for recreational canoeists who may want to try a new sport; and for canoe racers who want to learn more about the subtleties of racing. The style is direct and brisk - racer to racer throughout. You'll learn how to: Break into competitive canoe racing Cut through the confusing jargon and choose exactly the right canoe and paddle for you Set up your boat like a pro Train for top canoe racing performance Develop a powerful forward stroke Read the river to find the fast racing lanes Ride the stern wake or the side wake Use shallow water to your advantage Find tactical opportunities in every race Put together a successful canoe triathlon team

## Book Information

Paperback: 254 pages

Publisher: Acorn Pub (June 1992)

Language: English

ISBN-10: 0937921521

ISBN-13: 978-0937921524

Product Dimensions: 0.8 x 6 x 9.2 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.8 out of 5 stars 10 customer reviews

Best Sellers Rank: #637,280 in Books (See Top 100 in Books) #24 in Books > Sports & Outdoors > Outdoor Recreation > Kayaking > Whitewater Kayaking #164 in Books > Sports & Outdoors > Outdoor Recreation > Canoeing #1610 in Books > Sports & Outdoors > Water Sports

## Customer Reviews

"" "Read Canoe Racing," was the advice I got from all my racing friends when I got into canoe racing just a few years ago. So I bought a copy. Not only is it the perfect book for anyone interested in getting into marathon or downriver canoe racing, but it is a perpetual reference for racers who want to get more competitive. You'll enjoy the clear, enthusiastic writing and expert advice. And like me - like all racers that own a copy - you'll find yourself going back to sections again and again. This is an inexhaustible classic." Gareth Stevens, Editor, Canoe News "

--This text refers to an out of print or unavailable edition of this title.

Peter Heed has put together the "bible" of flatwater canoe racing. His clear advice has helped hundreds of paddlers improve their performance. Canoe Racing is in its third printing.

Outstanding resource, slightly dated, but large majority remains useful. Large focus on marathon racing and overall technique, less focus on other forms or racing.

This is a great book. I purchased the book to understand as a kayaker looking to begin Canoeing after my recent kevlar canoe purchase for adventure racing. The book talks about all aspects of Canoeing: solo and double, drafting, forward stroke, j strokes, draw strokes, portaging...you name it and it is covered. I did have to purchase a separate book for paddling navigation, but that is expected...this book is about racing.

If you're looking at doing any marathon canoe racing, this is a must have.

Well written and very informative. My only comment is I would have preferred a softcover copy for referencing.

It contain a lot of great information for the beginning canoe racer. I learned a lot! Lot of good info about training. I would recommend it.

This is the definitive work on canoe racing. Everything you need to know is here. If you have any interest in racing a canoe, you should buy this.

This book is well written and well organized. Topics include race tactics, training, technique, unwritten and written rules, and equipment. Higher resolution in the photos would have been nice, but most were adequate for the purposes for which the were included. I recommend the book.

As a novice to canoe racing, I have found this book to be very informative and helpful. I'm only half way through the book and I have already gotten my money's worth.

[Download to continue reading...](#)

Canoe Racing: The Competitor's Guide to Marathon and Downriver Canoe Racing Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon (Marathon Training, Marathon Guide) Chi Marathon: The Breakthrough Natural

Running Program for a Pain-Free Half Marathon and Marathon Run: Beyond The 5K - The Complete Training Guide To Running the 10K, Half Marathon, and Marathon Race Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools The Runner's World Big Book of Marathon and Half-Marathon Training:Â Winning Strategies, Inspiring Stories, and the Ultimate Training Tools The New Rules of Marathon and Half-Marathon Nutrition: A Cutting-Edge Plan to Fuel Your Body Beyond "the Wall" Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way The Nile: Travelling Downriver Through Egypt's Past and Present (Vintage Departures) Southern Republic (The Downriver Trilogy Book 1) Marathon Training & Distance Running Tips: The Runner's Guide for Endurance Training and Racing, Beginner Running Programs and Advice Don't Look Back: Olympic Skiing Competitor and Coach Shares His Story and Training Program (Stackpole Classics) Bipolar Disorder, My Biggest Competitor: An Olympian's Journey with Mental Illness The Next Competitor The Adirondack Mountain Club Canoe Guide to Western and Central New York State (The Adirondack Mountain Club Canoe Guide Series, Vol 1) North American Canoe Country: The Classic Guide to Canoe Technique Beckett Racing Price Guide and Alphabetical Checklist (Beckett Racing Collectibles and Die-Cast Price Guide, 7) Northern Forest Canoe Trail Map 6, Northeast Kingdom Quebec/Vermont: Lake Memphremagog to Connecticut River (Northern Forest Canoe Trail Maps) Northern Forest Canoe Trail Map 11, Moosehead/Penobscot Region: Maine, Moosehead Lake to Umbazooksus Stream (Northern Forest Canoe Trail Maps) This Old Canoe: How To Restore Your Wood-Canvas Canoe

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)