**Charles River Basin 2k Course**

**General River Rules**
- Keep to the right side (1/3) of the river—especially on turns.
- Overtake on the left (port).
- Turn quickly, only where visible.
- Move to shore to stop or drill.

For full details, see the Charles River Traffic Patterns and Safety Rules.

**Warm Up**
- Warm up along the Boston shores as you proceed to the starting line.
- Once you pass the starting line, you may not return upstream of the starting area.
- Follow a counter-clockwise warm-up pattern downstream of the Longfellow Bridge.
- Do not use the center arch of the Longfellow Bridge.

**Harvard Bridge (Mass Ave) Arches**
- Lanes 3 and 4 share the racing arch that is marked with white abutments on the Harvard bridge.
- Lanes 2 and 5 have their own arches located to the right and left of the racing arch.

**Steering Targets**
- Line up the small targets on the bridge above each lane with the large striped land targets on the Boston shore past the finish line.
- There are also white lines painted on the Cambridge wall at the 500-meter marks.
- The finish line is marked by two poles along the Cambridge shore.

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**Downstream:** Stay well to the outside of the turn, along the Boston shore.

**Upstream:** Stay close to the shore, watch out for upstream crews on the 2K race course.

**Launching from MIT:** Stay along shore, watch out for upstream crews on the 2K race course.

**Returning to MIT:** Stay clear of upstream crews on the 2K race course.

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