



# CHARLES

**Boston's Premier Paddling Race** 

SATURDAY, APRIL 27, 2024 BOSTON, MA

4 COURSES ~ 40 YEARS ~ FOR THE CHARLES







### Official 2024 Rules and Terms

- 1. All questions and protests shall be referred to the race committee. All decisions of race officials will be final.
- 2. Waivers ~ All racers must sign an insurance waiver with the submission of their registration or on the day of the race. Parents/guardians of minors (under 18) entering the race must sign a waiver either in advance or on race day. Any relay substitutions must sign a waiver at their leg start or their boat will be pulled from the race. A copy of the waiver is included on p. 16. Each paddler should complete a waiver and return it with their registration to save time on Race Day.
- 3. Pre-Race Meeting ~ A representative from each team must attend a pre-race meeting immediately before the relevant start to review the course, potential hazards, medical emergency procedures, communications and safety procedures. This information must be distributed by the representative to all team members. See p. 4 for pre-race meeting times.
- 4. Canoe Classes and Specifications

Racing C-1	Any single-paddler canoe maximum length is 18 feet 6 inches (18'6"). Minimum width shall be 14.375% of the length (.14375 times the length) at the 4" waterline, measured within 12" fore and aft of the center of the canoe. Decks allowed on all Racing and Pro canoes.		
Recreational C-1	Canoes that are built for back country touring but are suitable for racing against similar craft. There are minimal concave lines in the hull and no concave lines in the gunwales. There is no concavity in the longitudinal axis of the hull (bow to stern) and no concavity in the cross section (side to side) below the 7" waterline. One of a kind canoes are not permitted. Minimum at the 4" waterline and 18" fore and aft of the widest point of the boat is 14% of length.		
Racing C-2	Tandem racing canoes for two paddlers, 18'6" maximum length, at least 27" at 3" waterline* or 14.375% length at 4" waterline*. Decks allowed on all Racing and Pro canoes.		
Recreational C-2	All non-racing canoes for two paddlers. Maximum length of 18'6", at least 15% length at 4" waterline. Maximum depths from the manufacturer: Bow = 17", Center = 12 1/2", Stern = 16".No hard line transitions in the hull of the boat. Curve of chine must be equal to at least the radius of a softball. Maximum of 1" of tumblehome per side.		
Recreational C-4	The boat must be specifically built by the manufacturer to accommodate 4 paddlers. Maximum length of 25'11". Minimum weight 50 pounds.		
Recreational C-5	Overall length must be between 20' and 21' with a minimum beam of 40".		
Outrigger	Any outrigger canoe for 1-10 paddlers.		

#### 5. Kayak Classes and Specifications

Flip-up rudders are not included in length. No hull modifications. Must have sufficient floatation to support a 25-pound weight in a boat full of water.

- Pound weight in a count and contraction				
Racing Kayaks				
Olympic K-1	ICF Olympic racing or training kayak for 1 paddler - 520 cm. (17') maximum length, no minimum width.			
Unlimited K-1	Any single kayak, sit-on-top or surf ski except ICF.			
Touring K-1	Any single kayak, sit-on-top or surf ski with a maximum overall length of 20' and a 4" waterline beam** of at least 18".			
Touring K-2	Any double kayak for two paddlers with a beam less than 20".			

	Recreational Kayaks (no ICF, Downriver or Olympic trainer kayaks)		
Sea Kayak K-1	Any single kayak, sit-on-top or surf ski with a maximum overall length of 18' and a 4" waterline beam of at least 8.5% of length, and an overall beam of at least 10% of the length; 30 pound minimum weight.		
Recreational K-1	Any single kayak, sit-on top or surf ski with a maximum overall length of 16' and a 4" waterline beam of at least 22".		
Recreational K-2	Any double kayak for two paddlers with a beam of 20" or greater.		

<sup>\*</sup> 4" Waterline ~ The widest point of the boat measured 4" from the bottom of the boat. The 3" waterline is the widest point of the boat measured 3" from the bottom of the boat.

<sup>\*\*</sup> Beam ~ The width of the canoe or kayak measured at the widest point.

6. Stand Up Paddleboard Classes and Specifications

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	Stand Up Paddleboards
Stand Up Paddleboard	Any paddleboard. Designed to be used standing with a paddle.

- 7. Questions about boat specifications should be made prior to submitting the race registration. Measurements should be made prior to race day. Questions regarding boat classes should be directed to Mark at Charles River Canoe & Kayak, 617-965-5110. PLEASE NOTE: Compliance with Official Race Rules, including the use of official boats and paddles, qualifies the paddler for official times. Those who wish to participate using any non-official boats, paddles, portage wheels, etc., are welcome to register, with the understanding that they will not qualify for prizes and/or official times, and that they may not in any way interfere with the progress of official participants.
- 8. Protests ~ On race day, boats will be measured at the finish line only if there is an official protest made against that boat. An official boat protest form must be filled out within 30 mins of their race finish and the protested boat must be presented within 15 mins.
- 9. Canoe Paddles ~ All canoe paddles, including bent shaft paddles, are allowed in ALL canoe classes.
- 10. Kayak Paddles ~ All kayak paddles, including wing paddles, are allowed in ALL kayak classes.
- 11. Categories (categories apply to 3-, 6-, 9-mile races), see page 14 for 14-mile race categories

Open - Age 16+ (usually fastest category) Mixed - One male and one female per boat (in each relay leg)

Junior - Age 11-15 Women - Females Age 16+

Masters - Age 40-59\* Junior/Adult- Adult age 30+ and a junior age 11-15

Senior - Age 60-69\* Veteran - Age 70+\* \*if paddling in a pair, youngest paddler's age dictates

category

- 12. All decisions of race officials will be final.
- 13. Life Jackets ~ Massachusetts law requires life jackets to be worn by all paddlers on water before May 15. Every paddler must wear a Coast Guard Approved life jacket at all times while on the water during the race. A seat cushion is not an approved device. Paddlers are to supply their own life jackets.
- 14. Whistles Safety rules require each boat to have at least one whistle while on the water. Whistles are provided at race start. For relays, the whistle must stay with the boat and be passed to the next relay team.
- 15. If you drop out, you must notify a race official at one of the checkpoints. Checkpoints Paddlers must clear check points by the following times. Course support and timing will not be available for paddlers after these cut-off times: Moody Street 12:30 PM, Watertown Dam 1:30 PM, DCR's Artesani Park 2:30 PM, Watertown Bridge 3:30 PM.
- 16. Boats must remain on water at all times except at designated portages.
- 17. Each boat will have its assigned number affixed to both sides of the bow.
- 18. 10 person relay teams with only 8 paddlers may have 2 of their members paddle 2 legs of the race (consecutive or not), but no more. 5 person relay teams may have 2 of their members paddle 2 legs of the race (consecutive or not), but no more.
- 19. Relay teams hand off whistle to next group/person. Relay racers may consist of 5 or 10 members. For Paddleboard or Kayak Relay racers, you may use your own boat, you do not have to use one boat for entire race. If racers plan to switch boats, the boat sticker/number should be afixed to a vest that will be handed off so that the NUMBER finishes with the last paddler.
- 20. 10 person teams may designate up to four team members to carry the canoe at each portage. 5 person teams can use 2 people. In order to portage a canoe, a team member must have paddled at least one leg of the race. Non-motorized portage wheels are allowed in all classes and must stay with boat at all times.
- 21. Competitors are responsible for their own transportation.
- 22. All races finish at the Finish Line Festival, DCR's Artesani Park, Soldiers Field Road, Brighton, MA.
- 23. The lane on Soldiers Field Road will NOT be available for parking. Vehicles will be towed at the owner's expense. Alternate parking is available in three DCR lots east of the Finish Line (see p. 21 but PLEASE carpool if possible.
- 24. No refunds will be given. Event is held rain or shine.

Failure to comply with these or any race rules as given on the day of the race may result in disqualification.

# Race Starts Schedule

RACE TIME

3-Mile Races
Check-In Starts
8:30 AM
Pre-Race Meeting
9:30 AM
Race Starts
10:10 AM

6-Mile Races Check-In Starts

Pre-Race Meeting 9:30 AM Race Starts 10:00 AM

9-Mile Races

Check-In Starts 9:00 AM
Pre-Race Meeting 10:30 AM
Race Starts 11:00 AM

14-Mile Relay Races Check-In Starts Pre-Race Meeting First Leg Start

See Page 11 9:30 AM 10:00 AM

8:30 AM



















# **Race Descriptions**

### 3-Mile Races

Description	A 3-mile loop completed by 1, 2, 4 or 5 paddlers		
Start Location	DCR's Artesani Park, Brighton, MA		
Start Time	Check-in begins at 8:30 AM ~ 10:10 AM Race Start (see schedule on p. 4)		
Categories	Open, Women, Mixed, Masters, Senior, Veteran, Junior, Junior/Adult (category definitions p.3)		
Portages	None		
<b>Boat Specifications</b>	Unlimited K-1, Olympic K-1, Touring K-1 or K-2. Racing ~ C-1, C-2.		
	Recreational ~ C-1, C-2, C-4, C-5, K-1, K-2, Sea Kayak, Paddleboard, Outrigger		

## 6-Mile Races

Description	A 6-mile loop completed by 1, 2, 4 or 5 paddlers	
Start Location	DCR's Artesani Park, Brighton, MA	
Start Time	Check-in begins at 8:30 AM ~ 10:00 AM Race Start (see schedule on p. 4)	
Categories	Open, Women, Mixed, Masters, Senior, Veteran, Junior, Junior/Adult (category definitions p. 3)	
Portages	None	
<b>Boat Specifications</b>	Unlimited K-1, Olympic K-1, Touring K-1 or K-2. Racing ~ C-1, C-2.	
	Recreational ~ C-1, C-2, C-4, C-5, K-1, K-2, Sea Kayak, Paddleboard, Outrigger	

### 9-Mile Races

Description	A 9-mile race completed by 1, 2, 4 or 5 paddlers		
Start Location	Newton Boathouse Public Parking, Weston		
Start Time	Check-in begins at 9:00 AM ~ 11:00 AM Race Start (see schedule on p. 4)		
Categories	Open, Women, Mixed, Masters, Senior, Veteran, Junior, Junior/Adult (category definitions p.3)		
Portages	3		
Boat Specifications	Unlimited K-1, Olympic K-1, Touring K-1 or K-2. Racing ~ C-1, C-2. Recreational ~ C-1, C-2, C-4, C-5, K-1, K-2, Sea Kayak, Paddleboard		







### 14-Mile Relay Races

#### Enjoy a friendly competition - the Relay Race is a great opportunity for corporate team building!

Description	A 14-mile relay race completed in 5 legs ~ 2 paddlers per leg (minimum 8 participants p team using 2-person recreational canoe or kayak) or 5 legs ~ 1 paddler per leg (minimum participants per team using 1-person kayak or paddleboard)	
Start Location	Newton Boathouse Public Parking, Weston first leg starts at 10:00	
Start Time	See schedule below for Check-In times of each race leg. First leg starts at 10:00	
Categories	Corporate, Government, Open, Women, Mixed, University	
Portages	4	
<b>Boat Specifications</b>	Recreational C-2, K-1, K-2, Sea Kayak, or paddleboard	

### 14-Mile Check-in Times and Locations

Leg	Check-In Starts	Start Location (each relay leg checks in at their own start location)	# of Portages	Total Distance
1	8:00 am	Newton Boathouse Public Parking, Weston	0	2.7 miles
2	9:00 am	Moody Street Dam, Waltham	3	2.9 miles
3	10:00 am	Watertown Dam, Watertown	0	3.2 miles
4	11:00 am	DCR's Artesani Park, Brighton	0	2.7 miles
5	11:30 pm	Watertown Bridge (Galen Street)	0	2.6 miles

This year, kayaks and paddleboards are allowed in the relay. Teams can be made up of 5 paddlers on single-person watercraft OR 10 paddlers on 2-person watercraft. Please review the race description and boat specifications carefully.

10 person relay teams with only 8 paddlers may have 2 of their members paddle 2 legs of the race (consecutive or not), but no more. 5 person relay teams may have 2 of their members paddle 2 legs of the race (consecutive or not), but no more.

Relay teams hand off whistle to next group/person. For Paddleboard or Kayak Relay racers, you may use your own boat, you do not have to use one boat for entire race. If racer plans to switch boats, the boat sticker/number should be afixed to a vest that will be handed off so that the NUMBER finishes with the last paddler.

**10 person t**eams may designate up to four team members to carry the canoe at each portage. 5 person teams may designate two members to carry at each portage. In order to portage a canoe, a team member must have paddled at least one leg of the race. Non-motorized portage wheels are allowed in all classes and must stay with boat at all times.

If you drop out, you must notify a race official at one of the checkpoints. Please call Meg at 508-498-8020 or please have volunteers radio to race timer at finish line.

Checkpoints - Paddlers must clear check points by the following times. Course support and timing will not be available for paddlers after these cut-off times: Moody Street - 12:30 PM, Watertown Dam - 1:30 PM, DCR's Artesani Park - 2:30 PM, Watertown Dock - 3:30 PM.

# 3-, 6-, and 9-Mile Registrations

# ALL REGISTRATIONS MUST BE DONE ONLINE - THIS CHART IS TO SHOW WHAT RACE LENGTH, CATEGORIES AND CLASSES ARE AVAILABLE.

RACE CATEGORIES (Please indicate only one with an "X")				
Category	Age			
		3-Mile	6-Mile	9-Mile
Open	16 <sup>+</sup>			
Women	11+			
Mixed	16 <sup>+</sup>			
Junior	11-15			
Masters	40-59			
Senior	60-69			
Veteran	70+			
Junior/Adult	11-15/30 <sup>+</sup>			

### BOAT CLASS (Please indicate only one with an "X")

Canoe			
	3-Mile	6-Mile	9-Mile
Racing C-1			
Racing C-2			
Recreational C-1			
Recreational C-2			
Recreational C-4			
Recreational C-5			
*Outrigger Canoe			

Racing Kayaks			
	3-Mile	6-Mile	9-Mile
Unlimited K-1			
Touring K-1			
Olympic K-1			
Touring K-2			

Recreational Kayaks			
	3-Mile	6-Mile	9-Mile
Recreational K-1			
Sea Kayak K-1			
Recreational K-2			

Paddleboard			
	3-Mile	6-Mile	9-Mile
Paddleboard			

В	oat Make:					
В	oat Model:					
В	oat Length:					
В	oat Width:					
		PADDLER INFORMATION				
	Name:					
#1	Email:	Phone				
PADDLER #1	DOB:	Sex:				
ADD	Home Address:					
<u> </u>	City:	State: Zip:				
	Name:					
3 #2	Email:	Phone				
<u> </u>	DOB: Home Address:	Sex:				
PADDLER #2	City:	State: Zip:				
	Name:					
<u>_</u>	Email:	Phone				
ER#	DOB:	Sex:				
PADDLER #3	Home Address:					
PAE	City:	State: Zip:				
	Name:					
#4	Email:	Phone				
PADDLER #4	DOB:	Sex:				
IDDI	Home Address:					
M	City:	State: Zip:				
	Name:					
#5	Email:	Phone				
PADDLER #	DOB:	Sex:				
IDQ	Home Address:					
PA	City:	State: Zip:				
		ENTRY FEES	Amount Enclosed			
3,	6, 9-mile races	\$75 per paddler EARLY REGISTRATION now until 3/31	\$			
3,	6, -mile races	\$90 per paddler from 4/1-4/28	\$			
		*each paddler will receive a CRWA baseball hat				
			\$			
	support Charles River Watershed Association's mission to protect, preserve and \$ enhance the Charles River and want to make a donation.					
			\$			
		TOTAL.	<u> </u>			

Register online, visit www.charlesriver.org/ROTC for links to our registration site.

Please complete waiver to avoid additional wait time at registration!

Each paddler MUST sign their own waiver with registration or they will have to complete it on Race Day. A parent or guardian must sign waivers for minors.

### 14-Mile Relay Registration

ALL REGISTRATIONS MUST BE DONE ONLINE - THIS CHART IS TO SHOW WHAT RACE LENGTH, CATEGORIES AND CLASSES ARE AVAILABLE.

TEAM CONTACT				
Contact Name:				
Team Name:				
Phone/Email:				

Team names will be used for official results and for results certificates.

BOAT INFORMATION						
Boat Make:						
Boat Model:						
Boat Length:						
Class (circle one):	Rec C-2	Rec K-2	Paddleboard	Rec K-1	Sea Kayak	
Relay-RaceCategory(circleone):	Corporate	Government	Women	Mixed	University	Open

ENTRY FEES				
	Amount Enclosed			
5-Member Relay Team now until 3/31	\$375 per Team	\$		
5-Member Relay Team from 4/1-4/27	\$450 per Team	\$		
10-Member Relay Team now until 3/31	\$750 per Team	\$		
10-Member Relay Team from 4/1-4/27	\$900 per Team	\$		
*each paddler will receive a CRWA baseball hat with registration				
I support Charles River Watershed A enhance the Charles River and war	Association's mission to protect, preserve and at to make a donation.	\$		
	TOTAL:	\$		

Register online, visit www.charlesriver.org/ROTC for links to our registration site.

Please complete waiver to avoid additional wait time at registration!

Each paddler MUST sign their own waiver with registration or they will have to complete it on Race Day. A parent or guardian must sign waivers for minors.

	Name:				
PADDLER #1	Email:	Phone			
	DOB:	Sex:			
	Home Address:			•	-
PAI	City:	State:	Zip:		
	Name:	,			
#2	Email:	Phone			
ER	DOB:	Sex:			
PADDLER #2	Home Address:				
PAI	City:	State:	Zip:		
	Name:	\	 	1	
#3	Email:	Phone			
ER	DOB:	Sex:			
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PADDLER #3	City:	State:	Zip:		
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PADDLER #4	City:	State:	Zip:		
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DC.	Home Address:				
PADDLER #5	City:	State:	Zip:		
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	Name:		Ζιρ.		
PADDLER #6	Name: Email: DOB: Home Address:	Phone			
	Name: Email: DOB: Home Address: City:	Phone Sex:	Zip:		
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PADDLER #8 PADDLER #7 PADDLER #6	Name: Email: DOB: Home Address: City: Name: Home Address: City: Name: Home Address:	Phone Sex:  State:  Phone Sex:  State:  Phone Sex:  State:  Phone Sex:	Zip:		
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### Be a Run of the Charles Volunteer

### Don't miss out on the fun! Everyone can take part in the Run of the Charles!

Nearly 150 volunteers are needed to help set up the race, check in paddlers, direct boat traffic through portages, check boat numbers, post results and take care of all the other details that make the Run of the Charles such a success each year!

Volunteers make a meaningful contribution and have lots of fun. They have the deep appreciation of Charles River Watershed Association and of all the paddlers.

Email:
Cell Phone:  Race day volunteers are needed at all sites. Please check the site(s) at which you'd like to volunteer.  Please choose a site where you're able to commit for the entire allotted time:
Please choose from the options below ON LAND VOLUNTEERS:  Newton Boathouse Public Parking, Weston (Approx. 7:30-11:30 AM) check-in for Relay leg 1 and 12-mile race Moody Street Dam, Waltham (Approx. 8:30 AM - 12:30 PM) check-in for Relay leg 2 and portage 1 Bleachery Dam, Waltham (Approx. 10:00 AM - 2:30 PM) portage 2 Bemis Dam Breach Safety Crew, Waltham (Approx. 11:00 AM - 2:30 PM) whitewater capsize risk Watertown Dam, Watertown (Approx. 9:30 AM - 1:30 PM) portage 3, check-in for Relay leg 3 Finish Line, DCR's Artesani Park, Brighton (Approx. 7:30 AM - 5:00 PM) check-in for 3- and 6-mile and Relay leg 4 Please indicate times you can commit to for Finish Line Festival location 7:30 - 11:00 AM (set-up and registration) 11:00 AM - 4:00 PM (raffle sales, RiverFest fun help, drink/food ticket sales, assist in tent) 4:00 PM - 6:00 PM (break-down) Watertown Bridge, Watertown Approx. 11:00 AM - 3:30 PM) check-in for Relay leg 5
ON WATER VOLUNTEERS (must provide own boat or call ahead to make arrangements):  DCR's Magazine Beach, Cambridge (Approx. 9:30-11:00 AM) monitor 3-mile racers  DCR's Magazine Beach, Cambridge (Approx. 9:30-11:15 AM) monitor 6-mile racers  In front of BU Bridge, Cambridge (Approx. 11:30 AM - 2:00 PM) monitor relay racers  Sweep boat between Newton Boathouse and DCR's Artesani Park (9 miles) (Approx. 11:00 AM - 3:00 PM) monitor  9-mile racers

THIS FORM IS AVAILABLE ONLINE - FILL OUT THERE IF POSSIBLE

Name:

Please return this form to: Meg Rivett at rotc@crwa.org or fill out online. Questions? Call Meg at 508-498-8020.



# Directions

Start	Portage	Location	Directions/Descriptions
Start Relay Leg 1 Start 9-Mile Race		Norumbega Duck Feeding Area / Newton Boathouse Public Parking (for GPS)	Enter into GPS: Newton Boathouse Public Parking OR From South: I-95N. Watch for signs for exits 23,24,25. Follow exit 24 signs (Rt. 30, Newton/Wayland). Go left at end of ramp, then right at lights toward Mass Pike (90). Pass entrance to Mass Pike on right. Turn right at Norumbega Duck Feeding area. Stay to the right for parking lot. From North: I-95S to exit 24 (Newton/Wayland). Stay left on ramp. Cross Route 30. Pass entrance to Mass Pike on right. Turn right at Norumbega Duck Feeding area. Stay to the right for parking lot. GPS coordinates: 42.34459, -71.26162 ADDITIONAL PARKING AVAILABLE AT NEWTON MARRIOT 2345 Commonwealth Avenue in Newton.
Start Relay Leg 2		Moody Street Dam, Waltham LIMITED PARK- ING CARPOOL OR DROP OFF!	From Route I-95 take exit 26 (Route 20 East, Waltham/Boston). Follow Route 20 for approx. 2 miles. Watch for light with Santander Bank on right (at town common). Take this right onto Moody Street. Take right into parking lot before river bridge. GPS coordinates: 42.37353, -71.23650 ADDITIONAL PARKING AVAILABLE AT EMBASSY PARKING GARAGE 14R Pine Street in Waltham
	Portage 1	Moody Street Dam, Waltham	Pull out of river on left, cross Moody Street and put back in 1/3 mile downstream at designated area.
	Portage 2	Bleachery Dam (Shaw's Parking Lot)	Pull out on river right after passing under footbridge. Put back in 200 yards downstream at designated area. GPS coordinates: 42.36956, -71.22268
	Portage 3	Watertown Dam	Pull out on river right after passing under footbridge. Put back in 200 yards downstream at designated area.
Start Relay Leg 3		Watertown Dam	Take I-95 to exit 21 A, Route 16 East. Follow, forking left at W. Newton Cinema, where Route 16 becomes Watertown St. Follow several miles into Watertown. Before you come to Watertown Square, at a red brick school on your right (Parker School) take a left onto Fifth Avenue. Watertown Dam is straight ahead. Look for parking on streets or in shopping areas. This is where California Street meets Route 16. GPS coordinates: 42.36464, -71.18861
Start Relay Leg 4 Start 3-Mile Races Start 6-Mile Races Finish all Races	Portage 4	DCR's Artesani Park, 1255 Soldiers Field Rd. Brighton  Limited Parking  NO PARKING on Soldiers Field Rd.  Please carpool or plan for drop off and pick up. Parking will be tight.	Enter into GPS: DCR's Artesani Playground (1255 Soldiers Field Road) OR Option A: Take the Mass Pike East to exit 17 - Newton/Watertown. Follow signs toward Watertown Square (Centre Street/Galen Street) for 1 mile, take right onto Nonantum Road at the MBTA bus station before bridge. Continue along the river on Nonantum / Soldiers Field Road for 3 miles. DCR's Artesani Park will be on your left just before the WBZ-TV studio, at the Publick Theater and large recreational parking area.  Option B: Take the Mass Pike East to exit 18 - Cambridge/Brighton/Allston. Follow signs to Cambridge. At first light, cross roadway and immediately take left down onto Storrow Drive (do not cross river). Follow to Soldiers Field Road. Road will fork, stay left. DCR's Aretsani Park will be on your right at the Publick Theater sign just past and across from the WBZ-TV studio, at the large recreational parking area. Limited Parking - Carpool or have teammates drop you off!  ADDITIONAL PARKING AVAILABLE in 3 DCR lots east of the Finish Line and at 1120 Soldiers Field Rd.
Start Relay Leg 5		Watertown Bridge (Galen Street)	Enter into GPS: 0 Galen Street (adjacent to Watertown Veteran's Memorial) (parking available on Charles River Road)