

Paddler Instructions

Here are some ways you can prepare for the big day!

The Run of the Charles happens rain or shine. Please dress appropriately, and bring extra dry clothes in zip-seal bags so you'll be comfortable. With the long winter, the water will be very cold! We also recommend chapstick and sunblock!

Please arrive at the starting point for your race (or your leg of the relay race) early. You will have to check in and sign the waiver form before you can begin (you may have already sent them in with your registrations...volunteers will know if you have pre-signed). See end of email for registration location/check in times and race meeting times. **The 24- and 19-Mile races are starting earlier this year so PLEASE review the chart below.**

You will receive a **blue wristband** during registration. Keep this wristband on until the end of your race and trade it into the volunteers at the finish line to receive your free *Run of the Charles* **t-shirt!**

Walk-on registrations are welcome, but take longer. If you know someone planning to race, please encourage them to pre-register by 9:00am Wednesday, April 26 to minimize their check-in time.

If you have pre-purchased **raffle tickets**, they will be affixed to your boat tags at your race start. Raffle tickets are available for purchase at registration sites and at the Finish Line. *Raffle winners are drawn in the days following the race.* Tickets are \$5 for 1, \$10 for 3. Prizes include Day of Paddling from Charles River Canoe & Kayak, Boston Duck Tour passes, Dick's Sporting Goods bonus certificates, and Charles River Apparel Women's New Englander Wave rain jackets.

Portaging for 24-Mile Relay –we have modified the rules for portaging (see below)

Teams may designate up to four team members to carry the canoe 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.

The receiving team qualifies to be part of the carry team, as well as anyone from a previous hand-off team (paddlers must have already registered and have on their blue wristband to prove they are a paddler). This provides maximum flexibility w/o allowing meddling by non-paddlers or the teams who are supposed to be waiting patiently downriver for the next hand-off.

Disqualifications: Obey the race rules and follow the directions of the officials and race staff. Failure to comply can result in your disqualification.

- Coast-Guard-approved Life Jackets must be worn, and properly secured, while on the water. You must provide your own life jacket.(if you rented your boat through Charles River Canoe & Kayak, they provide life jackets)
- Keep your whistle with the boat at all times. You will receive one whistle per boat when registering on-site.

Checkpoints - Boats must clear the following checkpoints by the following designated times. Silk Mill Dam (Newton Upper Falls) - 2:00 PM Moody Street Dam - 3:30 PM Watertown Dam - 4:00 PM

Finish Line, DCR's Artesani Park - 5:00 PM TEAMS WILL BE PULLED AT WATERTOWN DAM IF IT IS PAST 4:00 PM. Paddlers who arrive at Watertown Dam after 4:00pm will be asked to remain there until someone from Charles River Canoe & Kayak can come pick up the paddlers/boats.

Alcohol: Possession or consumption of alcoholic beverages during the race, at the race start or at the Finish Line Festival is against Massachusetts Law and prohibited.

For paddlers entered in the 24-Mile Relay, parking for the first leg check-in is at Dedham Medical. A shuttle van runs continuously from 7:30-9:30 am to bring racers to the start site at Great Plain Ave. Please park in the lower lot and do not enter the Dedham Medical Associates building. It is open only for patients on Sunday, NOT RACERS. We will lose our privilege to use that parking lot if racers do not comply with their requests.

As competitors, you are responsible for your own transportation. **We recommend car pooling** as parking is tight at all sites, especially DCR's Artesani Park. We will keep you all updated on any changes that may need to be made last minute. As we have encouraged in all of our materials, please try to carpool and have team members park off site wherever possible. There is no parking on Soldiers Field Road. Parking is available in three lots east of the finish line and limited space is available at ION TV at 1120 Soldier's Field Road. Parking is also available on Telford Street, a two-way public street next to the Skating Club of Boston. There is a footbridge over to the park. **WE STRESS THAT CARPOOLING IS ESSENTIAL.**

Be sure to call ahead and reserve your boat! We suggest contacting Charles River Canoe & Kayak for boat rentals. They are at (617) 965-5110 or www.paddleboston.com. They will drop off and pick up your boat.

There is construction going on at Watertown Dam which is a portage. Please obey any posted signs and be aware of caution tape. Volunteers will be around to help guide you.

REGISTRATION CHECK IN TIMES/LOCATIONS

24-Mile Check-In Times/Start Location (each relay leg checks in at their own start location).

Race starts at 9:30 at Great Plain Ave. A HALF HOUR EARLIER THAN PREVIOUS YEARS

Leg	Check-In Time	Location
1	7:30 am	Great Plain Ave. Needham/Dedham
2	9:00 am	Riverdale Park, Dedham
3	10:00 am	Silk Mill Dam, Newton 2
4	11:00 am	Cordingly Dam, Wellesley
5	12:00 pm	Moody Street Dam, Waltham

19-Mile Races

Riverdale Park, Dedham

Registration: 9:00 am

Pre-Race Meeting 9:45 am

Race Starts 10:05 am **EARLIER THAN PREVIOUS YEARS**

9-Mile Races

Norumbega Duck Feeding Area, Newton

Registration: 11:00am

Pre-Race Meeting 11:50 am

Race Starts 12:00 pm

6-Mile Races

DCR's Artesani Park, Brighton, MA

Registration: 12:00 pm (probably starting as early as 11:00 am)

Pre-Race Meeting 12:30 pm

Race Starts 1:00 pm

We look forward to seeing you on April 30 "down by the river".

Please contact Meg Rivett, Race Director with any questions at 508-698-6810 or rotc@crwa.org