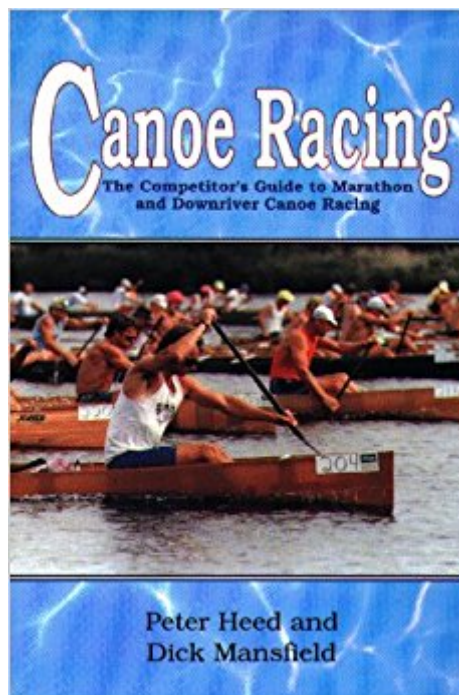




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Canoe Racing: The Competitor's Guide To Marathon And Downriver Canoe Racing



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

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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 they 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.

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