We started at Cape Disappointment in Washington on April 6, 2004 and backpacked to Dillion, Montana following the return route of the Lewis and Clark Expedition. We reached Dillion on June 19, 2004 after hiking over 800 miles on foot. We had our canoe stored in a rental facility just 150 yards from the Beaverhead River. On June 21, 2004 we started paddling down the Beaverhead to the Jefferson River then down the Jefferson to Three Forks (the headwaters of the Missouri River). We started down the Missouri River on July 3, 2004 and had two epic experiences that were life threatening and one very bad experience with one Native American. Not enough time now to share those stories. Our plan was to make it to the East Coast before winter, but when we reached a boat ramp at Lexington, Missouri on Sept. 28, 2004 we decided we better winter at our home just 15 miles from Lexington, since we figured we might not reach the Atlantic Ocean before some snow. We started our expedition again on May 14, 2005 at the same place we left off and paddled to the Mississippi River then down to St. Louis which we reached on May 23, 2005. We had our tandem bike stored at a relative's home in St. Louis, so we switched from water travel back to land travel on our bike this time. We reached Yorktown, Virginia on June 20, 2005 having crossed the U.S. in a little over a total of 200 days (not including our winter stop). Of course, we still had to get back to our home in Higginsville, Missouri. We started pedaling back west on June 21, 2005 and pedaled the entire length of the Skyline Drive, Blue Ridge Parkway and the Katy Trail on our way home which we reached on July 29, 2005. I was going to write a book of our adventure, but I only got halfway done before deciding to pursue other interests. I will probably finish the book later when I can't be so active like I still am. I do have to admit, however, that we had to skip a section of the Missouri River. We missed the last 90 miles of Lake Sakakawea due to low water. When we reached that lake the water was 50 feet low and any designated camps were as much as a half mile from the shoreline. In addition, the deep mud along the lake made it impossible to land for a primitive camp. We even had to paddle all night long in one area in order to reach a safe portage. At that point we got a ride with our canoe and gear to Garrison Dam and continued in deeper water down the Missouri River. As a result, I guess we can't really claim an honest complete float of the Missouri River. I hope to get back someday to the place we took our canoe out of the water and cover the section we missed to Garrison Dam.