



38th Annual Run of the Charles

Boston's Premier Paddling Race

Sunday, April 26, 2020
Boston, MA





One Big Splash and the Rest Is History!

The fun begins as soon as you board your "DUCK" — an amazing vehicle that rides on land and water. You'll be greeted by one of our legendary conDUCKtours, and then you're off to see all of the places that make Boston the birthplace of freedom.

And just when you think you've seen it all, there's more, because your DUCK will splash right into the Charles River for a spectacular view of city.

**Tours depart from the Museum of Science, Prudential Center
& limited schedule at the New England Aquarium**
Operating from April through November

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Be a *Run of the Charles* Volunteer



Charles River Watershed Association

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

Nearly 100 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, have lots of fun, and the appreciation of CRWA and all the paddlers.

Name: _____

Email: _____

CellPhone: _____

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:

- _____ Norumbega Duck Feeding Area, Newton (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 capsiz risk
- FULL** 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)
- _____ DCR's Magazine Beach, Cambridge (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 Duck Feeding Area and DCR's Artesani Park (9 miles) (Approx. 11:00 AM - 3:00 PM) monitor 12-mile racers

Questions? Call Meg at 508-698-6810 x10 or email rotc@crwa.org.

Please return this form to: Meg Rivett, CRWA, c/o Classic Communications, 38 Mechanic St., Suite 101, Foxboro, MA 02035

Fax: 508-698-6811 email: rotc@crwa.org



Official 2020 Rules and Terms

- All questions and protests shall be referred to the race committee. All decisions of race officials will be final.
- 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.
- 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. 8 for pre-race meeting times.**
- 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 3/8% 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. |

- 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.

| 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. |

* **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.

** **Beam** ~ The width of the canoe or kayak measured at the widest point.

6. Stand Up Paddleboard Classes and Specifications

| 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-, 12-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. Prize Eligibility ~ Results certificates will be mailed, upon request, only to paddlers who post appropriate finish-times, have passed every check-point, and have complied with all rules. 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, DCR's Magazine Beach - 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. This year 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 affixed 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.

Awards ceremony will take place at DCR's Artesani Park.

CANOE, KAYAK & PADDLEBOARD RENTALS

ON THE CHARLES RIVER

Newton: Nahanton Park
Newton: Historic Boathouse
Waltham: Moody St. Dam
Boston: Allston/Brighton
Cambridge: Kendall Square

ON THE MYSTIC RIVER

Medford: Condon Shell
Somerville: Blessing of the Bay

PADDLING STORE

Kayaks · SUPS · Canoes
160 Riverview Ave, Waltham



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- Environmental Services
- Civil/Site Engineering
- Stormwater Management
- GIS & Asset Management
- Structural Engineering
- Construction Services

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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

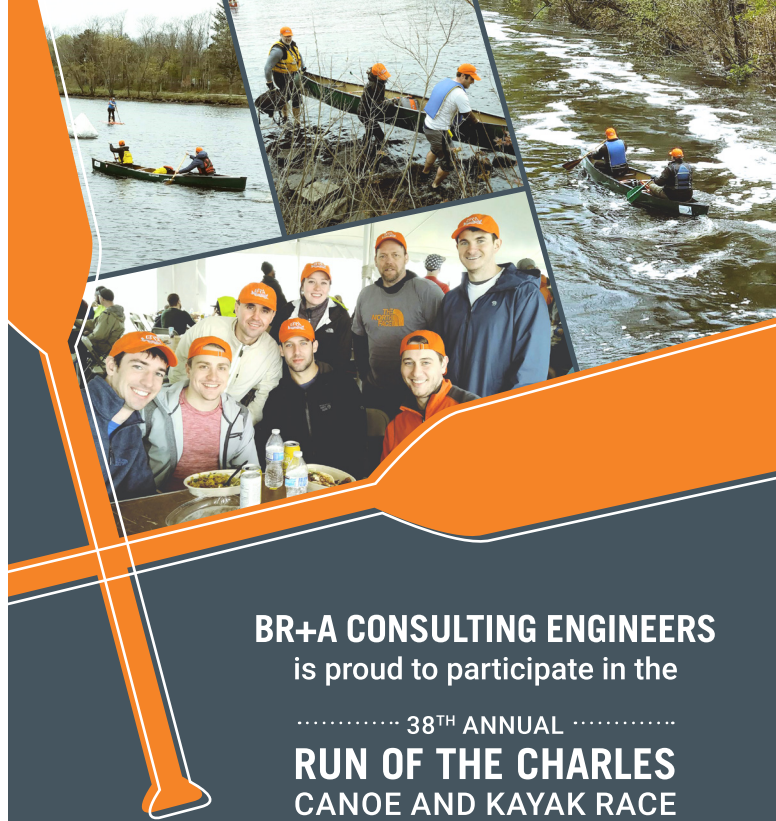
| | |
|------------------|----------|
| Check-In Starts | 8:30 AM |
| Pre-Race Meeting | 9:30 AM |
| Race Starts | 10:00 AM |

12-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 | See P. 11 |
| Pre-Race Meeting | 9:30 AM |
| First Leg Start | 10:00 AM |



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is proud to participate in the

..... 38TH ANNUAL

RUN OF THE CHARLES
CANOE AND KAYAK RACE



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LIVE @ RUN OF THE CHARLES

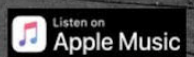
SUNDAY, APRIL 26TH

11 A.M. - 3 P.M.

FIND US ON

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INSTAGRAM: @MOOSEANDTHEMOPS



Finishline Festival Celebration

Live Music by Moose & the Mops

Two Food Trucks

New Belgium Brewing Beer Garden

Family Fun and Yard Games

Award Ceremony at DCR's Artesani Park

Come to the CRWA table at the Finish Line Festival for your award after results are posted.

New Belgium Brewing Beer Garden

beer served 11:00 a.m. - 4:00 p.m. - valid ID required

Racers 21 years of age and older receive **one** free beer with registration.

Additional beer will be available for purchase.

Beer must be consumed in the VIP tent. No outside alcohol allowed.



Food Options Will Include:

Amigos Locos Tex Mex

Tacos

Mexican Rice Bowl

Amigos Salad

American Cantina Hot Sandwiches

Grilled Angus Burger

BBQ Pulled Pork

Grilled Cheese

Race Descriptions

3-Mile Races

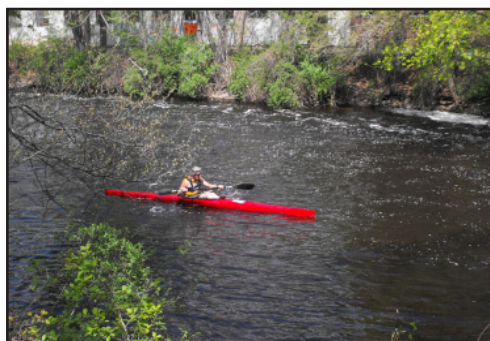
| | |
|----------------------------|--|
| Description | A 3-mile loop completed by 1, 2, 4 or 5 paddlers |
| Turns | Racers will turn at the YELLOW buoy and return to finish line |
| Start Location | DCR's Artesani Park, Brighton, MA |
| Start Time | Check-in begins at 8:30 AM ~ 10:10 AM Race Start (see schedule on p. 8) |
| Categories | Open, Women, Mixed, Masters, Senior, Veteran, Junior, Junior/Adult (category definitions p. 6) |
| Portages | None |
| 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, Outrigger |

6-Mile Races

| | |
|----------------------------|--|
| Description | A 6-mile loop completed by 1, 2, 4 or 5 paddlers |
| Turns | Racers will turn at the ORANGE buoy and return to the finish line |
| 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. 8) |
| Categories | Open, Women, Mixed, Masters, Senior, Veteran, Junior, Junior/Adult (category definitions p. 6) |
| Portages | None |
| 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, Outrigger |

12-Mile Races

| | |
|----------------------------|---|
| Description | An 12-mile race completed by 1, 2, 4 or 5 paddlers |
| Start Location | Norumbega Duck Feeding Area, Weston. Racers will turn at the YELLOW buoy and return to the finish line |
| Start Time | Check-in begins at 9:00 AM ~ 11:00 AM Race Start (see schedule on p. 8) |
| Categories | Open, Women, Mixed, Masters, Senior, Veteran, Junior, Junior/Adult (category definitions p. 6) |
| 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 per team using 2-person recreational canoe or kayak) or 5 legs ~ 1 paddler per leg (minimum 3 participants per team using 1-person kayak or paddleboard) |
| Start Location | Duck Feeding Area, Newton - 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 |
| Boat Specifications | 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/ Norumbega Duck Feeding Area, 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 | DCR's Magazine Beach, Cambridge | 0 | 2.6 miles |

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. 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 affixed to a vest that will be handed off so that the NUMBER finishes with the last paddler.

10 person teams 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.

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, DCR's Magazine Beach - 3:30 PM.

3-, 6-, and 12-Mile Registrations

Please complete this form and mail with a check made payable to CRWA to:
 CRWA c/o Classic Communications, 38 Mechanic Street, Suite 101, Foxboro, MA 02035

RACE CATEGORIES (Please indicate only one with an "X")

| Category | Age | Race Distance | | |
|--------------|-----------|---------------|--------|---------|
| | | 3-Mile | 6-Mile | 12-Mile |
| Open | 16+ | | | |
| Women | 11+ | | | |
| Mixed | 16+ | | | |
| Junior | 11-15 | | | |
| Masters | 40-59 | | | |
| Senior | 60-69 | | | |
| Veteran | 70+ | | | |
| Junior/Adult | 11-15/30+ | | | |

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

| Canoe | Race Distance | | |
|------------------|---------------|--------|---------|
| | 3-Mile | 6-Mile | 12-Mile |
| Racing C-1 | | | |
| Racing C-2 | | | |
| Recreational C-1 | | | |
| Recreational C-2 | | | |
| Recreational C-4 | | | |
| Recreational C-5 | | | |
| *Outrigger Canoe | | | ----- |

*To register for the outrigger canoe class with more than five paddlers, please use p. 12 of the entry form for the 14 mile relay race for paddler information.

| Racing Kayaks | Race Distance | | |
|---------------|---------------|--------|---------|
| | 3-Mile | 6-Mile | 12-Mile |
| Unlimited K-1 | ----- | | |
| Touring K-1 | ----- | | |
| Olympic K-1 | ----- | | |
| Touring K-2 | ----- | | |

Please provide complete paddler information on the NEXT PAGE

| Recreational Kayaks | Race Distance | | |
|---------------------|---------------|--------|---------|
| | 3-Mile | 6-Mile | 12-Mile |
| Recreational K-1 | | | |
| Sea Kayak K-1 | | | |
| Recreational K-2 | | | |

| Paddleboard | Race Distance | | |
|-------------|---------------|--------|---------|
| | 3-Mile | 6-Mile | 12-Mile |
| Paddleboard | | | |

| | |
|--------------|--|
| Boat Make: | |
| Boat Model: | |
| Boat Length: | |
| Boat Width: | |

PADDLER INFORMATION

| | | | | | | | |
|-------------------|---------------|--|--|--|--------|--|------|
| PADDLER #1 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |

| | | | | | | | |
|-------------------|---------------|--|--|--|--------|--|------|
| PADDLER #2 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |

| | | | | | | | |
|-------------------|---------------|--|--|--|--------|--|------|
| PADDLER #3 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |

| | | | | | | | |
|-------------------|---------------|--|--|--|--------|--|------|
| PADDLER #4 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |

| | | | | | | | |
|-------------------|---------------|--|--|--|--------|--|------|
| PADDLER #5 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |

| | ENTRY FEES | Amount Enclosed |
|---|--|------------------------|
| 3, 6, 12-mile races | \$50 per paddler EARLY REGISTRATION now until 3/31 | \$ |
| 3, 6, 12-mile races | \$65 per paddler from 4/1-4/26 | \$ |
| | *each paddler over 21 receives one free beer with entry | |
| Raffle Tickets | \$5 - 1 ticket \$10 - 3 tickets (prizes listed on p. 18) | \$ |
| I support Charles River Watershed Association's mission to protect, preserve and enhance the Charles River and want to make a donation. | | \$ |
| TOTAL: | | \$ |

Please make checks payable to CRWA.

Save time and 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 send in their own waiver with this registration or they will have to complete it on Race Day. A parent or guardian must sign waivers for minors.

14-Mile Relay Registration

Please complete this form and mail with a check made payable to CRWA to:
 CRWA c/o Classic Communications, 38 Mechanic Street, Foxboro, MA 02035
 You may register your boat before naming your team members.
 Complete paddler and team information is requested by 4/1/20.

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-Race Category (circle one): | Corporate | Government | Women | Mixed | University | Open |

ENTRY FEES

| | | Amount Enclosed |
|---|--|-----------------|
| 5-Member Relay Team now until 3/31 | \$250 per Team | \$ |
| 5-Member Relay Team from 4/1-4/26 | \$325 per Team | \$ |
| 10-Member Relay Team now until 3/31 | \$500 per Team | \$ |
| 10-Member Relay Team from 4/1-4/26 | \$650 per Team | \$ |
| *each paddler over 21 years of age with photo ID receives one free beer with registration | | |
| Raffle Tickets | \$5 ~ 1 ticket \$10 ~ 3 tickets (prizes listed on p. 18) | \$ |
| I support Charles River Watershed Association's mission to protect, preserve and enhance the Charles River and want to make a donation. | | \$ |
| | | |
| | TOTAL: | \$ |

Please make checks payable to CRWA. **Please complete waiver to avoid additional wait time at registration!**
Each paddler MUST send in their own waiver with this registration or they will have to complete it on Race Day. A parent or guardian must sign waivers for minors.

| | | | | | | | |
|--------------------|---------------|--|--|--|--------|--|------|
| PADDLER #1 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |
| PADDLER #2 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |
| PADDLER #3 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |
| PADDLER #4 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |
| PADDLER #5 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |
| PADDLER #6 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |
| PADDLER #7 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |
| PADDLER #8 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |
| PADDLER #9 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |
| PADDLER #10 | Name: | | | | | | |
| | Email: | | | | Phone | | |
| | DOB: | | | | Sex: | | |
| | Home Address: | | | | | | |
| | City: | | | | State: | | Zip: |



Charles River Watershed Association

RELEASE OF LIABILITY WAIVER

EVENT: RUN OF THE CHARLES

DATE: 04/26/2020

In consideration of being allowed to participate in any way in this sports activity, related events and activities, the undersigned acknowledges, appreciates, and agrees that: The risk of injury from the activities involved in this sport is significant, including the potential for permanent paralysis and death; and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, even if arising from negligence of releasees or others and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation.

If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS PADDLESPORT RISK MANAGEMENT, LLC; **CHARLES RIVER WATERSHED ASSOCIATION; CLASSIC COMMUNICATIONS; MA DCR; PRESIDENT AND FELLOWS OF HARVARD COLLEGE** ; their officers & directors, officials, agents, and/or employees, other participants, sponsoring agencies, commissions, sponsors, advertisers, volunteers, coaches, steerers, and, if applicable, owners and lessors of premises used to conduct the event (THE RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I also acknowledge that photographs and video may be taken of me in my participation in, and attendance at this event, and hereby freely agree to allow without restriction all uses of such photos and videos in the reporting of this race, and/or in the promotion of this event, its location, other sporting events, sport in general, and/or related purposes. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND I understand that videos and photos may be taken by event host I further agree to the release of photographic and video media.

 (Participant/Member Name: PLEASE PRINT) Address: _____
 Signature: _____ Date: _____ Phone: _____
 Email: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION) This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Parent/Legal Guardian Name & Address: (PLEASE PRINT) _____ Participant Date of Birth (if under 18): _____
 Address: _____ Emergency Contact # _____
 _____ Email: _____
 Signature of Parent/Legal Guardian: _____ Date: _____

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Water is the way, no matter if you're kayaking, canoeing or paddle boarding we find a way to blend with our paddle on the water. Enjoy whitewater rafting, sea kayaking trips or just a leisurely paddle on a lake. We paddle, we care. Now don't just sit there, get up and paddle!



Qing River (Tributary of Yangtze Hubei China) Paddling Tour



China Jinxi Ancient Town (Suzhou China) Day or Night Kayaking



Fengle Lake (Anhui China) Kayaking Tour

1

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All proceeds from the raffle go to support CRWA. Tickets available for purchase with registration, at the registration sites, and at RiverFest.

1 ticket for \$5 or 3 tickets for \$10.



Boston Duck Tour passes



Gift certificate for a day of canoeing, kayaking, or paddleboarding on the Charles River



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Annual Earth Day Charles River Cleanup



Water Quality Notification Program



CRWA

Charles River Watershed Association

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NECKRA

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Handicapped Point Series for racers including Youth/Adult

Annual Meeting Awards for excellence and great gifts for all



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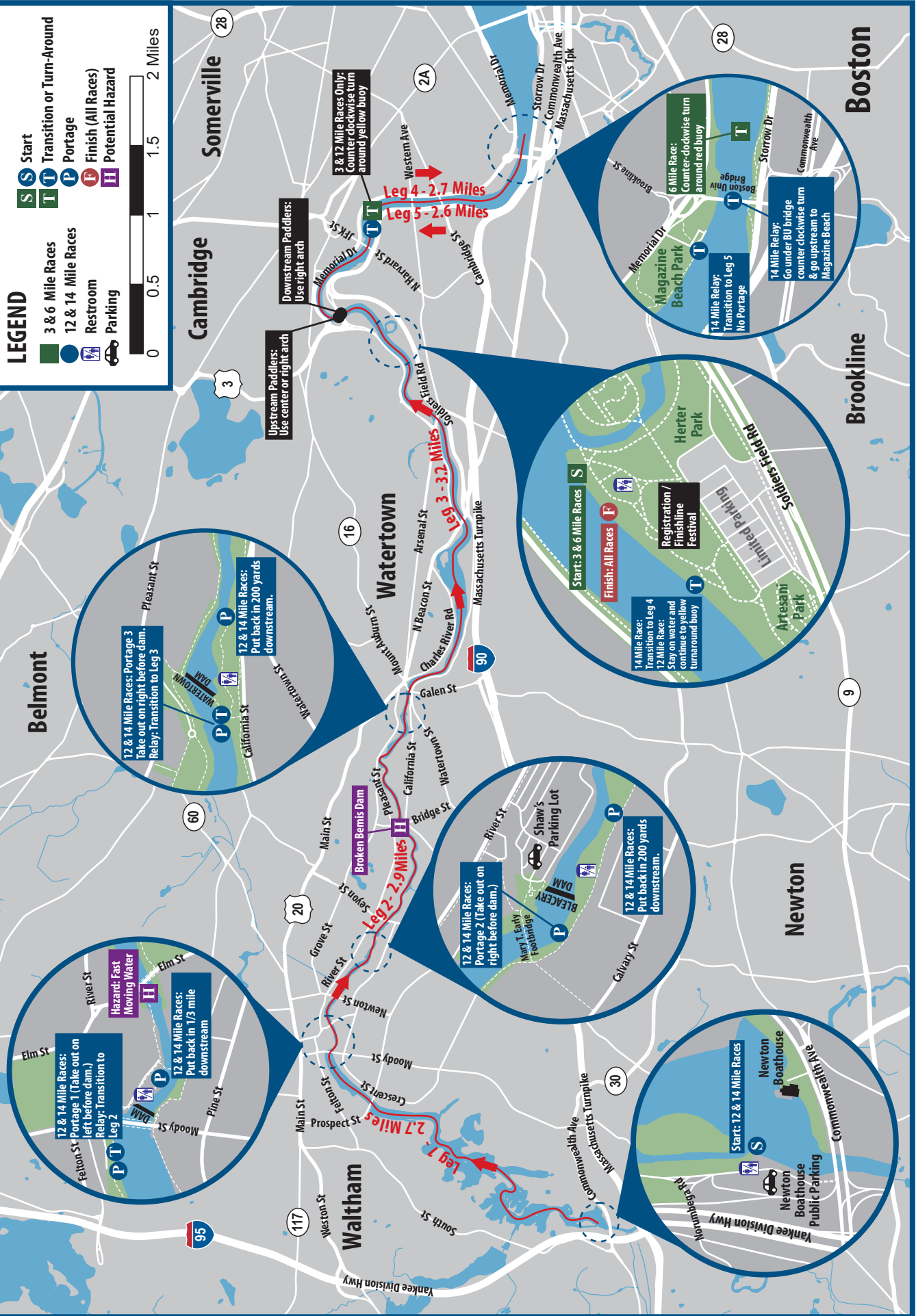
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AUGUST 13-16, 2020**

**Contact Rebecca Barton Davis, USCA President
517.227.4794; canoe_run_ski@hotmail.com**

Directions

| | Start | Portage | Location | Directions/Descriptions |
|--|---|-----------|--|--|
| | Start Relay Leg 1 Start 12-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 PARKING 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 | | 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 Artesani 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 | | DCR's Magazine Beach 668 Memorial Dr. Cambridge | Enter into GPS: DCR's Magazine Beach Park (668 Memorial Drive, Cambridge) OR Take Mass Pike East to exit 18 - Cambridge/Brighton/Allston. Follow signs to Cambridge (cross river). Merge onto Cambridge Street. Turn right onto Memorial Drive. Pass Starbucks on left and parking for DCR's Magazine Beach will be .02 miles on right. Limited Parking. Have teammates drop off or use auxiliary parking across the street at Morse Elementary School (follow footbridge over Memorial Drive). |

CRWA 38th Annual Run of the Charles - Sunday, April 26, 2020



14-Mile Relay Race Information

| | |
|-----------------------|--|
| Start Location | Duck Feeding Area, Newton - 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. |
| Portages | 4 |

| 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/ Norumbega Duck Feeding Area, 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 | DCR's Magazine Beach, Cambridge | 0 | 2.6 miles |

Guide to 14 mile Relay Racers

Leg 1

- Start at Newton Boathouse parking area
- Stay to the right to use the shortcut avoiding going the long way around "E Island"
- Take out on the left before the Moody street bridge.

Leg 2 (This is the most challenging leg and it is recommended that you put your most experienced team on this leg)

- Portage crossing Moody Street and put in in quick water.
- Stay left or right to avoid the center of the Elm Street bridge just after the put in. Right is best route.
- The next bridge at Newton street has a very low clearance. Stay to the left and head for center arch. Going through the arch, get on your knees in a canoe/stand up paddleboard or duck down if you are in a kayak.
- After the Newton Street bridge stay to the right to be prepared to take out on the right just after the wooden footbridge.
- Portage right around the Bleachery Dam and put back in quickwater.
- Stay to the center right as you come to the broken Bemis dam at Bridge street. Paddle hard towards the right away from left bridge abutment.
- Take out on the right before the Watertown dam.

Leg 3

- Paddle 3.2 miles down to Artesani Park. Take out on the right. Look for three orange stanchions in the water to mark the transition to leg 4. (no portage for 2020)

Leg 4

- Switch paddlers at the orange stanchion
- Head towards the center of the river to avoid boats finishing the race.
- Use the right arch under the Eliot Bridge (1)
- Paddle under the North Harvard Street Bridge (2)
- Paddle under the Weeks Footbridge (3)
- Paddle under the Western Ave Bridge (4)
- Paddle under the Cambridge St. Bridge (5)
- Paddle under the BU Bridge and make a counter-clockwise turn around the center arch and then change paddlers at the new Magazine Beach lookout (on the right as you are looking upstream).

Leg 5

- Paddle under the Cambridge St. Bridge (1)
- Paddle under the Western Ave Bridge (2)
- Paddle under the Weeks Footbridge (3)
- Paddle under the North Harvard Street Bridge (4)
- Use the center arch under the Eliot Bridge (5)
- Finish between the two white Bic buoys



12-Mile Races

| | |
|-----------------------|---|
| Description | An 12-mile race completed by 1, 2, 4 or 5 paddlers |
| Start Location | Norumbega Duck Feeding Area, Weston. |
| Start Time | Check-in begins at 9:00 AM ~ 11:00 AM Race Start (see schedule on p. 8) |
| Portages | 3 |

Guide to 12 mile Racers

- Start at Newton Boathouse parking area
- Stay to the right to use the shortcut avoiding "E Island"
- Take out on the left before the Moody street bridge.
- Portage crossing Moody Street and put in in quick water.
- Stay left or right to avoid the center of the Elm Street bridge just after the put in.
- The next bridge at Newton street has a very low clearance. Be sure to stay to the left and be on your knees in a canoe, duck down if you are in a kayak, and lie flat on your paddleboard.
- After the Newton Street bridge stay to the right to be prepared to take out on the right just after the wooden footbridge.
- Portage around the Bleachery Dam and put back in quickwater.
- Stay to the center-right as you come to the broken Bemis dam at Bridge street.
- Take out on the right before the Watertown dam.
- Portage the around the Watertown dam.
- Paddle 3.2 miles down to Artesani park.
- Head towards the center of the river to avoid boats finishing the race.
- Use the right arch under the Eliot Bridge (1)
- Paddle under the North Harvard Street Bridge (2)
- Make a counter-clockwise turn around a Yellow Buoy
- Paddle under the North Harvard Street Bridge (1)
- Use the center arch under the Eliot Bridge (2)
- Finish between the two white Bic Bouys



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. 8) |
| Portages | None |

Guide To 6 Mile Racers

- Start between the flag on the dock and the orange buoy
- Use the right arch under the Eliot Bridge (1)
- Paddle under the North Harvard Street Bridge (2)
- Continue past the Yellow inflatable buoy
- Paddle under the Weeks Footbridge (3)
- Paddle under the Western Ave Bridge (4)
- Paddle under the Cambridge St. Bridge (5)
- Paddle under the BU Bridge (6)
- Make a counter-clockwise turn around the orange inflatable buoy
- Paddle under the BU Bridge (1)
- Paddle under the Cambridge St. Bridge (2)
- Paddle under the Western Ave Bridge (3)
- Paddle under the Weeks Footbridge (4)
- Paddle under the North Harvard Street Bridge (5)
- Use the center arch under the Eliot Bridge (6)
- Finish between the two white Bic Buoys



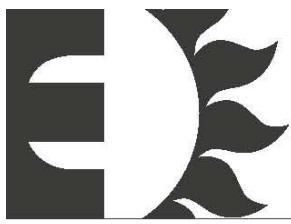
3-Mile Races

| | |
|-----------------------|---|
| 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. 8) |
| Portages | None |

Guide To 3 Mile Racers

- Start between the flag on the dock and the orange buoy
- Use the right arch under the Eliot Bridge (1)
- Paddle under the North Harvard Street Bridge (2)
- Make a counter-clockwise turn around the yellow inflatable buoy.
- Paddle under the North Harvard Street Bridge (1)
- Use the center arch under the Eliot Bridge (2)
- Finish between the two white Bic buoys





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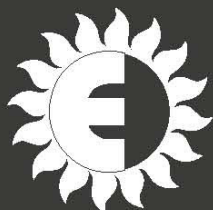
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